

## HUMAN DEVELOPMENT AND RELATIONSHIPS



*The Extension Institute of **Human Development & Relationships** provides the tools Wisconsinites need to thrive as well-rounded, capable individuals and families. We support families in caring for each other in ways that promote growth and understanding. Our programs promote aging-friendly communities, coach effective parents and help families put technology, mindfulness and financial awareness to use.*

*Truong Tran, Human Development & Relationship Educator*

UW-Madison Extension Sheboygan County proudly participated in the Hmong Day Celebration in Sheboygan, Wisconsin. Educator engaged attendees in meaningful conversations about Extension programs and resources tailored to the community's needs. Visitors to the table learned about Hmong Planning AHEAD, which supports end-of-life planning, and the newborn Hmong edition of Just In Time Parenting. This event served as an important opportunity to share culturally relevant educational materials with an underserved audience and to empower community members with knowledge and tools for future planning.



Met with Howards Grove Community Center, Sheboygan Adult Protective Services, Sheboygan Dining Site Managers, and the Children and Family Resource Unit of Health and Human Services to build relationships, identify community needs, and identify alignment with Extension's Life Span Efforts.

Through recent environmental scans, Sheboygan Extension has developed a clearer understanding of the community's unique needs and challenges. These insights are shaping efforts to increase awareness of available resources for older adults. By collaborating with local organizations and community leaders, Sheboygan Extension is building strong partnerships to more effectively address these priorities.

### AGRICULTURE



*If it happens on a farm or in a field, the Extension Institute of Agriculture works with you to achieve better results. Our innovative dairy management programs range from genetics to farm and business management. Extension researchers work hand-in-hand with row crop, forage and fresh produce growers to provide best practices for every aspect of the growing phase. We also advise communities on using sustainable practices to create inviting spaces free from invasive species.*

#### **Crops**

*Liz Gartman, Regional Crops Educator*

#### **Dairy**

*Manuel Peña, Regional Dairy Educator*

A series of alfalfa measurements that will help to better understand optimum alfalfa and winter cereal harvest across Wisconsin. The results of this study will help forage growers to determine what techniques can best predict optimum forage harvest timing to improve first cutting forage quality for livestock.

- First crop alfalfa cutting tends to represent the largest quantity of forage yield for the year, representing approximately 36-41% of total dry matter (DM) yield. When harvested in a timely manner, it can result in high levels of neutral detergent fiber (NDF) digestibility while still meeting yield goals.
- Mismanaging first crop forage harvest timing creates challenges for the farm. Too early harvest leads to lower yield and extremely high-quality forage which some farms may struggle to properly utilize in their ration. Later than optimum harvest yields distinctly lower forage quality and may jeopardize a farm's plan for future harvest events.
- There is a diverse network of forage-focused staff at the University of Wisconsin-Madison, Division of Extension that have led the effort to track, report, and record alfalfa quality using Predictive Equations for Alfalfa Quality (PEAQ) and correlate with lab analyzed scissors cut results.
- A uniform statewide effort results in greater understanding and correlates relationships between PEAQ measurements and relative forage quality (RFQ) from lab reports in various growing regions across Wisconsin allowing for the development of future predictive tools to improve grower forecasting and decision-making capability.

A hybrid Foundational Crop Scout training that blends a series of webinar trainings with in person field days for entry-level crop scouts, crop growers and consultants where participants learn the basic skills necessary to scout field crops including corn, soybeans and alfalfa. Through this training series, we will provide "just in time" training to crop scouts as they begin work in the busy growing season.

---

## AGRICULTURE CONTINUED

A webinar where participants were introduced to the basic concepts of scouting grain and forage crops for pests, crop growth stages, nutrient deficiencies and other issues. Through this effort, beginning crop scouts will have the initial tools they need to effectively identify crop production issues that can help growers and crop consultants better manage through the growing season to secure crop yield and profitability.

- While it is important to master the technical skills related to crop scout work, the planning and pre-work is key to a thorough field visit. I identified some of the very basic needs related to crop scout work - identifying the necessary tools, gathering field history and grower information, creating reports, utilizing available resources.
- There were 17 live views of the webinar from non-extension viewers, and the recording will be posted to the Foundational Field Scout Training Website for on-demand viewing. When reviewing the evaluation, the following comments were shared: "I was excited to see that there are disease/pest calendars. I had many windows/dates in my head but it really helps me to see them all laid out visually." "Saved all the links and will look into them. Will do some additional scouting today!" "I plan to have a strong relationship with customers and my managers/agronomists. To make sure everyone is aware of what is happening."

---

A series of fact sheets on beef cow nutrition management. Beef producers will be able to better manage beef cow nutritional needs through the course of the year.

A newsletter for farmers, managers, employees and agribusiness professionals in collaboration with the Eastern Wisconsin Dairy Herd Improvement Cooperative that informs the reader of upcoming UW Madison Division of Extension programs, provides key crop and dairy management updates and includes timely production articles.

---

A regional agriculture newsletter for Fond du Lac, Sheboygan, Washington and Ozaukee county agriculture producers, industry representatives and agency staff that provides timely crop production updates, dairy and farm management resources and upcoming agriculture events. The goal is to create awareness of Extension programming and research in the region and maintain a connection between UW and the ag community.

## YOUTH DEVELOPMENT



*Positive Youth Development prepares the youth of today to become the effective, empathetic adults of tomorrow. Our research-based youth enrichment programs like teens in governance build youth and adult capacity and partnerships that help both sides grow. 4-H clubs, camps and after-school programs give young people the hands-on experiences they need to develop an understanding of themselves and the world.*

### 4-H

*Sarah Feider, 4-H Program Educator*

A sparks program for Middle School and High School students where students engaged in various activities throughout the school year to practice something new to them. Through this program, students will have greater implications on their intellectual, social, and emotional self.

The guidance counselor reached out to me to engage the youth at the school in areas that they were not necessarily familiar with. 4-H was a program that was unfamiliar to all students. In this particular school, the rural students do not or cannot participate in after school activities. Sarah Feider, 4-H Program Educator, partnered with the Sheboygan Area School District to bring 4-H and experimental learning to a new audience. Students engaged in activities through centering youth in the community, building belonging, and learning together - 4-H Core Values.



**“Sarah has been a great asset in the school, allowing students to meet new people and try new things has been great for our students.” - Ms. Dean**

*A high school student tries woodburning for the first time, creating a special gift for his mom for Mother's Day.*





**Extension**

UNIVERSITY OF WISCONSIN-MADISON  
SHEBOYGAN COUNTY

**MAY 2025 REPORT**

## FOOD SECURITY, HEALTHY EATING, AND HEALTHY LIVING



*FoodWise* advances healthy eating habits, active lifestyles and healthy community environments for families with limited incomes through nutrition education at the individual, community and systems levels. *FoodWise* reaches individuals and families through local community partners by providing nutrition classes in-person and virtually, indirect education (newsletters, etc.), and social media/marketing. *FoodWise* is an obesity prevention program that addresses policy, system and environmental changes through local and state public health efforts.

*FoodWise* is federally funded by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP).

*Amanda Miller, FoodWise Coordinator*

FoodWise and Partners for Community Development are partnering to offer a summer series of cooking classes to residents using the Teen Cuisine curriculum. Staff have identified that youth that are residents of the Sunnyside Apartments need to gain experience in basic cooking skills and making healthy snacks afterschool while they are on their own. Teen Cuisine is a curriculum designed to help older youth learn the important life skill of cooking/food preparation, such as cutting, measuring, hand washing, food safety, etc. The classes will focus on easy to follow recipes that are no-cook to limited cooking that will be convenient to make while youth are on their own afterschool. These classes will be offered in English and Spanish over the course of the summer. Teaching cooking skills is an important life skill that empowers youth to make healthier food choices.

**DIY Cooking Camp**  
For Pre-teens and Teens

Join us to learn how to make your own after school snacks

June 2025	July 2025	August 2025
June 25th 11:30 am - 1:00 pm Community Room	July 9 <sup>th</sup> and 23 <sup>rd</sup> 11:30 am - 1:00 pm Community Room	August 6 <sup>th</sup> and 20 <sup>th</sup> 11:30 am - 1:00 pm Community Room

Participants will learn:

- How to apply MyPlate to meal and snack planning
- How to read and follow a recipe, using correct cooking and measuring techniques
- Safe knife-handling skills
- Use food labels to choose healthier foods and snacks

**FOOD WISE**  
UW-MADISON EXTENSION

Jayna Hintz  
*Area Extension Director*

Liz Gartman  
*Regional Crops Educator*

Manuel Peña  
*Regional Dairy Educator*

Sarah Feider  
*4-H Youth Educator*

Diana Hammer  
*Interim Positive Youth Development Educator*

Amanda Miller  
*FoodWise Coordinator*

Janeth Orozco  
*FoodWise Educator*

Truong Tran  
*Human Development and Relationships Educator*

Tammy Zorn  
*Support Staff*

Emily Jensen  
*Support Staff*

Cassi Worster  
*Area Marketing Specialist*