

AGRICULTURAL PROFITABILITY



Winter Wheat Workshop – Mike Rankin

Fond du Lac County ranks first in the state for the production of winter wheat. It remains an important rotational crop that helps curb soil erosion during the fall, winter, and early spring. In March, UW-Extension provided an intensive one-day winter wheat workshop for ag professionals and producers. Attendees were given an overview of recent Wisconsin research and provided hands-on training in staging plants and identifying pest problems.

ENVIRONMENTAL QUALITY

Spring Master Gardener Basic Training Program – Mike Rankin

Sixteen individuals recently completed the spring UW-Extension Master Gardener Basic Training Program in Fond du Lac County. The program is an intense 13 week (36 hour) training that gives individuals a background knowledge in successfully growing and maintaining adapted vegetables, flowers, landscape plants, trees, turf, and native species. Each trainee then must pass a written test at the completion of the program. Those who successfully meet the requirements of the program become active members in the Fond du Lac County Master Gardener Association. Members of the Master Gardeners are required to maintain an annual commitment of 24 hours of community volunteer time and 10 hours of continuing education. They maintain a number of the gardens on the UW-Fond du Lac campus along with various gardens in the community. They also answer many of the horticultural questions that come into the UW-Extension office. Their commitment to the community and UW-Extension is invaluable.



Local Answers & Information on Sustainability – Diana Hammer Tscheschlok

Just in time for Earth Day, Fond du Lac County now has a new source of information on natural resources and pollution prevention. At <http://fdlfireshsouls.wetpaint.com> you will find:

- Local information on energy savings, water, air, transportation, local food, and many other topics
- A calendar of "green" events in the area
- Discussion threads to get your burning questions answered
- Organizations working on natural resource issues locally
- A place to share your knowledge and experiences about these topics.

This site was developed by UW-Extension with funding from a Program Innovation Fund grant in partnership with UW-Fond du Lac and the Fond du Lac Public Library.

HUMAN HEALTH & NUTRITION



Using MyPyramid for Wise Weight Management – Nan Baumgartner

When the new food guide pyramid was unveiled in 2005, it provided a different way of thinking about eating well, such as replacing "servings" with cups as a more accurate way of controlling portion size. As additional tools are added to the website, it has become a consumer friendly way to do a number of things, including help in managing weight. A weight support group in Brandon is finding this out first hand. They are using the food guide pyramid system to guide their weight loss efforts and asked UW-Extension to help them in the process. By using the website at www.mypyramid.gov the group can individualize their weight loss efforts and goals knowing they are built on safe, reliable nutrition and exercise principles. In addition to daily food tracking, there is also a menu planning option and an activity tracking component. The tools are an effective way to keep weight loss efforts reachable and sustainable. Since starting on the system, the group has collectively lost 37 pounds. The MyPyramid system is free for anyone to use.

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