



University of Wisconsin-Extension

UW-Extension Rock County

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Through UW-Extension, all Wisconsin people can access university resources and engage in lifelong learning, wherever they live and work.

Our volunteer programs generated over 13,363 hours of community service in 2015.



630 adults and youth and 8,190 hours in 2015



49 volunteers and 2,673 hours in 2015

LIFTING WOMEN TO BETTER HEALTH



STRONGWOMEN

Over 700 participants in Rock County since 2006. 15,000 statewide participants



44 volunteers and 2,500 hours in 2015



4-H Youth Development

- Community Service & Service Learning
- Volunteer and Leadership Development
- Community 4-H Clubs
- Life Skill Development through Projects and Activities
- Awards, Achievements and Recognition
- Summer 4-H Camp

Family Living / Nutrition Education

Improving the Health, Nutrition and Physical Activity of Residents

- Rock County StrongWomen™ Program
- Nutrition & Health Programs
- Wisconsin Nutrition Education Program
- Active Communities & Schools
- Farm to School

Strengthening Families

- Childcare Education

Agriculture

Crops & Soils

- Nutrient and Pest Management
- Soil Quality and Cover Crops
- Private Pesticide Applicator Training
- Youth Tractor Safety Certification
- UW-Extension Hybrid / Variety Trials

Horticulture

- Master Gardener Volunteer Training
- Garden Questions and Answers Helpline
- Community Gardens

Major Programs

- Youth-Adult Partnerships
- County-wide Show Choir
- 4-H Youth Leadership
- Sports, County-Wide Events
- Real Colors™ Training
- Dairy Judging and Quiz Bowl
- After School 4-H Clubs

- Parent and Family Education
- Rock County Community Baby Shower
- Family Financial Education

Broadening the Capacity of Health and Leadership in Wisconsin

- Leadership Education: Emotional, Intelligence, Real Colors™
- Wisconsin Healthy Hearts Trainings
- Wisconsin StrongWomen™ Trainings

Dairy & Livestock

- Dairy and Livestock Management
- Farm Financial Management
- Land Use Education
- Dairy and Livestock Facility Modernization
- Youth Dairy and Livestock Education

- Local foods and community food systems
- School Gardens
- Farm to School

University of Wisconsin, U. S. Department of Agriculture and Wisconsin counties cooperating. UW-Extension provides equal opportunities in employment and programming including Title IX and ADA. Please make requests for reasonable accommodations to ensure equal access to educational programs as early as possible preceding the scheduled program, service or activity. This document can be provided in an alternative format by calling (608) 757-5696 (voice) (711 for Wisconsin Relay).



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Program Area Overviews

4-H Youth Development

Did you know that Rock County 4-H Youth Development has the largest 4-H club program in Wisconsin? 4-H is a volunteer-led organization that reaches boys and girls through groups called 4-H clubs. Youth in 3rd grade until one year past high school graduation may participate in the 4-H program. Younger youth in grades 5K-2nd have an opportunity to participate as Cloverbuds.

In the 4-H Youth Development program, youth learn life skills through community and after school 4-H clubs, countywide activities and 4-H projects. Strong youth-adult partnerships provide opportunities for skill development through hands-on, research-based, fun activities. Youth grow as individuals, become involved in their communities and develop leadership skills.

Our programs utilize the concepts of belonging, mastery, independence and generosity to provide educational opportunities for youth. By participating in those opportunities, youth explore 4-H projects and activities, reflect on what they've learned and apply that learning to their lives. The 4-H Youth Development program encourages youth to participate experientially, feel nurtured in a safe environment, master new skills and abilities, and be empowered to contribute to their environment and communities in a positive ways.

Family Living / Nutrition Education

Health and relationships affect everyone on some level. With rising health costs, worsening health conditions and an aging population, UW-Extension is being part of the solution.

Rock County UW-Extension Family Living Programs provides research-based education and programs that support Rock County families and communities. The areas of health and family have been noted as areas that can be improved in Rock County. In this effort, our programming focuses on increased levels of physical activity, improved nutrition, childcare and parenting education and family financial education.

Wisconsin Nutrition Education Program (WNEP) of Rock County is a Family Living Program that provides nutrition education to youth and families that have limited income. The WNEP is funded by the USDA Supplemental Nutrition Assistance Program. Nutrition education efforts are in schools, food pantries, WIC, health clinics, Head Start, Community Action, Rock County Human Services, Even Start, neighborhood centers and other community-based organizations.

Agriculture

Animal agriculture is an important economic force in Rock County. It includes hundreds of family-owned farms, related businesses and industries that provide equipment, services and additional products farmers need to process, market and deliver food and fiber to consumers. The Rock County Dairy and Livestock program provides education and assistance to keep this important industry viable. It also works with local governments on land-use issues to protect our agricultural land base, one of the counties greatest natural resources.

The Rock County Crops and Soils program provides educational programming which promotes agricultural productivity and profitability while protecting the environment. Producers and agri-professionals benefit from access to the latest, unbiased research based information while the general public enjoys an environment protected by efficient nutrient and pesticide use. We emphasize local research, both in farmer fields and at the Rock County Farm to addresses emerging issues.

Horticulture

Horticulture is considered the art and science of growing plants, including flowers, fruits, vegetables, trees, and more! Plants are an important part of our everyday lives, from the fresh fruits and vegetables that feed and nourish our bodies to the trees that shade and cool the places we live. Even flowers brighten our landscapes and our spirits.

As people enjoy gardens and landscapes, pests do as well. Invasive pests can destroy our natural resources at a large financial and environmental cost. The misuse and misunderstanding of pesticides can cause pollution and health risks. Popular press and media blur facts and fiction when it comes to pesticides, which can cause confusion.

As the demand for horticultural products and knowledge increases, UW-Extension programs aim to find appropriate, cost effective, and environmentally sound solutions that work best for you and your horticultural ventures.