

EXTENSION VIEWS

A Product of Extension Clark County



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Extension

UNIVERSITY OF WISCONSIN-MADISON
CLARK COUNTY

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Extension Clark County

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Questions from My Desk

*Richard Halopka, CCA
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Should I Top-Dress My Alfalfa?

With current milk prices, many dairy farmers are asking the question is it necessary to top-dress potassium on their alfalfa fields? To answer this question we first need some information about the fields in question:

1. Is there a current soil test to evaluate the potassium level in the field?
2. What are the past fertilizer applications of either manure or fertilizer?

If there is a soil test available for your hay fields review the chart at the bottom of the test. This chart will give a snapshot of your current potassium (K) level in your field. Now also review the K ppm in the chart on the test report, if potassium is below 70 ppm this is very low, 71-90 ppm is low, 91-120 ppm is considered an optimum level, 121-150 ppm high, 151-220 is very high and above 220 ppm is excessively high. The fertility removed by a 3.5-4.5 ton of dry matter yield of alfalfa or a mixed forage for the season will be about 240 pounds of K₂O. Next, if you look at your report there is a recommendation for established alfalfa. If the soil test K is low the recommendation will be 280 pounds of K₂O per acre or 465 pounds of potash. An optimum test would require 240 pounds of K₂O per acre or 400 pounds of potash. A high test would require 120 pounds of K₂O or 200 pounds of potash. A very high test would require 60 pounds of K₂O or 100 pounds of potash per acre and excessively high would require no K₂O. The amounts of fertilizer would be for the entire growing season and it is best to split the applications during the growing season. If the field in question has a soil test we can determine the amount of fertilizer required to prevent a drop in soil fertility with forage crop removal.

Continued on page 2

This newsletter is mailed to approximately 1,400 farmers and agriculture businesses in Central Wisconsin at a cost of .70 per newsletter. County budgets are tight and each department has been asked to reduce expenses. If you would like to view the Extension Views newsletter online versus receiving a paper copy please contact the UW-Extension Office at 715-743-5121 / maria.h.stange@co.clark.wi.us. You can view the newsletter on our webpage at: <https://clark.extension.wisc.edu/extension-views/> Thank you for considering this option!

Continued from page 1 "Questions"...

What would happen if I decide that fertilizer will not be purchased because of tight margins? If your soil is high or excessive on the soil test you will essentially be drawn down the nutrition level that is available in the field. At the optimum or lower levels of fertility, it could reduce yields of alfalfa, provide more stress on the alfalfa crop and ultimately reduce the stand life.

So as a dairy farmer what can I do if some funds are available for top-dressing hay fields? If you have soil tests and have applied manure or fertilizer in the past we need to credit those nutrients. For example, the soil test was pulled and then corn was planted for the past two years and you applied dairy manure at 10,000 gallons per acre. The corn crop didn't use all of the potassium that was applied and some is available for future years of hay.

The next option would be to apply potash at the rate of crop removal at the minimum if your field test is low or optimum for potassium. Crop removal at 4 tons of dry matter (DM) will equal 240 pounds of K_2O or 400 pounds of potash for the season. It may be best to split and apply the potash in two applications. If your field is high or very high in potassium, you can reduce the amount of potash you apply to 150 - 200 lbs. for the season and if it is excessive no additional fertilizer may be required. If it is an older alfalfa stand and manure is available, the application of dairy manure at 5,000 gallons per acre will supply 85 lbs. K_2O per acre using book values of K/1,000 gallon application rate.

So the question is should we top-dress potassium on our alfalfa fields in periods of tight margins? To maintain a stand for a number of years will require potassium fertilizer to maintain yield and the persistency of the stand. Farmers must pay attention to soil test levels and apply fertilizer at rates that are economical. Fields with high and excessive levels of K may have applications reduced while fields with lower test levels applications at crop removal will provide a return on investment in yield and persistence of the alfalfa stand. Remember, the seeding cost for alfalfa must be recovered over multiple productive years.

Bottom line, if funds are available top-dressing alfalfa will return higher yields per year and an alfalfa stand with many more productive years for a return on your seeding investment.

If funds allow apply sulfur (S) and boron (B) as many areas of the state are low on these nutrients, which alfalfa requires. Use a sulfate source rather than dispersible sulfur as plants take in sulfur in the sulfate form.

If you have additional questions related to alfalfa, crops in general, or requirements for top-dressing hay fields please call 715-743-5121 or email richard.halopka@wisc.edu.

Reference: C.A. Laboski, J.B. Peters, L.G. Bundy, "Nutrient application guidelines for field, vegetable, and fruit crops in Wisconsin"

Artificial Insemination Training



WHEN AND WHERE

Online: Sept. 27th and 29th, 7—9 pm

In person: Oct. 6th, 4—6:30 pm

and

Oct 7th, 9 am—Noon

at

Bach Farms

W861 Co Rd A

Dorchester, WI 54425

ENROLLMENT LIMITED TO FIRST 15 PAID REGISTRANTS

PRE-REGISTRATION REQUIRED WITH

PAYMENT BY SEPT. 16TH, 2022

\$95/PERSON

**For more information, please reach out
to Heather Schlessner at 715-261-1239 or
heather.schlessner@wisc.edu
or Sandy Stuttgart at 715-748-3327 ext. 1
or sandra.stuttgart@wisc.edu.**

Chocolate Dessert Contest



Saturday, August 13
Clark County Fairgrounds, Fine Arts Building
Registration: 9:00 a.m.
Judging Begins: 9:30 a.m.



Clark County Dairy Promotion has partnered with Clark County Fair Board and Clark County Extension to offer a Chocolate Dessert Contest open to all Clark County residents.

There is no entry fee and there are two divisions:

Youth—ages 8 through 18

Adult—19 years and older

Pre-registration is required. Limited to first 20 entries in each division.

Call the Clark County Extension Office at 715-743-5121 to pre-register.

Deadline to register is August 8th.

Farm Technology Days 2022

July 12th—14th

Roehl Acres Farm of Loyal

Interested in helping out at Farm Technology Days?

Volunteers are needed! There are opportunities to help before, during, and following the show.

Contact Paula at 715-302-1177 for more information.



Where Tradition and Technology Meet

Farm Tech Fest!

Featuring: Joe Nichols, Sawyer Brown, and Madison County "LIVE"

July 13, 2022

4:15p.m.—11:00p.m.



Cut, Bale, SCOUT!

Scouting for Leafhoppers

Weekly Scouting – 20 sweeps at 5 locations in each alfalfa field. Because leafhopper population densities vary from year to year and from field to field, the only way to accurately determine damage potential is by monitoring fields on a weekly schedule.

- Start scouting 5-7 days after first cut.
- Use a standard 15-inch diameter insect sweep net.
- Walk a W-shaped pattern in the field and take twenty consecutive sweeps in each of five randomly selected areas.
- Keep a running total of the number of leafhoppers caught. Count adults and nymphs.
- Divide the field total by 100.
- Compare the field counts with the threshold based on crop height.
- If over the threshold, decide on spraying or cutting.
- Continue to the next field.
- After cutting a field over threshold, scout the regrowth. Start scouting sooner if nymphs were present.



Leafhopper Thresholds



3 inch

0.2/sweep



6 inch

0.5/sweep



8-11 inch

1.0/sweep



12+ inch

2.0/sweep

Sample of scouting record

Potato leafhoppers: Use 20 net sweeps per set.

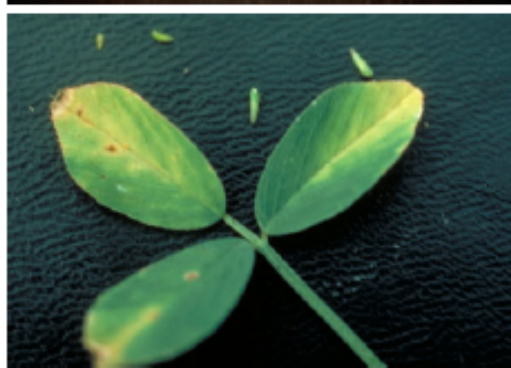
Set 1	Set 2	Set 3	Set 4	Set 5	Total/100	Av./Sweep
10	12	8	15	11	56	0.56

Alfalfa Height 6 inch

The average is above the threshold of 0.5 for this field

Leafhopper ID

© Penn State College of Agricultural Sciences



Damage to Alfalfa:

Damage symptoms appear as stunting as well as yellowing of the leaves in a v-shaped pattern starting at the tip of a leaf. As a result of hopper burn, there may be yield loss, quality loss and potentially a reduction in plant vigor and stand. New alfalfa seedlings are particularly susceptible to potato leafhopper damage.

Nutrient and Pest Management Program (NPM)
Integrated Pest Management Program
University of Wisconsin-Extension, UW-Madison
<http://ipcm.wisc.edu>



Weed of the Month: Creeping Jenny

Creeping Jenny is a nickname for field bindweed. Field bindweed is one of the five noxious weeds in Wisconsin and is on the noxious weed list of other states. This perennial forb is of Eurasia origin and was introduced to the United States via wheat seed from Turkey in 1870.

Creeping Jenny reproduces from seed or rhizomes and is a nuisance vine in wheat, other field crops, roadsides, wasteland, and gardens. The stems of the plant are twining and trail along the surface or climb forming a dense tangled mat of vegetation.

Creeping Jenny has an alternate leaf with a pointed or blunt lobe, produces a pink or white flower, and has an extensive root system capable of growing to a depth of almost 10 meters.

Control of creeping Jenny is difficult and the best method may be to use a combination of well-timed tillage and herbicide. Creeping Jenny seed can remain viable for 50 years and tillage, which cuts rhizomes, may allow root pieces to establish more plants.

There is no value or use for Creeping Jenny; in fact, it may cause mild digestive distress in some livestock. Creeping Jenny is sometimes confused with common purslane.



DATCP Lifts State Order Prohibiting Poultry at Live Events

FOR IMMEDIATE RELEASE: June 20, 2022

Contact: Kevin Hoffman, Public Information Officer, (608) 224-5005, kevin.hoffman@wisconsin.gov

MADISON, Wis. – The Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP) announces that the statewide order prohibiting movement of poultry to all live events has been lifted. The order had been in effect since May to prevent the spread of highly pathogenic avian influenza (HPAI) in Wisconsin.

While poultry is now permitted at live events, DATCP continues to encourage strong biosecurity practices including cleaning and disinfecting, restricting access by visitors and wild birds, and keeping separate shoes and clothes to wear around flocks. Since March, 22 domestic flocks in 14 Wisconsin counties have been confirmed with the virus, and states continue to identify new infections at backyard and commercial farms.

Poultry owners should continue monitoring their birds for increased mortality or signs of illness. Reports can be submitted to DATCP at (608) 224-4872 (business hours) or (800) 943-0003 (after hours and weekends).

DATCP also reminds poultry owners to [register their premises](#). State law requires that all livestock owners register where their animals are kept, and registration helps animal health officials communicate with flock owners during disease outbreaks.

Additional resources

Fact sheets and updates on HPAI in Wisconsin: https://datcp.wi.gov/Pages/Programs_Services/HPAIWisconsin.aspx

Poultry biosecurity guidelines: <https://datcp.wi.gov/Documents/AIPoultryBiosecurityGuidelines.pdf>

HPAI in Wisconsin FAQs: <https://datcp.wi.gov/Documents2/HPAI2022FAQ.pdf>

USDA Defend the Flock program: <https://www.aphis.usda.gov/aphis/ourfocus/animalhealth/animal-disease-information/avian/defend-the-flock-program>

Cheddar Chicken Pot Pie

Submitted by: Reita Gelandner



Ingredients

Pie Crust:

- 2 cups of flour
- ¾ cup of lard
- 1 tsp salt
- 5 tablespoons water

Filling:

- 2 tablespoons butter
- ½ medium onion, chopped
- 2 tablespoons flour
- 1 cup milk
- 4 oz. cream cheese, softened
- ¼ tsp dry ground mustard
- 1 – 8 oz. block of cheddar cheese, grated
- 2 ½ cups cooked chicken, chopped or shredded
- 1 cup sliced fresh carrots, or a well-drained can of carrots
- 1 cup frozen peas
- 2 cups fresh broccoli florets or can use frozen, let thaw a bit and chop if needed
- Salt/pepper to taste or your favorite seasonings
- 1 egg
- 1 tablespoon water

*If wanted, you can cook the carrots and broccoli for a few minutes in the microwave to soften them slightly.

Directions

Preheat oven to 350 degrees and grease a 9 inch pie dish, line with bottom crust.

Pie Crust:

Mix flour and salt, cut in lard using a pastry blender, then add a small amount of water until it forms a ball. Divide in half and roll half of the dough to fit into the bottom of a 9 inch pie plate. Set rest of dough aside for the top crust.

Filling:

In large skillet over medium-high heat, melt butter, add onion and cook until starting to soften. Stir in flour and let cook 1 minute. Gradually stir in milk, followed by the cream cheese. Stir frequently until cream cheese melts and mixture thickens. Season with salt/pepper to taste. Turn off heat and stir in the cheddar cheese until melted. Stir in the carrots, broccoli, peas, and chicken.

Pour mixture into pie shell. Roll out the second crust and place on top of filling, and fold under top of crust and crimp edges to seal. Cut 4 slits in the top crust.

Whisk the egg with 1 tablespoon of water and brush over the top crust. Bake until golden brown, 40-45 minutes. May need to cover the crust edge to prevent over browning.

Let rest 10 minutes and then serve.

Thank you to all that participated in the annual June Dairy Month Recipe Contest this year! There were 17 pies entered for judging and it was quite the task for the judges this year! Congratulations to Reita Gelandner on taking first place with her cheddar chicken pot pie!

All recipes entered will be uploaded to the Clark County Extension website at a later date, so be sure to look for that. If you would like to receive a copy of the recipes in the mail, please call the Extension office at 715-743-5121.

Clark Co. Land Conservation Dept.



Great Plains 1006 NT
10 ft. no-till drill

RENTAL RATES

\$60 per farm + \$6 per acre

Call today and we can talk about how no-tilling crops can benefit your bottom line, soil health, and protect our precious waters of the county.

Tel: 715-743-5102

4.23.18a

Fiber Digestibility for Forage Quality

Matt Lippert

Dairy Educator Clark and Wood Counties

Great effort is put into creating high-quality forages. Seed selection, harvesting and storage techniques, cultural practices, and harvesting in a timely fashion are all required. Such forages are the foundation of high milk production, good animal health from fewer concentrates fed, and more economical rations relying less on purchased feed. High-quality forage may come from a wide range of crops: alfalfa, corn silage, perennial grasses, cereal grains, and other annual forages. Likewise, poor quality can be found in all these crops as well. Despite our best efforts and ever-increasing knowledge of what makes a high-quality forage, nature intervenes, or sometimes we just make mistakes so that forage quality is not up to par.

Let's update our idea of quality forage.

First, the feed should be well preserved, for hay or fermented feeds, harvested at the correct moisture to be free of excessive molds, yeasts, and decay. It should be under a roof, wrapped, bagged, or sealed in a bunker or tower silo soon after harvest. The method of ensiling should provide for a dense, well-packed feed. Inoculants are helpful for fermented feeds. For silages, the length of cut and processing should provide for good packing and provide effective fiber and well-processed grain for optimal utilization. It should be managed at feed out to maintain that quality with proper sizing of the feeding face and tools such as a facer to not disrupt the feeding surface too aggressively. That is a long list, but all are prerequisites before we address feed tests, analytical tools, and ration formulation.

Our understanding of high-quality forage has evolved. Before we had good tests for fiber and energy content protein was equated with quality, as younger, more immature, more highly digestible forages also tend to be higher in protein which also benefits in lower supplementation needs. The protein was a great plus but as we have come to understand, the intake potential and the energy, intake potential, and digestibility of the feed are more relevant to success. We moved on to looking for lower fiber feeds and we are still largely there today.

Fiber digestibility tops fiber level.

How can a high fiber feed, fiber being lower in energy than protein, starch, sugars, and soluble carbohydrates be a valuable feed? The answer is because cows REQUIRE fiber. They need it for rumen function and health, so if a forage is high in fiber, it meets the cows' needs more easily. The problem and frequent confusion are that as a plant matures, and fiber increases in general the digestibility of the fiber decreases, and at some point, we no longer consider it feed, we use terms like straw or stover to describe the product. Not all feeds that are high in fiber are low in digestibility.

There are forages that defy the rule, are we missing their potential value? Oats planted late in the season for fall harvest, triticale, all cereals, harvested at late vegetative stages, and warm-season annuals with the BMR trait are examples. We now find that these grasses can have the highest fiber digestibility of all forages. These feeds tend to be lower in protein and starch so higher in fiber. The sum of the parts: protein, fiber, soluble carbohydrates, fat, and mineral (ash) must add up to 100%. There are advantages to working with these forages. For example, feeding corn silage high in NDFd may have an endpoint when too much grain enters the diet, or for alfalfa, when too much of one type of protein enters the diet.

High-quality fiber is expensive to produce, yields are not at maximum, for perennials, stand longevity is compromised by the intensive cutting schedule. However expensive it is some of these valuable characteristics are more expensive or impossible to buy in a bag or semi-load. There are animals that don't require the benefits of the quality forage. Replacement heifers fed such forages will sometimes gain weight too readily and become obese, also the higher intake of these feeds will generate more manure. As important as forage quality is, for some classes of animals, in some diets, they can be too much of a very good thing.

Today's lactating dairy cow is a unique animal, her forage needs are not entirely shared by dry cows, replacement heifers, beef cattle, or small ruminants. Quality dairy forages fed at the right time to the right animal is the foundation for success.

Read more: <https://fyi.extension.wisc.edu/forage/using-ndf-digestibility-in-ration-formulation/>
<https://fyi.extension.wisc.edu/forage/understanding-ndf-digestibility-of-forages/>

NCWCA **BEEF EXPO**

Saturday, August 6, 2022

10 am - 3 pm

KBarR Arena, Medford



Inviting all who are curious about raising beef for hands-on peer-learning about:

AI and Calving Management *Marketing* *Body Condition Scoring
Herd Health Protocols* *Show Fitting* *Cattle Handling Equipment
Field and Forage Demos

**Welcome Public,
Fun for All Ages!**

**\$15 Brisket Sandwich Meals-
first come, first served.**

**Cow Pie Bingo
Silent Auction
Youth Activities**

**Cattle Handling
No Till Drill
Soil Health**

K Bar R Arena, W7939 WI-64, Medford, WI. Rain or Shine Event, bring your own bag chair, sunglasses or umbrella for the field demos.

FREE GATE ADMISSION Brought to you by NCWCA and its sponsors:

Athens Veterinary - Bill's Tire & Service - Bloomington Livestock Exchange - Complete Fencing
Equity Livestock Market - Forward Bank - General Farm Supply Gold Buckle Electric - Hallstrand Angus -
K Bar R Ranch - Medford Cooperative - Medford Veterinary Clinic - Mike Barna Hay Making
Premier Livestock & Auctions - River Country Co-op

NCWCA, Inc., its administration, its members, and its sponsors will not be responsible for any loss or damage that may occur during the delivery, exhibition, participation or removal of animals attending programs of NCWCA, Inc. Nor shall the association, its management, its members and its sponsors be responsible for personal injury, loss or theft sustained by a participant. The participant shall indemnify NCWCA, Inc. against all legal or other proceedings in regard thereto.

What are the Consequences of Volunteer Corn in Soybeans?

Volunteer corn is a common weed in soybean and defeats the purpose of crop rotation. The corn/soybean crop rotation has been popular for many years, but the development and popularity of Round-up resistant corn and soybeans have increased the volunteer corn population in soybeans.

What are the consequences of volunteer corn in soybeans?

- It is a weed and robs the soybean crop of water and nutrients, reducing grain yield and quality.
- Provides a host for corn disease and insects, thus reducing the benefit of crop rotation.
- BT volunteer corn has a reduced level of toxin, which may result in a resistant insect population.

As a manager, what can I do to reduce volunteer corn in soybeans?

- Inspect and service harvest equipment to reduce corn left in the field (this may also increase yields).
- Consider planting non-Round-up corn hybrids if planting Round-up ready soybeans.
- Cultivation or hand removal of volunteer plants (may not be practical with large acreages).
- Add an herbicide with Round-up to remove volunteer corn, it is important to read herbicide labels when tank mixing.

Genetically modified crop technology is a valuable tool in a crop manager's toolbox. With proper management, these technologies will be effective for many years, but without management, we may decrease the number of tools in our toolbox.

If you have questions related to resistance to GMO crops or questions related to crop management, please contact Clark County Extension Crops & Soils Educator richard.halopka@wisc.edu, or call the Extension office at 715-743-5121.

Reference: <http://bulletin.ipm.illinois.edu/article.php?id=1212>



Picture sources:

<https://www.fssystem.com/Resource-Center/Resource-Detail/volunteer-corn-in-soybeans>

<https://www.no-tillfarmer.com/articles/7948-control-of-volunteer-corn-in-soybean-and-corn>

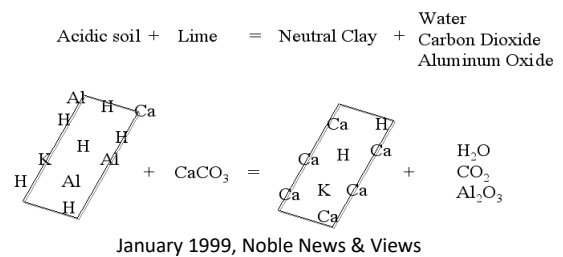
Should I Use Pell Lime?

Richard Halopka, CCA

I have rented land and some owned cropland and the pH is questionable, with high prices for inputs I was thinking of applying 200 pounds of pell lime on all of my fields. Is this a good idea?

Before answering the question, we need to review a few things related to your crop fields. First, when did you last take a soil sample? If it has been more than 4 or 5 years, you need new samples taken to talk about making management changes. Second, what is the current pH of your fields? How much lime is required to correct the pH in these crop fields? The third point is you need to understand how lime corrects pH, please see figure 1.

Figure 1. How lime neutralizes acidic soil



When testing soils pH, stands for parts of Hydrogen (H). Therefore, the amount of H present in your soil sample will determine the acidity or neutrality of your soil. If you want to correct pH to plant a crop like alfalfa, which will require a pH of 6.8, agriculture lime will provide the best economical choice to correct pH. From figure 1, it is the carbonate fraction of the lime component that will chemically release H from the soil profile, not the calcium or magnesium fraction of lime. From research and science, we know carbonate is required to neutralize soil solution and calcium or magnesium then replaces H on our soil profile (see figure 1).

Soil acidity or neutrality is not a one point to the next point, the difference between a 6.2 and 6.3 pH is tenfold. Therefore, at the end of the day it will take many carbonates to correct pH and time.

Now we can talk about products. Pell lime will cost around \$250.00 per ton or more, Dolomitic lime with 80-89 fineness will be around \$50.00 per ton. High calcium lime may be a little higher if you chose that product. Dolomitic lime, high cal lime, or pell lime will reduce acidity of soil.

To reduce acidity or to attain a neutral soil pH, generally requires a ton or more of lime per acre to neutralize an acid soil. If we use one ton of dolomitic lime per acre with an 80-89 mesh (fineness), 880 pounds of carbonates are supplied to the soil profile along with 440 pounds of calcium and 440 pounds of magnesium. If you choose, to use high calcium lime then 760 pounds of carbonates were supplied to the soil profile along with 760 pounds of calcium.

Now, how many carbonates does 200 pounds of pell lime add to the soil profile? High cal is pelletize to be easily mixed with fertilizer. Thus, the reason for the higher cost. As products are refined to make it easier to use, cost will generally be greater. Therefore, 200 pounds of pell lime will add 76 carbonates and 76 pounds of calcium. Does pell lime work quicker than agriculture lime? No. It requires about the same amount of time working with soil biology and the reaction will remove a few H from the soil profile.

Bottom line, plants may respond to the application, depending on the current pH of your soil, however the cost of the product may not capture an economic return compared to an agricultural lime application.

Cost of 200 pounds of pell lime is \$25.00 per acre and you will remove H at the rate of the 76 carbonates applied to the soil. Lime applied at one ton per acre will cost \$50.00 per acre and 880 carbonates are supplied into the soil profile, removing H from soil profile. In addition, the benefit is correcting the soil for a longer period. Lime is a long-term investment in crop production and it will require a larger outlay of cash for the application, but once pH is corrected, in our clay/loam soils the pH may be maintained for a number of years.

If neutralizing soil is the goal, use an aglime of your choice. Pell lime will provide some correction at a much higher cost per acre and then will there be an economical return on investment. OK, if you sleep better at night using pell lime then buy it. However, when managing your farm the old methods may be the soundest, provides the best economical return, even though it will require time. Remember Rome wasn't built in a day and you will not change soil pH in a day.

If you have questions on correcting soil pH or other agronomy questions please contact richard.halopka@wisc.edu.

Pressure Canner Testing

Cloverdale Country Store
N13731 County Road E
Curtiss, WI 54422

July 11–29

Monday – Friday

8:30 a.m.—5:00 p.m.



Pressure Canner Testing— Dial Gauges Only

Cloverdale Country Store has partnered with Extension Clark County to offer pressure canner testing July 11—29 during store hours.

Extension Clark County will continue to test pressure canner gauges at the Clark County Extension office in Neillsville (517 Court Street, Room 104).

For testing you only need to bring the lid with dial gauges only. Weighted gauges or “jigglers” cannot be checked. Dial gauges should be checked yearly.

For additional information regarding food safety and recommended canning and freezing procedures, please contact the Extension office at 715-743-5121.

Strong Bodies—Granton Class

What: 10-Week Strength Training Class

When: Mondays & Thursdays
11:00 AM—12:00 PM

Where: Zion Lutheran Church
W 2894 Granton Road

Cost: \$20.00

Benefits of Strength Training:

- ♦ **Reduced risk for chronic diseases:**
 - ♦ Diabetes
 - ♦ High Blood Pressure
 - ♦ Heart Disease
 - ♦ Osteoporosis
 - ♦ Arthritis
 - ♦ Some Cancers
- ♦ **Increased:**
 - ♦ Strength
 - ♦ Muscle mass
 - ♦ Bone density
 - ♦ Ability to do Activities of Daily Living

Please RSVP by contacting the Clark County Extension office at 715-743-5121 or register online at <https://go.wisc.edu/3800vu>

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

Upcoming Meetings/Events

Make sure to listen to WCCN and WAXX for any cancellations

DATE	EVENT	LOCATION	TIME
May 1– July 1, 2022	<i>Clark County Fair Registration</i>	fairentury.com	
July 12-14, 2022	<i>Clark County Farm Technology Days</i>	Roehl Acres and Rustic Occasions Loyal, WI	
August 6, 2022	<i>NCWCA Beef Expo</i>	KBarR Arena Medford, WI	10:00 am—3:00 pm
August 10-14, 2022	<i>Clark County Fair</i>	Clark County Fairgrounds	
August 13, 2022	<i>Chocolate Dessert Contest</i>	Clark County Fairgrounds	
Sept. 27 & 29, 2022 October 6 & 7, 2022	<i>Artificial Insemination Training</i>	See page 2 for more information	See page 2

Going to the Clark County Fair this year?

Fair Books are now available to view and download at <https://clark.extension.wisc.edu/files/2022/04/FAIRBOOK-2022.pdf>

Or call the Extension office at 715-743-5121 to pick one up in person.

**Clark County 2020 Plat Books
Are Still Available at:**

Abby State Bank - Abbotsford
BP Amoco - Neillsville
Citizens State Bank - Loyal & Granton
Clark County Extension Office
Clark County Treasurer's Office
C Store - Granton
Forward Bank - Greenwood
Thorp Courier - Thorp
Hene Supply - Withee

**Demographic change? No longer wish to
receive your copy of Extension Views?
Want to view the newsletter online instead?**

Please contact the Extension office at
715-743-5121 or email
mariah.stange@co.clark.wi.us to update
your preference.

Thank you!



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Fax: 715-743-5129
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Open
Valerie Wood
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