

# Extension Impact: Education Makes a Difference

## Waupaca Farmers Market



The Waupaca Farmers Market is growing. UW-Extension's FoodWise team of Kelly Hammond and Christi Gabrijska have been actively engaged in enhancing and promoting the Waupaca Farmers Market this summer. It has been a goal of Living the Waupaca Way, a local coalition working to promote healthy environments, to promote

the market as a space where families and individuals come together to spend their Saturday mornings shopping for fresh goods, playing, listening to local musicians, all while supporting local producers.



This spring Living the Waupaca Way was awarded a \$13,000 grant to improve the market and hire a part-time Farm Market Manager. This summer, an intern through Fox Valley Technical College has filled the role temporarily. The FoodWise team has been supervising and providing support to this individual. These grant funds will provide for a seasonal Farm Market Manager for the next two years, as well as enhancements such as EBT readers, which will continue to help grow and enhance the Waupaca Farmers Market.

Since the beginning of the market season there has been a growth in vendors attending each Saturday. On any given weekend you will find a large variety of fresh produce, flowers, farm fresh eggs, meat and poultry, baked goods such as bread, scones, cookies and cupcakes, potted plants, goats milk products such as hand lotions and soaps, wool hats and gloves, canned goods such as salsas, pickles and jams and much more. Music @ the Market - local musicians playing on the square and Movin' @ the Market - a collaboration with local business to promote physical activity such as yoga, gymnastics and cardio drumming are events occurring at the market this year as well.



A Partnership between the City of Waupaca, Living the Waupaca Way Coalition, ThedaCare and Department of Agriculture, Trade and Consumer Protection (DATCAP) Buy Local Buy Wisconsin Grant has made these effort possible.

The Waupaca Farmers Market runs every Saturday from May to October 9am – 2pm in front of the Waupaca Library on Main and Fulton.

~Christi Gabrijska & Kelly Hammond

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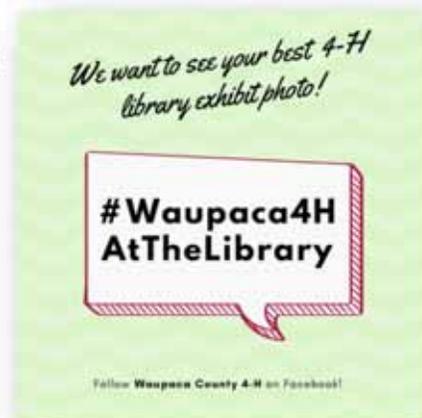
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## Showcase of Waupaca County 4-H

How can we fill a 1500 square foot exhibit room? We form a committee of 4-H youth and adults with great ideas to plan the Waupaca County 4-H Showcase for the Waupaca Public Library Exhibit Room!

September 24<sup>th</sup> – November 3<sup>rd</sup>, Waupaca County 4-H will be the featured exhibit at the Waupaca Public Library, 107 S. Main Street, Waupaca. The exhibit room is open during regular library hours. Come checkout the exhibit room, which will showcase over 100 years of 4-H through interactive trivia, historical memorabilia, photographs, youth projects, current events, and more. See things such as a 4-H timeline, articles about 4-H from the 1930's, historic member record books, celebrities who got their start in 4-H, information about current 4-H clubs, pictures of current 4-H events, and fair projects.

4-H youth and adults will also be hosting special events on Saturday, October 6<sup>th</sup> and October 13<sup>th</sup> from 10:00 a.m. – 1:30 p.m. in front of the library. Don't forget to take your photo with the hashtag #Waupaca4-HAtTheLibrary



~Penny Tank

## Smartphone App Helps Farmers Price Standing Corn Silage



Corn silage is harvested from late August through mid-October, when energy, fiber and moisture are at their best, depending on planting date, hybrid variety and growing conditions. One-third to three-quarters of the feed consumed by more than one million dairy cows in WI comes from corn silage, and it's not unusual to find corn silage as the only source of feed for many WI beef animals. It's a unique and important feed providing a significant source of energy and fiber for dairy and beef cattle across the state and nation.

Nearly a million of the four million acres of corn planted in WI (25%) were harvested as silage with an estimated market value of nearly a half billion dollars. However, there's no established commodity market for corn silage like there is for corn or soybeans. Pricing standing corn for silage is even more difficult than pricing standing hay, because the seller often has the option of letting the corn crop mature and marketing it for grain, but those additional costs must be considered in the pricing decision as well.

To help farmers determine a fair price when buying or selling corn silage, Blonde worked with a colleague in St. Croix County to develop a mobile app that can quickly estimate the value of standing corn silage. The app includes links to current corn and hay market prices and allows buyers and sellers to enter their own yield estimates and harvest costs. The difference in value of soil nutrients removed when harvesting silage versus corn for grain is also included.

The corn silage pricing app, along with two other apps developed by Blonde since 2014, were a feature part of the Extension display at WI Farm Technology Days near Marshfield this summer. The Android silage pricing app has been downloaded over 700 times from the Google Play Store and was just released last week for Apple iPhone and iPad users on the App Store.



*Blonde demonstrates his "Pricing Corn Silage" Smartphone App (now available at the App Store, as well as Google Play) during the WI Farm Technology Days near Marshfield in July*

~Greg Blonde

## UW-Extension Introduces Mindfulness for Helping Professionals

The practice of mindfulness and its influence on well-being is gaining traction in the field of human development. We can “train” our minds like we do our bodies— intentional, focused practices such as meditation or gratitude practices can help combat stressors of daily life at both home and the workplace. This can be especially helpful for those in the helping profession, where compassion fatigue and burnout can be common. Mindfulness integration can improve not just one’s well-being, but enhance a professional’s delivery of services.

This fall, Sandy Liang, Waupaca County UW-Extension Family Living Educator, facilitated a well-being workshop at the Waupaca County Department of Health and Human Services (DHHS) Aging Programs Wellness Retreat. She shared evidence-based information on the importance of holistic wellness and facilitated activities to put ideas into practice. As a result of the workshop:

- All (100%) of participants reported that they would try one of the suggestions for wellness as a result of the workshop.
- The top three benefits reported by participants were 1) increased motivation; 2) and 3) support from others in similar situations.
- At the end of the workshop, 70% reported the guided meditation was their favorite part of the day. Before the workshop, none of the participants had heard of or used guided meditation.

*~Sandy Liang*



*Pictured above: several participants connecting after the “breathing compassion in and out” meditation*

## Farm to School in Waupaca County Enters Year 11 with New Educator & Community Outreach

The Farm to School Program in Waupaca County began year eleven this August! The UW-Extension team welcomed a new Farm to School Nutrition Educator and Community Outreach Coordinator, Alex Richeson, who will be teaching lessons on nutrition and local foods to Waupaca County 3rd grade students, supporting school gardens, and representing local farmers and the Farm to School movement at local events. Look for upcoming events including October’s Farm to School Month celebrations, the Great Lakes Great Apple Crunch, the first annual Wisconsin Chili Lunch, and more this school year.

### **Meet Alex!**

Alex Richeson is a graduate of the Bachelor of Science in Dietetics Program at UW-Stevens Point and is passionate about sustainability, nutrition, and food science. In the past he has worked with organizations like CAP Head Start, Central Rivers Farmshed, and Feeding America teaching students about topics in nutrition and helping to foster sustainable food systems. Alex is excited to be serving Waupaca County this school year and looks forward to meeting with students, instructors, parents, food service directors, and other community members alike to further the Farm to School mission.



*~Alex Richeson*



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Extension Impact: Education Makes a Difference

## It Begins With Us: Practicing Civility in our Communities

Most of us would probably think of ourselves as people that are generally civil to others. But what happens when a tough topic comes up in conversation? How do you react? Do you go in hot, ready for a fight? Do you retreat or acquiesce to the view of others, hoping to avoid all confrontation?

Your reaction to tough conversations probably depends on the topic and how strongly you feel about that topic – either for or against. One of the greatest things about living on this earth is our kaleidoscope of differences – difference in backgrounds, life experiences, cultures, and so much more. But we often avoid talking about things we differ on because it is easier. Unfortunately, this can further polarize us as a society and create a situation in which almost nothing gets done well.

The good news is that practicing civility can help us begin to work together better despite difference. Join me **September 25 at 6:00 pm at the Waupaca Public Library** for the first of several discussions aimed at learning and practicing the tools of civility.

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*Civility is the hard work of staying present even with those with whom we have deep-rooted and fierce disagreements. It is political in the sense that it is a necessary prerequisite for civic action. But it is political, too, in the sense that it is about negotiating interpersonal power such that everyone's voice is heard and nobody's is ignored.*  
~ Institute for Civility

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~**Jessica Beckendorf**

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