July 2022

Hello Summer!!

If you haven't noticed there are two new raised garden beds on the west side of the building. Three volunteers from The Journey Home along with a local Master Gardner, Jim Smith, helped to install the two new demonstration gardens. Currently, Sue and I have planted: strawberries, herbs, peas, green beans, carrots, tomatoes, spinach, leaf lettuce, radishes, beets, pumpkins, cucumbers and several types of flowers for cutting. The plan is to use the gardens as a learning and teaching tool. The design we used were obtained from Eldon Solomon. Eldon used this same design at his house and at The Journey Home. We purchased the supplies from Gilman's in Winchester. We had the guys at Gilman's cut the materials to size. The plans are great because there is no wasted materials. If you like the garden beds and would like the plans please let me know. Thank you to 4-H Inc. for allowing me to install these gardens.

You may also notice that there is pumpkin growing by the flag pole. The pumpkin was in a pot in Zoe's office. She used some of my compost in her pot, which evidently had a left over pumpkin seed. As all good plant parents we could not let this plant go to waste. We will see if we have pumpkins in time for Julie's Fall Open House!

I have also planted several varieties of flowers along the west and south side of the building. These will help to attract pollinators and we plan to cut some of the flowers to decorate our office. There are also several milkweed plants growing that I hope no one cuts or sprays. I will be using these for our pollinator/Monarch workshop.

So far I have learned that strawberry seed can germinate anywhere from 7 days to 6 weeks!!! So far we have about two tiny sprouts. Everywhere I read about raising strawberries from seed the word PATIENCE!!! I have also learned that strawberry seeds need light to germinate. The seeds were directly sown into the outside garden bed. We will see how this turns out. If this is not successful then we will begin the seeds indoors next spring and transplant. Strawberry plants also have very shallow roots so they are ideal for containers, pots and raised garden beds. If the plants try to set strawberries this year we will remove the fruit to encourage plant growth.

When the days were cooler we planted peas but now that the days have gotten hot the peas are NOT happy. Peas like growing temperatures of 55-65 degrees so our pea growing may need to wait until fall. If the peas continue to decline we will plant something that likes the summer heat such as zucchini, peppers, cucumbers, herbs or melons.

Stay tuned for updates.

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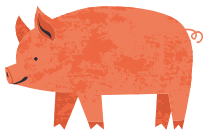


ANR Calendar

July

- 7-9 I will be out of the office for Ag Leadership Training
- 11 Fair Set Up
- 15-22 Randolph County 4-H Fair
- 16 10:00 am RT2 Celebration - pigs/sheep/goat day
- 18 10:00 am RT2 Celebration - rabbits/poultry day
- 18 7:00 pm Cricket Flinging Contest!
- 29 Office closed to take projects to state fair.
- 30 State fair at the Reynolds Building. The UAV team will be conducting demonstrations.

August

- 2 Composting Workshop 6:00 pm in Jay County location TBA
- 2 12:00-1:00 pm Lunch & Learn: Extend Your Growing Season with Greenhouses & Cold Frames
- 3 6:00 pm Husted Hall Pollinator/Monarch Rearing Workshop & Kit Pick Up Pre-registration required.
- 4 Women In Ag Awards at State Fair
- 9 12:00-1:00 pm Lunch & Learn: How to Put Your Garden to Bed.
- 12 Delaware County SWCD Fall Tree Sale Form due.
- 16 12:00-1:00 pm Lunch & Learn: Garden Pest & Disease Control
- 23 DPAC Field Day
- 30 Noon-1:00 Virtual Lunch & Learn Composting/Soil Testing

September

- 8-10 I will be out of the office for Ag Leadership Training
- 14 Blackford County PARP More info to come.

October

November

- 10 All Category PARP at Lake Placid more information

December

- 7 Randolph County PARP More information to come.

Trivia # 3 5

SAVE THE DATE

Heat Stress & Drought Considerations for Corn
From: Dan Quinn Purdue Extension Corn Specialist

In his June 21, 2022 article Dan addresses concerns over the predicted heat. This is a summary of Dan's information.

- Corn is fairly tolerant to heat and drought conditions during early vegetative growth. However, if the heat and drought continue to persist and severe plant stress is observed, plant photosynthetic capacity and yield can be lost. Where heat and drought stress can become a significant problem is during pollination and silking. Therefore, it will be important to continue to monitor the weather and the corn crop throughout Indiana the next few weeks and maybe try out a few "rain dances" as we begin to approach some of the most critical growth stages in the life cycle of the corn plant.

Trivia #1
Borage, butterfly bush and coneflowers..

All of the following information may be found at www.oisc.purdue.edu

How many PARP points do I have?

- 1st go to: oisc.purdue.edu
- 2nd Click on: My Records - gold bar across the top
- 3rd Click on: Applicator Login - down the left side at bottom.
- 4th You will be prompted to enter your first & last name and the last four digits of your social security number.
- You will be taken to a page with all of your information concerning your license.
- A reminder that every five years you need to earn three points. Once you have your three credits and prior to your license expiring you must reapply by sending in the appropriate form and $20 to activate your license.

Summer Garden & Plant Helpful Suggestions

- Closely watch houseplants that have been set outdoors. They need more water than when they were inside. Dark containers will absorb the sun and heat up the roots which will stress the plant.
- Water newly established plants with a deep watering every few days.
- Refrain from establishing new plantings unless you are prepared to carefully monitor watering.
- Pinch off faded blooms to encourage continued blooming and prevent the plant from using energy to make seeds..
- Flower, vegetables and small fruits need supplemental watering of 1 to 1.5 inches per week in a single application of no rain.
- Start seeds of broccoli, cabbage and Brussel sprouts to transplant for later fall harvest.
- Broccoli will continue to form edible side shoots after the main head is removed.
- Mulch pots and garden to conserve moisture and to control weeds.
- July is a good time to fertilize strawberries. Apply 0.5 pounds of actual nitrogen per 100 feet of row.
- After raspberry harvest prune fruiting canes to make room for new growth.
- The foliage of spring-flowering bulbs can be removed after it fades. This is a good time to lift the bulbs for transplanting.

Summer Lawn Care

- Thatch - thatch is actually a build up of roots and stems near the soil surface. This is generally caused by high nitrogen fertilizer and shallow watering. Yard clippings are 98% water and do not contribute to thatch.
- Mowing - Higher mowing = better turf health. Mow at least 3 inches or higher. Do not remove more than 1/3 of leaf area. Higher mowing promotes a good root system. Keep blades sharp and mow in different patterns.
- Irrigating - Apply 1 - 1.5 inches of water at a time, supplementing natural rainfall. Daily watering does little except cool turf and encourages thatch buildup. In the hot part of summer evaporation loss may exceed 0.3 inches daily, so you may need to water 2-3 times per week. Water in the early morning to reduce the time the plant are wet. Wet plants encourage disease.
- Dormancy is triggered by heat stress and under watering. High traffic across turf will cause stress and trigger dormancy.

Summer Safety Reminders!

Don't Learn About Safety by Accident!

- **Check all SMV (Slow Moving Vehicle) signs on all equipment.**
  - **SMV signs are required by law on all farm machinery & equipment and animal-drawn vehicles traveling roadways at speeds of 25 mph or less.**
  - **SMV signs must be visible for at least 500 feet to the rear.**
  - **SMV signs should be centered and 2-6 feet above the ground, pointed up and in a place perpendicular to the direction of travel.**
- **Tractor Safety**
  - **Before starting the engine, remember to: (Most of these should already be done if shut down properly. However, do not assume that the tractor has been shut down properly.)**
    - **Place the gearshift lever in neutral or park. (Should already be there if shut down properly.**
    - **Place all hydraulic controls in neutral.**
    - **Disengage the PTO.**
    - **Apply the brakes.**

  - **NEVER start the tractor while standing on the ground.**
  - **Stopping the tractor safely.**
    - **Apply brakes evenly.**
    - **Disengage the PTO.**
    - **Lower all hydraulically powered equipment to the ground.**
    - **Put the gearshift lever in park or neutral and set the brakes.**
    - **Turn the ignition key off and remove to prevent tampering or incidental starting.**
    - **To prevent falls, keep the surface area of the tractor free of oil, grease, and mud.**
    - **Keep debris away from the exhaust system to prevent a fire.**
    - **Keep tires properly inflated.**
    - **Maintain lights and gauges.**
    - **Ventilate to avoid asphyxiation, when operating tractors indoors.**

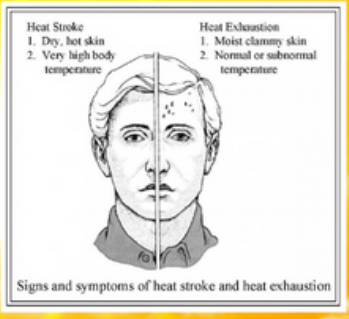
  - **NO Extra Riders (Except for specific training purposes or enclosed cab with a buddy seat.)**
  - **Never start the engine by shorting across starter terminals.**

Preventing Heat Stress

- **Protect Health - Heat illness is preventable and treatable before it is life threatening.**
- **Improve Safety - Any heat stress can impair functioning.**
- **Increase Productivity - People work slower & less efficiently when suffering from heat stress.**

Controlling Heat Stress

- **Drink a glass of water every 15-30 minutes.**
- **Avoid alcohol & drugs as they increase effects of heat.**
- **Build up tolerance for working in the heat.**
- **Take a cool down break every 10-15 minutes every 2 hours.**
- **Adapt work & pace to weather.**
- **Manage work activities and match to employees' physical condition.**
- **Know heat stress first aid techniques.**



Signs and symptoms of heat stroke and heat exhaustion

Heat Stroke First Aid

- **Move victim to a cool place.**
- **Remove heavy clothing.**
- **Cool the victim by any means possible.**
- **Keep victim's head and shoulders slightly elevated.**
- **Do NOT use aspirin or acetaminophen.**
- **Seek medical attention immediately.**

Heat Exhaustion First Aid

- **Move victim to a cool place.**
- **Keep victim lying down with legs straight and elevated 8-12 inches.**
- **Cool victim with cool packs/towels.**
- **Fan the victim.**
- **If no improvement within 30 minutes, seek medical attention.**

Trivia #2
The black-and-white ruffed lemur.

ADVOCATING FOR AGRICULTURE

In each newsletter I suggest ways in which we can be better advocates for agriculture. As a life-long learner I want to increase my advocating abilities to better serve Randolph County. Therefore, I am happy to announce that I am a class member in the next Indiana Agriculture Leadership Program. This opportunity will help me to be a better advocate for agriculture. This program is a two-year commitment and will begin July 2022. I look forward to sharing what I have learned with all of you!!

<u>Advocating for ourselves.</u>
There has been lots of information in the media lately about the health and mental effects of everything going on in the world. It is not uncommon for us to feel some stress and anxiety. How can we cope with all the uncertainty? First of all if you or someone you know is having feelings of stress, anxiety, or depression remember you are not alone! A positive of the recent pandemic is that there is now an open discussion on mental health. Over time I have learned that there are several things that we can due to help curb some of those feelings.

First, what we eat greatly effects my mood. Think about it……..you would never short your livestock or crop on nutrients! So don't short yourself on healthy, nutritious food. Here in the office Zoe has encouraged us to drink more water. She even purchased us all water bottles that help us to monitor our water intake. Surprisingly enough, we all feel better when we drink the recommended amount of water per day. (Fact check when you are in the office!) As much as we love caffeine or think we need it to get us going or keep us going too much can make us jittery and increase our heart rate.

Second, carbohydrates in excess greatly affects mood and energy. The up and down roller coaster of eating a carb and then getting the "sugar high" only to follow a few hours later with a crash really increases anxiety. We should begin eating protein first to level out energy and sugar levels in blood. I have found that stress, anxiety and depression do not creep in nearly as quickly when I have eaten in a more healthy manner.

Maintaining a sense of humor, having a go to song, video, quote, verse has also helped me to stay positive even when I feel those negatives creeping in. I use these as a healthy way to de-stress and refocus my thoughts.

Another suggestion is to find a "go-to person". Find someone you can talk/vent to. My person and I agree to a judgment free zone. Sometimes just letting things go make you feel better. We only offer our input if, input is requested. When you are the go-to person the most important thing is to LISTEN!!

Remember that many things are out of our control: weather, economic factors, the past just to name a few. Focus on the things you can control: the way you treat others, how you spend your time, your reactions and your mindset. Taking a step back and keeping things in perspective can help us to refocus.

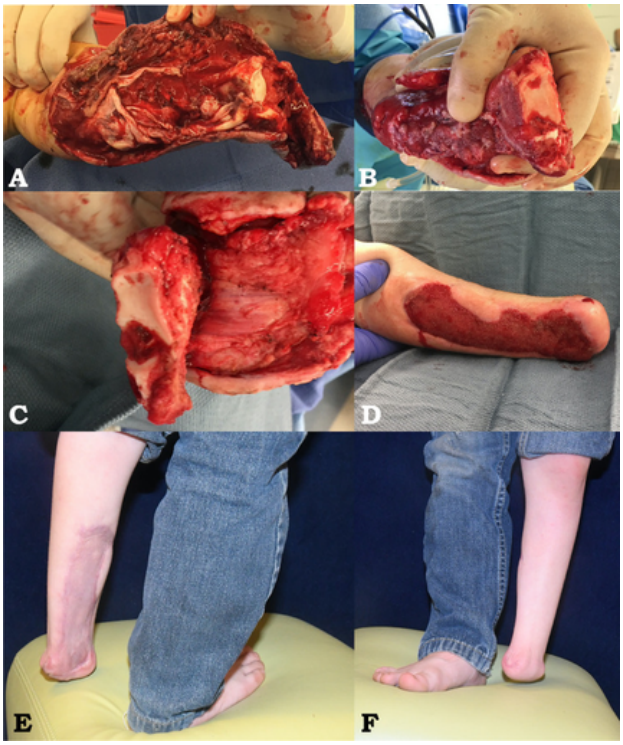
If you find yourself or a loved one in a place where you need additional resources or support check out the following:

- **Purdue Farm Stress Team Podcast Series: Farm Stress Podcast on Spotify**
- **Agrisafe Network: https://www.agrisafe.org/ Includes a Mental Health section with resources and information.**
- **American Farm Bureau Federation: Farm State of Mind**
- **American Psychological Association Farmer Stress: https://www.apa.org/news/events/farmer**
- **Crisis Text Line: Text "CONNECT" to 741741: Crisis Text Line**
- **Iowa State University. Iowa Concern 24-hour hotline: 1-800-447-1985**
- **National Suicide Prevention Lifeline: 1-800-273-TALK (8255)**
- **Be Well Indiana: https://bewellindiana.com**

Summer Fun Can Result in a Tragic Accident.

As I drive around the area I have seen several people mowing their lawns while at the same time holding a child. According to a 25 year long study that was recently study published in the National Library of Medicine the following information was reported. Despite regulations and information lawnmower injuries in children have not decreased in the last 25 years. There are more than 9,000 children injured in lawnmower accidents. This is tragic because these injuries are preventable. More than 50% of the injuries require at least one amputation. The study showed that riding on the lawnmowers are more likely to cause severe injury and amputation than push lawnmowers. Please do not have a rider on your lawn mower!!

The picture above shows a 3-year old who was run over by a lawnmower. Four surgeries were required due to this accident.



The picture above is a 5-year old who sustained an amputation after falling off a riding lawnmower. Five surgeries were required.

Cucumber Tip

Harvest slicing cucumbers before seeds become half-size. Most cultivars will be 1 1/2 to 2 1/2 inches in diameter and 5 to 8 inches long. Pickling cucumbers will be a bit more blocky and not as long as slicing cucumbers.

Helpful Websites

- **https://thekernel.info/**
  - The latest corn research & Management information for farmers and agriculture professional.
- **https://vegcropshotline.org/** A newsletter for vegetable growers.
- **https://www.purduelandscapereport.org/**
- **https://fff.hort.purdue.edu/** Fancy Fruit - Newsletter for fruit growers.
- **driftwatch.org**. Drift Watch is a voluntary communication tool that enables crop producers, beekeepers and pesticide applicators to work together to protect specialty crops and apiaries.
- **https://extension.entm.purdue.edu/pestcrop/** Purdue pest & crop newsletter
- **https://extension.purdue.edu/farmstress/coping-with-farm-stress/** Many resources available to farmers and others.
- **https://extension.purdue.edu/farmstress/helpful-links/** podcast link to Spotify

OISC Clean Sweep Pesticide Disposal

August 23, 2022 9:00 am to 3:00 pm
Davis Purdue Ag Center 6230 IN-1 Farmland, IN 47340
Held in coordination with DPAC Field Day

To collect & dispose of suspended, canceled, banned, unusable, opened, unopened or just unwanted pesticides (herbicides, insecticides, rodenticides, fungicides, miticides, etc.). Sponsored by the Office of the Indiana State Chemist (OISC). This disposal service is free of charge up to 250 pounds per participant. Over 250 pounds there will be a charge of $2.00 per pound. This is a great opportunity for you to legally dispose of unwanted products at little or no cost.

WHO? All public & private schools, golf courses, nurseries, farmers, ag dealers, general public, cities, towns, municipalities and county units of government or others receiving this notice are eligible to participate.

Please go to oisc.purdue.edu to complete the Clean Sweep Participant Form or email cleansweep@groups.purdue.edu to have a participant form emailed. You may also call Amy Alka @ 765-993-2207 or email aalka@purdue.edu

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Poison Hemlock

The recent Facebook frenzy about poison hemlock has prompted people to have concerns. Here are some facts:

- Biennial lifecycle: Low growing herb in the first year of growth; in the second year reaches 3-8 feet and reproduces seeds.
- Confused with wild carrot. Poison hemlock does not have "hairs" on the stem like wild carrot. The stems of poison hemlock contain purple blotches.
- Animals rarely eat due to a mousy order.
- Spreads by seeds therefore, controlling seed production is important.

<u>Controlling poison hemlock:</u>

- Pull or dig up plants and place in a trash bag and dispose with regular trash.
- Mowing or cutting must be repeated because the taproot can send up new shoots.
- Herbicides are most effective when applied to plants in the first year of vegetative growth.
- Most effective herbicides contain triclopyr or triclopyr plus 2,4-D.

Trivia #4 About 130 crops, adding 14 billion dollars every year.

East Central Indiana Job Opening

Looking for an Egg Inspector for the East Central Indiana counties. The supervisor is preferring the candidate live in or near Muncie.

Link: https://careers.purdue.edu/job-invite/18196/

Trivia #5 90,000

DAVIS PURDUE AG CENTER FIELD DAY AUGUST 23, 2022

Registration: 7:30 am
Program begins: 8:00 am

<u>CCH points</u> Category 1 - 4 points; Category 11 - 2 points; Category 14 - 2 points; RT - 4 Points
<u>CCA points</u> Nutrient Management: 1; Soil & Water Management: 0.5; IPM: 1; Crop Management: 0.5

SPEAKERS:

- Dan Quinn & Ana Morales - Corn Season Update & Precision Nitrogen Management
- Bill Johnson - Weed Management Update
- Bob Neilsen & Jim Camberato - Corn's Response to Sulfur
- Darcy Telenko - Field Crop Disease Update
- Joe Rorick - In Field Soil Diagnostics
- Shaun Casteel - Soybean Season Update

Register by calling the Randolph County Extension Office 765-584-2271 or email aalka@purdue.edu

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Trivia Questions
Answers inside

1. What are the best plants for pollinators?
2. What it the biggest (size) pollinator?
3. How many eyes do bees have?
4. How many US crops do bees help pollinate?
5. How many miles do bees fly to make 2 pounds of honey?

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