Purdue Extension Floyd County News & Updates

December 2023

Happy Holidays!

Wishing you a joyous holiday season and a New Year filled with peace and happiness!
From all of us at Purdue Extension Floyd County!

Please Note:

The Extension Office will be closed from Friday, December 22 through Monday, January 1. We will reopen on Tuesday, January 2. Our Educators will be unavailable during this time. If you wish to leave a phone message, it will be returned as time allows.
We will also be closed on

Martin Luther King, Jr. Day
Monday, January 15, 2024

Purdue Extension News -- Here's What's Inside:

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PURDUE UNIVERSITY | Extension - Floyd County

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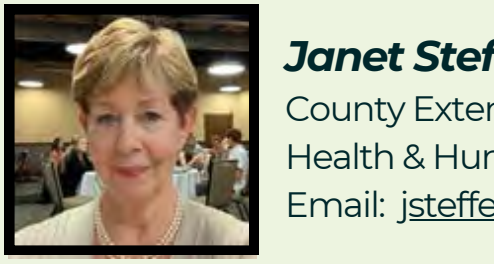
Purdue Extension Floyd County

Extension Educators, Support Staff, & Social Media



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Purdue Extension Floyd County

purdueextfloydco

www.extension.purdue.edu/floyd

Floyd County Purdue Extension

@PurdueExtFloyd

Purdue Extension Floyd County News

PURDUE EXTENSION FLOYD COUNTY BOARD MEMBERS

Al Knable, President
Andy Lemon, Vice President
Joe Evinger, Secretary
Dale Bagshaw
Terry Becker
Rebecca Didelot
Rebecca Gardenour
Tony Kruer
Jeremy Paden
Chris Redden
Connie Schilmiller
Diana Topping

Next Extension Board Meeting: February 21st

PCARET Representatives:
Joe Evinger
Andy Lemon
Diana Topping

Check out the Purdue Extension Education Store!

Purdue Extension's Education Store has Extension materials available for purchase and for free. There are over 2,000 pdfs, books, apps, videos, webinars, and other resources to explore. You can access the Ed Store at

https://mdc.itap.purdue.edu

WEATHER RELATED CANCELLATIONS

OUR POLICY STATES THAT WHEN NAFC SCHOOLS ARE CLOSED DUE TO INCLEMENT WEATHER, EXTENSION ACTIVITIES AND EVENTS THAT WERE SCHEDULED ON THAT DAY WILL BE **CANCELLED**.

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, genetic information, marital status, parental status, sexual orientation, gender identity and expression, disability or status as a veteran. Purdue University is an Affirmative Action institution. This material may be available in alternative formats.

PURDUE UNIVERSITY | Extension - Health and Human Sciences

Dial Gauge Pressure Canner Testing

Low-Acid Foods *Pressure Canning*
Most vegetables
Asparagus
Beets
Carrots
Green and dried beans
Okra
Peas
Peppers
Potatoes
Pumpkin
Sweet corn
Meats
Beef and Poultry
Mincemeat pie filling
Seafood
Wild game
Combination Foods
Meat sauces
Soups and stews

Pressure canner dial gauges should be checked for accuracy every year. To make sure that your canned foods are safe to eat, your gauge must be accurate.

Why is this important?

Over time as the canner lid is handled, bumped, or just used, the calibration of a dial gauge can become inaccurate. If it is off just a little bit, you may not notice the inaccuracy. Inaccuracy can lead to food borne illness.

Dial gauges can be tested at the Floyd County Extension Office. ***Testing is performed on Presto dial-gauge pressure canners only***. Weighted gauges do NOT need to be tested.

Please call Janet Steffens at 812-948-5470 for an appointment to have your gauge tested. Bring your canner lid with gauge and gasket for the most thorough assessment.

There is a $5.00 fee for testing .

Cash or check ONLY.

PURDUE UNIVERSITY | Extension - Health and Human Sciences

SAVE CALORIES WITH FESTIVE RED AND GREEN SALAD

If you want healthy meals with lots of flavor and fewer calories, festive Red and Green Salad may be for you. It is a great recipe to make ahead for holiday meals and a 2/3 cup serving has only 70 calories. This recipe is from the Purdue Extension Dining with Diabetes program and is suitable as part of a diabetic-friendly diet. If you are struggling to plan diabetic-friendly meals and balance your blood sugars, watch for the Dining with Diabetes program in 2024.

The USDA My Plate guide for healthy meals tells us to fill half our plate with low-carb vegetables, and broccoli helps meet that requirement. One serving of Red and Green Salad has only 10 grams of carbohydrates. It is high in Vitamins C and A, and contains iron and calcium. In addition to being a filling salad, it is delicious and will become a family favorite.

Red and Green Salad

You will need:

- 4 cups broccoli florets
- ¼ red onion, minced
- 4 Tablespoons dried cranberries
- 3 Tablespoons sunflower seeds shelled, roasted and salted
- 3 Tablespoons low fat mayonnaise
- 2 Tablespoons cider vinegar
- 2 Tablespoons Splenda

Steps:

1. Wash your hands with warm water and soap for at least 20 seconds.
2. Rinse the broccoli under cool running water, drain, and cut into florets.
3. Put the rest of the ingredients in a medium-sized bowl and mix with a whisk or fork.
4. Add broccoli florets to the bowl and toss to cover them with the mixture.
5. Cover and store in the refrigerator until ready to serve.
6. This recipe serves six. Make it a day ahead and remember to refrigerate any leftovers within two hours.

For more information about the Dining with Diabetes program, call the Floyd County Extension Office at (812) 948-5470.

Janet Steffens, M.Ed.
Purdue Extension Educator
jsteffens@purdue.edu

4-H

TIME TO ENROLL IN 4-H

Deadline January 15

Youth and volunteers need to sign up at v2.4honline.com by JANUARY 15 to keep enrollment current, receive important emails, and covered by insurance. Program membership is valid October 1 - September 30, 2024.

Makes a great gift!

$5 K-2nd grade
$20 3rd-12th grade

Please Come

Mark your Calendar

Family Livestock Meeting
January 10, 6:30 PM

This is an informational meeting for 4-H'ers interested in showing animals at the Floyd County Fair, June 5-8. Meet the livestock superintendents, find out what paperwork you need and get questions answered. Look for a reminder email coming soon.

Wednesday
January 10, 2024
6:30 PM

Looking Ahead.....

Need help registering Fair projects in Fair Entry? Floyd County Extension office will extend office hours until 6 PM on Thursday, May 2 to assist.

FairEntry

Purdue University Cooperative Extension Service is an equal opportunity/equal access/affirmative action institution. Please let us know if you need a reasonable accommodation to participate in this program.

4-H

Volunteer Required Training

Any adult interacting with youth must enroll in 4-H Online and take the required online minor's training before attending 4-H meetings, events, etc. In-person trainings will not be offered.

SIGN UP

Thanks to our volunteers!

Got Questions?
Sam's got answers.

Ask questions during Virtual Office Hours 1st & 3rd Wednesday.

THANKS **FARM FRIENDS 4-H CLUB** FOR DONATING HOLIDAY SHOEBOXES FILLED WITH GIFTS. YOUR GENEROSITY IS GREATLY APPRECIATED.

Bailando Llama Club is back!

Check your Spam or Junk file for RegMax broadcast emails. If you are an approved member and are not receiving emails from us, go into your settings in your email provider to allow emails from “RegMax - Purdue Extension/Indiana 4-H” and/or “RegMax - Indiana 4-H Judges Registration” for those who are Judges.

4-H

It's not too early to start on projects for next year's fair. Guidelines found at the website:
https://extension.purdue.edu/county/floyd/

We would love to see more **Demonstrations** at the Floyd County Fair. Check out the Communications guidelines on our website.

Project Manuals are found online or some are available for purchase at our office. Call 812-948-5470 for availability.

Where does a LEGO project go?

Legos would fall under Arts & Crafts in Construction Architectural Replica Exhibit according to the Indiana State guidelines. **Use your imagination!** This doesn't have to be a farm scene. We would love to see Gettysburg scene, prairie field, Star Wars or other ideas exhibited.

Where do Models go?

A good rule of thumb is..... if it needs painted and glued, then the project should go in Arts & Crafts under Model Craft.

PURDUE UNIVERSITY | Extension - Floyd County

4-H

NEW

New Club Name:
STEMbots
Master Builders and STEM Club are merging.

Safe Shooters are now two separate clubs. Look for Firearms -Safe Shooters and Archery - Safe Shooters when signing up for a club. Choose Shooting Sports for the project.

Welcome

Please welcome these New Club Leaders:
Abby Kreutner- Bailando Llama Club
April Geltmaker- Featherd Friends Poultry Club
Drew Terrell- Safe Shooters Firearms
Kyla McCollum- Shamrocks
Erin & Matt Uhl- Blue Ribbon Rabbit Club
A special THANKS to Kaitlyn Simpson, Sue Demers, and Rachel & Kent Schuetz who have volunteered with these clubs. Well Done!

THANK YOU!

Send Sam your idea for a 2024 Fair Theme

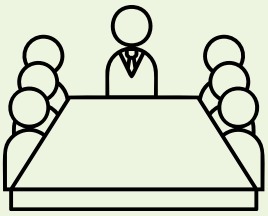
ADMIT ONE

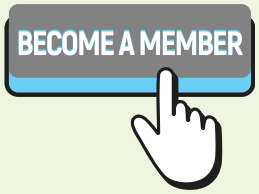
PURDUE UNIVERSITY Extension - Floyd County

4-H

LIVESTOCK SUPERINTENDENT CONTACT INFO:

Chair -- Scotty Hollis -- scotty.hollis@wareinc.com
Sheep & Goat -- Melisa Bays -- sgtmelisa@gmail.com
Beef – Scotty Hollis – scotty.hollis@wareinc.com
Llama & Alpaca -- Abby Kreutner — abigailkreutner@gmail.com
Horse & Pony --Shanna McKim-- 4Hhorsebowl@gmail.com
Poultry - April Geltmaker – aprilgeltmaker@gmail.com
Swine – Chad Luckett--chadluckett@gmail.com
Rabbit – Jennifer Evans—scrapbookmama.jennifer@gmail.com
Dog — Candy McKing — cmcking2004@yahoo.com





CORPORATION BOARD MEMBERS

Chris Redden - President
Scotty Hollis -Vice President
Tammy Kruer - Secretary
Liz Redden - Treasurer

Barry McKim
Tony Toran
Matt Dennison
April Geltmaker

4-H

UPCOMING

Beef & Swine Workshops
All workshops are held at the Floyd County 4-H Fairgrounds at 6:30
January 15 & February 5

Upcoming Volunteer Workshop Series

Workshops are offered when at least 5 volunteers have put in an RSVP either by calling 812-948-5470 or emailing Sam at mccolluj@purdue.edu.

Innovation & Leadership
January 23, 6-8 PM at Floyd County Extension office
Develop techniques to think creatively when working with youth.

Importance of STEM Club Programming
February 3, 10-11 AM Floyd County Extension office.
How to introduce STEM into daily club activity regardless of subject.

Career Development Event Workshop for Beginning Coaches
February 10, 9:30 AM - 2 PM at Orange County Community Center
Learn what CDE's are, how to get a team going and what contests are available.

4-H Fair Tips & Tricks Poster Workshop
February 19, 5:30-7:30 PM at Floyd County Extension office.
Learn what the judge is looking for in a project and how to make a blue ribbon poster.

Fair Entry & Fair Showcase Tips & Tricks
March 13, 6-7 PM at Floyd County Extension office.
Get a preview of how to register fair projects in Fair Entry.

Agriculture & Natural Resources

Be sure to check out Gina's newest video series:
Beginning Gardening!

When it comes to gardening practices...
Do you know <u>what</u> you should be doing to your garden?
Do you know <u>when</u> you should be doing them?

Follow along with Gina as she gives you the beginning tips on gardening! Check out her videos on YouTube!

Floyd County
Purdue Extension

Soil Testing

Would make a **great gift** for the holiday!

Soil testing can help you decide how to amend your garden or lawn depending on what you're planting by looking at the calcium, phosphorous, potassium, and pH levels!

<u>To collect soil for a soil test:</u>

- Remove surface debris, such as mulch, and dig down 4-6 inches
- Break up any large lumps and ensure there are no rocks, sticks, or other debris in your soil sample
- Place at least one cup of soil ready for the test in a plastic bag or cup and bring to our office!

Soil test are $20 per sample. Cash or check ONLY!

You will receive your soil test results in the mail approximately 2-4 weeks after drop-off.

ANR Upcoming Events

January 16th 11 AM - 12 PM	**Beginning Beekeeping Lunch & Learn** Interested in beekeeping? Learn the beginning basics of how to begin beekeeping at this online lunch and learn! Register on Zoom HERE
January 29th 6 PM - 7 PM	**CISMA Meeting** Join us in the Shine Room at Purdue Technology Center to learn about the grass-roots efforts in Floyd County to help remove invasive plants on public lands, and how you can participate.
January 31st	**Landscape Seminar** Earn your pesticide CCH credit! Flyer to come with more information! Keep an eye out!
February 6th	**Beginning Beekeeping Lunch & Learn** Join us online to learn about beginning beekeeping! Topic TBD.
February 17th	**Community Ag Breakfast** Join us for a delicious breakfast where you can meet others in the community that are in agriculture. All are welcome from a backyard gardener to a farmer!
February 19th 6 PM - 9 PM	**Vegetable Growers Meeting** Join us at the Georgetown Optimist Club to learn about growing vegetables! Anyone is welcome to attend. PARP credits will be available.
February 24th 10 AM - 12 PM	**Weed Wrangle** Meet at Sam Pedan Community Park Shelter 5 to pull plants invasive to Floyd County! Please be sure to wear appropriate attire.

PURDUE UNIVERSITY

Extension - Agriculture and Natural Resources

Southeastern Indiana Agriculture & Natural Resources

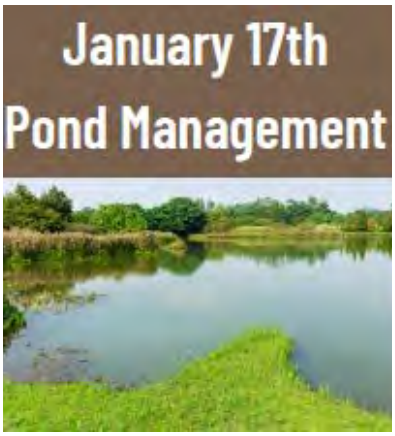
Lunch & Learns

Make the most of your lunch break and join extension educators live to discuss topics relevant to you and your operation.

All sessions are hosted at 12 pm noon on zoom.

Call(812) 265-8919 or email copelanb@purdue.edu with any questions.

Register for one or all here: **http://bit.ly/LunchnLearnSEIANR**



A look back on 2023...

We all at Purdue Extension Floyd County are incredibly thankful for all the support we have received from our community, partners, and organizations!