

April, May, June 2026

# Quarterly Newsletter



## Welcome to the Quarterly Report!

Purdue Extension- Harrison County strives to improve lives and livelihoods by delivering tested and trusted educational resources. The Cooperative Extension Service is one of the nation's largest providers of scientific research-based information and education. It's a network of colleges, universities, and the U.S. Department of Agriculture, serving communities and counties across America.

Purdue Extension focuses on Agriculture and Natural Resources, Community Development, Health and Human Sciences, and 4-H Youth Development. Then, based on community needs, Purdue Extension- Harrison County is also able to leverage valuable expertise from Purdue's Nutrition Education Program (NEP). NEP works to make the healthy choice the easy choice where limited-resource Hoosiers live, eat, work, play, and shop. It is supported by the U.S. Department of Agriculture and offers unique opportunities here in Harrison County.

Purdue Extension strives to be Indiana's Educational Partner for Life!



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Extension - Harrison County

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## Purdue Extension Harrison County Staff:

Ariel Camm-Wilson

County Extension Director  
Agriculture & Natural Resources Educator

Tara Beckman

Health and Human Sciences &  
Community Development Educator

Open Position

4-H Youth Development Educator

Cindy Finerfrock

Nutrition Education Program Advisor  
(NEPA)

Mary Eve

Office Manager

Sallie Carter

Extension Program Assistant

Tammy Alcorn

Administrative Assistant

Sarah Gilmer

Administrative Program Assistant

Gracelyn Burks

Summer Intern

# Letters from the Educators

## Agriculture and Natural Resources (ANR)

*Ariel Camm -Wilson*

**County Extension Director, Agriculture & Natural Resources Educator**

Spring was a succesful time with programing in the county and covered a wide variety of topics to help educate about agriculture and natural resources. Programs from the Family Ag Day, to promoting soil health, and educating about beef cattle at local schools, it was a packed season here in Extension.

As Summer is in full swing, we have a lot to enjoy that comes with the season; sunshine, bountiful garden harvest, and fair season. With summer gearing up, I am very excited for the Statewide Purdue Farm Tour that will be hosted right here in Harrison County in July to showcase two of Harrison County's most robust agriculture industries, beef cattle and popcorn!

## Health and Human Sciences (HHS) / Community Development (CD)

*Tara Beckman*

**Health and Human Sciences & Community Development Educator**

As I reach four years with Extension this July, this quarter is a reminder of why I chose this path and what continues to inspire my work each day. It is grounded in community needs, strong partnerships, and a shared commitment to stepping into gaps with practical, research-based solutions.

Across the region, I continue to see organizations collaborating to leverage resources and expertise, communities focused on informed decision-making, and individuals eager to learn and apply new ideas. While this quarter reflects a wide range of programs and partnerships, it ultimately represents the ongoing relationships and needs that shape Extension's work every single day. Even four years in, I remain committed to this work alongside dedicated partners, participants, and colleagues, and I look forward to the opportunities ahead.

## 4-H and Youth Development

### Open Position, 4-H and Youth Development

As summer continues on, we can reflect upon the 2026 Harrison County Fair! We had a great turnout from youth who showcased their livestock projects and exhibit hall projects. These members were able to learn a lot of positive experinces from those projects which will last a lifetime.

We could not do the amazing work we do without the volunteers who help out during this time and all year to make the best better!

We are looking forward to the upcoming Indiana State Fair as well as other county fairs that are still going on throughout the state and see the impact that our youth are having across the state.

# Welcome Gracelyn

Hi everyone! I'm Gracelyn Burks and I am excited to spend another summer serving Harrison County as the Summer Intern. As I prepare to enter my final year in the WKU Dental Hygiene Program, I am thankful for the opportunity to bring new skills and experiences back to my hometown community.

Having grown up in 4-H, I understand the impact that local programs and community involvement can have on young people. This summer, I look forward to meeting new people, assisting with county activities, and contributing to the programs that have helped shape who I am today.



## Nutrition Education Program (NEP)



Cindy Finerfrock is a Nutrition Education Program Advisor (NEPA) serving Harrison, Floyd, and Clark Counties. NEPAs work to improve nutrition and health outcomes for individuals and families with limited resources in Indiana through the Expanded Food and Nutrition Education Program (EFNEP), a federally funded initiative offered at no cost to participants.

Best known for hands-on cooking demonstrations, food sampling, and practical kitchen skill-building, NEPAs provide FREE nutrition education for youth in grades 3–12 and adult caregivers of children 18 and younger, including schools and community programs serving high-need populations.

Programs focus on practical skills such as stretching food dollars, planning quick and healthy meals, increasing physical activity, and building confidence in everyday healthy choices. NEPAs bring these lessons directly into community settings, making participation accessible and convenient.

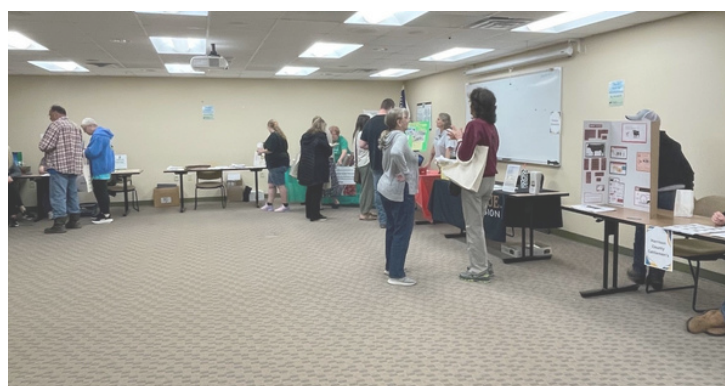
*Making the  
HealthyChoice  
The Easy Choice!*



# Agriculture and Natural Resources (ANR)

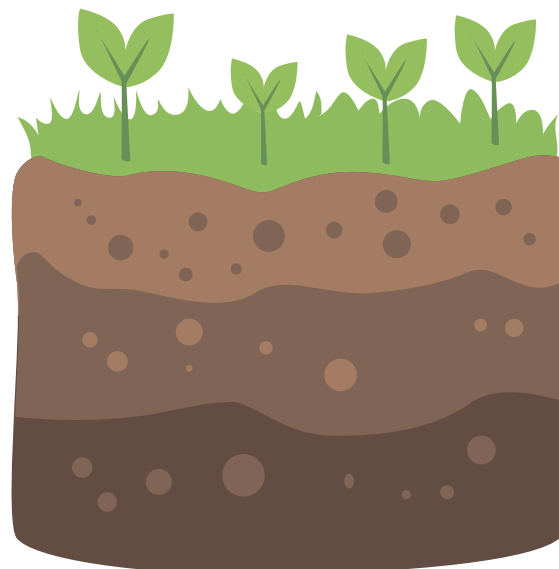
## *Family Ag Day*

The second annual Family Ag Day was held on Saturday April 11, 2026, with over a 100 people in attendance. The event was a great success, bringing together families and the community to learn about agriculture and natural resources. The educational booths included information about: beef cattle, drones, farm finances, small animals, Purdue Extension, and the hellbender salamander. A heartfelt thank you to our sponsors: Harrison County Soil and Water District for donating the trees and the bottled water. Harrison County Farm Bureau Insurance for donating the bags and Preferred Popcorn for donating the popcorn. The vendor booths were: Harrison County Purdue Extension, Harrison County SWCD, Farmers Helping Hellbenders, Farm Credit, Hoosier Wildflowers and Highlands, Harrison County Cattlemen's Association and Tractor Supply Company. We look forward to this being an annual family event! Again, a special thank you to the sponsors and vendors who contributed to making the day possible.



## *Soil Health Programs*

ANR Educator, Ariel Camm-Wilson taught various soil health events to over 40 adults and 40 youth. Participants were able to learn about soil horizons, soil textures, erosion, drainage, and overall soil health principles. These events are a great way for everyone to learn about how important soil is in crop fields, gardens, and yards. Youth were able to make a soil horizon pudding that shows and demonstrates the different layers in the soil by using common foods to create the structure.



# Agriculture and Natural Resources (ANR)

## Gardening Programs

The Harrison County Master Gardeners held their annual spring workshop in April. With over 40 participants, this event was a great way to bring everyone together to help with growing their gardens and plants. The event focused on topics such as growing gardens in raised beds and the different types of raised beds, conditions needed, and how to add nutrients to the beds. Participants shared personal experiences within their gardens and experiences. Members of the Master Gardeners talked about what they do in their gardens to improve production and ways to help the overall health of the gardens. Lastly, growing diversified crops and greenhouse production were discussed and when it is best to plant those items. After the event, a plant sale was conducted to get gardeners started on the growing season!



The Corydon Community garden along with Purdue Extension hosted a planting day in May to help the members of the community garden have a successful growing season. The garden is comprised of 12 garden beds that are used to help produce local produce from the members of the garden as well as being donated to Harrison County Community services. Ariel Camm-Wilson taught about spacing in raised beds with different types of plants, identified common insects and diseases which occur early in the growing season as well as giving everyone an informational packet to help through the season. This is the second year for the community garden and we hope that it is successful as the first year!



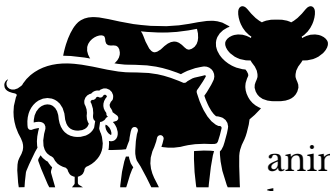
# 4-H and Youth Development

## *Mini Gardening Class*

Ariel Camm-Wilson assisted with the 4-H Mini Gardening Class with over 20 youth participants. Ariel taught about soil horizons by doing a soil horizons pudding activity as well as having members plant seeds to be able to raise throughout the year. Youth were also able to learn about pollinators and the life cycle of a butterfly.



## *QLC*



Ariel Camm-Wilson, ANR Educator taught 3 sessions of Quality Livestock Care to over 60 youth. These sessions are required to be able to show an animal at the fair and help exhibitors to understand the importance of animal needs. Topics focused on animal care such as feeding, watering, and housing. Show and everyday supplies were all discussed to ensure that all youth had what they needed at home and at the fair. Members were able to learn about zoonotic diseases and how they can spread from animals to humans. Participants played a game on how diseases spread within animals as well as line of sight for animals.

## *Annual 4-H Fashion Revue*

The annual 4-H Fashion Revue was held in cool comfort at the Fairgrounds on Friday, June 26. All six 4-H members participating in the Show did a wonderful job walking the runway!

In the Sewing Wearable Beginner division, the Grand Champion was Alice Moore, followed by Reserve Grand Champion, Pepper Jo Hendrich.

For the Consumer Clothing part of the Show, Fayette Crone was awarded the Grand Champion for the Beginner division. The Intermediate Grand Champion was Mareva Spencer, with Anna Sauerheber as the Reserve Grand Champion.

Fashion Revue is open to members enrolled in either Sewing Wearable or Consumer Clothing. Both boys and girls are welcome to take part in these projects and to participate in the Show.



# 4-H and Youth Development

## Congratulations to All of Our 2026 Fair Participants!

Congratulations to everyone who participated in this year's fair! Your hard work, dedication, and commitment were on full display, and we are incredibly proud of each and every one of you. Whether you exhibited livestock, showcased a project, competed in contests, or volunteered your time, you helped make the 2026 Fair a success. Your efforts, sportsmanship, and enthusiasm are what make our fair such a special event each year. Thank you for sharing your talents and representing our community so well. We hope you made lasting memories, learned new skills, and had a great time along the way. Congratulations on all you've accomplished, and we look forward to seeing you back at the fair next year!



# Congratulations to All of Our 2026 Fair Participants!

The Harrison County Extension Homemakers had a successful Cherry Pie contest and auction at the Harrison County Fairgrounds during the County Fair. There were 25 scrumptious pies entered this year! Check out the 1st, 2nd, and 3rd place pies, their buyers, and the purchase price. Thank you for supporting such a worthy cause!

As a reminder, these funds allow the Harrison County Extension Homemakers to award continuing education scholarships to Harrison County residents each year. Therefore, we sincerely appreciate everyone's support and participation toward this annual endeavor. A special thank you to **Beckort Auctions for generously serving as auctioneer and helping make this event such a success each year.** Next year will be Apple Pie!

## 1st Place- \$1000

Winner: Robert Harmon

Highest Bidder: Bill Thomas- Edward Jones

## 2nd Place- \$450

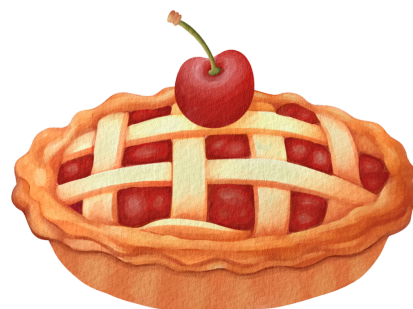
Winner: Molly Thomas

Highest Bidder: Andy Thomas- Edward Jones

## 3rd Place- \$300

Winner: Dorie Wilkerson

Highest Bidder: Stanley Wilkerson



**Total Auction Proceeds- \$5,000**

**Special Thanks to Our Judges:** Dr. Lisa Clunie, Ashley Henderson, and Annissa Kellum

The Homecomers Hall showcases Open-Class exhibits and is made possible through the efforts of the Harrison County Extension Homemakers in partnership with the Harrison County Fair Board. Thank you to the Fair Board for sponsoring all 1st, 2nd, and 3rd place awards.

This year, 115 exhibitors from all over Harrison County entered an incredible 850 exhibits, averaging nearly 8 entries per person! We also set a post-COVID record for the number of exhibits entered at the Fair. We were especially excited to welcome many new exhibitors this year and are grateful to everyone who shared their talents, creativity, and hard work. Thank you to all the exhibitors, volunteers, judges, and supporters who helped make this year's fair a success!



## Biggest Vegetable Winners

Cabbage (5.14 lbs): Dorie Wilkerson

Cauliflower (5.8 lbs): Jenny Tuell

Summer Squash (3.14 lbs): Amy Waldo

Tomato (.625 oz): Paul Raake

Turnip (2.0 lbs): Chad Atwood



# Collaborations: ANR and HHS

## *Grow It, Cook It Connects Gardening and Seasonal, Healthy Eating*

The ongoing Grow It, Cook It program continues to engage community members in hands-on learning that connects gardening with everyday cooking. Recent sessions focused on two seasonal favorites, tomatoes and peppers, bringing together practical gardening education and simple, healthy cooking applications.

Across both sessions, 18 participants learned from Purdue Extension Educators Ariel Camm-Wilson and Tara Beckman about growing conditions, common challenges in the garden, and best practices for care and harvest. Hands-on activities allowed participants to plant seeds to take home, extending learning beyond the session and encouraging continued participation throughout the growing season.

The cooking components highlighted the nutritional value of each produce item, along with easy preparation and storage tips. Simple recipe demonstrations helped participants see how homegrown or purchased ingredients can be used in everyday meals in creative and accessible ways.

Overall, the sessions reinforced the connection between growing and cooking, helping participants build confidence in using fresh, seasonal produce to support healthier eating habits at home.



## *Farm-to-Table Beef Lessons Connect Agriculture to the Classroom*

The Farm-to-Table Beef program reached students at both Corydon Central and North Harrison High Schools this spring, providing a hands-on look at the journey from farm to plate. A combined total of 69 students participated in the program, which connected agriculture, nutrition, and food preparation.

Purdue Extension Educators Ariel Camm-Wilson and Tara Beckman partnered to bring this experience into the classroom, combining their expertise to deliver engaging, real-world learning opportunities.

Across both classrooms, students explored Expected Progeny Differences (EPDs) and genetic traits in beef cattle, along with USDA grades, serving sizes, and the role of beef in a balanced diet. Food safety and proper cooking temperatures were emphasized to build confidence in safe meal preparation.

Students also observed a cooking demonstration featuring cuts such as ribeye and sirloin steak, generously provided by each classroom teacher. The program included practical cooking techniques to improve results with any cut of beef, regardless of budget or availability.

By combining classroom learning with real-world application, the program helped students better understand where their food comes from while building practical skills they can use beyond the classroom.



### *A Matter of Balance Brings Regional Impact to Fall Prevention and Healthy Aging*



Health & Human Sciences Educators Tara Beckman (Harrison County) and Emma Finerfrock (Clark/Floyd County) recently completed an 8-session A Matter of Balance program in partnership with the Floyd County Family YMCA, building on the success of a previous fall cohort that generated a waitlist due to strong community interest. The spring session ran from April through May and reached a full cohort of 10 participants representing four Indiana counties, including Harrison, Floyd, Clark, and Washington, as well as additional regional participation from Jefferson County, Kentucky.

A Matter of Balance is an evidence-based program designed to help older adults manage concerns about falling and increase confidence in maintaining an active, independent lifestyle. Throughout the series, participants engaged in structured group discussions, gentle strength and balance exercises, and practical strategies for reducing fall risk in everyday life.

A highlight of the series included a guest speaker session with Alex Dilger, Physical Therapist, who provided expert guidance on maintaining mobility, preventing injury through movement and posture awareness, and demonstrated techniques for safely recovering from a fall when alone using a sturdy chair.

Participants consistently shared positive outcomes, noting increased confidence in their ability to stay active, a more solution-focused approach to daily challenges, and greater awareness of how small adjustments in movement and home environments can improve safety. Many also emphasized the value of peer connection and open discussion around aging in place and maintaining independence.

Overall, the program fostered a supportive learning environment where participants were encouraged to take proactive steps toward safer, healthier, and more independent living while strengthening connections across county lines.

### *Regional Training Opportunity Advances Food Safety and Workforce Development*



Purdue Extension Health and Human Sciences programming in Harrison County supported regional workforce development and food safety education through ServSafe Food Manager training and certification. Twenty-one food service professionals from six southern Indiana counties (Harrison, Crawford, Orange, Perry, Dubois, and Floyd) completed training and testing, demonstrating strong regional demand for accessible, high-quality food safety education.

This effort was strengthened through collaboration with Harrison County Lifelong Learning, which expanded awareness and access to local training opportunities, and with Purdue Extension colleagues from Washington and Crawford/Orange counties who contributed facilitation support and expertise. Local input from the Harrison County Health Department also enhanced participant understanding of current food safety regulations and best practices.

Collectively, these partnerships highlight the impact of coordinated Extension efforts in expanding access to professional development, strengthening the regional food service workforce, and supporting public health infrastructure across southern Indiana.

## *Cooking with Confidence: Building Skills for Healthy, Everyday Meals*

HARRISON COUNTY  
PUBLIC LIBRARY



Building on the need for practical, everyday nutrition skills, Tara partnered with the Harrison County Public Library to offer the Cooking with Confidence series. This multi-session program was designed to help participants make healthy eating more manageable by focusing on simple strategies to increase fruit and vegetable intake, use seasonal ingredients, and improve efficiency in the kitchen.

Three sessions have been completed to date— *Spring Kitchen Reset: Berries, Salads, and Smart Prep*, *One-Pot and Sheet Pan Meals*, and *Flavor Foundations*. The series has generated 37 total attendees across the three sessions, with 14 participants returning to attend two or more classes, reinforcing continued interest and engagement.

Participant feedback indicates meaningful outcomes. Many shared increased confidence in preparing meals at home, along with new ideas for adding fruits and vegetables into their daily routines. Others identified time-saving strategies and a better understanding of how meal planning can support both time management and food budgets. Several participants noted plans to cook more meals at home, try new recipes introduced during the sessions, and make small changes to improve overall meal quality.

In addition to skill-building, the series created space for conversation and shared experiences around cooking, food access, and seasonal eating. Participants exchanged ideas, discussed challenges, and built connections with others in the community.

Through the Cooking with Confidence series, participants are gaining practical tools and increased confidence to make healthy eating more achievable in their daily lives. The program remains focused on equipping individuals and families with realistic, approachable strategies which support long-term healthy habits, behavior change, and continued engagement with nutrition education in the community.

## *Conflict Management Training Builds Stronger Leaders and Teams Across the Region*



Tara Beckman, HHS & Community Development Educator, recently partnered with colleagues to support the Orange County Community Leadership Program by leading a session on Conflict Management. Ten participants attended the session, engaging in guided discussion, interactive activities, and self-reflection to better understand how they approach and respond to conflict.

Participants explored personal conflict styles, identified different types of conflict, and practiced strategies for managing challenging situations effectively. The session emphasized the role of healthy conflict in supporting growth, encouraging participants to view conflict as an opportunity to strengthen communication, build understanding, and improve team dynamics.

By developing these skills, participants are better equipped to navigate real-world challenges and contribute to stronger, more collaborative teams within their organizations and communities. While this program took place in Orange County, strengthening leadership capacity across neighboring communities helps build more connected, resilient regions, with benefits that can extend into Harrison County through shared partnerships and community impact.



Extension - Harrison County

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County Extension Director &  
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**Gracelyn Burks**


Summer Intern


**Harrison County Extension Inclement Weather Policy:**

ALL Extension Activities (4-H events, adult workshops, meetings, classes, etc.) are cancelled when schools are closed due to inclement weather. This includes any events at the Extension Building, Harrison County Schools, etc. If the event is on the weekend, please contact the event host, or your club leader to confirm cancellation! We will do our best to share this information through Facebook posts and emails.

**Connect with Us!**

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**Accommodations**

If you are in need of accommodations to attend a program or access this newsletter, please contact the Extension Office.