

**November 2018**

# Impacting YOU

"Impacting You"  
is a monthly report  
used to communicate

University of Illinois Extension - Unit 26  
programming impacts to stakeholders.

Dear Valued Stakeholder:

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, Unit 26 County Extension Director

251

**Total Direct  
Contacts**

(Excluding SNAP-Ed)

18

**Total Number  
of Programs &  
Events**

**SNAP-Ed**

1,311

**Total Direct  
Contacts**

This federally funded Supplemental Nutrition Assistance Program (SNAP-Ed) is nutrition education provided for SNAP participants and other low-income individuals.

193

**Total Number of  
Programs & Events**



## Mobile Food Market

The 4-H Youth Hunger Ambassadors are helping feed our local community through the Mobile Food Market. During the first Monday of each month, food is given on a first come, first served basis at the Sesser Community Park. Fresh produce, dairy and other perishables are available at no cost thanks to the St. Louis Area Food Bank. The market opens at 10 a.m. and runs until all food is distributed. The 2019 dates for the Market are listed below:

- January 7
- February 4
- March 4
- April 1
- May 6
- June 3

# High Tunnels



Food production research is done year-round thanks to the Unit 26 High Tunnel. High tunnels are minimally heated, low-cost, plastic-covered greenhouses that use little or no energy from fossil fuels to heat or ventilate the structure. Within the structure, solar energy is trapped and used to warm the air and soil. The Jackson County High Tunnel is not heated and uses only solar energy. Currently, it is growing broccoli, carrots, and greens throughout the remainder of fall and winter months.

Benefits of using high tunnels include extending the growing season of many high-value crops such as peppers, tomatoes, and strawberries; protecting crops from weather extremes such as temperature, sunlight, strong winds, driving rain, and destructive hail; and protecting crops from harmful insects, wildlife, and diseases that can lower marketable yield. On a small plot of land, high tunnels permit intensive production of food crops. For more information on high tunnels, visit: <https://web.extension.illinois.edu/smallfarm/factsheets/fs1318.html>

## Kids in the Woods Fun with Geology and Anthropology!

This fall, Master Naturalists hosted a fun, free event for kids to explore nature at Giant City Park. They were able to dig for fossils, paint fossils on rocks, participate in a scavenger hunt on the Nature Trail and enjoy sweet treats. Kids in the Woods is a family program developed by area Master Naturalists to encourage participants to observe, discover, appreciate and have fun in nature. Each month, a wide variety of (mostly outdoor) activities for all age levels are being planned including hiking, listening, watching, painting, sharing, and discovering just how exciting it is to be outside!



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