



## Marathon County Wins Quiz Bowl!

The winning team of the senior division (14 years of age or older) was Marathon County. Members included: Alison Leonard, Alexa Leonard, Madison Heise, Mason Heise, and Kyla Heise. WAY TO GO!!!! They will be representing Wisconsin at the National 4-H Quiz Bowl contest at the North American International Livestock Exposition in Louisville, KY in November.

The Wisconsin 4-H Quiz Bowl and Skillathon contests were both held on Saturday, March 25th at the University of Wisconsin Madison Animal Sciences Building. Livestock Quiz Bowl is a competition where questions are about beef, sheep, swine and meat goat topics and students use a buzzer in order to answer. Teams compete in a double elimination format by giving oral answers to questions posed by a judge. Each match has both an individual and toss-up question round. A group discussion round is included in the senior division to simulate the national competition.



## Central WI Farm Profitability Expo

By Ann James, Natural Resources Educator



This spring Wood County Land and Water Conservation hosted the Central Wisconsin Farm Profitability Expo, in partnership with UW-Madison Extension, Wisconsin Potato and Vegetable Growers Association, and Mid-State Technical College. The event was held at Mid-State Technical College in Wisconsin Rapids, Wisconsin on March 22nd, 2023, from 10 a.m. to 3 p.m.

The Central Wisconsin Farm Profitability Expo is a revitalization of Healthy Soil, Healthy Water events that first took place in 2016 as a part of the Wisconsin River Total Maximum Daily Load (TMDL) project. The event has since blossomed into a diverse gathering of stakeholders coming together to encourage profitable farming by building resiliency, diversifying farming operations, reducing inputs, and increasing farmer return on investments. Attendees can often find themselves in the company of producers, shoreline property owners, and staff from multiple agencies and organizations.

This year's event covered an abundance of topics relevant to Central Wisconsin. Attendees learned about conservation practices farmers use to increase profitability and self-sufficiency while being stewards of the land, and challenges and opportunities for nitrate reduction in the Central Sands. Central Wisconsin farmers also discussed the specific barriers they are experiencing when adopting best management practices, and conservation professionals covered funding programs available to help with adoption of best management practices.

This year's event saw close to 50 participants that joined in person and virtually. Registration and lunch were free thanks to Petenwell and Castle Rock Stewards and Wood County Land and Water Conservation. To learn more about the event, please visit <https://www.mstc.edu/farm-expo>.



## Upcoming Horticulture Programs

### Spices of Life Horticulture Therapy

Learn how to plant and care for your own herbs at home & how gardening helps manage grief. Free Program.

**April 25, 2023** - 1:30-2:30pm, 212 River Dr, Room 5

Contact Christine Jones at 715-842-3993 or [christine@wausaucare.com](mailto:christine@wausaucare.com) to register.

Presented by Wausau Area Funeral Care.

### Don't Waste your Thyme! Intro to Composting

Learn the best practices to effectively manage yard trimmings and other organic materials generated at your home. We will cover the composting process, materials and methods, using the compost and other options for managing yard trimmings and food scraps. This event is in-person and will not be recorded.

**April 26, 2023** - 2-3pm, Marathon County Public Library - Hatley Branch

Register at <https://go.wisc.edu/415297>. Contact [janell.wehr@wisc.edu](mailto:janell.wehr@wisc.edu) with any questions. Free program.

**Spices of Life Horticulture Therapy**  
Learn how to plant and care for your own herbs at home & how gardening helps manage grief.  
Class co-facilitated by Janell Wehr Horticulture Educator from UW-Madison Extension (Marathon County) and WAFH Aftercare.  
**WHEN: Tuesday, April 25th, 2023**  
**1:30-2:30 PM**  
**WHERE: 212 River Dr. Wausau - UW Extension (rm#5)**  
**Limited Seating**  
**please RSVP by April 18th to save your spot.**  
Christine Jones - Helke Funeral Home After Care Call: (715) 842-3993 email: [christine@wausaucare.com](mailto:christine@wausaucare.com)  
Mary Jarvis - Brannard Funeral Home After Care Email: [mary@wausaucare.com](mailto:mary@wausaucare.com) call: (715) 845-5525

**DON'T WASTE YOUR THYME! INTRO TO COMPOSTING**  
**MARATHON COUNTY PUBLIC LIBRARY - HATLEY BRANCH**  
**REGISTER AT**  
**APRIL 26, 2023 2-3PM**  
**HTTPS://GO.WISC.EDU/YZXHX2**  
**FREE PROGRAM**



## 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.

### Taco-About it!

Eleven Marathon County youth in 3rd grade and up registered for the 4-H Foodie: Taco-About-It session. During this activity, 4-H educator Jasmine Carbajal, shared her experience making homemade tortillas using a tortillera (tortilla maker) when growing up with her grandmother in Mexico. Participants learned how to make corn tortillas themselves using an authentic tortillera and they used rolling pins to make flour tortillas. Jasmine reviewed MyPlate guidelines and participants could pick from various food groups to make tacos. The focus was on using leaner proteins and they had beans as a main option for their tacos. Youth also made quesadillas as there was a focus on making a rainbow pico de gallo with mango, tomatoes, jalapenos, cilantro, onion, garlic, and lime juice. Nine youth filled out the evaluation and 66% reported they tried something new during this session. 100% of participants had fun and learned something new.

### 4-H Pool Party

A popular event for families in 2022 was our 4-H Pool Day. Many families were requesting to have another family 4-H event and with the support of the Marathon Area Swim Association indoor pool, we were able to offer youth and their families a free day at the pool for two hours. Families were asked to bring a non-perishable item that 4-H can donate to a local charity. 40 youth participants registered and enjoyed the day. Many of the families were Latinx and it was important to create a safe and welcoming environment for all families involved. 4-H educator, Jasmine Carbajal, was able to explain to Spanish and English speaking families about the process of using the lockers, pool time, and rules regarding pool safety. The event also helped create an inclusive environment for families that may not be officially enrolled in 4-H, but have been attending county events to explore the interest of joining.

### 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 [Malory.McGivern](mailto:Malory.McGivern) for more information.
- **4-H Programming** - Check out our website for the upcoming programs. <https://marathon.extension.wisc.edu/projects/programs/>
- **Strong Bodies** - Virtual Strong Bodies Spring 2023 Session - register at <https://go.wisc.edu/71ptij>.

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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