



# Extension Connection

Monthly Highlights – June 2014

*In June over 10 inches of rain pounded area crop fields. UW-Extension programs have again focused on ways to make the best of a bad situation.*

- [Why Do We Preserve Foods?](#)
- [Wisconsin 4-H Celebrates 100 Years of Youth Development](#)
- [Growing Season Hampered by Wet June](#)

## Why Do We Preserve Foods?

It maintains food at the peak-of-season flavor that will last all year long. What are some of the ways to preserve food? Foods can be preserved through freezing, dehydration, fermentation, water bath canning and pressure canning. Even refrigeration is a form of food preservation. What are some of the concerns with home food preservation?

Microorganisms in foods, such as bacteria, yeast, molds and viruses, can cause spoilage of home preserved foods. Specific pathogens can cause disease for those that consume spoiled foods. Clostridium botulinum, which causes botulism, a life threatening disease, is the bacterium that is of greatest concern in home canning. These diseases are preventable when food is preserved using the most up-to-date, researched food safety practices.

Local resources and information on best practices in home food preservation are provided by the UW-Extension Family Living program through the following:

- Canning demonstrations at the local farmers market on June 25, July 12 and August 16
- Food preservation information booths at the local farmers market on July 9 and September 10
- A series of food preservation webinars at the UW-Extension offices. Future dates and topics include, but are not limited to: June 16 (Jams and Jellies), June 30 (Drying Foods), July 7 (Judging Home Preserved Foods) and July 14 (Canning Vegetables Safely)
- Print resources, including the “Wisconsin Safe Food Preservation” series, the “UW Food Safety and Health” website at <http://www.foodsafety.wisc.edu/> and the “Safe and Healthy: Preserving Food at Home” blog at <http://fyi.uwex.edu/safepreserving/>
- Free testing of dial gauge canners at the UW-Extension office
- Questions regarding food safety and preservation can be directed to Amanda Miller by visiting the UW-Extension office, by phone at (920) 929-3173 or e-mail at [Amanda.miller@ces.uwex.edu](mailto:Amanda.miller@ces.uwex.edu)

## Wisconsin 4-H Celebrates 100 Years of Youth Development

Since 1914, Wisconsin 4-H has helped youth grow the leadership, critical thinking and communications skills necessary to be successful in a constantly changing world. 4-H members across Fond du Lac County are taking part in recognizing and celebrating this milestone.

Forest Hills 4-H Club members are doing 100 service projects throughout the year. Armstrong 4-H hosted their first ever 5K Fun Run/Walk. Green Valley 4-H created a new club banner through a collaborative effort among members, parents and leaders. The banner makes its debut at the 2014 Fond du Lac County Fair. The banner celebrates the changes in the

program and community over the past 100 years. Five 4-H clubs from the Eden/Campbellsport area are writing weekly 4-H articles for the Campbellsport News. Photography members in Brandon Tanagers 4-H had a special outing to capture photos of historic buildings. Ryan Stommel led an effort to create a 4-H centennial cookbook that features favorite 4-H family recipes, as well as 4-H history. Five members used the centennial theme in the annual county writing contest. Weeping Willow 4-H hosted an alumni potluck with attendees that included a charter leader in the foods project and a leader who taught handicrafts 60 years ago. 4-H alumni are invited to bring past exhibits, photos and memorabilia for a special gallery exhibit at the county fair. There will also be an alumni reunion at the fair on July 19 from 2-3:30 pm. Also look for a display of famous 4-H alumni to be created by current 4-H members. Members will be manning 4-H promotional stations during 4-H Day at the Wis. State Fair on Aug 5.

Through these activities youth are developing skills in leadership, teamwork, communication, decision-making and service. They are honoring the past and looking forward to an exciting future.

### **Growing Season Hampered by Wet June**

We can now add June 2014 to May 2004 and June 2008 as months where 10 inches of rain or more pounded area crop fields. The visual dramatic impact is the acres of flooded crops and the extreme amount of runoff plus soil erosion. The less dramatic impact is the long term effects on surviving crops and fields that will remain through the remainder of this growing season and beyond. Falling into the latter category includes the excessive loss of soil nitrogen; the increased risk for disease pressure; slow plant root development; delayed hay harvest; the loss of soil and nutrients off fields and into surface waters; and delayed weed control. Couple these factors with acres that were flooded but not replanted and you have total losses that will ultimately total millions of dollars in value when the final chapter is written. UW-Extension programs have again focused on ways to make the best of a bad situation.

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