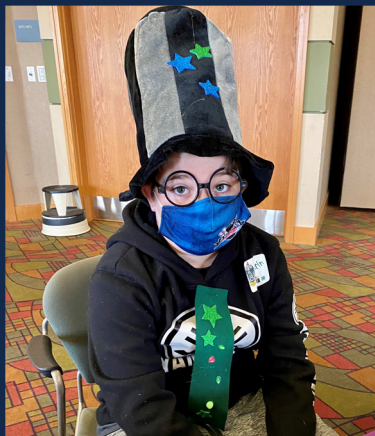




Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Second Quarter 2021 Impact Report Jo Daviess, Stephenson, and Winnebago Counties



Extending Knowledge; Changing Lives

Illinois Extension offers practical education to help people, businesses and communities solve problems, develop skills and build a better future.



A Note from our Director:

Coming out of the winter season and into spring, University of Illinois Extension saw a lot of growth—not just in the environment with grass growing and flowers budding, but also in our ability to provide education and inspiration to our local communities.

Our staff worked hard and took the necessary precautions to be able to meet with community members in a variety of ways including face-to-face and via webinar platforms. Youth enjoyed hands-on learning activities, Master Gardener volunteers dug into projects throughout the communities and audience numbers steadily climbed with our virtual programming.

Summer is just around the corner, and we're ready for a fully-loaded summer of programs within our communities that will not only add value but also educate and inspire.

Until next time,

Margaret





4-H and Youth Development

With the warmer weather comes several opportunities for youth throughout Jo Daviess, Stephenson and Winnebago counties to participate in activities, learn new skills and have fun! Activities held during the second quarter available for youth included:

- Public Speaking Contests
- STEM Activities in the classroom
- 4-H Camp Counselor Training
- 4-H Camp
- Babysitting
- SPIN Clubs
- Wizards World of 4-H



Visit University of Illinois Extension- JoDaviess/ Stephenson/Winnebago 4-H

What a Hoot Owl Club Gets Youth Outside -

The Owl club began learning specifically about the Barred Owl, and it's nesting habitat. Now, in it's second year, the club focused on wildlife and the water habitat. Youth fifth grade and older dissected owl pellets and learned how to call owls. They went on



nature hikes and learned about bats and made bat houses. They also participated in a stream ecology program.

Extension Brings STEM Activities to the Classroom - Creative thinking, hands-on problem solving, critical reasoning—these are just some of the skills seventh and eighth grade students at



Pearl City Middle School used on May 26. Students completed five different STEM activities relating to science, technology, engineering and math. Students made geodesic domes out of gumdrops and



toothpicks; learned about hydroponic gardening and planting vegetable seeds; crafted robotic arms out of card-board, string and straws; discovered ways to make plastic cup towers using only string and rubber bands to lift, move, and stack the cups; and studied how water moves up flower stems in the thirsty stem races.

Youth Make Memories at 4-H Camp - Jo Daviess, Stephenson and Winnebago County youth enjoyed 4-H Camp in Polo, IL



59 campers
9 youth counselors

Bass Fishing Club Teaches Youth New Skills -



Co-led by Youth Leadership Team member Myles Nelson and volunteer Tony Grotto, Winnebago youth participated in their first Bass Fishing SPIN Club at Winnebago County's Torstenson Property in June.



After two days in the classroom building their own spinner-bait lures, practicing casting and learning the importance of knot tying, the kids headed to the fishing pond and had some great catches.

Area Youth Become Spellbound With 4-H Fun - Magic filled the air as local youth had the opportunity to dive into the 'Wizards World of 4-H.'

Youth decorated hats and created ties to look the part of young witch and wizard students. Some even brought their own accessories. Youth moved through different stations where they were able to have fun with others, get creative and learn hands-on through various STEM activities. In the potions class, students brewed up a fizzy, bubbly concoction of root beer as well as created smelly bath salts and ooey-gooley slime. In the herbology class, youth learned about various herbs, then painted flowerpots and planted herbs to take home. The wand making



class had participants make their own magical wand as well as parchment paper and quill.



Over 65 youth participated in the three county events.

Illinois Nutrition Education

Extension Digs In to Help Students Grow - A school garden was a brainstorm idea of the Social Emotional Learning team at West Middle School in Rockford, IL. The teachers were looking for a project that would help their students feel connected to each other and their community—especially after many of their students had been learning remotely. Little did they know that their idea could become a reality by the end of the 2020-2021 school year.

SNAP-ED Educator Carol Erickson met with co-leaders to assess the school needs and ability to start a garden. Erickson led them to an unused community garden site a few blocks from the school in the Mercy Hospital parking lot. The community was thrilled that the garden could be re-purposed and used by a school in the neighborhood. The garden was prepared and planted after school was out for the summer. Students and families were recruited through the school's website. Stay tuned to find out how the garden yields for the community!



Nutrition and Wellness

I made that! - With May being National Mediterranean Diet Month, youth had the opportunity to enhance their cooking skills with educational cooking kits centered around



34 kits were ordered for the May "I Made That" program

this eating plan. While promoting eating various fruits, vegetables, whole grains, beans, nuts, seeds, and olive oil, youth learned how to make a variety of salads inspired by the Mediterranean.



Nutrition and Wellness Educator Diane Reinhold tests a Pressure Canner Gauge to make sure it's accurate.

Pressure Canner Gauge Testing - During the pressure canning testing clinics this season, Diane identified five pressure canner gauges that needed to be replaced. Gauges that do not reach the proper pressure or cannot maintain pressure throughout processing are very serious issues. This will lead to either over-processing or under processing, impacting the quality and safety of food.

Gauges that read high cause under-processing and may result in unsafe food. Low readings cause over-processing.

SNAP-Education

Supplemental Nutrition Assistance Program (SNAP) Community Workers Barb Curry, Rita Gillette, Terre McGee and Linda Ricker continue offering educational programming to limited income households in Stephenson and Winnebago Counties. They also reach youth in local schools.



SNAP-Education Program Coordinator Gina Adams continues expanding community outreach by incorporating existing and new partners in educating consumers on healthy food choices.



Youth Classes:
• 214 in-person
• 26 virtual



Impacted:
• 1,797 youth
• 450 adults



Adult Classes:
• 278 in-person
• 40 virtual



5 new partners joined SNAP-Ed in the second quarter.



During the second quarter, SNAP has worked with:

- 15 K-12 Schools
- 10 Emergency Food Sites
- 14 Agencies/Community Centers
- 5 Summer Food Sites
- 2 Stores/Markets

Horticulture

Master Gardeners - The Master Gardener Helpline opened up in all three counties once again this spring. Master Gardeners from each county volunteer their time and knowledge to help solve garden issues with research-based information. Calls are logged to identify trends in disease issues or pest populations.



113 calls/emails were recorded in April, May and June



Most popular questions:
• How drought impacts lawn and trees
• Diseases of maple trees

Master Gardeners volunteered numerous hours via "work days" in which they used their green thumbs in various display gardens throughout the counties. They even helped plant crops at the Rock River Valley Pantry for the Plant-A-Row project.

Winnebago County Master Gardeners set up booths at the Garden Fair at the Klehm Arboretum & Botany Garden, the International Plant Appreciation Day at The Landscape Connection and more. They answered questions and provided information about the Master Gardener Program and Extension opportunities.

Kitchen Scrap Gardening - Youth were able to learn how to recycle and reuse different scrap vegetables and fruits in the kitchen that would be thrown away or composted. In the take-home kits, romaine lettuce along with supplies were given to youth.



Local Food and Small Farms

Get Growing Series Flourishes Online -

In its second season, this popular series was aimed towards backyard production of fruits and vegetables. Led by Local Food Systems and Small Farms Educator Grant McCarty, the 90-minute sessions were a blossoming success.



177 individuals registered



Averaged 68.5 people per session



4 virtual sessions: Perennial Vegetables, Raspberry-Blackberry Production, Container and Raised Bed Vegetable Gardening, and Weed Management in the Vegetable Garden.

Commercial Agriculture

Midwest Hemp Study Includes Local College Students -

Local college students had the opportunity to learn from Commercial Agriculture Educator Phillip Alberti in April with a replicated research trial focusing on industrial hemp. Alberti gave brief lectures about industrial hemp production practices and the current state of the industry. Afterwards, they met in the greenhouse to learn hands-on how to plant hemp seeds, transplant seedlings, make clones and continue management to grow healthy plants. Along the way, Alberti explained the benefits and disadvantages of various hemp production systems.



This project gave students experience in one of the fastest growing agriculture industries, but most importantly provided an educational experience about a plant that is quite misunderstood. While the plant and production practices may be similar, we are focusing on hemp, not marijuana-cannabis. It's a very small-scale and very restricted study that is being replicated across many sites in the Midwest.

-Phillip Alberti

Commercial Agriculture Educator

Alberti shows local college students how to clone a hemp plant during one of his presentations. The plants are part of a study created to provide information for the Midwestern Hemp Database.

The industrial hemp project supplements the Midwestern Hemp Database, an extensive network of growers and collaborators to provide research-based information for one of the newest and most highly demanded crops in the Midwest.



Visit go.illinois.edu/hempdatabase

University of Illinois Extension office locations

Jo Daviess County

204 Vine St.
PO Box 600
Elizabeth, IL 61028
815-858-2273

Stephenson County

Highland Community College
Building R,
2998 W. Pearl City Rd.
Freeport, IL 61032
815-235-4125

Winnebago County

1040 North Second St.
Rockford, IL 61107
815-986-4357

SNAP-Ed Rockford Office

850 N. Church St.
Rockford, IL 61103
779-423-0982



website:
go.illinois.edu/jsw



Facebook:
University of Illinois Extension -
Jo Daviess/Stephenson/Winnebago County



email:
uie-jsw@illinois.edu



YouTube:
go.illinois.edu/JSWYouTube

COLLEGE OF AGRICULTURAL, CONSUMER & 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 any program, please contact the county Extension Office.
The Illinois Nutrition Education Program is funded by the Supplemental Nutrition Assistance Program (SNAP).
Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914,
in cooperation with the US Department of Agriculture by the Director, Cooperative Extension Service, and University of Illinois.