

**NOTE: This is a
Teleconference**



Agriculture & Extension Education Committee

Wednesday, November 11, 2020 – 7:15 p.m.

CALL: 1-312-626-6799

MEETING ID: 848 7710 0456

Join Zoom Meeting

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1. Call to Order
2. Adoption of Agenda
3. Approval of minutes from October 14, 2020
4. Citizen Participation, Communication and Announcements

UW-Extension:

5. Review of Extension Bills – None this month
6. RECAP Use of Farm Shop Building Winter 20-21 for Food Outreach Program – Discussion & Possible Action
7. Program Update
 - a.) FoodWise
 - b.) Agriculture Educator Position Update

Fairgrounds:

8. Review of Fairgrounds Maintenance Bills and Contracts
9. Fairgrounds
 - a.) Update Re: Men's Gift Shelter Request
10. Fair Board Report
11. Comments from the Committee
12. Adjourn

The County of Rock will provide reasonable accommodations to people with disabilities. Please contact us at 608-757-5510 or e-mail countyadmin@co.rock.wi.us at least 48 hours prior to a public meeting to discuss any accommodations that may be necessary.

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Agriculture & Extension Education Committee
Wednesday, October 14, 2020
UW Extension
Teleconference

Unapproved Minutes

Committee Members Present:

Chair Bostwick, Supervisor Sweeney (7:28 p.m.), Supervisor Davis, Supervisor Aegerter, Supervisor Lokrantz

Committee Members Absent:

None

Staff Members Present:

Christine Wen, Erin Conway, Laura Vander Veen, Tara Hanley, Brent Sutherland, Terri Carlson

Others Present:

Fair Board President Ryan George, Vince Davis

1. Call to Order: Chair Bostwick called the meeting to order at 7:16 p.m.
2. Adoption of Agenda: Supervisor Davis moved approval of the agenda for October 14, 2020 second by Supervisor Lokrantz. ADOPTED.
3. Approval of Minutes from September 9, 2020: Supervisor Lokrantz moved to approve September 9, 2020 minutes, second by Supervisor Davis. ADOPTED
4. Citizen Participation, Communication and Announcements
Ms. Hanley noted there were no public comments submitted for the meeting.

Extension:

5. Review of Extension Bills
Reviewed.
6. Semi-Annual Training Report
Reviewed.
7. 2021 Extension Contract – Discussion & Possible Action
Ms. Stated highlighted the contract changes from last year. Supervisor Davis wondered if the 2nd invoice of 2020 has been received from the State. Ms. Wen

stated it was delayed due to furloughs and would be coming soon. Supervisor Aegerter motioned to approve the contract and send through the County contract approval process. Second by Supervisor Davis. ADOPTED

8. Agriculture Educator Position Update

Ms. Wen informed the Committee that Nick Baker's last official day would be in December. Until then, he will assist to tie up loose ends at the County Farm. Ms. Wen expressed the State's support of the County Farm and agreement of the importance of the Ag Educator position in relation to it. Supervisor Sweeney stated that after a conversation discussing the future of the County Farm, he believes it is going in the right direction. Supervisor Davis requested the most recent impact statement. Ms. Wen will look into getting that.

Vince Davis addressed the Committee as a prior Weed Science Specialist for UW and current BASF employee since 2015 and summarized his research experience at the County Farm. He expressed appreciation of the farm. Supervisor Sweeney stated it would be beneficial to have Mr Davis' involvement in discussions of future support of the farm. Mr. Davis suggested using that as an opportunity for others in the industry to get involved as well. Supervisor Davis agrees with Mr. Davis and Supervisor Sweeney.

9. Review & Discussion of the 2021 Recommended Budget

Ms. Wen stated Extension's 2021 budget requests were status quo from 2020. There were no recommended cuts from the County Administrator. No questions from the Committee.

Fairgrounds:

10. Review of Fairgrounds Maintenance Bills and Contracts
Reviewed

11. Fairgrounds

a.) Fairground Maintenance

Mr. Sutherland provided a description of the photos presented to the Committee of some the recent maintenance projects being completed at the Fairgrounds and commended Bruce Stone for his contributions.

b.) Review and Discussion of 2021 Recommended Budget, Budget Requests

Mr. Sutherland stated the 2021 budget requests for the Fairgrounds were pretty straightforward and most of it was utilities. He reviewed the 5 capital projects planned for 2021. Mr. George questioned the status of grandstand replacements. Mr. Sutherland said that is still moving forward within the County Masterplan.

12. Fair Board Report

Mr. George expressed his thanks to Mr. Sutherland and Mr. Froeber for the work they've done at the Fairgrounds. He noted the electrical upgrades will be a tremendous help during the fair.

Mr. George noted the need for the Committee's continued support being important to the future of the fair after this difficult year. Mr. Sutherland stated he

anticipates the additional maintenance costs payed by the Fair Board will not be necessary going forward.

13. Comments from the Committee

None.

14. Adjournment

Supervisor Sweeney moved to adjourn at 8:19 p.m., second by Supervisor Davis.

ADOPTED

Tara Hanley

Rock County UW Extension Administrative Services Coordinator

NOT OFFICIAL UNTIL APPROVED BY COMMITTEE

Making Recipes Work for You

Learn to adjust recipes to meet your needs.

Make changes to recipes based on:

- Foods you have on hand, including leftovers
- What's in season
- Your family's tastes
- Ingredients on sale
- The amount of time you have free to cook
- Healthier cooking methods



Use the following ideas to combine foods and flavors in a way that appeals to your family.

Type of Recipe	What It Is	Example from Your Book	Make It Work For You
Soup/stew	Meat and/or vegetables cooked slowly in a broth with seasonings	Barley and Lentil Soup – or – Turkey Chili With Vegetables	<ul style="list-style-type: none"> • Mix it up with different meats, vegetables, or beans. • Season to your tastes with different herbs or spices. • Go meatless.
Casserole	One-pot dish cooked slowly in the oven. Often contains rice or pasta, vegetables, beans, and/or meats.	Salmon Pasta Bake	<ul style="list-style-type: none"> • Use different types of cheese or different shapes of pasta. • Add chopped vegetables, meat, or tuna. • Season with different spices.
Salad	Mix of grains, fruits, and/or cold veggies with a dressing	Southwestern Black-Eyed Pea and Corn Salad	<ul style="list-style-type: none"> • Use different grains, veggies, nuts, or dried fruits.
Wrap	Mix of hot or cold foods inside a sandwich wrap	Hearty Egg Burrito – or – Veggie Wraps	<ul style="list-style-type: none"> • Use different beans, vegetables, cheeses, or herbs. • Replace the eggs with tofu. • Make heartier by adding leftover rice or cooked meats.

Sub It In

Tempted to skip over a recipe because of one ingredient? Just use something else!

If your recipe calls for a food that is too pricey, hard to find, or that you simply don't care for, try subbing in another. Substitutions may be different for raw or cooked foods, so figure out how it's used in your recipe. Then try the tips in the charts below.

Foods within a category can be used in place of each other. For instance, a dark leafy green such as kale can be replaced with any other dark leafy green like chard or collards, whether raw or cooked.

Instead of...	If using raw, sub in...	If using cooked, sub in...
Fruit		
Berries (blueberries, blackberries, strawberries, and raspberries)	Cherries, bananas, grapes, stone fruit	Cherries, grapes, stone fruit
Grapes	Cherries, berries, bananas	Cherries, berries
Stone fruit (peaches, plums, nectarines, and apricots)	Bananas, berries	Grapes, apples, pears
Veggies		
Broccoli	Cauliflower	Cauliflower, spinach, dark leafy greens
Carrots	Beets, celery root, summer squash, celery	Root vegetables, summer squash, celery
Dark leafy greens (kale, chard, collards, turnip, beet, and mustard greens)	Spinach, lettuce, cabbage	Spinach, broccoli, cabbage
Eggplant	—	Zucchini, yellow squash, sweet peppers
Mushrooms	Summer squash	Snow peas, sugar snap peas, summer squash
Potatoes	—	Sweet potato, root vegetables, carrots
Root vegetables (turnips, beets, rutabaga, celery root)	Sweet potatoes, carrots	Sweet potatoes, winter squash, carrots, parsnips
Spinach	Lettuce	Dark leafy greens, broccoli, cabbage
Summer squash (zucchini, yellow squash)	Sweet peppers, carrots	Eggplant, sweet peppers
Sweet potatoes	Cabbage, root vegetables, carrots	Root vegetables, carrots, winter squash, parsnips
Winter squash	—	Sweet potatoes, root vegetables, parsnips, carrots

Continued >

Sub It In continued >

The following substitutions will work whether using raw or cooked foods.

Instead of...	Try this instead!
Fruit	
Apples	Stone fruit, pears
Bananas	Berries
Grapefruit	Oranges
Lemons	Limes, oranges, grapefruit
Limes	Lemons, oranges, grapefruit
Oranges	Grapefruit
Pears	Stone fruit, apples
Veggies	
Celery	Carrots, celery root
Edamame (soy beans)	Peas, cooked beans
Green Onions	Onions, sweet peppers
Hot peppers	Sweet peppers, crushed red chili peppers (to taste)
Onions	Sweet peppers, green onions
Sweet peppers	Tomatoes
Tomatoes	Sweet peppers



**COMMITTEE REVIEW REPORT W/DESCRIPTION
FAIRGROUNDS**

October-20

R&M Services

1818280000 62400

P2001654	10/8/2020	JANESVILLE DOOR CO LTD	INSTALLATION OF NEW DUBLE-SID	\$4,208.00
P2000121	10/15/2020	WASTE MANAGEMENT WI-MN	TRASH AT FAIRGROUNDS	\$115.16
P2000310	10/22/2020	DEGARMO PLUMBING INC	REPLACEMENT OF VALVES IN PIT	\$4,850.33

R&M Supplies

1818280000 63500

P2000067	10/8/2020	HARRIS ACE HARDWARE LLP	SUPPLIES FOR FAIRGROUNDS	\$3.18
P2000066	10/8/2020	BROWN OIL CO INC	REFILL FUEL TANK	\$502.64
P2000340	10/15/2020	US BANK	REPAIR & MAINT	\$332.50
P2001959	10/22/2020	BOBCAT OF JANESVILLE	REPLACEMENT OF PIVOT PIN	\$35.81
P2000300	10/22/2020	BJ ELECTRIC SUPPLY INC	TYPE BR BREAKER 20A	\$13.14
P2000065	10/29/2020	BJ ELECTRIC SUPPLY INC	FOOD TRAILER PROJECT	\$170.93
P2000329	10/29/2020	HOME DEPOT/GECF	TIRE PRESSURE GAUAGE WINGTWISTS	\$105.41

Capital Assets

1818280000 67120

P2000686	10/8/2020	TRI COUNTY DAIRY SUPPLY INC	800 GALLON USED SUNSET COOLER	\$4,500.00
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R&M Projects

1818280000 67250

P2001151	10/22/2020	INDUSTRIAL ROOFING SERVICE INC	PHASE II ROOF SYSTEM	\$2,900.00
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FAIRGROUNDS PROG TOTAL \$17,737.10