



## New UW Extension Area Director

Jeremy Solin is the new Extension Department Head/Area 7 Extension Director. Jeremy comes into this new role most recently serving as the Maple Syrup Project Manager for Extension for the past year and before that as an Extension Local Government and Organizational Leadership Development Specialist for three years, and coordinating a national water education program before that. Jeremy has a wealth of experience within Extension and working with diverse stakeholders to move forward community education efforts.



Jeremy holds a Ph.D. in Sustainability Education from Prescott College, a Master's Degree in Environmental Education from the University of Minnesota-Duluth, and a Bachelor's Degree in Water Resources from UW-Stevens Point. In his spare time, Jeremy serves on various community boards and committees and is engaged in his family business, Tapped Maple Syrup.

Please feel free to connect with Jeremy at [jeremy.solin@wisc.edu](mailto:jeremy.solin@wisc.edu) or 715-498-7051.

## Upcoming Horticulture Programs

Horticulture educator, Janell Wehr, is joining forces with FoodWise educator Gaonou Thao to provide FUN programming for the Hmong elder dinner at the Hmong American Center on February 2nd. The team will follow up on Sunday, February 5th for The Women's Community at the Extension office for qualified participants with low incomes. The programming at both events will center on microgreens and how to grow and use them for culinary delights.

**Learn about Orchids at the Landing!** Everyone 55+ are invited to Awesome Orchids with Horticulture educator, Janell Wehr. Have you looked with wonder at orchids, but decided they were too complicated to try at home? In this program, we will cover the conditions you need to provide to help your orchids thrive. We'll learn about proper water and fertilizer management, light and temperature requirements, and how to coax them to flower again. Program offered Wednesday, February 15, 1-2 pm at the Woodson YMCA - The Landing. Call 715-841-1855 to register.

**Interested in saving seeds from flower or vegetable gardens?** Come to the Wausau Public Library, Wednesday, February 22nd at 10am or 6pm and join Janell Wehr, Horticulture educator. Humans have been saving seeds since the beginning of the agricultural revolution. When you save seed from your garden, you can create a cultivar uniquely suited to your location, your aesthetic sensibilities, and culinary tastes. Saving seeds takes time, planning, and attention to detail. This program will introduce you to the basics of saving seeds and provide resources to explore. 10am program registration at <https://forms.gle/VoN2LhgHib78uQXj6> and 6pm registration at <https://forms.gle/5N8Hw2KpraVD8A3FA>.

## 2022 FoodWise Recap

FoodWise made 514 teaching contacts with low-income Marathon County youth and adults both virtually and in-person during 2022. Lessons reinforced healthy behavior changes including a willingness to try new foods, increased physical activity, and increased vegetable, fruit, and whole grain consumption. Nutrition Educator, Gaonou Thao, worked to find new ways to create culturally-relevant educational events for Hmong participants from The Women's Community & the Hmong American Center.

FoodWise worked with the Marathon County Hunger Coalition's "Share the Harvest" initiative with the Wausau Farmer's Market & Bull Falls Market to glean produce in 2022. Over 7,000 lbs of produce were gleaned and donated to local food pantries and residents at Riverview Towers subsidized housing.

FoodWise staff also volunteered to assist with a carrot harvest at Red Door Family Farm, as part of another Marathon County Hunger Coalition initiative. Members of the Hunger Coalition volunteered to harvest, wash and bag carrots on a fall afternoon. Over 1,000 lbs of carrots were harvested and donated to The Neighbors' Place food pantry.



## Marathon County 4-H News

**We are on the go! Check out the website for upcoming 4-H activities!**

Want to participate in upcoming 4-H programs like the 4-H Foodie Pop Ups, camps, travel experiences, projects, and more? Stay tuned to our [Facebook page](#), [bi-weekly newsletters](#), and the [Marathon County 4-H website](#) for more information. Or, contact our office at 715-261-1230.

### DID YOU KNOW?

Extension-Marathon County colleagues submit a monthly report to the Extension, Education and Economic Development Committee regarding their efforts? You can access those reports via the [committee meeting archives](#).

## Upcoming Extension Programs

Below are some upcoming programs that Extension-Marathon County colleagues are helping to lead. Feel free to join the conversations or send to others that may be interested.

- **FoodWise Healthy Eating Series** - This is a monthly lesson in nutrition with a short food demonstration. Income limits apply and registration is required. Please email [Gaonou Thao](#) for more information.
- **Badger Dairy Insights** - Join the University of Wisconsin-Madison – Division of Extension's Dairy Program on Tuesdays from 1 to 2:30 pm CST for the Badger Dairy Insight webinar series. <https://dairy.extension.wisc.edu>
- **Awesome Orchids** - February 15, 1-2 pm at the Woodson YMCA - The Landing. Call 715-841-1855 to register.
- **4-H Programming** - Check out our website for the upcoming programs. <https://marathon.extension.wisc.edu/projects/programs/>
- **Strong Bodies** – Virtual Strong Bodies Winter 2023 Session – register at <https://go.wisc.edu/Onik0z>
- **Artificial Insemination Hybrid Course** - Beginning in April. Contact [Heather Schlessler](#) for more information. [Click here](#) to register.

An EEO/AA employer, extension provides equal opportunities in employment and programming, including Title VI, Title IX, and the Americans with Disabilities Act (ADA) requirements.

<https://marathon.extension.wisc.edu/>

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