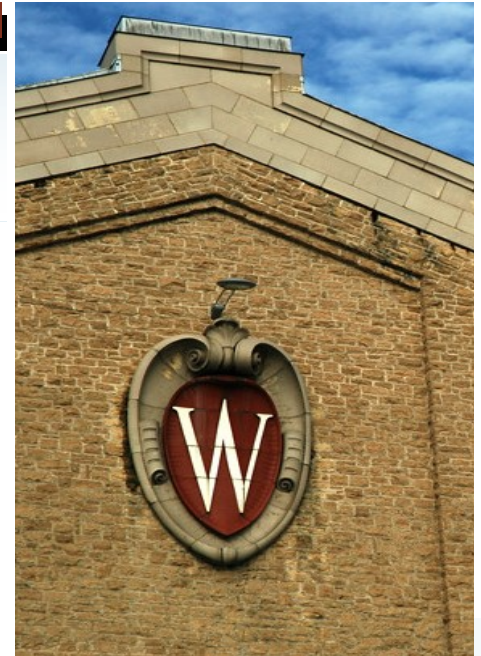


EXTENSION, MANITOWOC COUNTY NEWSLETTER

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EXTENSION, MANITOWOC
COUNTY

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On-Site Garden Makes Fresh Produce Accessible to Seniors

By Laura Apfelbeck— Extension, FoodWise Coordinator

Maintaining a nutrient-dense diet is critically important for older adults because of the impact of food intake on health. Years of research show diet quality has a huge effect on physical condition, cognitive condition, bone health, eye health, vascular function, and the immune system. Yet this can be problematic due to loss of appetite, changes in taste or smell, mobility concerns that can limit ability to open jars or even cook, and low income because healthier food is often more expensive. (See Tucker, NIH.) For older adults who are also immigrants, many nutrition issues are compounded by language difficulties and transportation concerns.

Since January 2019, Extension, Manitowoc County is the site for a culturally appropriate senior meal sponsored by Aging and Disability Resource Center of the Lakeshore called Hmong Senior Meals. The site, managed by Nenglee Vang of Catholic Charities, and assisted by Extension, FoodWise staff, started serving culturally appropriate meals to Hmong Seniors in January 2019. The participants wanted more fresh produce, and produce of particular varieties but that proved expensive. FoodWise introduced the idea of submitting a grant to Growing Together, WI to purchase materials to create a raised-bed garden that would produce vegetables and fruit to complement the meals coming from ADRC.

When rainy weather and shipping delays undermined our efforts, Fleet Farm donated seedlings, so we were able to plant and harvest despite the weather. Volunteers from Star-Splitters 4-H Club and Youth Advocates for Community Health worked with adult volunteers to construct the beds and fill them, first with drainage stones and then with soil. Participants cared for the plants each week, and have been enjoying plates of garden vegetables with the Tuesday lunches every week, August to October.

When we asked for comments, one participant said, "More vegetables!" Another laughed and said, "We'd like bigger plates, not those little ones!" This project has been highly successful both as an outdoor activity and as a source of fresh produce. If additional grant funding becomes available in Spring 2020, we hope to find other senior meal sites interested in supplementing their ADRC-sponsored meals with fresh garden produce.



-Planting the Gardens



-Servings of fresh vegetables and dip



—Enjoying our fresh produce at the Senior Hmong Meal site at Extension, Manitowoc County



-Collecting and weighing the vegetables harvested

-Pictures courtesy of Nenglee Vang



4-H Shooting Sports

By Kevin Palmer –Extension 4-H Youth Educator

Shooting Sports is a project within the 4-H program with six different disciplines offered in Wisconsin - archery, county coordinator, muzzle-loader, pistol, rifle, and shotgun. A unique aspect of this project is that adult volunteers must become certified in a discipline before they can work with youth. Currently, volunteers must attend a Friday night session on youth development, program implementation, risk management, and roles and responsibilities, followed by a Saturday discipline-specific training. The training requires an investment of 12 hours, and it is quite a time commitment for a volunteer to undertake!

I recently represented Wisconsin at the National 4-H Shooting Sports Conference/Workshop, which was held at West Virginia University's Jackson's Mill State 4-H Camp. A highlight of the conference/workshop was the debut of four new online training modules that were developed at the national level to replace the Friday night session. The modules will be available for use by States on November 1, and that is certainly welcome news!

One of the obstacles to recruiting volunteer shooting sports leaders is that they often have to pay for overnight lodging and meals to attend the Friday/Saturday trainings. With the new online modules available, volunteers will be able to complete them at home. They can then attend only the discipline-specific training on Saturday and eliminate the need and expense for overnight lodging. In States that piloted the online training modules during the past year, they observed a significant increase in volunteers getting certified in shooting sports. We hope that will happen in Wisconsin as well! If you are interested in becoming a certified 4-H Shooting Sports volunteer in Manitowoc County, please contact me to learn more about this exciting volunteer opportunity (920) 242-5448.



Manitowoc County Forage Council Field Day and Dairy Freestall Barn Tour

By Scott Gunderson-Extension Agriculture Agent

Extension, Manitowoc County teamed up with the Manitowoc County Soil and Water Conservation Department and the Manitowoc County Forage Council to offer a field demonstration on August 29th. The goal of the field day was to demonstrate low disturbance manure incorporation into a standing cover crop at various rates and shallow manure incorporation to meet new State Standards for less than five feet of soil over bedrock to protect groundwater.

Approximately 135 farmers, consultants, and service providers attended the Field Day and Dairy Freestall Barn Tour at Vogel Family Farms LLC. Low disturbance manure application is designed to disturb only the top portion of the soil in order to maintain soil health and decrease the chance of groundwater contamination. Other conservation topics included: How to get the most from your cover crops; Conservation efforts on Vogel Family Farms; and Implementation of the 2018 State Manure Application Performance Standards to protect groundwater. In addition to the Field Day, a tour of the dairy freestall barn featuring numerous cow comfort items, including wind tunnel ventilation were featured.

Four different pieces of low disturbance manure application equipment, like the one shown here, were demonstrated at a Field Day sponsored by the Manitowoc County Soil and Water Conservation Department, Extension, Manitowoc County, and the Manitowoc County Forage Council Water Quality Focus Group. Low disturbance manure application is designed to improve soil health and decrease the chance of groundwater contamination.