



Upcoming Horticulture Programs

Planning the Seed Saving Garden

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 free program at the Marathon County Library- Wausau will introduce you to the basics of saving seeds and provide resources to explore. This is an in-person class and will not be recorded. Contact [Janell Wehr](#) with any questions.

February 22, 2023

10am class register at <https://go.wisc.edu/v560iu>

6pm class register at <https://go.wisc.edu/7yk833>

Portage County Master Gardener Spring Garden Dreams

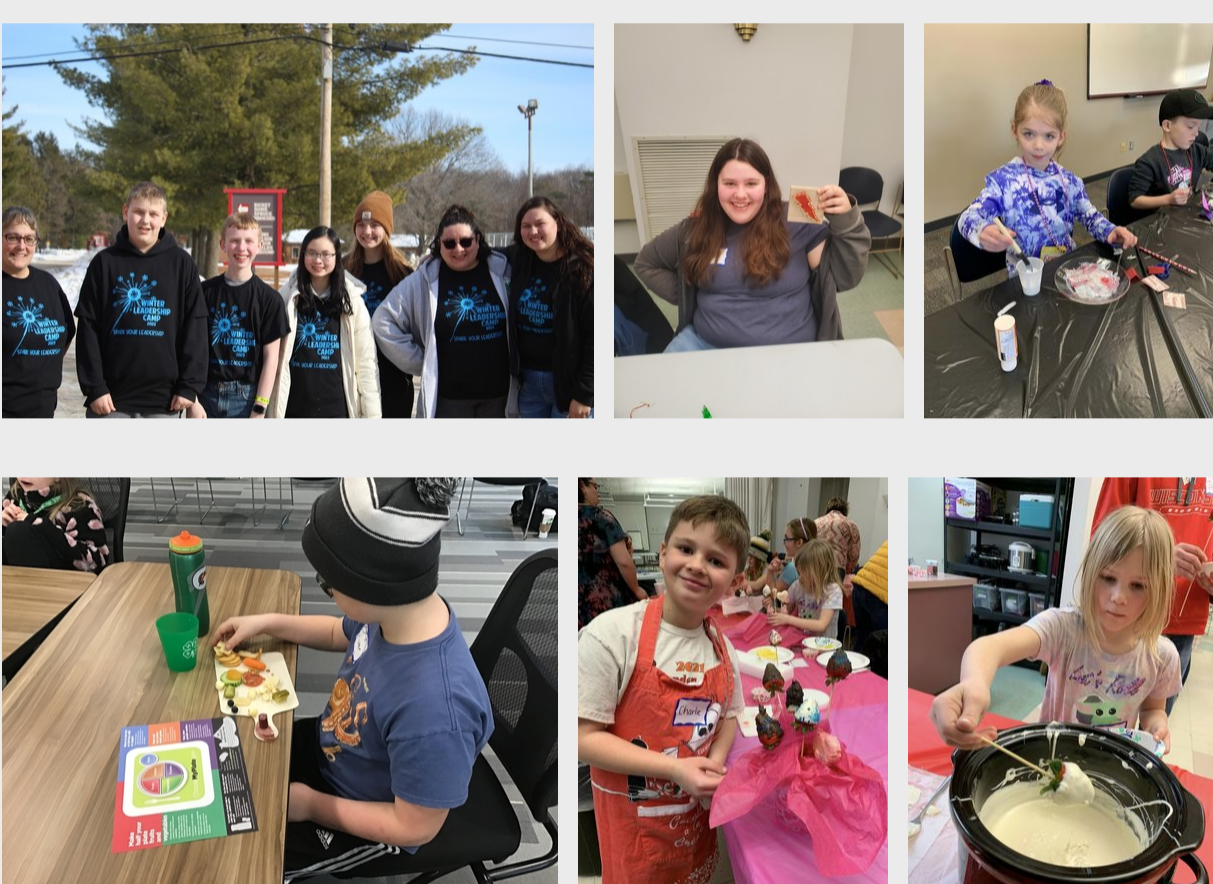
Saturday, Feb 25 8am-12pm
Mid State Technical College
Community Engagement Room 634/635
1001 Centerpoint Dr, Stevens Point
Accepting registration at the door.

Marathon County Horticulture Educator Janell Wehr will present at 9:45-10:45 am on Herbaceous Ornamentals! Ornamental plants add enjoyment and therapeutic benefits to our lives, but they require proper care to perform their best. In this program we will dig into the different ways we can use annuals and perennials in our landscapes. We'll cover selection, maintenance, and pest management.

Janell and Gaonou Thao, FoodWise educator, continue to team up to provide FUN programming for Hmong elders at the Hmong American Center ADRC Senior dinner. This month, Janell will share with the elders how to grow culturally relevant microgreens. They are also providing programming for the Hmong Women's group with the Women's Community.

4-H is Sparking!

Marathon County 4-H has started 2023 with lots of exciting and diverse programming and opportunities for our youth! Marathon County 4-H and the Marathon County Public Library- Wausau joined forces to offer Young Foodies: MyPlate Charcuterie Boards to youth in 3rd grade and up. During this interactive session, participants learned about MyPlate guidelines, charcuterie boards and walked to the indoor Farmer's Market to shop for ingredients to create their own MyPlate boards. Other great events included String Art with Wood, Clover-Kaboom for youth in K-2nd grade, Winter Leadership Camp for youth 7th grade and older, and 4-H Foodie: Edible Arrangement to help youth create something tasty and beautiful for Valentine's Day. The new year means that it is not too early to start thinking about summer camp! We have started our Summer Camp staff recruitment and we are excited to grow our camp participation from last year. Meanwhile, some of the awesome upcoming events to continue fostering sparks in youth (and adults!) include a Sewing Basics workshop, Mural Design and Painting with Stephanie Kohli, Quilt Camp, 4-H Foodie: Taco-About It!, Setting the Table, and a Wood & Marathon Counties 4-H Volunteer Retreat Day. Here are some pictures of our Marathon County Youth shining.



Marathon County 4-H News

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

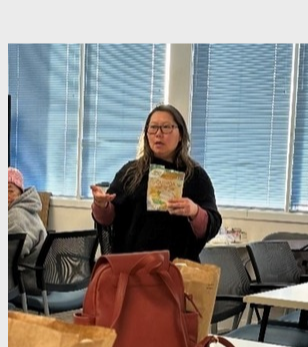
Want to participate in upcoming 4-H programs like the 4-H Foodie Pop Ups, camps, travel experiences, projects, and more? Stay tuned to our [Facebook page](#), [bi-weekly newsletters](#), and the [Marathon County 4-H website](#) for more information. Or, contact our office at 715-261-1230.

StrongBodies and More with FoodWise

StrongBodies classes began on February 14th and will run through April 20th on Tuesdays and Thursdays from 9-10:15am. These classes feature strength training and a nutrition education component.

Nutrition Educator, Gaonou Thao, and Horticulture Educator, Janell Wehr, partnered with the Hmong American Center and the ADRC (Aging & Disability Resource Center) to provide education to Hmong elders at the Hmong American Center's cultural dining site. Education was provided on nutrition of different grains and growing plants from food scraps, and the culturally-appropriate meal served from the ADRC allowed the elders to try quinoa – many for the very first time!

Gaonou works with the Women's Community to offer a monthly educational session on nutrition and vegetables with Hmong women. She also hosts a monthly "Healthy Eating Series" for SNAP-eligible participants. The latest class featured creative ways to use whole grains, and participants tasted savory oatmeal.



FREE WEIGHT TRAINING & HEALTHY EATING CLASS

TUESDAYS & THURSDAYS
FEBRUARY 14 - APRIL 20TH
9:00AM - 10:15AM
MARATHON COUNTY EXTENSION OFFICE

REGISTER ONLINE AT:
<https://go.wisc.edu/7f26c2>



OR CALL/EMAIL:
715-261-1249

GAONOU.THAO@WISC.EDU



From eating the right food to the perfect exercise routine, find the best path to a healthier and happier you.

AN EQUAL EMPLOYER, UNIVERSITY OF WISCONSIN-MADISON DIVISION OF EXTENSION PROVIDES EQUAL OPPORTUNITIES IN EMPLOYMENT AND PROGRAMMING. REASONABLE ACCOMMODATIONS WILL BE PROVIDED BY THE EXTENSION AND LOCAL REGIONAL OFFICES FOR THE IMPLEMENTATION OF PROGRAMS TO INDIVIDUALS WITH DISABILITIES. CALLING 715-261-1234. FOODWISE EDUCATION IS FUNDED BY THE USDA SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM- SNAP AND EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM- EFNEP.

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

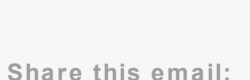
Below are some upcoming programs that Extension-Marathon County colleagues are helping to lead. Feel free to join the conversations or send to others that may be interested.

- **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>
- **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/0nik0z>
- **Artistic 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/>

Share this email:



Manage your preferences | Opt out using TrueRemove®

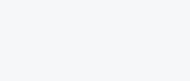
Got this as a forward? Sign up to receive our future emails.

View this email [online](#).

3001 US Highway 12 East
Menomonie, WI | 54751 US

This email was sent to .

To continue receiving our emails, add us to your address book.



[Subscribe](#) to our email list.