



UNIVERSITY OF WISCONSIN-MADISON

# KEWAUNEE COUNTY EXTENSION CONNECTION

Connecting people with the University of Wisconsin

April  
2022

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## Growing Vegetables in Containers

Container gardening is an increasingly popular way for home gardeners to grow their favorite vegetables, particularly when gardening space is limited. Containers can be placed on a windowsill, patio, deck or balcony, or in any place where growing conditions are appropriate for producing vegetables. Containers can be easily moved from place to place to take advantage of changing weather conditions (e.g., rain, sunlight), and their proximity to a home makes caring for plants and harvesting vegetables easy and convenient. The following are some pointers on how to ensure success when container gardening.



Containers are a convenient place to grow your favorite vegetables and herbaceous ornamentals.

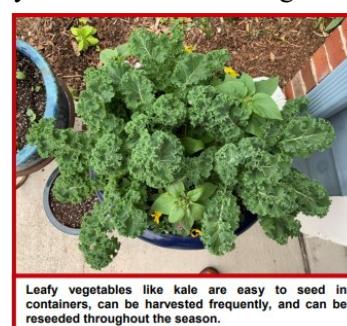
### What types of vegetables can I grow in containers?

Almost any vegetable can be grown in a container given the right variety and container size. However, determinate, dwarf and compact vegetable varieties often work best. Vegetables like arugula, kale, lettuce and spinach work well in containers because they are easy to seed, can be harvested frequently, and can be replanted throughout the season. Smaller

vegetables such as beets, carrots, radishes and turnips also grow well in containers because the loose, well drained potting mixes used for container gardening allow roots to grow easily. When growing root vegetables, be sure to space plants two to four inches apart to allow roots to form properly. As an added bonus, the greens of root vegetables are not large, do not need support, and are very attractive. Vining plants like cucumber, peas, melons and squash can be grown in containers with proper supports (e.g., trellises). Alternatively, there are bush or hanging varieties of these vegetables that do well in containers. Tomatoes (properly staked or caged), peppers, and eggplant grow especially well in containers and can be mixed with herbs or flowers for added visual appeal. For a list of suggested vegetables for containers, see University of Wisconsin Garden Facts XHT1273, Vegetable Varieties for Containers.

**What sort of container should I use?** Choosing the right type of container for the vegetables that you decide to grow is very important. Containers should have the right volume and depth to support plants once they are fully grown. In general, smaller plants like leaf lettuce, spinach, peas, radishes, cilantro, and green onions require containers with a volume of at least two gallons and that are at least four to six

inches deep. Larger plants like tomatoes, peppers, broccoli, eggplants, squash, cucumbers and bush beans require a container with a minimum volume of five gallons and a depth of 12 to 18 inches. Many types of containers are available for growing vegetables including (but not limited to) 5-gallon plastic buckets, plastic pots, plastic storage containers, terra cotta/clay and ceramic pots, concrete and wooden planter boxes, wooden barrels, bushel baskets, plastic bags, grow bags and self-watering containers. Make sure that the container you select has a drainage hole.



Leafy vegetables like kale are easy to seed in containers, can be harvested frequently, and can be reseeded throughout the season.

If you are reusing containers, be sure to decontaminate them prior to use, particularly if you previously have had problems with root rots (see University of Wisconsin Garden Facts XHT1072, Root Rots in the Garden) or damping-off (see University of Wisconsin Garden Facts XHT1124, Damping-Off). Rinse pots to remove clinging bits of soil, then soak them in 10% bleach (a formulation designed to disinfect) for 30 minutes. Then rinse containers to remove any bleach residue. This treatment may not consistently be effective for plastic containers. You may have to replace these containers if disease issues persist.

**What sort of soil should I use?** Commercial potting mixes work well for most vegetables. They are typically light weight, high in organic matter and well-drained, containing a combination of compost, peat moss, bark, perlite or other similar materials. Read the label before purchasing a potting mix to determine its composition. When possible, select a product that has been pasteurized to reduce the risk of diseases caused by soil-borne pathogens.

Consider adding a slow-release fertilizer, if there is not one included in the mix. Bagged potting mixes come in easy-to-handle sizes: 1, 2, or 2.8 cubic feet (7.5, 15 and 21 gallons respectively). Fill your container completely with planting mix for optimal drainage. DO NOT put anything (e.g., rocks, broken pot pieces, etc.) in the bottom of the pot. Research shows layering materials in a container impedes drainage; water moves best through a continuous column of soil mix.

**How do I care for my plants?** Place your containerized plants in full sun (i.e., a minimum of six hours per day) with easy access to water.

Initially, when plants are small, you will not need to water much. However, as plants increase in size, the temperature increases, and the plants start to produce

fruit (e.g., tomatoes, peppers, eggplants, zucchini, cucumbers), you will need to water daily. You may also need to fertilize. If so, use a fertilizer designed for growing vegetables, and follow the instructions on the label to determine how much and how frequently to apply. Harvest leafy greens such as kale, mustard and lettuce on a regular basis, and reseed as needed. If plants fail, remove and replace them with other vegetables that fit the space and have time to grow to harvest. Greens, radishes, bush beans, and cilantro are fast-growing filler vegetables that you can grow from seed.

Written by Patti Nagai, Professor Emeritus, UW-Madison Extension and Vijai Pandian, UW-Madison Extension  
[https://hort.extension.wisc.edu/files/2021/02/Growing\\_Vegetables\\_in\\_Containers.pdf](https://hort.extension.wisc.edu/files/2021/02/Growing_Vegetables_in_Containers.pdf)

## Community Development Education

Elevando Wisconsin está diseñado para elevar sus habilidades de liderazgo personal y comunitario y construir una red de líderes en todo Wisconsin. ¡Regístrate antes del 23 de marzo del 2022 para reservar su lugar! <https://tinyurl.com/ElevandoWisconsin22>

Elevando Wisconsin is designed to elevate your personal and community leadership skills and build a network of leaders across Wisconsin. Register by March 23rd 2022 to reserve your spot! <https://tinyurl.com/ElevandoWisconsin22>

## Nonprofit Leader Conversations

On the 2nd and 4th Thursdays from 9-10am, discuss timely topics with a small group of peers and invited discussants who share knowledge and participate in Q&A. FREE, but registration required. Upon registering a meeting zoom link will be sent.

**March 24 Strategic planning.** The importance of having a plan (and not overcomplicating it). What, where, when and who should do it? Join Jodi Dahlke, Chief Strategy Officer at Girl Scouts of the Northwestern Great Lakes to consider this topic together.

**April 14 Social media strategy.** Do you have one? How can you engage audiences on social platforms? Using social media for branding and fundraising. Join Dustin Zick, Social Media Senior Specialist at Children's Wisconsin, to talk over your questions and gather ideas from our Q&A session.

To register for these and for additional nonprofit offerings visit [www.uwgb.edu/nonprofitleadership](http://www.uwgb.edu/nonprofitleadership).

## Receive the Extension Connection in your inbox!

Want to have the Extension Connection at your fingertips? Sign up today to receive the Extension Connection directly to your inbox! Be the first to know all the exciting events and opportunities available.

Visit <https://kewaunee.extension.wisc.edu/extensionconnection/> to sign up today!



### EXTENSION CONNECTION ADDRESS CHANGES

Please let us know if your mailing address changes. Since the Extension Connection is mailed 3rd class, it is not forwarded, and UW-Extension must pay for incorrect addresses. Call 388-7141 for address changes or you will be removed from the list.

### The Extension Connection

University of Wisconsin-Extension  
A monthly publication for Kewaunee County residents. These programs are supported by your tax dollars. We look forward to receiving your comments.

Please call us at the phone numbers provided in the individual headers.

**UW-Madison Division of Extension \* Laura Apfelbeck, FoodWIse Coordinator**  
**920-683-4170 \* laura.apfelbeck@wisc.edu**

## Lettuce is the Harvest of the Month!



Lettuce is an often-overlooked vegetable but should be on your plate! Iceberg lettuce is often the base of your salad or tossed on top of your burger. But there are many types of lettuce with unique flavors, nutrients, and uses. Let-tuce chat about leafy greens.

**What is Lettuce:** Lettuce is a dark, leafy vegetable grown in Wisconsin from June through September. We see 4 main types of lettuce in Wisconsin, Butterhead, Crisphead, Looseleaf, and Romaine. Try a variety to find what you enjoy best.

USDA MyPlate recommends between 2-4 cups of vegetables a day for adults. However, because dark, leafy greens, like lettuce, tend to be less dense than other vegetables, 2 cups of leafy greens is one serving.

**Benefits of Lettuce:** Each type of lettuce has a slightly different vitamins and minerals. The general rule is the darker the leaf, the more nutrition! Leafy greens carry vitamins K, A, and Folate. They are very low in calories. The vitamins in lettuce can help with bone and blood health, fight infections, and prevent birth defects. One cup of Romaine lettuce contains 37% of your daily Vitamin K needs, 14% of your Vitamin A, and 3% of Folate, and only 8 calories!

**How to Best Enjoy:** Keep it healthy. Avoid adding lots of dressings and toppings. Adding other vegetables is healthy way to keep salads from being boring. Try sliced radishes, mushrooms, or cucumber. Check out these tasty options from USDA MyPlate: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/citrus-salad> or <https://www.myplate.gov/recipes/myplate-cnpp/apple-chicken-salad>

Written by Jace Purdy, FoodWIse Nutrition Educator

### LET US EAT LETTUCE



#### Lettuce is The Harvest of the Month!

##### Add lettuce to your favorite family meals:

- Serve tuna, chicken, or egg salad on a bed of lettuce.
- Use lettuce instead of a bun for a burger or sandwich.
- Ran out of tortillas? Use a large leaf as a taco shell for leftover fillings.

Make meals and memories together. It's a lesson kids will use for life.

##### Did you know?

The four main types of lettuce include butterhead (Boston, bibb), crisphead (iceberg), looseleaf (red leaf, green leaf) and romaine. Lettuce leaves that are darker in color contain more vitamins and minerals than the paler color varieties.



Nutritious, Delicious, Wisconsin!  
#WIAHarvestoftheMonth



Extension  
University of Wisconsin-Madison

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs. Funding for this publication was made possible by the U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant AM2001000XQG060. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.

### KIDS IN THE KITCHEN

Making salad is a great way to get kids involved in the kitchen! Kids can tear lettuce, rinse veggies, add toppings, and toss in the dressing.



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.



Nutritivo • Delicioso • Wisconsin

Harvest of the Month materials are available in Spanish or English:  
<https://healthyliving.extension.wisc.edu/welcome-to-harvest-of-the-month/>

## What does physical activity look like?



Most adults should exercise regularly. That means 2 ½-3 hours of moderate-intensity aerobic activity each week PLUS muscle strengthening. What would that look like?



Moderate-intensity aerobic activity can take the form of anything that will get your heart rate up! It could be walking briskly, taking a bike ride, or working in your garden. We like to use the talk-sing test to gauge the intensity. If you can sing your favorite song, you are not at a high enough intensity. If you can only manage a few words before needing to catch your breath, you are working too hard. Aim for an hour, three times a week.



Muscle strengthening can look different from person to person as well. For some it is doing bodyweight exercises like pushups and squats. Some might work out at a gym. Others may climb the stairs. Choose something you enjoy. Try to move as often as you can. Set a goal to use those muscles for at least 30 minutes twice a week.

## Coping with Rising Prices



With gas prices passing \$4.00/gallon in Wisconsin many of us are feeling the pinch at the pump. While many families are still recovering from losing income during the pandemic, the current spikes in prices for gas and food can feel particularly hard to manage right now. Consider trying some of the strategies listed below to keep costs down, allow you to meet your obligations, and to make room for the things you love to do.

### Check out these tips to save on transportation costs.

- Plan ahead and combine trips. If you need to run to the grocery store, buy new shoes for your child, and pick up a prescription at the drug store, try to run all of those errands at once. That will save time and money over driving to and from your home for each one.
- Are there any opportunities to carpool? If your neighbor goes to the same house of worship as you, take turns driving each other to services. Do you pick kids up after school or from sporting activities? Try creating a carpool schedule with other parents so that you only have to make the trip a few times a week.
- If you live in an area that offers public transit, consider that as an alternative for some of your trips.
- As the weather warms, are there any places to which you can walk or bike instead of drive? We recognize this idea isn't feasible in many parts of the state.
- Consider temporarily transferring some of your activities closer to home, e.g. if you eat out for many of your meals try eating half of those meals at home.

For more tips on how to save money when times are tight visit  
<https://kewaunee.extension.wisc.edu/2022/03/15/coping-with-rising-prices/>

### Apple Cider Vinegar Salad Dressing Serves 8



#### Dressing Ingredients

- 1/3 cup extra virgin olive oil
- 1/4 cup apple cider vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 1 garlic clove, minced (optional)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

**Directions:** Put ingredients in a container with a lid. Shake for 30-60 seconds. Or whisk ingredients in a bowl. Store in refrigerator for up to 5 days.

**Ideas:** Instead of Dijon mustard, use brown or honey mustard. In place of honey, try maple syrup. Instead of Apple Cider Vinegar, use balsamic, white wine vinegar, or lemon juice.



Serving size: 2 tablespoons. Calories: 89kcal  
Carbohydrates: 2g Fat: 9g Saturated Fat: 1g  
Sodium: 141mg, Potassium: 5mg, Sugar: 1g

Photo: Elena Garda

# Family Development and Relationship Education



**UW-Madison Division of Extension \* Renee Koenig, Associate Professor, Human Development and Relationships Educator  
920-388-7137 \* [renee.koenig@wisc.edu](mailto:renee.koenig@wisc.edu)**

## Families & Screens



Let's face it, we are surrounded with technology. We are raising children in a digital age and screens are part of our lives. Parents often wonder if their children are spending too much time in front of screens like phones, computers, laptops, televisions, etc.

First, let's discuss how children are affected by too much screen time.

Children learn best when they interact with other children and adults. Some screen time can be educational. Too much screen time has negative impacts on children's health and well-being. Time with screens means time away from other activities. For instance:

- Screen time leaves less time for interaction with family and friends which leads to fewer opportunities to develop problem solving and social skills
- Screen time leads to less physical activity which leads to unhealthy children
- Screen time leads to less reading and talking which leads to lower academic achievement

The problem is screens are fun and kids often want more. So, you might be asking, *how do I limit screen time?*

### Limit screen time with these tips:

1. Make a plan for how much screen time you will allow per day (three 20-minute shows? Friday movie night? A computer game while you cook dinner?). Then when your child asks for more, you can say, "Did we use up today's screen time?"
2. Set a timer to help your child know when screen time is up. Use this as a reminder to check in with your child and help them transition to the next activity.
3. Before starting screen use, tell your child what happens after screen time. "When this video is done, we'll eat supper/go to daycare/have a dance party/go outside." If this can be the same every day, the transitions are easier for kids.
4. Make technology work for you. Set passwords for devices. If you're not using screens together, use "guided access" on Apple devices or "screen pinning" on Android devices to limit which apps and shows can be accessed. Set your child up for success by putting TVs and devices on a timer that can be turned on and off with a remote or placing device remotes away from children's reach.



**Turn away from your screen.** Kids do what we do. Model limited screen use by putting away your phone during meals. Turn your phone off while you play with your child. Describe why you are picking up your device. Children learn from watching adults that screens are just one part of a balanced day.

**Practice screen-free activities.** Keeping young children entertained can be a difficult task due to their high energy levels. Build healthy habits by guiding children to screen-free activities they enjoy. By

practicing independent, screen-free activities, kids are more likely to want to do these activities.

**Screens are a part of life and we can enjoy them a part of a healthy relationship with our children. Here are some practical tips on spending screen time together.**

- Make a routine to use your screens together as a family. Read an e-book together with your child on a tablet; watch and talk about a show together; play a video game together.

### Upcoming Workshops to Reduce Family Stress:

- Positive Parenting
- Powerful Tools for Caregivers
- Mental Health First Aid
- Money Matters
- Aging Mastery

Call 920-388-7137 or email [renee.koenig@wisc.edu](mailto:renee.koenig@wisc.edu) for a workshop schedule.

## Co-Parenting Classes

The goals of the program are to:

- Eliminate parental conflict in front of children.
- Keep the children out of parents' issues.
- Provide children with access to both parents.
- Put the best interests of the children first.

For more information, contact Renee Koenig, at [renee.koenig@wisc.edu](mailto:renee.koenig@wisc.edu).

- Be creative. Take silly pictures or videos. Paint, color, or draw pictures together on an app. Have your child tell you words to type in a text or an email to a loved one.
- Keep active. Dance or do yoga to YouTube videos; play video games that demand jumping, hopping, stretching, and other movement. Screens are a fun way to get everyone moving.
- Quality matters. Choose educational shows and games with no commercials or advertisements. Commonsensemedia.org offers reviews to help parents decide which digital entertainment is child appropriate.
- Practice caution. Teach children about online privacy and safety. Monitor the use of social media and ask older children about the things they post. Find a balance! Experts recommend limiting screens to 1-2 hours per day for children under 5 (and no screens before age 2). Fill your day with other activities first. Make and eat meals together, play, spend time outside, exercise, sleep 10-12 hours per day, read, take a bath, build with blocks, make believe, sing, and then use screens in some of the remaining time.

*Adapted from article by Pattie Carroll, Dodge County University Extension Educator*

**UNIVERSITY OF WISCONSIN-MADISON DIVISION OF EXTENSION  
HUMAN DEVELOPMENT & RELATIONSHIPS PRESENTS**

# RAISING, Wisconsin's CHILDREN

**Explore parenting tips and learn ways to strengthen your relationship with your child.**

**Thursdays:**  
March 10th – May 19th  
2022: 7pm – 8pm

**Classes offered via Zoom video conferencing**

- March 10: Manage Technology before it manages you Part 1: Values + Strategies
- March 17: Manage Technology Before it Manages You Part 2: Family Media Plan
- March 24: Raising Helpful Toddlers
- March 31: Using Gratitude and Savoring for Managing Stress
- April 7: Speaking Your Child's Love Language
- April 14: Developing Good Bedtime Routines
- April 21: Focus on Fathers: Standing Up for Yourself
- April 28: Focus on Fathers: Rock Star, Sports Star, Super Star?
- May 5: Focus on Fathers: Take a deep Breath
- May 12: Focus on Father: Changing the Way You Look at the World
- May 19: Getting Teenagers to Cooperate

**Free Webinars!**  
**Registration required at:**

[https://uwmadison.co1.qualtrics.com/jfe/form/SV\\_3Vgxj6E7vaar7Ku](https://uwmadison.co1.qualtrics.com/jfe/form/SV_3Vgxj6E7vaar7Ku)

An EEO/AE employer. University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.



## Kewaunee County Home & Community Education (HCE)

For a list of upcoming 2022 events please visit the website for more information <https://kewaunee.extension.wisc.edu/families-finances-wellness/hce/>



**UW-Madison Division of Extension Kewaunee County**

**Join Us!**  
**TIME & TALENT RAFFLE**  
**Kewaunee County 4-H Leaders Association**



**Sunday, April 3, 2022**  
**Kewaunee County Fairgrounds Exhibit Building**  
**625 3<sup>rd</sup> Street, Luxemburg**

Doors open at 10:00am to see all of the Raffle items!  
Silent Auction Ends: 1:00pm  
Raffle Drawing: 1:30pm

Paddle Stick Raffle Drawings: Throughout the Event

Serving Lunch 10:00am - 2:00pm  
Booyah, Hamburgers, BBQ Pork,  
& Homemade Desserts - Carry Outs Available

\*Need not be present to win\*

Prize Booklets available from 4-H club leaders, members, and  
the Kewaunee County UW-Extension Office  
For more information, call Renee at (920) 639-8307



Youth for the Quality Care of Animals is the quality assurance program that we do here in Wisconsin. To find out more about this program please visit [www.yqca.org](http://www.yqca.org).

Recently, YQCA announced a platform transition:

*"We are preparing for the move to the new platform which will launch on March 23, 2022! On that date, users (youth or YQCA instructors) will no longer be able to login to their account and access their certification information. Each youth and YQCA instructor that has a current and valid certification will need to download their certificate before March 23, 2022. There will be a process on the new platform to submit current and valid certifications."*

You can read the YQCA's full statement here: <https://fyi.extension.wisc.edu/kewaunee4h/yqca-youth-for-the-quality-care-of-animals/>

Learn more about how to get your online certification [here](https://www.browncountywi.gov/i/f/files/UW-Extension/4H/GettingYourYQCAOnlineCertification%5B3%5D%5B1%5D%5B1%5D.pdf):  
<https://www.browncountywi.gov/i/f/files/UW-Extension/GettingYourYQCAOnlineCertification%5B3%5D%5B1%5D%5B1%5D.pdf>

For information on printing your certificate, click [here](https://www.browncountywi.gov/i/f/files/UW-Extension/Printing_a_certificate.pdf):  
[https://www.browncountywi.gov/i/f/files/UW-Extension/Printing\\_a\\_certificate.pdf](https://www.browncountywi.gov/i/f/files/UW-Extension/Printing_a_certificate.pdf)

**Synergy Dairy Tour**  
**Saturday, April 2**  
**10:30 AM**  
**Please register to attend by March 31**  
**at**  
[https://uwmadison.co1.qualtrics.com/jfe/form/SV\\_0Vaadsulngjig06](https://uwmadison.co1.qualtrics.com/jfe/form/SV_0Vaadsulngjig06)  
  
*Open to anyone who wants to attend!*  
  
**W2285 County Road S**  
**Pulaski, WI 54162**

**WI 4-H  
AREA ANIMAL  
SCIENCE DAYS**

**Save the Date**

**SHEBOYGAN - JUNE 15TH**

**CHIPPEWA - JUNE 17TH**

**REGISTRATION INFORMATION  
COMING SOON!**



Extension  
UNIVERSITY OF WISCONSIN-MADISON

**Cloverbud Corner**

Looking for Cloverbud Project Ideas? Are you looking for Cloverbud activities you can do at home or with other members in your club? Wisconsin 4-H has some great lesson plans that are all set for easy and fun hands-on activities! Check out <https://4h.extension.wisc.edu/opportunities/projects/cloverbuds/> for more info!





## UW-Madison Division of Extension Kewaunee County



### Club News

#### Pilsen Skylighters

We broke our old record of \$2,032 by \$234! Way to go Pilsen Skylighters! You are the best! A big Thank You to all of you who collected at the local churches in our community! St Joseph/St Therese Parish in Pilsen, St. John Lutheran in Luxemburg, and St. Thomas in Sugarbush! Thank you to everyone who donated. We couldn't do it without you! Our final total was \$2,266!



Pilsen Skylighters have been donating to the CP Telethon for 66 years.  
Photo courtesy of Lynn Dorner.



#### What's happening in your club or project?

We would love to see pictures and hear about what is happening in your clubs and projects to share with our 4-H community. We have seen some awesome virtual activities, speakers, and projects. Send your pictures and short descriptions to Erin at [dahle.erin@kewaunee.co](mailto:dahle.erin@kewaunee.co) and they will be shared in our monthly Extension Connection Newsletter.



#### Reminder: Attend your four club meetings by May 31st

As a reminder, to be a member in good standing in Kewaunee County 4-H and show as a member at the Kewaunee County Fair, you need attend four club meetings by May 31, 2022 and maintain your member expectations that you signed when you enrolled in 4-H. Club meetings and project meetings are separate. Project meetings do not count toward your club meeting total. Members that are not in good standing will not be able to participate as a Kewaunee County 4-H member in the Kewaunee County Fair, WI State Fair, 4-H Leadership Trips, and other similar experiences.

Most clubs have nine to twelve meeting a year. Therefore, even if you have to miss a few meetings due to other activities (work, practice, sports, etc.) there should still be an ample amount of meetings for your family to

attend and meet this requirement.

The exception to this requirement is for youth in grade 13 (college) because it is understood that those members may not be able to make it back to the county on a regular basis to attend monthly club meetings. However, they should remain as involved as possible during that time. In addition, grade 13 members are still expected to meet all of their project area requirements if they would like to show that project at the Kewaunee County Fair.

If you are wondering how many meetings that you have attended this year, please contact your club leader.

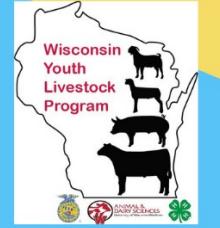


## 4-H Youth Development

**MARK YOUR CALENDARS  
BOTH CONTESTS AT UW MADISON**

**4-H LIVESTOCK QUIZ BOWL  
& SKILLATHON CONTEST  
APRIL 9, 2022**

**4-H MEATS JUDGING  
CONTEST  
APRIL 30, 2022**



#### 4-H Livestock Quiz Bowl and Skillathon – Saturday, April 9th

Location: UW Madison Campus  
Deadline: March 25, 2022 through 4-H online (more information located in the registration materials link below)  
More information and registration available at:  
<https://4h.extension.wisc.edu/opportunities/statewide-events-and-opportunities/livestock-quiz-bowl-skillathon-contest/>

#### 4-H Meats Judging – Saturday, April 30th

Location: \*New\* Meat Science and Animal Biologics Discovery Building, UW Madison Campus  
Deadlines: (more information located in the registration materials link below):  
-Estimated number of participants (needed to order PPE): Feb 4, 2022 - through Google form  
-Final registration: April 18, 2022 - through 4-H online  
More information and registration available at:  
<https://4h.extension.wisc.edu/opportunities/statewide-events-and-opportunities/meats-judging-contest/>

*Please keep in mind, currently, mask/face coverings are mandatory on campus by all. We will be in touch as the event gets closer on any changes to COVID requirements.*

If you have any questions, please contact Jill at [jill.jorgensen@wisc.edu](mailto:jill.jorgensen@wisc.edu)/phone at 920-39104659 or Bernie at [borourke2@wisc.edu](mailto:borourke2@wisc.edu)/phone at 608-263-4304.

## Community Marks the Spot Activity Plan

Place-based projects are hands-on, real-world learning experiences. They help youth:

- Connect with their community.
- Appreciate the natural world.
- See themselves as active contributing citizens.
- Do better in school.

In this project, youth will plan a non-competitive game that takes players to different locations around their community, like a scavenger hunt. The locations they choose will highlight a special theme the youth want to learn more about, strengthening their sense of belonging. Through the game, players will go on a fun adventure to explore the community.

The full activity plan includes an overview of the whole project as well as separate instructions for different parts of the project:

- Pick a theme
- Brainstorm locations
- Design the game
- Research locations
- Lay out the game – visually
- Pilot test and revise
- Promote the game



#### Where will you explore?

Visit <https://4h.extension.wisc.edu/4h-resources/community-marks-the-spot-activity-plan/> to download the short form and get the activity plan.



**UW-Madison Division of Extension \* Aerica Bjurstrom, Regional Dairy Educator  
920-388-7138 \* aerica.bjurstrom@wisc.edu**

## Pesticide Applicator Training

\*PLEASE NOTE: There will be no more in-person trainings this year.

### Online:

In efforts to serve applicators in need of certification for 2022, the UW PAT program is offering Zoom training. The training is free of charge for those that have purchased the PAT manual from either the UW PAT store or from the Extension Kewaunee County office.

(Please note: this is for online training only, it does not include the exam. Please contact the Extension office to schedule an exam time.)

### Zoom training dates:

April 5, 2022

Visit <https://patstore.wisc.edu/secure/default.asp> or order a manual online or call 920-388-7141 to reserve your copy for pickup at Extension Kewaunee County, 810 Lincoln St., Kewaunee.

### In-Person Test-Out Dates:

Register today by calling 920-388-7141 or email [erin.dahle@wisc.edu](mailto:erin.dahle@wisc.edu).

**March 31 10:00 AM, Kewaunee County Fairgrounds**

**MUST BRING ID, CALCULATOR, SOCIAL SECURITY NUMBER TO TEST**

## SPRING 2022

### FARM MACHINERY/ TRACTOR SAFETY CLASSES

#### SPECIFIC COURSE INSTRUCTION AND OUTCOMES:

- Safe operation and maintenance of farm machinery including skid steers and tractors over 20 horsepower
- Follow rules of the road for machinery and tractor safety
- Apply emergency first aid training
- Handle agriculture fires and extinguishers



This course will provide youth primarily under the age of 16, but not younger than 12 at the time of enrollment with the necessary training and preparation to take the evaluation test. Students who successfully pass the evaluation test will receive a certificate. This certificate will allow students 12 years old to work for their parents or guardians operating machinery and tractors on public roads. The Federal certificate allows students 14 years of age to work for someone other than their parents in operating equipment and tractors on public roads. Students should have prior tractor operating experience.

<b>TO REGISTER</b>	
<b>ONCOTO FALLS</b>	
Class #:	24038
Course Fee:	\$10.00
Date:	Tuesday, March 29 to April 26
Time:	4:00 p.m. - 9:00 p.m.
Location:	NWTC Oconto Falls
<b>LUXEMBURG</b>	
Class #:	23801
Course Fee:	\$09.10
Date:	Mon, Tue, Thur, March 28 to April 5
Time:	4:00 p.m. - 9:00 p.m.
Location:	NWTC Luxemburg
<b>SUMMER 2022 DATES</b>	
Luxemburg	June 9, 10, 13, 14 Class #5177
Shawano:	June 13-16 Class #5167
Green Bay:	June 23-23 Class #5124
<b>PLEASE NOTE:</b> SPACE IS LIMITED - REGISTER EARLY. This course can be cancelled due to low enrollment.	
NWTC does not discriminate on the basis of sex, race, color, disability, gender, sexual orientation, gender identity, national origin or other protected classes. Requests regarding the College's non-discrimination policies may be directed to the Title IX Coordinator at 920-498-5444 or 888-385-NWTC, or if you would like to file a complaint due to a disability, please contact 920-498-6000 or disabilities@nwtc.edu at least three days before the event. NWTC is an EOE.	



The day-to-day tasks of a dairy farm can be enough to fill anyone's plate. Paired with the physical work, though, is a need to evaluate and utilize whatever data is available to best manage the herd.

Dan Diederich, owner of Diederich Farm near Green Bay, Wis., works very closely with the data generated on their 540-cow dairy where cows are milked using automated milking systems.

"I use data to replace the human element that was present in the barn when we milked conventionally," he shared during a University of Wisconsin-Madison Extension "Five Minute Farm Focus" video. Without people in the barns watching for lame cows or people in the parlor checking for mastitis, Diederich now relies on data from their robots and activity monitors to monitor cows.

Diederich, who farms with his parents, Raymond and Debra, and his wife, Sarah, said that data gives them early warning indicators of cows that are becoming sick or those that have not transitioned well after calving. They also use that data to find cows that are entering a lameness event.

"In a robotic setting, lameness is crucial to control," he noted. "On any dairy, it's one of the main drivers of a cow's ability to eat and milk, so no matter what, it matters."

He said one of the challenges with all of this data collection is that many people don't know how to utilize it. He noted that their robotic data doesn't sync with their other systems on the farm, and that makes it more difficult to integrate and utilize to its full potential.

## Synergy Dairy Tour Saturday, April 2 10:30 AM

**Please register to attend by March 31 at**

**[https://uwmadison.co1.qualtrics.com/jfe/form/SV\\_0Vaadsulngjig06](https://uwmadison.co1.qualtrics.com/jfe/form/SV_0Vaadsulngjig06)**

**Open to anyone who wants to attend!**

**W2285 County Road S  
Pulaski, WI 54162**

# SAVE THE DATE

**JUNE DAIRY MONTH KICK-OFF BREAKFAST | JUNE 2 | RENDEZVOUS**

**BREAKFAST ON THE FARM | JUNE 19 | KINNARD HIGHLAND FARM**

**KEWAUNEE COUNTY FAIR EARLY JUDGING/HOG WEIGH-IN | JULY 5**

**LIVESTOCK ENTRY DAY | JULY 6**

**KEWAUNEE COUNTY FAIR | JULY 7-10**

## Data review is a must for this dairyman

His recommendation to other farmers is to involve outside consultants to help interpret the data. His work with a University of Wisconsin-Madison Extension program helped him better organize data and create meaningful insights on managing cows.

"In our system, it's not just milk production that matters. It is time spent in the robot and how the cows flow through the system," he shared. "I can have two cows milking 75 pounds. One can be profitable for me while the other one is not because that cow takes too long to milk and requires too much individual attention in a system that is designed around eliminating that individual attention."

His advice to other dairymen is to embrace the use of data. "Data is only useful if you do something with it," he said. "The biggest thing you can do is to spend the time on it. It's not something you can push aside." Diederich recommended that data review become part of a manager's daily farm routine, just as one would check over cows or make sure there is fuel in the tractor.

"It's something you need to do to have a well-run operation," he concluded.



Written by Abby Bauer, Senior Associate Editor. Photos courtesy of Aerica Bjurstrom, Regional Dairy Educator, UW-Madison Extension.

To view Dan's Five Minute Farm Focus video please visit our website at <https://fyi.extension.wisc.edu/kewauneeag/five-minute-farm-focus/>



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## Spring Pasture Management: Where Do I Start?

Unseasonably warm weather and precipitation have been the common theme of the last several springs. As many of the producers in PA recognize, warmth is a double-edged sword. Warmer means Top of Form precipitation as rain, rather than snow, and less of the bitter cold feeding and calving conditions we traditionally deal with, but mud has been in no short supply, as we hit the first the beginning of spring.

As the weather warms and the spring rains give us plentiful pasture and hay growth, temptation to get livestock out and onto grass will be high. Wait. If you have the hay and the ability to continue feeding, this will reward you more than turning livestock out on to muddy, underdeveloped pastures.

### Soil Fertility

The best place to start when thinking "When will I start grazing?" will be with fertility. Applying fertilizer according to a fall soil test will allow you to make the most economical and environmental decisions for your operation. If you have soil tests and need help interpreting results, start by reading [Interpreting Your Soil Test Reports](#). If you need further assistance, contact your local Penn State Extension Agronomy Educator.

As you start making amendments to your pastures, begin with lime and pH management, as it is one of the most critical steps when managing pastures. Pasture pH management is special and needs to be maintained to ensure optimum growth for grasses and legumes (clovers, birdsfoot trefoil, alfalfa). Lime is usually applied in the fall in perennial forages; however, weather conditions can dictate when applications are made. For more information on pH and liming, read [Soil Acidity and Ag Lime](#).

Lastly, we want to look at nutrient management. Many factors play into pasture nutrient management and optimizing growth, but the one that is most often overlooked are our winter feeding practices. Anytime that feeding happens in pastures, we are providing nutrients to those areas through manure nutrient cycling. In general, 80% of livestock consumed nutrients are redeposited on fields. In respect to hay, this is 40 pounds of potassium, 12 pounds of phosphorus, and 40 pounds of nitrogen per ton of hay fed in field that are returned. This should be considered when making fertilizer purchasing and application decisions.

Pastures and hay can also benefit from an application of supplemental nitrogen at green up to increase plant production. Applying 30-40 pounds of nitrogen per acre can supply a large boost to not only yield and carrying capacity, but also to root growth and plant density. For more information on nitrogen applications, watch our short video on [Maximizing Spring Green Up on Pasture](#).

### Managing Damaged Areas from Winter

At this point you are probably starting to notice a few areas of pasture that incurred some damage over the winter. Most likely those heavy traffic areas near water, feeders, minerals, and their favorite corner of the pasture to hang out. It can be beneficial to have a sacrifice lot during the winter months or even to use during wet weather to save your valuable pastures. But there are usually still some areas post-winter that could use some improvements.

First, if possible, move water, feed and mineral sources to new locations so that you can re-seed the damaged locations or allow them to rest and regrow. Rotating those items more frequently, when possible, or having a permanent location with a concrete pad can help alleviate the stress from heavy traffic. Check out this article, [Reducing Pasture Damage During Winter Feeding](#), to learn more.

Sometimes it is necessary to restore or renovate our main pastures due to excessive damage but it's important to make careful considerations before fully renovating. Your assessment should be based on the current productivity of the pasture and a full-blown renovation should be a last resort. This article, [Seeding Perennial Forages: Restoration/Renovation of Pastures and Hay Fields](#) can help you determine your best approach.

Finally, consider what you will plant in your winter-feeding areas or in the damaged spots in your fields. If you are treating areas of your fields or rotating your winter-feeding area, it is best to return them to a suitable perennial forage that fits your operational needs. If you are going to reuse the same feeding area again next winter, consider the use of an annual grass that does not take so long to become established. For more on selecting proper species selection, you can read [Selecting the Correct Forage Species](#) or call your local agronomy educator.

### Grazing Management

Grazing management is an important aspect of pasture health and productivity. Maintaining good forage heights will ensure that our desirable forages maintain good quality, can suppress weeds, and survive through the summer. Management systems also allow for more even distribution of manure across our pastures. Rotational grazing is when only a section of a pasture is grazed at a time while the remainder of the pasture is left to rest and regrow. A continuous grazing system allows animals to have access to a pasture throughout the entire grazing season.

Continuous grazing systems, while requiring fewer physical inputs from the producer, allows animals to be more selective and graze certain areas and plant species more heavily than others. The forages that are left behind will mature and decline nutritionally as animals continuously return to the new lush growth that was more recently grazed. Rotational grazing favors our desirable forages by limiting the space available for livestock to graze and rotating them to new paddocks, ideally when forages reach a

certain height. Then, the paddocks can "rest," which allows for forage to regrow and replenish carbohydrates. This grazing height can be valuable, in terms of botanical compositions, because different forages, both grasses and legumes, will tolerate different grazing heights. In table 1, the start and stop grazing heights are found for different types of grasses and legumes.

Species	Plant height (inches)	Start grazing	Stop grazing
<b>Tall-growing cool-season grasses</b> orchardgrass, quackgrass, reed canarygrass, smooth bromegrass, tall fescue, and timothy	8–10		4
<b>Tall-growing legumes</b> alfalfa, alsike clover, birdsfoot trefoil, kura clover, ladino clover, and red clover	8–10		4
<b>Ryegrasses</b> Italian and perennial	6–8		2
<b>Short-growing cool-season grasses and legumes</b> Kentucky bluegrass and white clover	4–6		2
<b>Warm-season grasses</b> big bluestem, indiangrass, sorghum/sudangrass, and switchgrass	12–14		4–6

Table 1. Start and stop grazing heights for different grass and legume forages. From USDA Pastures for Profit: A Guide to Rotational Grazing

Grazing systems also allow us to manage our carrying capacity, which can help in the spring when pastures are wet. Rotational systems allow us to move animals on and off our pastures to avoid damage. Wet soils allow for hooves to tear through roots, causing damage to forages and potential soil compaction. For more information regarding grazing management on wet soils read, [Grazing Management to Avoid Soil Compaction](#).

Grazing too early in the spring, before forages reach an ideal height, can stunt their growth for the remainder of the grazing season. It's important to remember that what you see above ground in terms of forage biomass is reflected in the soil as root biomass. This is the time when forages are actively growing, accumulating carbohydrates and developing complex root structures. So, if forages are grazed too early, they will not have a good root structure belowground to scavenge for nutrients and water during the summer months. For more information on residue heights, check out [Grazing Residue Height Matters](#).

Adapted from <https://extension.psu.edu/spring-pasture-management-where-do-i-start> by Justin Brackenridge and Leanna Duppstadt, PennState Extension Educators.



## FARM READY RESEARCH

See the full list of topics at [go.wisc.edu/FarmReadyResearch](http://go.wisc.edu/FarmReadyResearch)



### Upcoming Farm Ready Research Sessions:

#### Friday, April 1 | 11am – 12pm:

Develop Your Farm Business Idea Using Lean Start-up and Business Model Canvas

#### Friday, April 8 | 11am – 12pm

Strategic Thinking for the Farm Business: Putting Your Farm Values to Work

#### Friday, April 22 | 11am – 12pm

Cultivating Person Strength and Resilience: We-COPE for Farmers and Agriculture

Please visit [go.wisc.edu/frr2021](http://go.wisc.edu/frr2021) for more information on these sessions and to register.



**Extension**

UNIVERSITY OF WISCONSIN-MADISON

## KEWAUNEE COUNTY EXTENSION CONNECTION

Connecting people with the University of Wisconsin

April  
2022



### Do NOT Can Pickled Eggs



While you may see home-canned pickled eggs for purchase, it is actually **not** safe to can pickled eggs at home. In fact, home-pickled eggs stored at room temperature were linked to a case of botulism — so just imagine long term shelf storage of canned pickled eggs! If you enjoy the taste of pickled eggs, you can pickle eggs at home by following good sanitation and food safety practices during the process, and if you **always** store the eggs in the refrigerator!

#### How to pickle eggs

Remember there are no research supported home canning processes for pickled eggs. The recipes provided here are all meant to be stored in the refrigerator. Pickled eggs should **never** be stored at room temperature, except during serving and they should not be at room temperature for more than two hours.

**Eggs:** Each of the recipes listed in this newsletter uses 12 eggs. Small to medium size eggs work best for pickling as they more easily take on the flavoring of the pickling brine. Use the freshest eggs available. All eggs need to be hard-boiled and shells removed.

**Jars:** Glass canning jars work well for pickling. A quart size jar will hold approximately one dozen medium eggs. Jars and lids should be sterilized before use. To sterilize the jars and lids, place in boiling water for 10 minutes. Keep the jars and lids warm in the water while you prepare the pickling solution.

**Pickling solution:** All of the pickling solutions provided here require bringing all the ingredients (except the eggs) to a boil, reduce the heat and simmer for five minutes.

**Packing the jars:** Pack no more than one dozen peeled, hard-cooked eggs loosely into a warm, pre-sterilized quart jar. Completely cover the eggs with the hot pickling solution, place the lid on the jar, and refrigerate immediately. Allow eggs to cure for 1 to 2 weeks for best flavor. Eggs should be eaten within 3 to 4 months.

**Receive this newsletter electronically by signing up at** <https://extension.missouri.edu/programs/food-preservation/>

**Local contact information:**



### Easter Egg Food Safety

If dyeing Easter eggs is a tradition in your family, make sure to keep food safety in mind as you carry out your annual ritual. Eggs can contain bacteria such as *Salmonella*. Make sure you are handling your eggs correctly, keeping them stored in the refrigerator until ready to use, and following good hand washing practices before and after handling the eggs. If you wish to eat the eggs after dyeing them or hiding them, then you must follow good food safety and food storage practices. The Partnership for Food Safety Education provides the following tips for keeping your Easter eggs safe:

- Only use eggs that have been refrigerated, and discard eggs that are cracked or dirty.
- Be sure to use food-grade dyes. It is safe to use commercial egg dyes, liquid food coloring, and fruit-drink powders. When handling eggs, be careful not to crack them. Otherwise, bacteria could enter the egg through the cracks in the shell.
- Keep hard-cooked eggs chilled on a shelf inside the refrigerator. Be sure your refrigerator is 40°F or less by using a refrigerator thermometer.
- Hide the eggs in places that are protected from dirt, pets and other potential sources of bacteria.
- Remember the two-hour rule. Eggs should only be out of the refrigerator for a maximum of two hours. Make sure the "found" eggs are back in the refrigerator or consumed within two hours.
- Remember that hard-boiled eggs are only safe to eat for one week after cooking.

#### Sources

<https://preservingfoodathome.com/page/4/>

<https://www.fightbac.org/egg-str-a-care-for-spring-celebrations/>



### Red Beet Eggs

- 1 cup red beet juice (from canned beets)
- 1½ cups cider vinegar
- 1 teaspoon brown sugar
- a few canned whole tiny red beets (or several slices of beets can be used)

### Dilled Eggs

- 1½ cups white vinegar
- 1 cup water
- ¼ teaspoon dill weed
- ¼ teaspoon white pepper
- 3 teaspoons salt
- ¼ teaspoon mustard seed
- ½ teaspoon onion juice or minced onion
- ½ teaspoon minced garlic or 1 peeled garlic clove

### Cidered Eggs

- 1½ cups pasteurized sweet apple cider or apple juice
- ½ cup white vinegar
- 6 thin slices of onion
- 1½ teaspoons salt
- 1 teaspoon whole pickling spice
- 1 peeled garlic clove

#### Sources

<https://www.cdc.gov/mmwr/preview/mmwrhtml/mm4934a2.htm>

[https://nchfp.uga.edu/how/can\\_06/pickled\\_eggs.html](https://nchfp.uga.edu/how/can_06/pickled_eggs.html)

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University of Wisconsin-Madison  
Division of Extension



### Don't Let a Fall Keep You From Maintaining at Home

One in four people age 65 or older has a fall each year.

Don't be one of them. The next Stepping On workshop begins:

**Dates: Wednesdays, beginning April 20<sup>th</sup> through June 1<sup>st</sup>**  
**Time: 9:30am – 11:30am**

**Location: Kewaunee Health and Human Services Building**  
**810 Lincoln St., Kewaunee**  
**Cost: \$10 suggested donation**

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. Stepping On has been researched and proven to reduce falls by 30%. In just seven weeks, you'll learn:

- ▶ To identify and remove or avoid fall hazards in your home and outside
- ▶ How vision, hearing, medication, and footwear affect your risk of falling
- ▶ Strength and balance exercises you can adapt to your individual level
- ▶ To get back on your feet the right way if you do fall.

**Call 1-877-416-7083 for more information or to register.**



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