

NEWS FROM EXTENSION

UW-Madison Division of Extension Brown County



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Welcome Kate Wells Bilingual Nutrition Educator with FoodWise

Kate is a person who likes learning new things and building a community. Some of her favorite food-related topics include food sustainability and lactation. She enjoys reading, hiking, spending time with family, and learning how to cook. She recently moved to Green Bay; however, she has been visiting Green Bay her whole life.

She looks forward to the people she will meet working in FoodWise. One of her favorite things about food is the community it creates.

Welcome Kate!



FoodWise in the Community

FoodWise partnered with Freedom House to offer a Nutrition Program to empower young adults and children to choose healthier food options. A series of four lessons from the Teen Cuisine curriculum was offered.

The participants learned about kitchen safety and utensils, measuring, and making healthy and delicious recipes. Lessons were taught thru hands-on activities and games. One lesson participants found interesting and engaging was measuring dry and liquid ingredients.

Two of our favorite recipes from the program were: Mango Smoothies and Fruit Pizza.



TEST YOUR SOIL BEFORE IT FREEZES!

You can bring your soil samples to Brown County Extension for testing at UW Soil & Forage Lab.

Soil Test Types & analysis*:

[Field & Vegetable/Fruit Crop](#)

[Lawn & Garden](#)

[Wildlife Food Plots](#)

[Manure](#)

*Total cost will include the analysis as well as an additional \$10 shipping & handling fee.

[See instructions and more information on the Brown County Extension site here.](#)

THE SCOOP ON SOIL SAMPLING

Are you looking to have your soil tested in your lawn, vegetable, or flower garden, non-commercial fruit crops, or for your landscape trees and shrubs? Are you looking for accurate recommendations for fertilizer applications?

Have your soil tested through Extension Brown County by the UW Soil & Forage Analysis Lab in Marshfield. A standard soil test will identify soil pH, % organic matter, and phosphorus and potassium levels.

1. SELECT THE SAMPLE LOCATION

Select your sample area and remove any overlying mulch, sod, or compost from the sample site.



2. TAKE YOUR SOIL SAMPLE

Collect approximately 1-2 cups of soil from different areas from the top 5-7 inches of soil using a clean trowel, shovel, or soil probe.



3. PACKAGE YOUR SOIL SAMPLE

Place your sample in a heavy duty plastic bag or soil sample bag. Label the bag with the sample location description, your name and contact information.



4. DROP OFF YOUR SOIL SAMPLE

Bring your sample to the Extension Brown County office and staff will help you fill out a submission form.

Extension Brown County
Brown County STEM Innovation Center
2019 Technology Way, Room 113
Green Bay, WI 54311





Brown County Extension is now hiring!

We are hiring for two open positions in our dynamic and exciting office. [Visit the Brown County Jobs site and search "Extension"](#) to see more information for each open position below:

Secretary III (PTE)

To support our team, we are looking for someone who has experience in design and digital marketing. In this role, you will curate content for our monthly newsletter, submit events to local press, manage social media, create engaging content, and more! Other responsibilities include supporting educators in the office, general bookkeeping, and customer service.

Strong Bodies Instructor (LTE)

The StrongBodies Instructor will conduct the StrongBodies strength training program, and work with community partners to organize and promote classes. StrongBodies is offered to various age groups and genders including seniors and women. Strong Bodies is founded on the StrongWomen™ Strength Training Program based out of Tufts University which grew out of research published by Dr. Miriam E. Nelson on bone density in older adults.

Brown County Land & Water Conservation Pollinator Seed Kit Sale Extended

The 2022 Pollinator Seed Kit Sale is still going! Get your seed kit for next year while they are still on sale. The Pollinator Seed Kit Sale is a project of our neighbors: the Brown County Land & Water Conservation Department.

Kits are \$15 each, make a great gift, and can be picked up at the Land & Water Conservation office Mon-Fri, 8am-3pm, in suite 104 of the STEM Innovation Center while supplies last.

**BROWN COUNTY LAND & WATER
CONSERVATION DEPARTMENT**

2022 Pollinator Seed Kit Sale

\$15 per kit



CALL OR WALK-IN

Monday-Friday from 8am-3pm

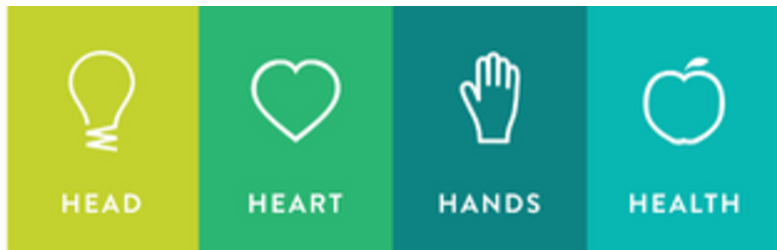
920.391.4620

2019 Technology Way, Ste. 104

Green Bay, WI 54311



An EEO/AA 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.



4-H Open House at the YWCA

Brown County 4-H is working with partners to launch a new club out of the YWCA!

This club is open to kids in kindergarten through age 19 and will meet at least once a month for fun hands-on activities. Parents and caregivers are encouraged to participate when they can.

Curious about 4-H? Join us at this open house!

4-H Open House at the YWCA

Monday, December 5th

5:00pm-6:30pm

YWCA, 230 S. Madison St., Green Bay, WI 54301

[Why Join 4-H?](#)

4-H emphasizes youth voice and hands-on learning in projects ranging from activities in agriculture, woodworking, and baking to robotics/coding, archery, and photography!

In 4-H, youth discover and explore new skills, develop friendships and connections, and get more involved in their communities.

4-H Afterschool Program in Full Swing

With the 2022-2023 school year almost through the first 3 months, Brown County 4-H is in full swing with programming efforts!

Over the course of the year, our program will reach K - 5th grade students in 12 elementary schools. This 4-H Afterschool program provides Lego and robotics programming for students.

We are excited to welcome a new instructor to our team, Tylerann Norby, who began on November 14. She joins our other two instructors, Jennifer Bartkowski and Megan Ho, to deliver programming directly to schools. Welcome Tylerann!

Want to learn more about the program? Know of someone who may be interested in joining our educator team? Contact Melinda Pollen at melinda.pollen@browncountywi.gov!

Brown County 4-H Cloverbud Project Revival

Brown County 4-H is bringing back the Cloverbud Project.

This special tier of 4-H membership is geared specifically for youth in K - 2nd grade. With age-targeted learning opportunities and fun activities planned throughout the year, the Cloverbud Project is the perfect way to prepare your young one to scaffold to a 4-H Club Member- or, to provide a fun and safe environment for youth to grow.

Brown County 4-H is working on starting a new club for Cloverbud-specific programs. Stay tuned for more information about this opportunity. To sign up for more information about 4-H and the Cloverbud project, [fill out the form here](#).

The Energy Audit Kit

It's Getting Cold Outside!

With winter weather right around the corner, are you looking for ways to keep energy bills lower - at the office, at schools, at home? Brown County Extension has a kit that could help assess your energy usage - and help you see where things could be modified.

The Energy Audit Kit, developed by UW-Stevens Point and sponsored by WPS, is a kit full of educational resources, and available for Wisconsin Educators (in any capacity) to borrow.

Are you a home-school parent/group, classroom teacher, 4-H or boy/girl scout leader, faith based organization volunteer, college resident assistant, youth serving organizational staff or volunteer Then check out the Energy Education Kit!

The kit contains materials, lesson plans, video links, and technology (watt meters, infrared thermometers, light meters, thermo-hygrometers, flicker checkers and thermal imaging cameras) to learn about your environment and where energy is being used. Don't worry if those words are new to you - the lesson plans and videos walk you right through how to use them and what the technology does.

Amazing, free educational resource, ready for check out from the Extension office. Give us a call at 920-391-4654 to reserve the kit today!



Urban Food Forest Project

Extension has been assisting a group that has come together to explore the possibilities of urban food forest development in Brown County!

A food forest is planting fruit and nut trees, berry bushes, and other perennial edible plants, like asparagus, with the intention that people will have greater access to locally grown food.

Examples of current food forest activities include:

- The [Urban Orchards](#) in De Pere, which are located in city parks and schools
- [NEW Leaf Urban Food Forest](#), which encourages property owners to plant fruit and nut trees and bushes, and
- [discussions of a food forest in Seymour Park](#)

This food forest project relates to the [NEW Food Forum's Food Regional Action Plan](#).

The group will be meeting again in December to discuss how their vision for an urban food forest in Brown County may be obtained.

If you are interested in joining in food forest project contact Patrick Nehring.
patrick.nehring@wsic.edu / (920) 391-4616 and he will connect you with this project.



Nonprofit Resources

UW-Madison Extension has partnered with UW-Green Bay to offer resources to nonprofit organizations in the area.

[Nonprofit Leader Conversations](#)←

Register for these upcoming Nonprofit Leader Conversations, which invite experts to discuss relevant topics in the nonprofit sector.

Innovation in Volunteer Management | November 17, 9:00-10:00, [Zoom Registration](#)

Andrea Elliot, Non-profit Recruiting Manager of Delaware-North Sportservice (Lambeau Field and Wisconsin Expo Center), will share some new ideas about making efficient and effective use of your valuable volunteers.

Legal Issues | December 1, 9:00-10:00, [Zoom Registration](#)

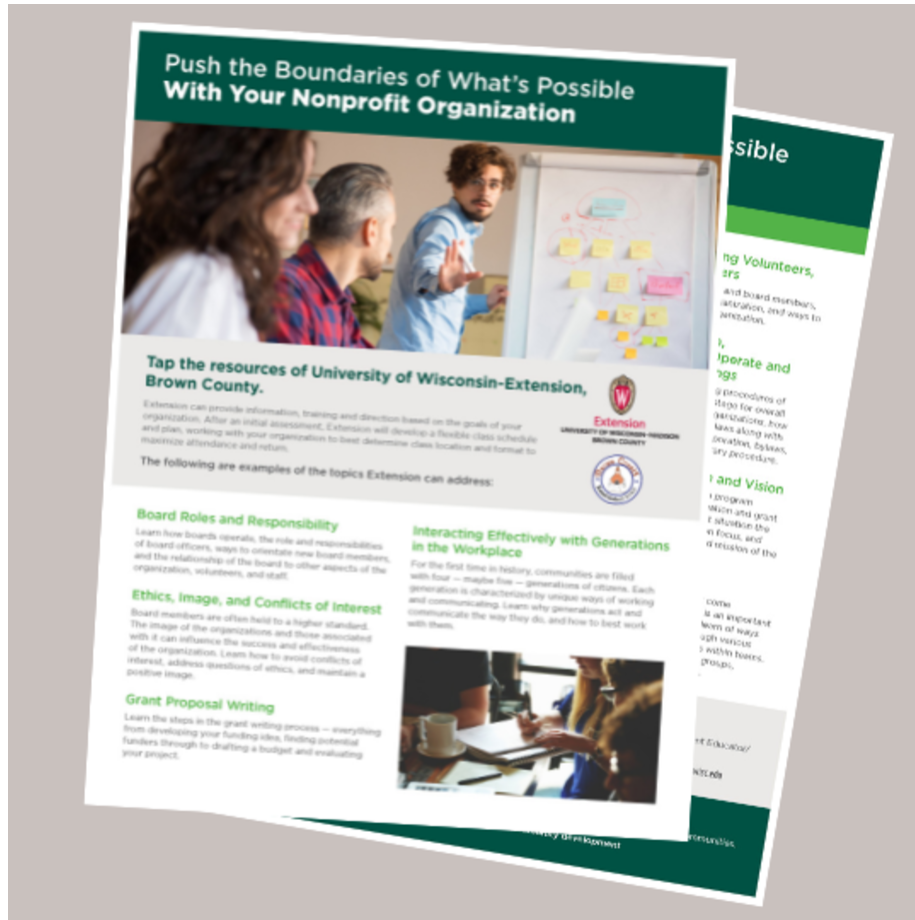
Nancy Heykes, Principal of On Point Consulting, will be on the call to consider common legal and ethical concerns of nonprofit organizations. While you will not get individual legal advice, you can discuss issues of concern, such as maintaining tax exempt status, board issues, staff concerns and more.

Excelling in Your Media Appearance | December 15, 9:00-10:00, [Zoom Registration](#)

Join Danielle Bina, Senior Lecturer in Communications at UW-Green Bay, as we talk about strategies, tips and ideas to look and sound good in media appearances.

Custom Training & Support for Nonprofits

Extension can provide information, training, and direction based on the goals of your organization. After an initial assessment, Extension will develop a flexible class schedule and plan, working with your organization to best determine class location and format to maximize attendance and return. [Click here for more information](#). To schedule a session, please contact Patrick Nehring at 920-391-4616 or patrick.nehring@wisc.edu.



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