

# Impacting YOU **I**

"Impacting You" is a monthly report used to communicate

University of Illinois Extension Unit 26 programming impacts to stakeholders.

Dear Valued Stakeholder:

Extension plays a vital role in building a strong community by providing services that help solve problems, develop skills, and create a better future for local residents and youth. From reliable information to help businesses weather the economic effect of COVID-19 to activities to help families stay healthy in body and spirit, Illinois Extension remains a trusted source to address the most pressing issues in the state of Illinois relating to food, health, environment, community, and economy.

It is my pleasure to present this brief impact report of the programs and events offered to the residents of Franklin, Jackson, Perry, Randolph and Williamson Counties during this past month.

*Lynn Heins, Extension Director  
Serving Franklin, Jackson, Perry, Randolph & Williamson Counties*

686

Total  
Contacts

47

Total Number  
of Programs &  
Events

## Donation allows local food pantries to increase cold food storage

Aetna Better Health of Illinois is partnering with the Southern Illinois Food Pantry Network (SIFPN) to provide \$138,000 worth of professional-grade refrigerators and freezers to 34 food pantries serving the southernmost 16 counties in Illinois. According to Southern Illinois Healthcare (SIH), 80 percent of adults in southern Illinois are not meeting recommended guidelines for daily fruit and vegetable intake. More than 45,000 southern Illinoisans are relying on their local food pantries to access food. In the past, local food pantries reported having to turn perishable donations away because they cannot store these types of food. The cold storage donation will allow participating pantries to source more perishable and healthy items to distribute instead of only shelf-stable, non-perishable items. SNAP-Ed Extension Educator Toni Kay Wright is an active member of the Southern Illinois Food Pantry Network, which works to reduce hunger and improve our communities' health and well-being through access to healthy and nutritious food, education, resources, and advocacy. Learn more about the SIFPN at: <https://www.hsidn.org/sifpn>



# Twilight meetings focus on southern Illinois farming enterprises

The rainy weather didn't prevent local growers from gathering at Flamm Orchard in mid-May to learn about strawberry production during a recent twilight meeting. The highly anticipated in-person event was the first of four summer events hosted by University of Illinois Extension to highlight diverse farming enterprises across southern Illinois. A staple of the southern Illinois community, Flamm Orchards started in 1888 and now has members of the fifth and sixth generation active in the operation. The family was available to answer questions on pest management, frost prevention, production techniques, and variety performance between the five cultivars they are currently growing. During upcoming twilight meetings, growers and extension educators will focus on insect pests in high tunnel production, no-till tomato and pepper production, regenerative grazing techniques in cattle production, and utilizing roadside stands to direct-market products. Upcoming programs will be held Mondays at 6 pm. Dates and locations include:



- June 21- Dixon Springs Ag Center
- July 19- Baebler Farms
- August 16- Bauman Farms

## Hybrid program provides insight on stormwater management



University of Illinois Extension  
Franklin|Jackson|Perry|Randolph|Williamson  
402 Ava Road, Murphysboro, IL 62966  
(618) 687-1727 | [extension.illinois.edu/fjprw](https://extension.illinois.edu/fjprw)

Rain gardens are an effective landscape feature designed to capture excess stormwater runoff from buildings, roads, and driveways. Understanding how rain gardens function and how to design, install, and maintain rain gardens were the focus of a recent hybrid rainscaping education program hosted by the Greater Egypt Regional a Planning & Development Commission and University of Illinois Extension in partnership with Purdue Extension and Illinois-Indiana Sea Grant. The event featured four online learning opportunities as well as an in-person session, where participants were invited to bring garden tools and gloves and get hands-on experience with the rain garden located at the Jackson County Extension office.

College of Agricultural, Consumer and Environmental Sciences

University of Illinois • U.S. Department of Agriculture • Local Extension Councils Cooperating

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

If you need a reasonable accommodation to participate in programming, contact your registration office.

Early requests are strongly encouraged to allow sufficient time for meeting your access needs.