



Sheboygan County
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UW-Extension
Sheboygan County
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UW-Extension Sheboygan County

4-H Youth Development

Sarah Tarjesson, 4-H Youth Development Educator
Linda Robson, 4-H Youth Development Program Coordinator

Parents want the best opportunities for their children. They want them to have whatever it takes to be happy and successful—good health, ability to get along with others, thinking and problem solving skills, a good self-concept. Children need resiliency skills: self-esteem, life skills, self-reliance, and pro-social behaviors. The camp experience offers a nurturing environment away from the distractions of the city or home. Peter Scales, Ph.D., a noted educator, author, and psychologist with the Search Institute in Minneapolis says, “Camp is one of the few institutions where young people can experience and satisfy their need for physical activity, creative expression and true participation in a community environment. Most schools don’t satisfy all these needs.”

The Sheboygan County 4-H Program facilitates a strong and comprehensive camping program. With a camp staff training program for high school youth, a five-day overnight camp for youth in grades 3-7, a Cloverbud Day Camp for youth in grades K-3, and an Adventure Camp for youth in grades 7-10, there are opportunities for all. **This year, over 160 youth are participating in one or more 4-H Camps.** Significant time and resources are devoted to the camping program to ensure a positive youth development experience. Our philosophy and goals for 4-H Camp are focused on three audiences: the camper (grades 3-7), youth staff (grades 9-13), and adult staff (certified 4-H volunteer leaders).

Eighty youth grades 3-7 enjoy a five-day camping experience July 15-19 at Upham Woods in Wisconsin Dells. It is an exciting week of growth and learning for the campers and staff. The responsibility and independence that comes from an overnight experience, the belonging to a greater camp community, the opportunities to give back by helping with meals and cabin clean-up, and the chance to learn and practice project skills are major parts of 4-H camp.

Prior to and throughout camp, 20 older youth and 11 adult staff develop leadership and life skills that help them plan and teach activities. All participants attend sessions in recreation, nature, canoeing, team building, arts and crafts, and more, learning new skills and making new friends. Campers often report that they learn problem solving skills and gain confidence in more effectively expressing and asserting themselves. Older youth are responsible for planning all camp activities and are responsible for the youth in their cabins. Adult staff served as resources for the youth staff, providing advice and support when needed. Sarah provides over 40 hours of training, constant leadership, and overall direction for the camp.

Along with the traditional camping experience, 20 youth grades 7 and older participate in the 4-H Outpost Camp 2017. Under the leadership and direction of three 4-H Adult Leaders, participants will hike, cook, swim and practice mindfulness outdoors.



*Your county
extension office*

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Michael J. Ballweg
Agriculture Agent

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Family Living Educator

Sarah J. Tarjesson
4-H Youth
Development Educator

Linda Robson
4-H Youth Development
Program Coordinator

Betsy Warmus
4-H Youth Development
Assistant (25%)

Kevin Struck
Growth Management
Educator

Laura Apfelbeck
Nutrition Education
Program Coordinator
(shared with Manitowoc)

Kao Vang and
Janeth Orozco
Nutrition Education
Educators
(shared with Manitowoc)

**Administrative
Assistants**

Ann Herzog

Tammy Zorn

Nancy Brown

UW-Extension Sheboygan County July 2017 - IMPACT REPORT

Community Growth Management Education

Kevin Struck, Growth Management Educator

The Town of Wilson (pop. 3,330) is an urban town with a country atmosphere much valued by its residents. Bisected by Interstate 43, the Town abuts Sheboygan and Kohler on the north and Oostburg on the south. A state park and over 6 miles of Lake Michigan coastline form its eastern boundary. Like other towns in Sheboygan County, Wilson has a zoning ordinance and a comprehensive plan (adopted on June 20, 2007) to help balance growth and preservation.

Wisconsin requires that comprehensive plans be updated at least once every 10 years. Since the Town had worked with Kevin often over the last few years, Town officials called on him in January for assistance in meeting the June 20, 2017 deadline for updating the Town’s Plan. Kevin worked with the Town during 8 two-hour night meetings between January and May updating Census data and maps, and adding details and recommendations for items that were new or had changed since the 2007 Plan, such as:



Wilson has many unique features, such as the Jung Bell Tower pictured above.

- ◆ Sanitary Sewer Study Update
- ◆ City/Town Dog Run Park
- ◆ County non-motorized transportation projects in Wilson
- ◆ County Economic Development Corporation resources for local communities
- ◆ Schinker Creek Park (brand new neighborhood park)
- ◆ Fireman’s Park upgrade
- ◆ Wilson’s farmland preservation status
- ◆ County sales tax and road repair
- ◆ Well water testing program results
- ◆ Fire Department reorganization
- ◆ Emerald ash borer impact on forests in Wilson
- ◆ Roundabout construction at CTH A and CTH EE
- ◆ Solid waste/garbage disposal referendum

A public hearing was held on June 12 and no comments were received in opposition to the draft plan update. The Town Plan Commission then unanimously recommended approval of the update, which the Town Board did on June 15.

“Thank you for your assistance on this project, very appreciated,” the Wilson Town Clerk told Kevin. The Town Board Chairman and Plan Commission Chairman both echoed the Clerk’s appreciation.

UW-Extension Sheboygan County

Agriculture and Natural Resources

Mike Ballweg, Agriculture Agent

Clover Cover Crops Fit Well in Winter Wheat Rotations

Research trials in Sheboygan County have shown that planting annual clovers as cover crops after winter wheat can be quite beneficial. The 2017 growing season marks the third and final year of this study, conducted by UW-Extension Sheboygan County and the UW - Madison Soil Science Department. Based on the results from the past two years, Crimson clover has provided at least a 45 lb/acre nitrogen (N) credit. The N credit from the Berseem clovers fell in a wider range (15 to 40 lb/acre). Corn following the Berseem, however, resulted in increased yields of 13 to 15 bu/acre for both years. This demonstrates the dual benefits of using legumes as cover crops to provide both an N credit and enhanced crop growth due to crop rotational benefits.



UW-Madison Research Associates and UW-Madison students apply N at various rates to help determine the benefits of legumes in cropping systems.

Farmer to Farmer Website Links Hay, Forage, and Corn Buyers and Sellers



The **Farmer to Farmer Hay, Forage, and Corn List** puts Wisconsin farmers in touch with one another for the purpose of buying and/or selling forages and corn. The Farmer to Farmer list is free of charge to both buyers and sellers. Users can list or search for hay, alfalfa haylage, corn silage, high moisture corn, corn grain or other forages (e.g., oats, peas, or Sorghum). UW-Cooperative Extension assumes no responsibility in the transaction of buying or selling the items listed on this website. All transactions and negotiations are handled directly between buyers and sellers.

To submit a listing, please visit the website at: <http://farmertofarmer.uwex.edu>

- The Farmer to Farmer Hay, Forage, and Corn website is best thought of as an electronic neighborhood bulletin board that allows farmers to get in touch with one another.
- Neighbors, often within short distances, have been able to buy and sell locally as a result of the website.
- Buyers may post online their interest to purchase.
- Corn sellers may find buyers locally and save money in harvesting and drying costs if they sell their corn crop off the field as high moisture corn or corn silage.

The Leadership for the development and on-going support for this website is provided by Mike Ballweg, UW-Extension Sheboygan County, and UW-Extension IT in Madison.

UW-Extension Sheboygan County

Family Living & Wisconsin Nutrition Education Program (WNEP)

Jane Jensen, Family Living Educator

Start with a research-tested recipe for a **safe home canning season**. Just because a recipe is in print, doesn't mean that it is safe for your family. Tested recipes are available from UW-Extension at <http://sheboygan.uwex.edu/> (click on UW-Extension publications at the Learning Store) and the National Center for Home Food Preservation at www.uga.edu/nchfp/.



Canning recommendations have changed significantly since 1994, and it is important to use the latest research-tested recipes. Begin with equipment in good working order and have your dial gauge canner tested every year for accuracy at the UW-Extension Sheboygan County Office. Home canning is one area where being creative can lead to food safety disasters. Carefully follow the directions of an up-to-date, research-tested recipe. Don't make ingredient substitutions, unless they are allowed, and follow the recipe directions through all the steps. Don't substitute dishwasher canning, oven canning, or open kettle canning for approved methods like boiling water canning or pressure canning. And remember, a sealed canning jar does not indicate the food inside is safe to eat. It simply means that the jar is sealed.

Laura Apfelbeck & Janeth Orozco, Nutrition Education Program / FoodWise

For more than 20 years, the Boys & Girls Clubs (BGC) of Sheboygan County have been in the forefront of youth development, improving the lives of young people for all youth, but particularly for those from disadvantaged economic, social, and family circumstances. In Sheboygan County, the BGC with the largest number of SNAP-eligible families is in the City of Sheboygan. Talks with site-based staff and with Director of Operations Gwen Weber led to a pilot program with Janeth teaching three series: *Read for Health* with K-3, *Choose Health* with grades 4-6, and *Show Me Nutrition* for grades 7-8.

Janeth said the 4th-6th graders enjoyed helping cook, especially the Whole Grain Pancakes with Cinnamon Applesauce. Pancakes can be high in sugar and fat, especially if topped with butter and syrup. Initially, the kids were hesitant to use unsweetened applesauce instead of syrup, but "they tried it and loved it." This is an example of a simple switch—swapping a low-nutrient food for a more nutrient-dense alternative.



The younger kids did less cooking, but also tried new foods. Each lesson in *Read for Health* begins with a book followed by an activity. The most popular lesson was the fruit tasting with the book *Fruit is a Suitcase for Seeds*. Janeth said, "They were very engaged with the information and loved looking at the papaya and playing with the seeds. Not all of them liked it, but they all tried it." Food tasting is a chance for people to sample something new. Tastings provide a low-risk, low-anxiety way to introduce food. Serving size is one small bite, and if they don't like it no one ever says "Clean your plate!"

It's no surprise the children didn't all like papaya right away. In fact, research shows it may take 20-30 tries to begin to like a new food. By eating a variety of foods, with different colors and from different food groups, however, children are more likely to have a well-balanced and nutrient-dense diet. As BGC staff member Vincent Stepney-Willis said, "FoodWise is helping our kids make healthier eating decisions, so that they live long healthy lives in the future."