

February—March 2024



Extension - Spencer County

## Our Mission

We deliver practical, research-based information that enhances lives and livelihoods.

## Our Vision

We will be a leader in providing relevant, high-impact educational programs that transform the lives and livelihoods of individuals and communities in Indiana and the world.

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# THE SOIL SCOOP



Spencer County Soil and Water Conservation District

## NEW CWI GRANT FOR 2024

**We have been awarded a one year grant for 2024 for cover crops!**

**First time grant recipients are prioritized, then it will become first come first served in application acceptance. Must follow NRCS guidelines that require a resource concern evaluation before acceptance.**

**Thank you for your continued interest in this conservation practice.**

## SOIL TO SHELF

**Stay tuned for Soil to Shelf workshop announcements by following the Spencer Co. SWCD, Friends of Lincoln State Park, and Lincoln State Park on Facebook!**

## SUMMER INTERNSHIP

**Summer Intern Wanted  
Requirements: High School Senior / College Student**

**Must be in an ag related major or going into college for an ag related degree**

**If interested, please call the SWCD office at (812) 649-9136 ext.3**

## BOARD MEETING

**The Spencer Co. SWCD reminds the public that our board meetings are open to the public to attend. Our next meetings are:**

**Feb. 26th  
&  
Mar. 25th**



**NEVER DOUBT THAT A SMALL GROUP OF THOUGHTFUL, COMMITTED CITIZENS CAN CHANGE THE WORLD; INDEED, IT IS THE ONLY THING THAT EVER HAS**

**-Margaret Mead**

# Ag Agenda

*Agriculture & Horticulture Update for the Home and Farm*



## Southwest Indiana Homesteading Conference Helps Local Producers Improve, Diversify Farm Operations

Purdue Extension will offer the Southwest Indiana Homesteading Conference to help current, beginning, and prospective small farmers in the Tri-State area improve and diversify their farm operations.

Friday's sessions focus on food preservation, with topics such as boiling water bath, jams and jellies, pressure canning, and fermenting and pickling with hands-on practice in the kitchen.

Saturday sessions involve an array of small farm presentations, with topics including vegetable production, small fruit production, soil fertility, composting, beekeeping, backyard poultry, urban agriculture, cover crops, insects, food storage and preservation, small business resources, rain harvesting and storage, and tools for the farm.

Conference participants will receive information on production methods and processes from a variety of experts to plan for new ventures, improve current production and profitability, and diversify current operations. The event will also feature vendor booths with products and services geared towards small farm operations.

The conference will be held on Friday and Saturday, March 8 & 9, at the Friedman Park Event Center, 2700 Park Blvd., Newburgh, IN. Friday registration begins at 11:00 AM, with sessions from 12:00 PM – 5:00 PM. *(continued on page 2)*

Nicholas Held, Extension Educator  
*Agriculture & Natural Resources  
Community Development*

## Newsletter Highlights

FRUIT-FUL Lunches  
Virtual Fruit Growers Series

Winter Desiccation of  
Woody Ornamentals

Indiana Organic Grain  
Farmer Meeting

PQA+ Training, Indiana  
Pork Regional Meeting

Emergency  
Preparedness for Rural  
Families

Become a Certified UAV  
Pilot

Upcoming Events



Extension - Spencer County



(*Homestead Conference, continued*) Saturday registration begins at 7:00 AM CDT, with presentations running from 8:00 AM - 3:00 PM CDT.

On Saturday, childcare will be available for a fee. Fees for this event are \$35.00 per person (Friday), \$40 per person (Saturday), and \$20.00 for childcare (Saturday only), with registration available on-line at <https://bit.ly/SWIHC2024>. Registrations are due by March 1.

For more information contact the Purdue Extension - Gibson County office at (812) 385-3491 or visit your local county Extension Office. Information is also available at <https://bit.ly/426IcYD>

## Winter Desiccation of Woody Ornamentals

(*Reprint*) - Winter's howling winds and frigid temperatures are challenging for all woody landscape plants. Although our plants are fully dormant at this time, the plant tissue is still subject to losing too much water – a condition called desiccation. When the ground is frozen solid and freezing temperatures are accompanied by high winds, the plants continue to lose moisture without being able to replenish the supply.

Evergreens, and, in particular, broadleaved evergreens such as rhododendron, mahonia and holly, are the most susceptible, because they have a greater surface area through which to lose water compared to deciduous plants. Evergreens that have suffered from winter desiccation typically have beige to brown leaf edges that are curled, or they may show red or purple discoloration. But even deciduous plants (those that lose their leaves in winter) continue to lose water throughout the winter. Severe desiccation will be obvious as dead twigs and buds. Some twigs will leaf out in spring only to die back later in summer when additional stress such as heat or drought apply additional pressure.

We recommend delaying pruning chores a bit this spring so that the toll of winter injury can be assessed. Dead tissue can be removed anytime, but cutting into live tissue leaves the remaining stem more vulnerable to further drying.

-*Rosie Lerner, Retired Purdue Extension Consumer Horticulture Specialist*

## FRUIT-FUL Lunches Series for Current, New Growers

Purdue Extension invites current and aspiring backyard fruit growers to join our 5-session live, virtual program and learn about ways to improve their fruit production. Educators and Specialists will discuss modern fruit production practices, pest and disease management, and more!

**Dates:** March 7,14,21,28 and April 1, 2024

**Time:** 11:00 am - 12:30 pm (CST)

**To register, visit:**

<https://tinyurl.com/56tda6n2>



*Rose winter dieback (Lerner)*



*Arborvitae winter desiccation (Lerner)*



## Indiana Organic Grain Farmer Meeting Focuses on Profit, Sustainability

Organic farmers and ag professionals will gather at the Beck Agricultural Center in West Lafayette for the Indiana Organic Grain Farmer Meeting on February 28, 2024. This event promises to be a beneficial experience for those invested in the organic agriculture sector.

Doors will open at 8 AM EST with morning refreshments and networking opportunities. The program is scheduled to begin at 9 AM, with a diverse agenda tailored to address the challenges and opportunities facing organic grain farmers in the current market.

Key agenda items include:

- **Farmer Panel:** Diversifying Thoughtfully in a Challenging Market - Learn from experienced farmers who have creatively navigated their businesses through the everchanging organic market.
- **Presentations:** Explore topics such as organic farm finance, organic crop insurance, and organic certification. Learn from researchers about how insects may help you understand your farm better and how you can get involved with future studies.
- **Networking:** Connect with other organic farmers and meet with our trade show vendors from local and regional businesses.

Register online at: [www.purdue.edu/dffs/organicag](http://www.purdue.edu/dffs/organicag)



Diversified Farming and Food Systems

**2024 Indiana Organic Grain Farmer Meeting**

**SAVE THE DATE: FEBRUARY 28, 2024**

Location: The Beck Center at the Agronomy Center for Research and Education (ACRE)

@OrganicAgPurdue  
Purdue Extension  
[www.purdue.edu/dffs/organicag](http://www.purdue.edu/dffs/organicag)

PURDUE UNIVERSITY Extension

OA

## Pork Producer Certification, Education Opportunities

Two opportunities for local pork producers will occur back-to-back in Dubois County in February. Details are below:

### Pork Quality Assurance Plus (PQA+)

PQA+ training will take place for Indiana pork producers on February 15, 2024 from 4:00 - 6:00 PM EST at the Schnitzelbank Restaurant at 393 Third Avenue, Jasper, IN 47546. Required presentations and written exams will be provided with registration, with those requesting certification needing to bring their PQA+ license number.

Registration for PQA+ testing materials is required through the Purdue Extension - Dubois County office at [kjeck@purdue.edu](mailto:kjeck@purdue.edu) or (812) 482-1782.



### Indiana Pork Regional Meeting

Pork producers are invited to attend the IN Pork Regional Meeting to see what's happening at your pork checkoff organization, to receive timely state policy updates and to learn about the latest in international market trends. Meeting will be on February 15 at the Schnitzelbank Restaurant following PQA+ certification. Regional meeting begins at 6:00 PM, with dinner provided.

To attend, register online at:

<https://www.indianapork.org/regionalmeetings> or call (317) 872-7500.




**EMERGENCY PREPAREDNESS FOR RURAL FAMILIES**

MARCH 5 | MARCH 7 | MARCH 12 | MARCH 14

N PURDUE UNIVERSITY  
NEBRASKA EXTENSION

March 5, 7, 12 & 14

5:30-8:30 PM EDT/4:30-7:30 CDT

Participate virtually or in-person at Gibson Co. Purdue Extension Office, Princeton, IN.

The series will focus on farm and ranch emergency management, first aid, fire protection, and hazardous materials.

Find out more at: <https://purdue.link/emprepared24>

*This project was supported by a grant from NCRCD through funding from USDA NIFA Award #2022-51150-38141*





For more info, see:  
<https://purdue.link/AWE20204>



For more info, see:  
<http://purdue.ag/sfc>

## Become a Certified UAV Pilot

### Purdue Extension UAV Technology Program

**FAA Part 107 Remote Pilot Test Preparation Course Topics**

- ⇒ FAA Test Preparation
- ⇒ Flight Instructions
- ⇒ Camera Settings
- ⇒ Flight Plans and Record Keeping
- ⇒ Data Management
- ⇒ Image Quality & Troubleshooting
- ⇒ Sensors & Artificial Intelligence
- ⇒ Emergency Preparation

**Location**  
 Martin County 4-H Fairgrounds & Event Center: Community Building  
 2668 US Hwy 50 Loogootee, IN 47553

**Dates & Time (Eastern)**  
 March 25-26, 2024  
 9:00 am - 5:00 pm

**Cost:** \$200 per person

**Registration due by Mar. 15**  
<https://cvent.me/8XR4KE>

**If you have questions or in need of accommodations to attend this program contact (by Mar. 15):**  
 Valerie Clingerman  
 812-882-3509 or  
[clingerman@purdue.edu](mailto:clingerman@purdue.edu)

## ADDITIONAL UPCOMING EVENTS

- **Midwest Cover Crops Council Conference** - February 14, Crowne Plaza Hotel, Indianapolis; Registration due Feb. 6 (no on site registration); For more info, see [www.midwestcovercrops.org/meetings/](http://www.midwestcovercrops.org/meetings/)
- **Perry-Spencer Crop Day** - March 12, 6:00 PM CDT, St. Meinrad Community Center, St. Meinrad. {details currently being finalized}

## Contact Us!

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[nheld@purdue.edu](mailto:nheld@purdue.edu)

[Purdue Extension-Spencer County](https://www.youtube.com/PurdueExtensionSpencerCounty)

[extension.purdue.edu/spencer](http://extension.purdue.edu/spencer)

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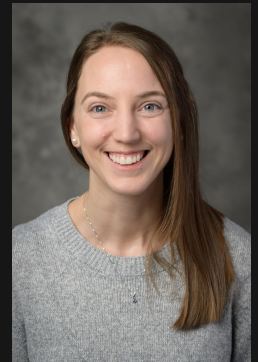
# HEALTH & HUMAN SCIENCES

*Bringing University information to the local level to strengthen families,  
spend smart, eat right, and live well.*

## Life Skills Classes Continue to Provide Opportunity

A new year means a chance at a fresh start. Along with creating resolutions and thinking about what we'd like to change, it also serves as a chance to assess the things that are working well. As we begin program planning for 2024, one thing that will remain on the HHS schedule is the weekly life skills class at NOW Counseling in Rockport.

This long standing partnership provides residents and individuals utilizing NOW services the chance to sharpen their skills in a variety of areas. A major focus in February will be taking ownership of our health. We are partnering with the Spencer County Health Department to provide vaccine education in conjunction with Project EXCITE. The goal is to provide people with information about adult vaccines so that they are able to make informed decisions. With knowledge comes power! The Health Department will be providing an on-site vaccination clinic for residents who wish to receive vaccines.



**Megan Jaspersen**  
Health and Human  
Sciences Educator  
Purdue Extension

### CONTACT:

[mjaspers@purdue.edu](mailto:mjaspers@purdue.edu)

Perry County Office  
65 Park Ave  
Tell City, IN 47586  
812-547-7084

Spencer County Office  
1101 E. County Rd 800 N  
Chrisney, IN 47611  
812-362-8066

## Resource for Mental Health & Substance Use

Do you need technical assistance or resources to help you address mental health and substance use disorders? Do you want to connect with researchers, experts, and individuals with lived experience to hear their perspectives on these important topics? The multi-state Great Lakes Rural Opioid Technical Assistance Regional Center, or ROTA-RC, includes Purdue Extension and is here to help.



You can submit a Technical Assistance Request at  
<https://explore.wisc.edu/TechnicalAssistanceForm>  
To learn more about the Great Lakes ROTA-RC visit  
<https://greatlakesrota.extension.wisc.edu>

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## Guarding Your Safety : Protection from Scammers

Ever heard of an app called Brigit that promises you fast cash? Pay just \$9.99/mon and you can get up to \$250 super fast, it claims - only that's not what happens. And if you try to cancel that subscription? Good luck doing so. Learn how to avoid becoming a fraud or scam victim.

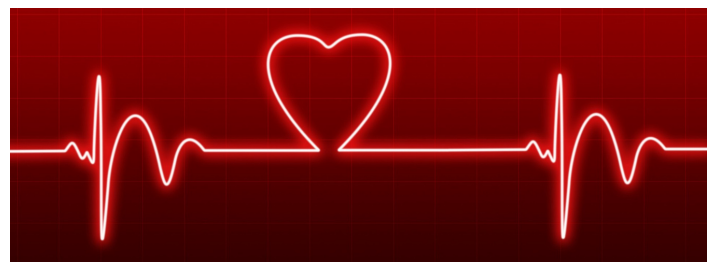
IHHS offers a program called Staying Scam Safe. This free educational program will cover some common types of scams, provide you with proactive steps you can take to protect yourself and your information, and show you where you can go to report scams or frauds that have taken place. Contact Megan if your organization would like to schedule this class.



## February is Heart Health Awareness Month

Did you know that heart disease is the leading cause of death for both men and women? There are several types of heart disease, but the most prevalent is coronary artery disease. When left untreated, this can lead to a heart attack. Heart attacks can look and feel different for everyone. Some are sudden and intense, others can start slowly with mild pain or discomfort. Even if you aren't sure what's wrong, do not wait too long before getting help. The following symptoms might indicate that you could be having a heart attack:

- Chest pain or discomfort;
- Pain or discomfort in the jaw, neck or back;
- Feeling weak, light-headed or faint;
- Pain in arms or shoulder;
- Shortness of breath; and
- Nausea (an extra symptom in women)



There is never a wrong time to have a conversation with your health care provider about heart health. A few lifestyle changes, some exercise and possible dietary changes might significantly reduce your risk. Follow your doctor's advice and take your medicines as directed. Most importantly, if you think you are having a heart attack, call 911 right away. Quick action helps save lives.

Source: Blue Cross Blue Shield of Illinois

<https://cms.illinois.gov/benefits/stateemployee/bewell/awarenessmatters/february-is-heart-health-awareness-month.html>





# ServSafe Food Manager 1-Day Class & Examination

Dubois County – February 26, 2024

## ServSafe educates food service workers about food safety.

ServSafe Food Protection Manager is their highest certification. It satisfies Indiana requirements to become a Certified Food Protection manager and focuses on five aspects:

- Foodborne microorganisms and allergens
- Personal hygiene
- Purchasing, receiving, and storage
- Preparing, cooking, and serving
- Facilities, cleaning/sanitation, and managing pests

The full 1-day training includes a manual and proctored exam. You must score 70 percent or greater to earn the certificate. The certification is valid for five years. . A photo ID with signature is required to take the exam (driver license, state ID, student ID, military ID, employee ID, U.S. green card, or valid passport).

For more information contact:

Chelsea Brewer – [cebrewer@purdue.edu](mailto:cebrewer@purdue.edu) or 812-482-1782



Register at Cvent online:

<https://cvent.me/yyO8EI>

or

call the Education Store 765-494-6794

**Registration Deadline:** February 19, 2024

Location: Center on 5th  
505 W 5<sup>th</sup> St, Jasper, Indiana

Training, Manual & Proctored

Exam: \$165

Manual & Proctored Exam: \$115

Proctored Exam: \$65

Registration Time: 8:30 am EST

Training Time 9:00 am to 3:00 pm

Exam Time: 3:00 pm EST



# ServSafe Food Manager 1-Day Class & Examination

Credit Card Payment: Online registration closes five business days prior to training/exam date.

Check Payment: The pay-by-check option close 10 business days prior to an event when registering through the online portal. All mail-in registration forms must be received by the deadline date in order for training materials to be shipped and received prior to the training/examdate. Registrants will not be added to the training roster if the payment is not received by the deadline. Contact the educator directly if you need assistance in paying with a check past the deadline date. A confirmation email will be sent to the attendee once registration is received. **DO NOT SEND CASH.**

Training materials will not be shipped until payment is received. Make checks payable to: Purdue University. Checks must include: County, Date, and Registrants Name. Mail to: Education Store - 301 S. 2<sup>nd</sup> Street Lafayette, IN 47901

Bring to the training or exam: A photo ID with signature is required to take the exam. (e.g., driver's license, state ID, student ID, military ID, Employee ID, U.S., Green Card, or valid passport) and your training materials if applicable.

**REGISTRATION FORM:** Confirmation will be sent once form is received.

Hosting County: \_\_\_\_\_ Training Date: \_\_\_\_\_

Company Name: \_\_\_\_\_ Contact Name: \_\_\_\_\_

Attendee Name: \_\_\_\_\_ Attendee Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Registration Options	Price	Quantity	Total
Training, Manual and Proctored Exam	\$165		
Training & Proctored Exam	\$115		
Proctored Exam	\$65		
Late registration	\$20		
Overall total			

**PREFERRED REGISTRATION METHOD:**  
 Online Registration  
[www.purdue.edu/servsafe/workshops](http://www.purdue.edu/servsafe/workshops)  
 Best way to contact for registration questions is by email:  
[edustore@purdue.edu](mailto:edustore@purdue.edu)  
 Phone Number:  
 765-494-6794

- Check here if special accommodations needed (pre-registration required) \_\_\_\_\_
- Select Manual language: English \_\_\_\_\_ Spanish \_\_\_\_\_
- Select Exam Language: English \_\_\_\_\_ Spanish \_\_\_\_\_ Chinese \_\_\_\_\_ Japanese \_\_\_\_\_ French \_\_\_\_\_  
 Canadian \_\_\_\_\_ Korean \_\_\_\_\_



# "MAKING THE HEALTHY CHOICE, THE EASY CHOICE."

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ERIN MEYER, RDN - COMMUNITY WELLNESS COORDINATOR

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## Do I Qualify for SNAP?



To qualify for the Supplemental Nutrition Assistance Program, applicants must meet certain non-financial and financial requirements. Non-financial requirements include state residency, citizenship/alien status, work registration and cooperation with the IMPACT (job training) program. Financial criteria include income and asset limits. The asset/resource limits are \$5,000 for most households.

Assets include bank accounts, cash, real estate, personal property, vehicles, etc. The household's home and surrounding lot, household goods and personal belongings and life insurance policies are not counted as assets in the SNAP program. All households (except those with elderly or disabled members) must pass a gross income test (130% of poverty) to qualify for SNAP benefits. The gross income is per household size and based on the gross monthly income received by all household members. For more information, please visit: <https://www.in.gov/fssa/dfr/snap-food-assistance/do-i-qualify-for-snap/>

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## February is American Heart Month

<https://www.nhlbi.nih.gov/education/american-heart-month>

# Are You Heart Smart?

## ***What to Know for a Healthier Heart***

Heart disease is the leading cause of death in the United States. One in five deaths is due to heart disease, even though the disease is largely preventable.

Keeping your heart healthy starts with living a heart-healthy lifestyle. But first, you need to get smart about your heart. Knowing what causes heart disease, what puts you at risk for it, and how you can reduce those risks can help you make informed decisions to protect your heart and keep it strong.

Want to test your knowledge? Take this short Heart Smart Quiz:

## **Heart Smart Quiz**

1. True or False? High blood pressure is also known as hypertension and occurs when your blood pressure is consistently 130/80 mm Hg or higher.
2. True or False? Your body mass index, or BMI, shows if your weight is in a healthy range for your height and is one measure of your future risk for heart disease.
3. True or False? Cholesterol helps make hormones, vitamin D, and substances to help you digest foods. Your body needs it for good health, but in the right amounts.
4. True or False? Eating lots of vegetables, fruits, and whole grains, using fat-free or low-fat dairy products, and limiting foods high in saturated fat or sugar-sweetened beverages are all part of a heart-healthy diet.
5. True or False? Not getting enough sleep or getting poor quality sleep on a regular basis increases the risk of having high blood pressure, heart disease, and other medical conditions.
6. True or False? To strengthen their heart, adults should aim to get at least 150 minutes of moderate-intensity aerobic activity such as brisk walking each week.

Answer Key: All answers are True.

How did you do? Knowing your own risk factors for heart disease can help guide your lifestyle choices, so talk to your healthcare provider to make sure you're clear. Just as important: know your numbers. Your weight, waist size, blood pressure, cholesterol, and blood sugar levels all affect your heart. If they aren't where they should be, make a pledge to begin improving them.

Adding more physical activity to your day, eating a heart-healthy diet, managing stress, getting enough quality sleep, and not smoking can put you on the path to better heart health.

Learn more about heart disease prevention from The Heart Truth® at [www.hearttruth.gov](http://www.hearttruth.gov) and download the Heart Smart Basics fact sheet to improve your knowledge about heart health.



## Healthy Eating for a Happy Heart

When stress hits hard like it has during the pandemic, many of us eat more, and less-than-healthy comfort foods may be the treats we reach for first. But an unhealthy response to stress can be hard on your body, especially your heart. That's why it's smart – at the top of the New Year, or anytime – to try to eat more foods that nourish. It'll make your heart happier, and maybe trim your waistline, too.

Don't know where to start?

Let the National Heart, Lung, and Blood Institute (NHLBI) help.

“We have many recipes for healthy and really tasty dishes, plus an award-winning eating plan called Dietary Approaches to Stop Hypertension, or DASH for short,” said Charlotte Pratt, Ph.D., M.S., R.D., a nutrition expert at NHLBI. For years, the DASH eating plan has ranked among the U.S. News & World Reports' best diets for healthy living and heart health. It's secret, said Pratt: “Eating nutrient-dense foods and meals that are lower in sodium and saturated fat, rich in fruits, vegetables, low-fat dairy, and legumes.”

Some of the recipes NHLBI has developed to support the plan feature healthy versions of comfort foods, such as oven-baked french fries, chicken chile stew, and sweet potato custard. The recipes are easy to make and family-friendly. They include traditional African American, American Indian/Alaska Native, Vietnamese, Latino, and Filipino dishes. You can find these recipes, along with tips about safe cooking, what to stock in your kitchen, and food shopping at [healthyeating.nhlbi.nih.gov](https://www.heart.org/healthy-eating).

“The DASH eating plan is scientifically proven to lower your blood pressure and cholesterol levels,” said Pratt. And NHLBI research shows that increasing your physical activity and watching your calories while following DASH will also help you lose weight.

DASH requires no special foods, and it helps you set daily and weekly nutritional goals using these simple guides:

- Eat vegetables, fruits and whole grains,
- Include fat-free or low-fat dairy products, fish, poultry, beans, nuts and vegetable oils
- Limit foods that are high in saturated fat, such as fatty meats, full-fat dairy foods and tropical oils such as coconut, palm kernel and palm oils; and
- Limit sugar sweetened drinks and desserts.

To make it easier to follow DASH for life, these tips can help:

- Change gradually. Add one more serving of vegetables a day. Read nutrition labels to choose the food lowest in saturated fat, sodium or salt and added sugar.
- Vary foods high in proteins. Try a mix of lean cuts of meat. Remove the skin from chicken. Eat fish once or twice a week. Eat two or more meals without meat each week.
- Select healthy, tasty snacks. Have a piece of fruit, a few unsalted snacks such as rice cakes, fat-free or low-fat yogurt or raw vegetables with a low-fat dip.
- Find substitutes. Try whole-wheat bread or brown rice instead of white bread or white rice. Try beans or seeds such as flax or sunflower seeds, if you're allergic to nuts.
- Follow the [U.S. Dietary Guidelines](#) recommendations.

Combining healthy eating habits with other self-care activities can help you reduce stress and take care of your heart. Top of the list: move more throughout the day, get 7 to 9 hours of sleep, and try relaxation exercises such as meditation or yoga. If you smoke, try quitting, and develop a strong social support system to help keep you motivated. Learn more about DASH, heart health, and more at [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov).

## Delicious Oven-Baked French Fries

Baking instead of frying these potatoes reduces the fat while keeping them crispy. Prep time: 10 minutes. Cook time: 35 minutes. Makes 5 servings. Serving size: 1 cup.

### Ingredients

4 large potatoes (2 lbs.) (regular or sweet potatoes)  
8 C ice water  
1 tsp garlic powder  
1 tsp onion powder  
¼ tsp salt  
1 tsp white pepper  
¼ tsp allspice  
1 tsp hot pepper flakes  
1 Tbsp vegetable oil

### Directions

1. Scrub potatoes and cut them into long ½-inch strips. Place the strips in the ice water, cover and chill for 1 hour or longer.
2. Remove potato strips and dry them thoroughly. Preheat oven to 475°F.
3. Place garlic powder, onion powder, salt, white pepper, allspice and pepper flakes in a plastic bag. Toss the potato strips in the spice mixture.
4. Put the potato strips in a shallow baking pan and brush them with oil.
5. Cover the baking pan with aluminum foil and bake at 475°F for 15 minutes.
6. Remove the foil and continue baking, uncovered, for an additional 15 to 20 minutes or until golden brown. Turn fries occasionally to brown on all sides.





# FEBRUARY- MARCH 2024 4-H NEWSLETTER

## 4-H Registration & Drop/Add

4-H Registration is open and we are close to getting all of our families re-enrolled. If you haven't registered yet for this year please go to [v2.4honline.com](http://v2.4honline.com) to register. As you are starting to attend club meetings or events, please make sure you are enrolled and approved for this year.

If you need to drop or add a project please email Jennifer ([allen393@purdue.edu](mailto:allen393@purdue.edu)) or Patty ([pcocheno@purdue.edu](mailto:pcocheno@purdue.edu)) with the project you would like to drop/add. This is not an option for individual families in 4HOnline, but we are happy to do it for you. Reminder, the deadline for dropping/adding projects is May 15th.

If you need any assistance with registration or selecting projects, please contact the office at (812) 362-8066.

## 4-H Camp Counselor

4-H Camp Counselor applications are open! An event is set up in 4HOnline for all current freshman-seniors. If you go to your profile and click the Event tab, under events you will see 4-H Camp Counselor. You will answer several questions and then submit your application. Camp will be June 3-5 with Counselors arriving June 2nd.

Last year was the first year we had leadership roles within camp counselors. We will offer the Junior Leader roles again this year. These counselors will help guide the decisions and directions at camp before and during camp meetings. If this sounds like something you are interested in, please indicate this on your application.

I hope you will make plans to join us as a counselor if you are a current freshman- senior!

# 4-H Camp

Spencer County 4-H Camp will be June 3-5 at the Historic Santa Claus Campground for current grades 3-6. This year we will camp with Gibson, Knox, Pike, Posey, and Vanderburgh Counties. Applications will again be completed through 4HOnline this year.

Camp applications will be available in February and an email will go out to all youth eligible to participate. You will be able to register as an event and then send payment into the office. Please mail all payments to the Purdue Extension Spencer County office at 1101 E County Road 800 N. Chrisney, IN 47611.

The application will also ask for bunk buddies during this process. If your child would like to room with a friend or classmate please indicate this on the application under "bunk buddy". While we can't guarantee multiple requests we will try to have at least 1 requested buddy. In order to register, you will need to be enrolled and approved in 4HOnline. Look for more information to come!

## Pork Chop Dinner

Save the date for the Spencer County 4-H Pork Chop Dinner **Saturday February 24th** with dinner beginning at 5 PM and the auction directly following. Tickets are available at the office or from any board member for \$15.

All the proceeds raised from the Pork Chop Dinner & Auction directly benefit the youth in Spencer County 4-H. Funds are used for 4-H trips such as Academy and Round-Up, camp, project workshops, 4-H books and program supplies, and many other things. If you would like to make a donation towards the auction or the 4-H program, please contact Jennifer or Patty at the office (812) 362-8066. Please come out and support our program!

## Welcome New 4-H Board Members

It takes lots of volunteers to help our program run effectively. We are so thankful for all of our volunteers that give their time and talents!

We welcomed 3 new board members this year. Kyla Grose, Jacob Hagedorn, and Alyssa Sermersheim. Thank you for helping us continue to thrive!

# 4-H Fair Updates & Reminder

This year the 4-H Fair dates will be June 21st-24th with post fair clean-up the 25th. Project check-in is planned for Monday, June 17th in the evening. If you are unable to attending community judging that evening please make arrangements with the Extension Office to turn in your project.

Fair Clean-up to prepare the building and grounds will be June 15th, so please mark your calendar and plan to help for some/all of the time. We can't make this happen without help from everyone!

The Ambassador Contest will also be held on June 15th after clean-up. Applications for this will be sent in April. Youth Kindergarten- grade 12 are invited to participate. This is a great opportunity to build confidence speaking in front of others and volunteer at other areas during the fair.

We will have some great events and activities during the fair, including the return of a tractor pull on Saturday. It takes a community of volunteers to help make the fair successful, so if you have not found a place to volunteer please consider doing so this year.

## Trip Applications

Trip applications have been emailed to all 7th-12th grade youth currently enrolled and are also available on our website. Due to a conflict on campus, 4-H Round-Up, Chorus, and Band trips will overlap our fair. If these are trips you are wanting to attend we will work with you to make sure your projects are judge or your livestock project is exhibited. If you have any questions please contact Jennifer!

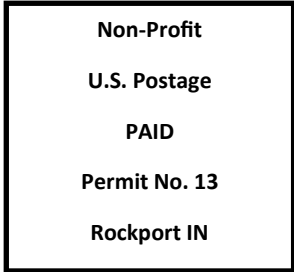
Prior to submitting a trip application, please make sure the dates and times will work with your schedule to attend. Once trips have been awarded you will be responsible for the cost of the trip and transportation should you need to cancel.



**Purdue Extension—Spencer County**

1101 E CR 800 N  
Chrisney, IN 47611

**RETURN SERVICE REQUESTED**



***2023 Purdue Extension-Spencer County Impact Report***

Purdue Extension is Indiana's educational partner for life and delivers practical, research-based information and events for Indiana's residents in agriculture and natural resources, health and human sciences, and community development, and trains tomorrow's leaders through Indiana 4-H Youth Development.

Learn more about how Purdue Extension is serving Spencer County's residents in the ***2023 Purdue Extension-Spencer County Impact Report***.

Find it at: [extension.purdue.edu/news/county/spencer/2024/01/2023-impact-report.html](https://extension.purdue.edu/news/county/spencer/2024/01/2023-impact-report.html)

