



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Spring 2022

*Bond.
Clinton.
Jefferson.
Marion.
Washington.*



03. Growing Together

Growing Together Illinois Grant Funds Community Gardens.

05. Family Friendly Programs

Master Naturalist training debuts a family oriented format including natural resource activities for kids.

06. Food & Resource Fair

More than 150 families benefit from Nashville Food Fair.

Spring 2022

This season has been full of excitement for Bond, Clinton, Jefferson, Marion and Washington counties! Spring is a time of renewal and growth, two words that perfectly embody all we have been up to here at Extension. We have launched new partnerships and continued to nurture existing ones, grown stronger and broadened our programming reach and services throughout the communities we serve.

While winter is a time of rest in nature, we used those months to develop our new Youth Development Educators, Kara Boozer and Wyatt Miller. This report is full of ways our Extension 4-H team has established new programs and partnerships to empower our community's youth as they develop skills and confidence to become our leaders of tomorrow.

The extended partnership theme continues with our Horticulture team, as they forged new and powerful networks with United Way of South Central Illinois and SSM Health to help expand the local Mt. Vernon Community Garden. Master Gardeners in both Marion and Washington Counties will plant, maintain and harvest an existing Community Garden in Salem, and plan to add a new garden in Nashville this summer. These gardens yield hundreds of pounds of produce for our area pantries.

SNAP-ed staff help bring the food insecurity work full-circle by providing adult and youth audiences educational programming on: how to make healthy food choices; recipes with simple ingredients; and the relationship between chronic health conditions and food. With mobile markets moving back to our in-person shopping format, we are able to help restore food dignity and the power of choice for our community members in need to have access at no cost.

We could not continue to expand our reach without the help of every volunteer and partner. Thank you for helping us help others through education, resources and services! As you peruse this report, remember and relish in what we are doing together; this is what community looks like.

Best,

Jordee Koehler

County Extension Director

our leadership



**JORDEE
KOEHLER**
County Extension Director

jordeej@illinois.edu



**ASHLEY
HOFFMAN**
Snap-Ed Educator

ahoff10@illinois.edu



**CHRIS
LUEKING**
Horticulture Educator

lueking@illinois.edu



**KARA
BOOZER**
*4-H Youth Development
Educator*

karacox2@illinois.edu



**ELAINE
CRAVER**
*Marketing & Communication
Coordinator*

ecraver@illinois.edu



**WYATT
MILLER**
*4-H Youth Development
Educator*

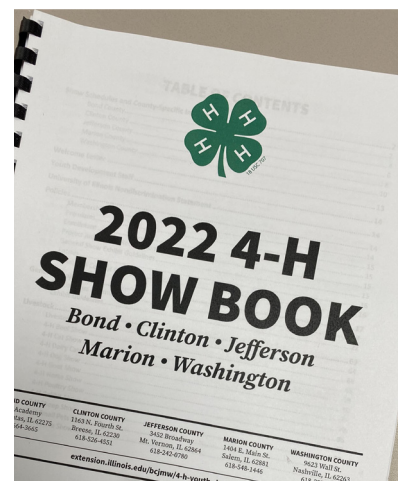
wamiller@illinois.edu

4-H Day Camp: June 6-10

Explore the natural world with hands-on activities and games. See the different plants and animals that call Illinois home, and learn how we can feed our community through the 4-H Food Challenge at 4-H day camp June 6-10 at Fish Hatchery Park in Carlyle.



Registration is open now-\$25 for all five days.
Scan here for the details.



Scan here to check out the 4-H Show Book.



Photo by David Clode | Unsplash

Growing Together Illinois Grant Funds Community Gardens

Illinois Extension Community Gardens are a collaboration between: SNAP-Ed; Ag and Natural Resources; Master Gardeners; and 4-H. Through the Growing Together Illinois grants, our teams increase access to fresh fruits and vegetables in low-income communities to help food-insecure families.

Grant funds help repair garden beds and purchase supplies to plant and harvest produce at two locations, Mt. Vernon Community Garden and Salem Community Garden. With Ag

& Natural Resources staff-support, community volunteers - including 4-H members and Master Gardeners - grow and donate their harvest to local food pantries, including the Salvation Army Food Pantry in Centralia and Park Avenue Food Pantry in Mt. Vernon.

The SNAP-Ed team then provides nutrition programming on how to prep, cook and store the produce. They also offer educational materials and recipes that align with produce donated to the food pantries.

4-H Youth fight food insecurity through Grow, Gobble, Give

New 4-H partnership means more community impact

4-H Staff and local volunteers have partnered with the Greenville Public Library to offer a summer series on food access. Through hands-on activities, youth learn about growing their own food.

Grow, Gobble, Give creates opportunities for youth to lead change as they advocate for more food-secure communities. Library partners support Extension programming by offering space and resources. They also share a vision for offering youth a safe environment to practice important life skills needed to grow into successful leaders and inspiring them to explore potential paths for their future.



Community Welcomes New Office Location

Mt. Vernon Chamber of Commerce hosted a ribbon cutting to celebrate the Illinois Extension Office relocation. We are happy to serve the community from the new location at 3452 Broadway in Mt. Vernon.

Connect with us on Social Media

Are you on social media? We are! Let's connect.



/bcjmwu23



@UofIExtBCJMW



Illinois Extension BCJMW



OUR STRATEGY IN ACTION: Healthy Cents

Library partnership brings gardening fun to youth

An interest in gardening and healthy-eating has sprouted at Centralia Regional Library. SNAP-Ed Community Worker Krystal

Pruden teamed-up with Library Director Diana Donahoo to plan a family event at the library during Spring Break. Families were invi-



feature

Master Naturalist Training Debuts Family-Friendly Format

Summer Master Naturalist training features a family format. Youth will participate in hands-on natural resource activities while parents are involved in training each week.

The cost is \$25 per session for the whole family. You can find the full program schedule and details at extension.illinois.edu/bcjmw or by calling Chris at 618-548-1446.

>> *continued from page 4*

ted to participate in the Healthy Cents: Container Gardening lesson, which included an egg hunt throughout the library. Pruden, with the help of library staff and Master Gardener, Kathy Kingsley, hid Easter eggs filled with planting seeds. Grand prize Golden Eggs were exchanged for garden pots that the youth could paint and use to plant their seeds.

Following the egg hunt, the families learned about container gardening for small spaces. Specifically, how container gardens can be used to save money in their grocery budget. The importance of reading and following the seed

packet directions was stressed, as that will result in better growth of the plants. They also discussed how and when to start seeds, when to transplant seedlings and how the whole family can be involved in caring for a container garden.

The audience was very interested and engaged in the program, asking questions throughout. As a result of this success, more Illinois Extension programs at Centralia Regional Library, using this family lesson format, are in the works.

shout outs

Thank You DeMoulin Museum

for hosting a 4-H sewing workshop in Bond County.

Thank You Nashville Library

for your partnership on the Grow, Gobble, Give program in Nashville.

Thank You Corps of Engineers

for hosting the upcoming Master Naturalist Training.

Thank You Centralia Library

for your partnership in hosting Healthy Cents: Container Gardening lesson and activities for families.

Food Fair Takes on Food Insecurity

More than 150 families benefit from Nashville Food Fair

Research shows a strong link between food insecurity, poor health, and even poor academic outcomes for children. Food insecurity is not just about hunger, it's about not having access to food options that meet nutritional needs. This is particularly important for individuals and families with limited resources. Extension's network of volunteers and partners work together to address food insecurity in locally relevant ways.

Mobile Markets and Food Fairs are one way that Illinois Extension addresses food insecurity in local communities. Food Fairs provide up to three times the food resources as a regular Mobile Market. All the food is provided free with no income verification for clients.

The Food Fair at Washington County Fairgrounds in early April offered attendees not only food, but included community resource booths as well. Illinois Extension program staff provided informational booths on gardening and nutrition education. Partner agencies that were on-hand to meet with clients included: Washington County Senior Services, ComWell and Worknet in order to meet a broad scope of needs for local residents.

Staffing Update

If you visit the Bond, Clinton or Washington county Extension offices you'll be greeted by new office support. Fawn Terwilliger (Bond), Stacey Ottenschneider (Clinton), and Jenny Zurliene (Washington) are settled in and have hit the ground running in their offices.

In May and June we will welcome 4-H program coordinators in Clinton, Jefferson and Marion counties along with a community worker in Marion county and a Family and Consumer Science educator that will serve all five counties. Stop by and introduce yourself to our new staff members this summer.



4-H Members Receive Scholarships

The career achievements of Illinois 4-H members were lauded at the Illinois 4-H Celebration of Excellence held on April 9. Forty-five young adults were chosen as \$1,000 scholarship winners in one of nine divisions of the State 4-H Award. The scholarships, offered through the Illinois 4-H

Foundation, are based on merit and a demonstrated standard of 4-H excellence. Local scholarship recipients included Lauren Wolter in Animal Sciences, and Kierstan Lampe in Natural Resources & Environmental Science. Both Wolter and Lampe are members of the Aviston 4-H Aces in Clinton County.



at a glance here's what's next

June

- 4** Master Naturalist Training, Carlyle
- 6** 4-H Day Camp Starts, Carlyle
- 9** Mobile Market, Centralia
- 11** 4-H Horse Show, Mt. Vernon
- 13** Tour Lavendar Fields U-Pick Farm, Mt. Vernon
- 14** 4-H Dog & Cat Show, Greenville
- 17** Juneteeth recognized, Offices Closed
- 21** Mobile Market, Nashville
- 22** 4-H Dog & Cat Show, Salem
- 25** 4-H General Projects Show, Salem
- 26** 4-H General Projects Show, Breese
- 29** 4-H General Projects Show, Nashville

July

- 4** Fourth of July, Offices Closed
- 9** 4-H General Projects Show, TBA
- 10** 4-H General Projects Show, Nashville
- 14** Mobile Market, Centralia
- 15** 4-H Fair Jefferson Co., Ina
- 17** 4-H Fair Clinton Co., Carlyle
- 19** Mobile Market, Nashville
- 30** 4-H Fair Marion Co., Salem

August

- 4** 4-H Fair Bond Co., Greenville
- 11** Mobile Market, Centralia
- 11** Master Naturalist Training ends
- 11** Illinois State Fair opens, Springfield
- 12** 4-H General Projects at State, Springfield
- 16** Mobile Market, Nashville
- 26** 4-H Show of Champions, TBA
- 27** 4-H Show of Champions, Salem

See our full calendar online

Find details on these programs, plus new events being added and online opportunities at extension.illinois.edu/bcjmw/events.

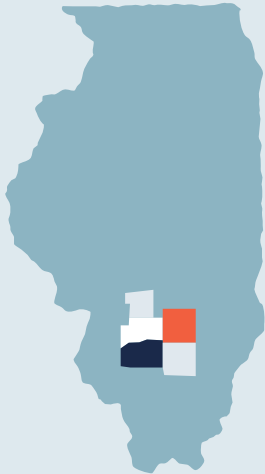
You can also call 618-327-8881 for information or registration.

BUSINESS HOURS

Monday through Friday
8 AM - 12 PM & 1 - 4:30 PM



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



**Bond.
Clinton.
Jefferson.
Marion.
Washington.**

**9623 Wall St.
Nashville, IL 62263
(618) 327-8881
uie-bcjmw@illinois.edu**

Find us online.



extension.illinois.edu



[bcjmwu23](https://www.facebook.com/bcjmwu23)



College of Agriculture, Consumer & Environmental Sciences

University of Illinois*U. S. Department of Agriculture*Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.
If you need a reasonable accommodation to participate in this program, please call the Extension Office at 618-327-8881.