



GARDENING QUESTIONS?

Our Master Gardener Helpline is open and ready to help. Fill out our [online form](#) to help us serve you better

Missed a Webinar? visit our [Youtube channel](#) for recorded webinars



Living Carpets: Ground Covers

July 14 - 1:30 PM

Learn some new options for ground cover, including plants that you may not think of, to create these living carpets.

Training Your Immune System: Effects of Exercise

July 7 - Noon

Learn effective ways to use exercise as an additional tool in your prophylactic repertoire.

Make Your Habits Stick: Establish Lasting Behavior Changes

July 14 - Noon

Learn what the science says regarding scaling adherence to your current level of preparation and how to apply it to common frustrating areas: diet and exercise.



Fill Your Pantry Webinar Series Wednesdays, June 3rd-July 22nd 1-2pm CST



Pickling Foods At Home - July 8 - Learn basic pickling information on basic pickling methods using the latest scientific methods to ensure food safety.

Preserving Apples - July 15 - Learn about the varieties of apples along with preservation methods. We will discuss juicing, freezing, canning, and dehydrating apples



Commercial Ag: Foliar and Stalk Diseases-

July 8 - 3:00 PM

Dr. Nathan Kleczewski, Illinois crop science assistant professor, discusses diseases to watch for and how to go about scouting, identification, and managing these diseases.

Rural Resilience: Farm Stress Training

July 14 - 1:00 PM OR July 28 - 5:00 PM

Learn to recognize the signs and symptoms of stress and suicide, effectively communicate with people under stress, reduce stigma related to mental health concerns, and connect farmers and ranchers with resources.

ADDITIONAL RESOURCES Information for everyday use

Extension Expands Programming: Continues Virtual 4-H Shows thru August Credit Scores Revealed

Why is credit such a mystery? What's the difference between a credit score, credit report and credit history? Learn this and more!

Zoom Into Discovering Your Story: Genealogy

The whole family can enjoy the process of learning, you

University of Illinois Extension provides equal opportunities in programs and employment.

If you need a reasonable accommodation to participate, email us at uie-jsw@illinois.edu