

# Extension Edge

An educational publication of Purdue Extension – DeKalb County



Extension - DeKalb County

July/August 2024

## STOP CHASING SQUIRRELS

This year I have tasked myself with reading a few more leadership/inspirational books for professional improvement. My current read is Stop Chasing Squirrels by Ted Bradshaw. More often, I find myself getting sidetracked and chasing those squirrels that make me lose the true focus to my day. Mr. Bradshaw lays out 6 methods to help find focus, purpose, and flow to tasks.

**1) Sharpen the Mind:** A lot of our thinking is purely involuntary and can quickly carry us of course. Daily journaling and meditation can help train our minds to focus with more clarity.

**2) Caring for the Body:** As we age, our bodies may not hold up like they did in our youth. While exercise may not be your “thing” it’s still important to maintain a routine to have a healthy, fit body. Exercise helps fight against depression, promotes healthy brain activity, and provides positive natural energy.

**3) Deepening the Soul:** Consider the mind as a navigation system to our life, the body the vessel, and our soil the propulsion system. It gives us the power, resonance, and energy to commitment to a project. Try to identify those passions that drive you.

**4) Improving your Nutrition:** The age-old saying is “You are what you eat”. Studies have routinely shown that when we power our bodies with healthier foods, we have a more positive body in terms of more energy, better sleep, and greater strength and mobility. Do a self-check and see what you are using to fuel yourself

**5) Mastering Money:** Money is one of the most powerful forces in the world-it can do tremendous good or horrendous evil. How do you relate to your money? Is it a healthy or disastrous relationship? Take a moment to evaluate this relationship and how you would like to improve it.

**6) Strengthening Relationships:** “Nobody on their deathbed has ever said, ‘I wish I’d spent more time at the office.’” How do you, as an individual, fit in to society and those relationships that make up our daily lives? It takes mental, physical, and spiritual energy to cultivate these positive relationships.

As we try to stop chasing squirrels in our life, it’s easy to follow the truth of what Curly tells Mitch in City Slickers: “Do you know what the secret of like is?”

Curly holds up one finger.

Rolling his eyes, Mitch says, “Your finger?”

Curly says, “One thing. Just one thing. You stick to that and the rest don’t mean nothin.”

Mitch asks him what that one thing is, and Curly smiles and replies, “That’s what you have to find out.”

Find your one thing and stick to it and stop getting distracted by.....SQUIRREL!



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# 10-YEAR Member Spotlight

Over the next several months, we will take the opportunity to highlight our 10-year 4-H members. These youth have completed ten consecutive years in the 4-H program. Thank you for your leadership, service and qualities that each of you have added to our 4-H program.

## Emma Brown

High School: I go to Eastside Junior-Senior Highschool

Plans after graduation: I plan to attend Valparaiso University in the fall and study Nursing

Favorite 4-H memory: My favorite 4-H memory is taking a nap on the cattle chute and waking up ratchet strapped to it.

Advice for current 4-H members: Keep working towards your goals, one day you will reach them.



## Baylee Doster

High School: DeKkalb High School

Plans after graduation: Attending Western Governors University for Business Administration

Favorite 4-H memory: Winning Grand Champion Gilt for 3 years in row

Advice for current 4-H

members: Don't be afraid to try new things and step out of your comfort zone. 4-H is all about learning and growing, so be open to new experiences and challenges. Remember that 4-H is about more than just winning competitions or earning awards. It is about personal growth, skill development, and making a positive impact in your community.





# Indiana 4-H Quality Livestock Care Program



All 4-H youth enrolled in a LIVESTOCK PROJECT (Beef, Dairy Beef, Dairy, Goat, Poultry, Rabbit, Sheep and Swine) must be QLC certified or have a YQCA online completion certificate.

If you choose to complete the YQCA option, you will register for the online course at <https://yqcaprogram.org/> Cost of the online YQCA course is \$12.

*After completing the course, you must email the 4-H Educator with your certificate to receive credit.*

If you prefer to take the QLC in person (Instructor-Led), the cost is \$3 per child and will be located at the Exhibit Hall (Fairgrounds); Registration is open now in 4-H Online!

**Quality Livestock Care training session:**

**Saturday, August 10, 9:00 a.m. LAST ONE!**

After attending the course or submitting a YQCA online training certificate, you will be marked complete in the DeKalb 4-H Hub (Fall Fair Checklist)

*\*This certification does NOT replace the workshop/worksheet requirement.*

## HANDBOOK INFORMATION

**The 2024 DeKalb Co. 4-H Handbook is Accessible!**

And printed Handbooks are available for pick-up at your next Club meeting. If you would like an extra Handbook, those can be picked up at the Extension Office for no charge.



## ATTENTION 10-YEAR MEMBERS!

Your display boards are due to the Extension Office by July 1. Also, if you have not sent Effie the answers to the Social Media Spotlight questions, please do so as soon as possible. Spotlight Questions (email to Effie at [campb314@purdue.edu](mailto:campb314@purdue.edu))

**What High School did you attend?**

**What do you plan to do after graduation?**

**Favorite 4-H memory**

**Advice for current 4-H members**

**Please include a picture of you**

**Reminder**  
10-Year Display Boards are due to the Extension Office by July 1

BOARDS ARE TYPICALLY STANDARD TRI-FOLD POSTER BOARDS. YOU CAN DECORATE IT ANY WAY THAT YOU WANT!

### FIGHT THE HUNGER STOCK THE TRAILER

The DeKalb County Junior Leaders are in need of your help to fill a trailer full of at least 1,000 pounds of canned goods! Prizes are available for our 4-H program of up to \$5,000. (Monetary donations also accepted to purchase food.)

**Drop off at the designated area during Summer Judging (July 15th-17th) and the Summer Judging open house on July 18th from 4-6:30.**

**708 S. Union Street  
Auburn, Indiana**

The Junior Leaders program will receive \$500, with additional prizes for collecting the most food.

WANT MORE INFO? CONTACT [origby18@gmail.com](mailto:origby18@gmail.com)

### SOME SAY LIFE IS BETTER IN THE SADDLE...

**MONDAY, JULY 8 @ 6:00 PM**  
Come to our Monday July 8 meeting  
6 pm at the Exhibit Hall  
to learn about horses!

**\*Project Manuals will be available at this meeting  
with payment of \$5 dues (per child)**

**Future Meetings: Aug. 12  
Judging: Sept. 14**

**We look forward to seeing you all!**



## 4-H 2024 IMPORTANT DATES

June 29	<b>Dairy Beef Workshop</b> (Basic care for Dairy Feeders), 2:00-3:00 pm - Exhibit Hall
June 29	<b>Jackson Blue Ribbons</b> , 10:00 am - trip to Black Pine Animal Sanctuary
June 30	<b>Rabbit ID Day</b> , 2:00-4:00 pm - Rabbit Barn
July 1 Deadline	<ul style="list-style-type: none"> <li>• <b>FairEntry for Summer Static Projects</b></li> <li>• <b>4HOnline entry for Fall Fair Animals</b></li> <li>• <b>4HOnline entry for Summer Goats; FairEntry for Summer Goats; Worksheets for Summer Goats due in Extension Office; YQCA/QLC due for Summer Goats</b></li> <li>• <b>Nomination forms for Rabbits and Poultry due in Extension Office</b></li> </ul>
July 8	<b>Horse &amp; Pony Club Meeting</b> /Fun Games, 6:00 pm - Arena <b>Mini's Club Meeting</b> , 6:00 pm - Exhibit Hall
July 10	<b>DeKalb County 4-H Council Meeting</b> , 7:00 pm -Exhibit Hall
July 11	<b>Franklin Busy Bees</b> (Club meeting), 6:30 pm - DeKalb County Coon Club (7141 CR 4A Hamilton, IN 46742)
July 11	<b>Fairfield Farmers Club Meeting</b> , 7:00 pm - 1311 County Rd 12 Corunna, IN
July 13	<b>Summer Goat Show</b> , 8:00 am (check-in) - Show Barn
July 13	<b>Sheep Workshop</b> (Showmanship and Show preparation), 2:00 pm - Sheep Barn
July 14	<b>ATV Exhibition Ride</b> , 1:00-4:00 pm - Horse Arena <b>Doubletrees Club Meeting</b> , 5:00 pm - Fairgrounds
July 15	<b>Horse &amp; Pony Club Meeting</b> /Show prep, 6:00 pm - Arena
JULY 16-18	<b>SUMMER JUDGING, EXHIBIT HALL AND MIDDAUGH HALL</b>
July 17	<b>4-H Power Club Meeting</b> , 8:00 pm - Sugar Ridge Farms
July 19	<b>Horse &amp; Pony Exhibition Speed Show</b> , 6:00 pm - Arena
July 20	<b>Horse &amp; Pony Exhibition Halter and Pleasure Show</b> , 9:00 am - Arena
July 21	<b>Draft Completion Show</b> , 2:00 pm - Horse Arena (fairgrounds)
July 28	<b>Rabbit Workshop</b> (Showmanship and Breed ID, bring one rabbit and a towel), 2:00-3:00 pm - Exhibit Hall

## 2024 SUMMER JUDGING CHECK-IN SCHEDULE

**PLEASE PAY ATTENTION TO THE SCHEDULE TO KNOW WHEN TO CHECK-IN YOUR PROJECT(S) AND WHEN IT WILL BE JUDGED**

### SATURDAY, JULY 13

8:00 AM—Check-in for Summer Goat Show  
(Breeding Goat Does and Pack/Pleasure/Pet Goats)

- 4-H Summer Goat Show will begin promptly at 9:00 am

### SUNDAY, JULY 14

4:00-6:00 PM —Static Project Check-in/FairEntry Tag Pick-up (If you pick up your tags early, you will not need to check in during July 15-18, just go straight to judging!)

- You will need to bring your completed General Record Sheet with you to pick-up tags/check-in!
- Families will enter from the SOUTH END of the Fairgrounds to help prevent congestion on Union St.

- FairEntry Team will be staged at the North Food Stand with someone checking to make sure your cards and entries are correct.

- Foods, Foods Preservation, and Modern Meals entries will be submitted at the MIDDAUGH HALL Check-in Station...no one other than volunteers will be allowed in the building.

### JULY 15—JULY 18

8:00 am to Project Judging Time

- All projects need to be checked in (if you did not pick up tags on Sunday) at the MIDDAUGH HALL Check-in Station and then go to the judging location.

### **DON'T FORGET YOUR GENERAL RECORD SHEETS:**

**The General Record Sheets have been distributed with your 4-H manuals (static projects). If you have lost yours or didn't get one, you can find it on the DeKalb 4-H Hub at [bit.ly/DeKalb4HHub](https://bit.ly/DeKalb4HHub)**

## All Summer Judging Project Exhibits and Summer Goats must be entered in FairEntry for Summer Judging by July 1

<http://dekalb4hsummerjudging.fairentry.com>

As a requirement to exhibit your static projects, you MUST enter all of your static (non-animal) projects and Summer Goats into FairEntry between June 1 and July 1.

- You will use your 4HOnline login email and password to get into the system and register your exhibit(s) for the project(s) you are enrolled in. Be sure to check the Summer Checklist in the DeKalb 4-H Hub to make sure you are ready! Link: <https://bit.ly/DeKalb4HHub>

- You'll need to plan for the exhibit label when you plan your project.

The exhibit label is 2.8 inches wide by 5.5 inches tall.

- You will receive your label during the appointed Check-In times listed in the Summer Judging Schedule, so make sure to bring tape or string to affix the label to your project

- You'll be required to provide a description of your project. If you need to change that description when you check in your projects, that's ok. Just give us your best guess what you will be bringing. For posters, please use the title of the poster.

If you have questions, please call the Extension Office at 260-925-2562





# 4-H/Youth Development 2024 SUMMER JUDGING SCHEDULE

Please read carefully to know when your project will be judged!

**Some project times/locations have changed**

## MONDAY, JULY 15

**9:00 am** – Beekeeping, Genealogy, Veterinary Science – Exhibit Hall

**9:00 am** – Foods/Foods Preservation – Middaugh Hall

**10:00 am** – Animal Posters, Electric, Child Development – Exhibit Hall

**11:00 am** – Construction & Architectural Replica - Exhibit Hall

**11:30 am** – Garden Check-in – Middaugh Hall

**12:00 pm** – Garden – Middaugh Hall

**12:00 pm** – Collections - Exhibit Hall

**12:00 pm** – Floriculture, Cake Decorating – Middaugh Hall

## TUESDAY, JULY 16

**9:00 am** – Any Other Crafts, Fine Arts, Models, Needlecrafts – Exhibit Hall

**9:00 am** – Scrapbooking, Woodworking – Middaugh Hall

**10:30 am** – Aerospace – Exhibit Hall

**11:00 am** – Gift Wrapping, Home Environment, Health – Exhibit Hall

**11:00 am** – Modern Meals, Recycling, Self-Determined – Middaugh Hall

**11:30 am** – ATV Educational Poster, Tractor Poster – Exhibit Hall

**12:00 pm** – Forestry, Weather, Entomology – Exhibit Hall

**12:30 pm** – Sportfishing, Wildlife, Shooting Sports – Exhibit Hall

## WEDNESDAY, JULY 17

**8:30 am** – Consumer Clothing Check-in – Middaugh Hall

**8:45 am** – Consumer Clothing Interviews – Middaugh Hall

**9:00 am** – Geology, Photography Level 1 – Exhibit Hall

**9:00 am** – Photography Level 2 & 3 – Exhibit Hall

**9:15 am** – Consumer Clothing Modeling, Senior Fashion Revue Check-in – Middaugh Hall

**9:30 am** – Barbeque Project Drop Off - Exhibit Hall

**9:45 am** – Senior Fashion Revue Judging, Junior Fashion Revue Check-in/Junior Sewing Check-in – Middaugh Hall

**10:00 am** – Barbeque, Small Animals – Exhibit Hall

**10:15 am** – Senior Wearable & Non-Wearable Sewing Judging, Junior Fashion Revue – Middaugh Hall

**10:30 am** – Verbal Communications – Extension Office

**11:00 am** – Junior Wearable & Non-Wearable Sewing Judging – Middaugh Hall

## THURSDAY, JULY 18

**4-6:30 pm** – 4-H Open House & Silent Auction

Summer Judging Project Display, Exhibit Hall

**7:00 pm** – “Tops in 4-H” & Summer Awards Program & Live Auction—Middaugh Hall

Remaining Non-State Fair Projects should be picked up



## Summer Goat Show 4HOnline & FairEntry

Make sure to enter your Summer Goats into FairEntry (for the Summer Goat Doe Show) from June 1 to July 1.

Please note that we are only entering Summer Goats into the system at this time.

All other species will open for online registration in August at a different URL.

• There is are step-by-step instructions available on the DeKalb 4-H Hub

<https://bit.ly/DeKalb4HHub>

As always, if you have any questions, please don't hesitate to call the Extension Office at (260) 925-2562.

### 4-H SUMMER GOAT DOE EXHIBITORS

If you did not attend a Goat Workshop, you will need to complete a worksheet to be eligible to exhibit your animal in the Summer Goat Doe Show.

Worksheets are available on the website (to print out) at <https://bit.ly/DeKalb4HHub> or contact the office at (260) 925-2562 to have one sent to you.

Worksheets are **DUE BY JULY 1** for those exhibiting Goat Does.

### Poultry Workshop

July 20th

9 a.m.

at the Exhibit Hall



### SCRAPIES TAGS

If you are showing sheep or goats, the animal you purchase should come with a Scrapies tag, by law.

If your animal does not come with one, or your animal was born on your farm, you'll need to apply for a flock ID through the Board of Animal Health (BOAH) at <https://www.in.gov/boah/2669.htm>



We will NOT be providing Scrapies tags at ID Day.

### IMPORTANT BEEF FEEDER INFORMATION!!

#### DEADLINE CHANGE!

Attention 4-H Families that will be showing Beef Feeders at Fall Fair! **Your deadline for 4-H Online is changing from September 9 to September 2, due to 4-H Online shutting down for updates before October 1.** You will need to have your Prospect Heifers and Feeders entered into 4-H Online by September 2. At ID Day on August 24, Effie will have computers set up to enter animals into 4-H Online that day. We **HIGHLY** recommend completing this then, so you will be good to go. **The FairEntry, worksheet, and QLC/YQCA deadline will not be changing, and will remain on September 9.**

In Summary:

- **September 2** – Beef Prospect Heifers and Feeders are due in 4-H Online
- **September 9** – FairEntry, worksheet, and QLC/YQCA Deadline



## Swine Tagging Information

### TAGS COST \$3 PER PIG

#### Three options to get your pigs tagged:

1. Schedule a time to have your pigs tagged at your farm by a Swine Committee member.

- \$3 per tag per pig.
- \$20 per farm visit (All money will be put in the 4-H Council fund).
- On-farm tagging will begin around June 10–June 25
- To schedule a time, text or call Kevin Days at

260-243-0266 or another Swine Committee member.

2. Pick up tags at the Extension Office and self-tag your pigs.

- \$3 per tag per pig
- Must take a picture of the tag in the pig's ear

and text it to **Kevin Days at 260-243-0266**

to confirm the tags are in the pigs' ears, or an on-farm visit can be scheduled by a Swine Committee member.

**Pigs must be tagged and photos submitted by July 1st.**

## WORKSHOPS OR WORKSHEETS?

Be aware of livestock workshops being offered in the coming months! They are listed under

**"IMPORTANT DATES"** on page 5 in **GREEN**. If you need a worksheet, please go to the

DeKalb 4-H Hub,  
<https://bit.ly/dekalb4hhub>  
or contact the office at

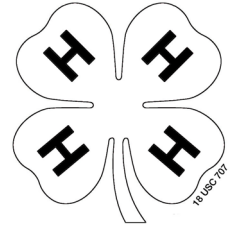
260-925-2562  
to pick up a worksheet.

## CLOVER HUNT

Find the White & Black 4-H clover logo hidden somewhere within this newsletter. To win the 2024 prize (Clover Wallet, 4-H Sticker, Hat, Gold Button, and Thermos cup),



email Effie ([campb314@purdue.edu](mailto:campb314@purdue.edu)) with the correct description of it's location and have the chance to win this month's prize. Winner will be announced on July 12. Contest open to Mini 4-H and regular 4-H members ONLY. Prize will be available for pick-up at the Extension Office once winner has been notified.



Sample only

## DeKalb 4-H Hub

Your go-to resource for everything Dekalb 4-H!



### WHAT IS ON THE HUB?

- FALL FAIR CHECKLIST- SEE WHAT YOU STILL NEED TO COMPLETE TO BE ELIGIBLE TO EXHIBIT
- SUMMER JUDGING CHECKLIST - SEE WHAT YOU STILL NEED TO COMPLETE TO BE ELIGIBLE TO EXHIBIT
- 10 YEAR MEMBER TO-DO LIST! (NEW FOR 2024)
- LIST OF IMPORTANT DATES/WORKSHOPS
- MONTHLY NEWSLETTER
- GENERAL RECORD SHEET
- 4-H HANDBOOK
- APPLICATIONS FOR EVENTS/TRIPS
- 4-H FAMILY GUIDE, 4-H PROJECT MAGAZINE
- INSTRUCTIONS FOR 4-H ONLINE AND FAIRENTRY
- LIST OF IMPORTANT WEBSITES
- ALL LIVESTOCK WORKSHEETS!



USE THE LINK OR SCAN THE QR CODE WITH YOUR PHONE CAMERA  
[HTTPS://BIT.LY/DEKALB4HHUB](https://bit.ly/DeKalb4HHub)

# Important Livestock Date Reminders

These are just reminders to our Livestock Exhibitors about Due Dates in the next couple of months. The September 8th Deadline falls on a weekend this year, so you will have until September 9th to meet the Deadline. Remember to check the DeKalb 4-H Hub in the Fall Fair checklist to make sure you are complete. <https://bit.ly/DeKalb4HHub>

### BEEF

**SEPTEMBER 2** - 4H Online Entry Due for BEEF FEEDER CALF

**SEPTEMBER 9** - ALL Class selections MUST be made in Fair Entry for Fall Fair Entries

### DAIRY

**JULY 1** - 4HOnline Entry Due for ALL DAIRY ANIMALS

**SEPTEMBER 9** - ALL Class selections MUST be made in Fair Entry for Fall Fair Entries

### DAIRY FEEDERS AND STEERS

**JULY 1** - 4HOnline Entry Due for DAIRY FEEDER CALVES

**SEPTEMBER 9** - ALL Class selections MUST be made in Fair Entry for Fall Fair Entries

### GOAT

**JUNE 23** – COUNTY GOAT/ SHEEP ID DAY

**JULY 1** - 4HOnline AND Fair Entry Entries Due for SUMMER GOAT EXHIBITORS (DOES AND PLEASURE CLASSES)

### GOAT (Continued)

#### WETHERS

**JULY 1** - 4HOnline Entry Due for FALL FAIR

**SEPTEMBER 9** - ALL Class selections MUST be made in Fair Entry for FALL FAIR WETHERS

### HORSE AND PONY/DRAFT ANIMAL

See you at Summer Judging!

### POULTRY

**JULY 1** - Poultry Nomination Forms DUE in Extension Office

**AUGUST 31** - Poultry ID/Banding

**SEPTEMBER 9** - ALL Class selections MUST be made in Fair Entry for Fall Fair Entries

### RABBIT

**JUNE 30** - Rabbit ID Day, Exhibit Hall

**JULY 1** - Rabbit Nomination Forms DUE in Extension Office

**SEPTEMBER 9** - ALL Class selections MUST be made in Fair Entry for Fall Fair Entries

### SHEEP

**JUNE 23** - COUNTY GOAT/ SHEEP ID DAY

**JULY 1** - 4HOnline Entry Due for ALL SHEEP

**SEPTEMBER 9** - ALL Class selections MUST be made in Fair Entry for Fall Fair Entries

### SWINE

**JULY 1** - 4HOnline Entry Due for ALL SWINE

**SEPTEMBER 9** - ALL Class selections MUST be made in Fair Entry for Fall Fair Entries

## PREMISE ID NUMBERS

If you are showing cattle, swine, sheep, or goats you are required by law to apply for a Premise ID number from the Indiana Board of Animal Health (BOAH). You will need this number to nominate your animals, so get your number now!

<https://www.in.gov/boah/2700.htm>

**JULY 1ST 4HONLINE DEADLINE**



# Clover Hunt

## Looking for Sponsors for 2024!

The Clover Hunt at Fall Fair is coming back for 2024, with a new addition... Summer Judging will also have Hidden Clovers!! Over the last few years, close to 100 4-H members who found a Hidden Clover at Fall Fair



have won free 4-H Enrollment for the next year. Our goal is 30 Hidden Clovers at Fall Fair and 20 at Summer Judging. If you are interested in sponsoring a Clover for 2024, please contact the Extension Office at 260-925-2562 or email Effie at [campb314@purdue.edu](mailto:campb314@purdue.edu)



# 2024 4-H Camp!!

From June 5-7, we had 69 campers and 5 Counselors participate in 4-H Camp! We had a blast! **A huge thank you to our Camp Counselors from DeKalb County for doing a fantastic job!**

Chloe Buss  
Anna McHenry  
Johnny Buss

Adyson Brown  
Bryce Page



## *DeKalb County 4-H Summer Fair*

### **\* PUBLIC OPEN HOUSE \***

**WHEN:** Thursday, July 18th from 4 PM to 6:30 PM.

**WHERE:** DeKalb Co. Fair Grounds \* Exhibit Hall,  
708 S. Union Street, Auburn, IN. 46706

Have you ever wanted to learn more about 4-H and how your child could benefit from it? It is so much more than just animals, carnival rides and fair food. **Come Check it Out!**

**Food Provided with  
Free Will Donation:**  
Pulled Pork, Mac & Cheese, Hot  
Dogs & Homemade Desserts

**\*\* Silent Auction \*\***  
With lots of amazing items donated by local 4-H Clubs,  
local businesses, friends and family. Come see their  
projects that will be on display at the Open House!

### **“Tops in 4-H” & Summer Awards Program**

**WHEN:** Following the Open House at 7 PM

**WHERE:** Middaugh Hall (just across the parking lot)



DeKalb County 4-H Council, Inc. • County Office Building • 215 E. 9<sup>th</sup> Street, Ste. 300 • Auburn, IN. 46706  
Phone: 260-925-2562

# JULY IS NATIONAL GRILLING MONTH



As you plan your Fourth of July celebration, remember these 10 food safety tips to keep your barbecue free from foodborne illness:

1. **Clean Your Grill.** Scrub the grill clean before use. No access to a faucet? Carry bottled water, soap, and paper towels.
2. **Defrost Safely.** Thaw frozen beef, poultry or fish safely in the refrigerator, cold water or a microwave oven. Cook immediately after thawing.
3. **Avoid Cross Contamination.** Separate raw meat and vegetables by using different cutting boards.
4. **Check Internal Temperatures.** Cook food to a safe minimum internal temperature by using a food thermometer:
  - o Whole cuts of meat: 145 F with a three minute rest time
  - o Fish: 145 F
  - o Ground meats: 160 F
  - o Egg dishes: 160 F
  - o Poultry (ground or whole): 165 F

5. **Thoroughly Cook Frozen Meat.** Although frozen products may appear to be pre-cooked or browned, treat them as raw food and cook thoroughly. Products labeled as “Cook and Serve,”

“Ready to Cook” and “Oven Ready” must be cooked.

6. **Use Food Thermometers Correctly on Burgers.** Insert the thermometer through the side of patty until the probe reaches the center.

7. **Beware of the Danger Zone.** Bacteria multiply rapidly between 40 F and 140 F—a.k.a. the Danger Zone. USDA recommends that perishable food be consumed or refrigerated within two hours (one hour in room or outdoor temperatures of 90 F and above).

8. **Store Leftovers Properly.** Divide leftovers into smaller portions and place them in shallow containers in your refrigerator or cooler.

9. **Keep It Cool.** Pack coolers with ice bags, gel packs or frozen water bottles. Use an appliance thermometer to monitor that food stays chilled at 40 F or below.

10. **When In Doubt Call.** For more questions about food safety before the Fourth of July, contact the USDA’s Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854) to talk to an expert or chat live at [ask.usda.gov](https://ask.usda.gov) from 10 a.m. to 6 p.m. Eastern Time, Monday through Friday.

Source: <https://www.usda.gov/media/blog/2022/06/30/your-top-10-food-safety-tips-summer-grilling>





## Grilled Zucchini with Parmesan

Grilled zucchini is one of the great food joys of summer. In this easy recipe, the crunchy, bright breadcrumbs offset the sweet, soft zucchini in the most delightful way. Serve this healthy side with grilled chicken, fish or shrimp or as part of a vegetarian summer meal. This recipe is easily doubled or tripled

Prep Time: 20 mins

Additional Time: 5 mins

Total Time: 25 mins

Servings: 4

Yield: 4 servings

Nutrition Profile:

Low-Carb Nut-Free Soy-Free Vegetarian Egg-Free

### Ingredients

- ¼ cup olive oil
- 2 cloves garlic, finely chopped
- ¼ teaspoon crushed red pepper, or to taste
- ½ cup whole-wheat panko breadcrumbs
- 2 ounces Parmesan cheese, grated (about 1/2 cup)
- 1 ½ teaspoons fresh thyme leaves or 1 teaspoon dried thyme, crushed
- 1 teaspoon lemon zest
- ¼ teaspoon salt
- 2 large zucchini, halved lengthwise

### Directions

1. Combine oil, garlic and crushed red pepper in a small skillet over low heat. Cook, stirring often, until the garlic is softened and light golden, 3 to 4 minutes. Remove from heat; let cool for 5 minutes. Stir in panko, Parmesan, thyme, lemon zest and salt.

2. Preheat grill to very high (at least 500 degrees F). Oil the grill grates, using tongs to hold an oil-soaked paper towel. Place zucchini, cut-sides down, on the oiled grates; grill, uncovered, until tender-crisp, about 5 minutes per side. Flip the zucchini so they are cut-side up; spoon the panko mixture evenly on top. Grill, covered, until the topping is golden brown in spots, 2 to 3 minutes. Carefully transfer to a serving platter. Serve with lemon wedges.

Nutrition Facts (per serving)

234 Calories

18g Fat

3g Carbs

6g Protein

Source: <https://www.eatingwell.com/recipe/273013/grilled-zucchini-with-parmesan/>

# FOOD FACTS



## Serving Up Safe Buffets



*Plan a “bacteria-free buffet” with these easy tips for food safety when entertaining. Bon appétit!*

*Entertaining is one of the mainstays of the holiday season — and helps commemorate milestone events throughout the year, too. With proper preparation, you can be creative and tempt your party guests with an array of fun platters while still keeping food safety in mind!*

### Size Matters

If you're planning a buffet at home and are not sure how quickly the food will be eaten, keep buffet serving portions small.

- Prepare a number of small platters and dishes ahead of time, and replace the serving dishes with the fresh ones throughout the party.
- Store cold back-up dishes in the refrigerator and keep hot dishes in the oven set at 200 °F to 250 °F prior to serving. This way, your late arriving guests can safely enjoy the same appetizing arrangements as the early arrivals.

### Take Temperatures

Hot foods should be kept at an internal temperature of 140 °F or warmer.

- Use a food thermometer to check. Serve or keep food hot in chafing dishes, slow cookers, and warming trays.
- Be aware that some warmers only hold food at 110 °F to 120 °F, so check the product label to make sure your warmer has the capability to hold foods at 140 °F or warmer. This is the temperature that's required to keep bacteria at bay!
- Eggs and egg dishes, such as quiches or soufflés, may be refrigerated for serving later but should be thoroughly reheated to 165 °F before serving.

### Chill Out

Cold foods should be kept at 40 °F or colder.

- Keep cold foods refrigerated until serving time.
- If food is going to stay out on the buffet table longer than 2 hours, place plates of cold food on ice to retain the chill.



# Extension Homemakers

Hello Ladies!

We had a beautiful Hawaiian themed Achievement Night. The entertainment was so delightful and the food was some of the best Hawaiian food I've had. The hall was decorated so appealing. Thank you Sewing Club and Auburn Homes. It was a very enjoyable evening!

We have had two very productive sewing days in May and June. We have earned our lunch and cookies. The nurses where we take the blankets keep giving Joan cookies. How

sweet of them. They really appreciate us. Oh what a great feeling.

It has been quiet these couple of months. Hope you all have your gardens in and air on high because it is going to get hot this week and next.

Have a great summer and I will see the presidents at the Council Meeting on July 11 at 6 p.m.

IEHA County President  
Martha Close

*Believe in yourself and all that you are!*

*Know that there is something inside you that is greater than any OBSTACLE!*

DeKalb County Extension Homemakers

# Congratulations

## Linda Carunchia IEHA State President

### HOMEMAKERS 2024 IMPORTANT DATES

<b>July 4</b>	<b>Independence Day</b> - Extension Office closed
<b>July 11</b>	EH Council- 6 pm, COB (Lower Level)
<b>July 15-18</b>	<b>4-H Summer Judging</b> - DeKalb Fairgrounds
<b>July 16-18</b>	<b>25th Annual NVON Conference</b> - North Carolina
<b>July 31</b>	Membership lists & club books due (2024-25)
<b>August 2-18</b>	<b>Indiana State Fair</b>
<b>June 8</b>	<b>Suicide Prevention</b> - 6 pm, COB (Lower Level)
<b>August 13</b>	<b>Sew Day</b> - 9 am -3 pm, COB (Lower Level) Bring a dish to share.
<b>August 21</b>	<b>Angel out of Tie</b> - 6 pm, COB (Lower Level) No Cost. Bring your own tie.
<b>August 24</b>	<b>Noodle Making</b> - Jackson Township Fire Hall

\*COB - Lower Level of County Office Bldg., 215 E. 9th St., Auburn.



# ACHIEVEMENT

# NIGHT

# Aloha





# Extension Homemakers



DeKalb County Extension Homemakers

## Sew Days

Extension Homemakers are making baby blankets. Even if you don't know how to sew or don't like to sew, there will be other small jobs that anyone can do to help. So, join us on Tuesday's from 9 am to 3 pm once a month at the County Office Building (lower level). Bring a dish to share for lunch, too.

Next Sew Date: August 13.

DEKALB COUNTY EXTENSION HOMEMAKERS

# Angel Tie



**Wednesday, August 21, 2024**

**6 p.m. at the County Office Building**

(lower level)

**Bring a tie and Cost is FREE**

Call or email

**Sue Carpenter**

**260-433-2333**

[su3820@yahoo.com](mailto:su3820@yahoo.com)

to reserve a spot

# Save the Date!!

**October 23, 2024**

**Beef & Noodle Dinner**

**4:30-7 pm**

**Exhibit Hall**





# HOOSIER HAY CONTEST



## *Special Thanks to Contest Sponsors*



*Organized by: Indiana Forage Council*

**Entry Deadline: September 30, 2024**

Rules and Entry Form: <https://indianaforage.org/>

**Awards for both Hay and Baleage Categories**

**1<sup>st</sup>: \$250 • 2<sup>nd</sup>: \$150 • 3<sup>rd</sup>: \$100**



## Blossom-End Rot Frustrates Tomato Growers

By: Rosie Lerner, retired Purdue University Horticulture Specialist

Eager tomato growers, having lovingly nurtured their plants, anxiously await their ripe gems. But alas, a black, leathery spot appears at the base of the fruit.

Blossom end-rot is thankfully not an infectious disease, but rather a frustrating disorder of the fruit. The black scar tissue is thought to be caused by a deficiency of calcium in the developing fruit.

In most cases, blossom end-rot is brought on by extreme fluctuations in soil moisture. And this year we sure had extremes of rainfall, so blossom-end rot is likely to be prevalent.

The black or brown spot develops on the blossom-end of the fruit opposite the point of stem attachment, thus the name blossom-end rot. The scar is usually firm and leathery, although secondary rot organisms may enter through the damaged tissue, causing a soft rot to develop. Often it's the early forming fruit that are affected, but it can happen anytime.

Tomatoes aren't the only species affected by blossom-end rot; peppers, summer squash, and other cucurbit plants can also be afflicted.

There is no spray that will control blossom-end rot, except maybe from the irrigation hose. Some folks recommend spraying the plants with calcium, but by the time you see the scar on the fruit, it is too late. Most Indiana soils have plenty of calcium, although some sandy soils may be deficient.

Watering during dry spells and mulching to conserve soil moisture will help reduce the fluctuations in soil moisture and thus encourage steady growth and calcium supply in the fruits.

Although the fruits that have already developed the scar cannot be helped, the new developing fruits can be. You can cut away the affected portion of the fruit and use the rest, but avoid using any damaged fruits for canning.



### UPCOMING EVENTS ANR IMPORTANT DATES 2024

<b>July 12</b>	Garden Barn Quilt Tour, Essenhaus at Middlebury, 9 AM
<b>July 24</b>	Andersons Field Day, Please RSVP by July 16th (260) 837 – 8162
<b>August 22</b>	Northeast Purdue Ag Center Field Day, Columbia City, IN
<b>September 27-28</b>	Northern Indiana Grazing School-LaGrange County, more details in September/October newsletter
<b>November 1&amp;2</b>	Rooted & Resilient Homesteading Conference, Kendallville, IN see page 21

# Agronomy Field Day

July 24, 2024

4743 CR 28  
Waterloo, IN 46793



Hosted by:



- 7:00 – 8:45 Registration
- 8:00 – 8:45 Grain Markets – Isabelle Wellman, CGB
- 8:45 – 9:00 Welcome and Introductions
- 9:00 – 11:50 Plot Tours
  - 2024 Field Crop Disease Update – Dr. Darcy Telenko, Purdue University
  - Stubborn Weeds – Chad Threewitts, Syngenta Agronomist
  - Impact of Cover Crop Roots and Latest Tile Camera Insights – Derek Thompson, NRCS
  - What’s Going on Underground? – Greg Myers, The Andersons
- 12:00 – 12:50 Lunch
- 1:00 – 1:25 PARP Session – Elysia Rodgers, Purdue University
- 1:30 Wrap up and Homemade Ice Cream

\*credits applied for: CCH, CEUs, and PARP; approved credits TBA the day of event

RSVP appreciated to The Andersons at 260-837-8162 by July 16th



**DeKalb County**  
**SOIL & WATER**  
Conservation District



United States  
Department of  
Agriculture

Natural Resources Conservation Service



Conservation  
Cropping  
Systems  
Initiative

## FUSARIUM HEAD BLIGHT (SCAB) OF WHEAT:

### Things To Consider When Harvesting

BY: DARCY TELENKO

Wheat harvest will soon be upon us in Indiana. Fusarium head blight (FHB) or scab is one of the most important diseases of wheat and most challenging to prevent. In addition, FHB infection can cause the production of a mycotoxin called deoxynivalenol (DON or vomitoxin). The environmental conditions have been extremely conducive to FHB development this year in areas. Our research sites in both West Lafayette and Vincennes have moderate to high levels of FHB develop in our non-treated susceptible variety checks.

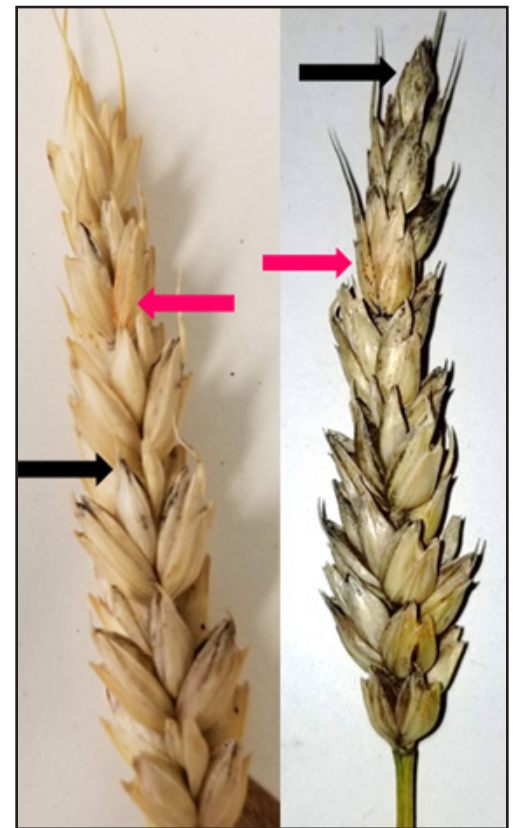
Fusarium head blight management is difficult and requires an integrated approach. This includes selection of varieties with moderate resistance and timely fungicide application at flowering. We are now past implementing either of these management options, but these are important to remember for next year. In addition, it will be important to assess your fields this season to determine if you have FHB. FHB can cause direct yield loss creating seeds that are shriveled and have a rough, sunken appearance to complete head loss. FHB infection can also reduce seed quality and feeding

value of the grain due to the risk of mycotoxin (DON/vomitoxin) production in infected seed.

The question now is “I have scab in my field what do I need do?” Here’s a short list.

Document the issues in each field, so you have records for making decisions on future disease management. FHB is easy to see when the head is still green – it will be much more difficult to rate as the heads reach maturity. See images of FHB in the head both at green and more mature stages. You might be able to see the pink salmon sporulation and/or purple-black fruiting bodies on mature heads. In addition, it is good to note during the season what management tools were attempted – spray date and growth stage of crop, was there variability in the growth stages, weather conditions after fungicide applications. These all can play a role in effective disease management.

It is not recommended to store grain from field with high levels of scab – accumulation of DON and other mycotoxins can continue in stored grain. Suspect grain, if stored, should be dried to less than 15% moisture as soon as possible after harvest, then dry down to



Salmon to pink sporulation may be visible and can help confirm once the spikes have reached maturity (pink arrows). Dark purplish-black sooty mold can also occur mature wheat heads following infection (black arrows).

less than 13% in storage and kept separate from the good quality grain.

Planting seed from fields that had moderate to heavy scab is not advisable. The infected seed will have low germination and poor vigor resulting in a thin stand. If going to use this seed, it should be cleaned thoroughly to remove the scabby seeds, and a fungicide seed treatment would be advised to protect germination and reduce

*Continued to page 23*



Continued from page 22  
seedling blight.

The next question “Why was it so bad? I followed the guidelines applied my fungicide at flowering but we still have poor control.”

Here’s a few of my observations:

- Moderately to highly favorable environmental conditions for Fusarium head blight (FHB)/scab occurred all spring.

- Many wheat varieties have moderate resistance that

help can reduce the risk of severe disease, and fungicides can help suppress the development, but this may only provide about 50% suppression. Therefore, even with the best management programs in place the extremely favorable conditions for FHB have led to high levels of infection this season.

- There was extremely variable growth in individual fields this year – plants ranged from boot to full flower when trying to make a decision on

fungicide timing. In addition, fungicides may only provide partial suppression of FHB and timing is a significant issue for obtaining moderate levels of control.

- Frequent rains not only complicated planting, but any and every other trip across the field. Rain events closely following fungicide application may have diluted or washed off applications further reducing expected efficacy.

## Help Us Collect Fusarium Head Blight Wheat Samples In Indiana

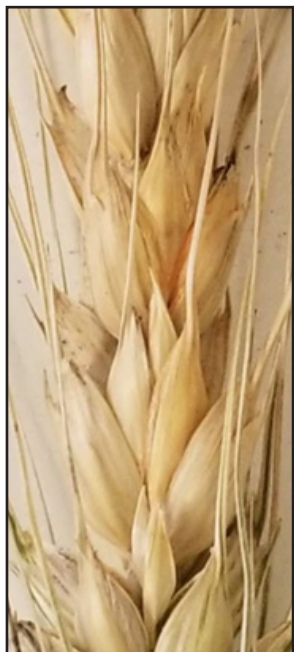
BY: DARCY TELENKO

The USWBSI is supporting a national research project to conduct fungicide sensitivity test of Fusarium from wheat and barley and we are looking for samples from grower fields in Indiana.

If you have a wheat field that we can sample or if you are willing to collect samples for us, please let me know.

Please send me an email at dtelenko@purdue.edu and I will get you the information or send a team member out to sample.

**An example of the salmon/pink sporulation on a wheat head.**



## ROOTED AND RESILIENT:

*Homesteading Conference*

GATHERING HOMESTEAD SKILLS FOR FAMILIES

### SAVE THE DATE

### NOVEMBER 1 & 2, 2024

KENDALLVILLE, INDIANA

*Friday, November 1*

Hands-on Workshops to include:

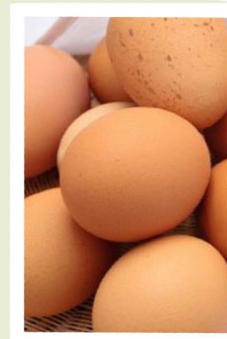
- Food Preservation
- Poultry Processing
- Seed Saving
- Chainsaw Safety and Tree Felling
- Beekeeping

*Saturday, November 2*

Wide Variety of Sessions for Novice thru Seasoned Homesteaders, including a Kidsteader Track for the young learners.

- Food Preservation
- Livestock Production
- Mixed Ventures
- Financial Resources

REGISTRATION OPENS: SEPTEMBER 15



**STAFF:**

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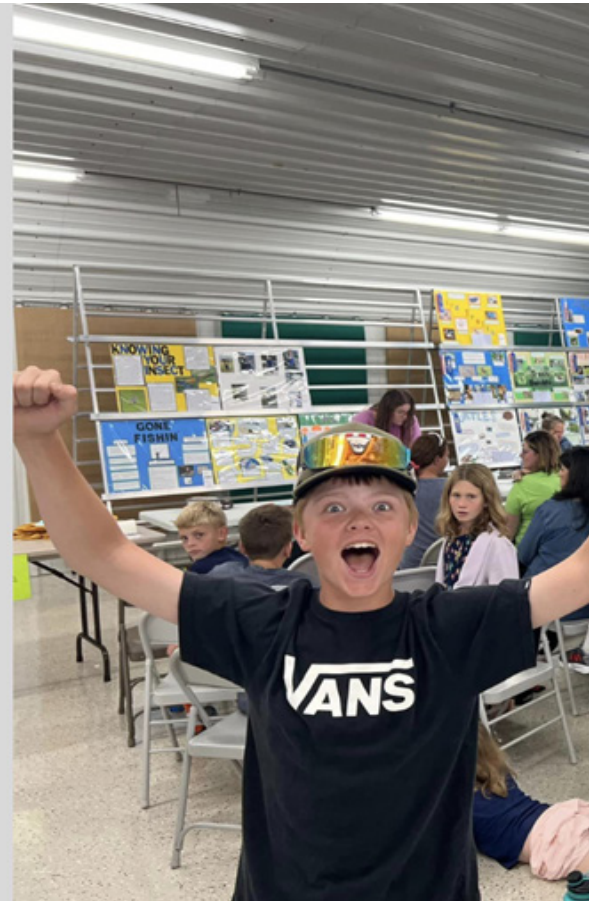


**PURDUE**  
UNIVERSITY

Extension - DeKalb County



**We are looking for Judge's Assistants for Summer Judging. You do not need to be an expert in the project to help, just willing to give a little of your time.**



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Extension - DeKalb County



**DEADLINE**  
**4-H**  
**JULY 1st**

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