

June 2024 — July 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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# Ag Agenda

*Agriculture & Horticulture Update for the Home and Farm*

Nicholas Held, Extension Educator  
Agriculture & Natural Resources  
Community Development



*Broken branches, stem failure, and root failure are some of the main concerns of storm damage, but also the risk and liability of damage to people and property (McCallister, Purdue)*

## Trees and Storms – Mitigating the Damage

With storm season just around the corner, one topic of concern on many minds is damage to and from trees. Depending on the intensity of the storms and the condition of the trees, damage from high winds, heavy rainfall, and lightning can be quite severe. Cracked or broken branches, stem failure, and root failure are some of the main concerns, but also the risk and liability of damage to people and property.

If your tree is damaged, there are some steps to deal with the situation.

First and foremost, consider the safety of yourself and others around you. Inspect the tree from a distance first looking for the following:

- Heaving of the ground indicating potential root failure
- Damage to limbs and/or the trunk of the tree
- Hanging branches can fall to the ground resulting in injury or death
- Be aware of utility and power lines. Trees can become charged by coming in contact with live wires. All utility lines should be considered energized and dangerous.

If you find your trees damaged from a storm hiring an International Society of Arboriculture (ISA) Certified Arborist to perform a risk assessment will help guide your decision of how to manage your tree. To find an arborist near you and verify credentials use the “Find an Arborist” link at <https://www.isa-arbor.com/>. For more information, you can also view the publication, *Trees and Storms*, located in The Education Store, Purdue Extension’s resource center: <https://www.edustore.purdue.edu/>.

*-Ben McCallister, Purdue Extension Urban Forestry Specialist*

***For an additional list of resources, see the full article on the Got Nature? blog at <https://www.purdue.edu/fnr/extension/trees-and-storms-mitigating-the-damage/>.***

## The Planting Date Conundrum for Corn

Each time in the recent past when Mother Nature has slowed or stopped planting progress in the spring, Purdue Extension Corn Specialist Bob Nielsen (now retired) updated and released his timeless article on corn planting dates. And with slowed progress again across the state, this year is no exception! *(Continued on page 2)*

## In This Issue

**What’s Growing on My Mulch??**

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**Hoosier Hay Contest**

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Extension - Spencer County

## Planting Date, *cont.*

With each new year of research and data, the key points remain the same:

- Early planting favors higher yields, but does not guarantee higher yields.
- Statewide averages for planting progress and yield are not strongly related.
- Planting date is but one of many yield influencing factors.

If you find yourself reexamining your corn planting plans as a result of planting delays, be sure to check out Dr. Nielsen’s full article at:

<https://www.agry.purdue.edu/ext/corn/news/timeless/PltDateCornYld.html>



Slime mold growing mulch (l) and on onion (r) (Creswell, Purdue PPDL)

## What’s Growing on My Mulch???

When rains are frequent, moisture dependent slime molds often make an appearance on mulch. Slime molds develop rapidly and change color and texture over time; usually going from shiny and brightly colored, to powdery and gray or brown as they mature and get ready to release powdery spores which blow to new locations. (see photos, above right)

Slime molds get their nutrients from bacteria and small bits of organic matter which is why it is common to see them growing on mulch. Although slime molds may grow up onto nearby plants, like turf or vegetable in the garden, they do not harm plants. After several days of dry weather slime molds will usually be less noticeable. If you want to speed this process, you may rake the mulch or affected areas of the lawn to promote air drying. However, slime molds will fade in time without any action on your part, and will usually return with the rain.

-Tom Creswell, Plant and Pest Diagnostic Lab Director, Purdue University

# HOOSIER HAY CONTEST



Don't guess the quality... Test it!

\* Hay and Baleage Categories \*

Special Thanks to Contest Sponsors



Indiana Beef Cattle Association



Hutson



INDIANA SHEEP ASSOCIATION



INDIANA DAIRY PRODUCERS



SURETECH LABORATORIES



IFC



CISCO SEEDS

Organized by: Indiana Forage Council

Entry Deadline: September 30, 2024

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

Awards for both Hay and Baleage Categories

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

## Contact Us!


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

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# HEALTH & HUMAN SCIENCES

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

## Sign Up Now! Food As Medicine Program

Thanks to Health First Indiana funding, we are bringing a new program to Spencer County beginning in July. The Food as Medicine program is a free eight week healthy lifestyle program. Participants will learn nutrition basics, how to prepare simple dishes, ways to incorporate physical activity, and more. Each person will receive a free box of locally grown produce every week to recreate simple, healthy meals for their family at home. Instructors will prepare a healthy dish in class using the food that participants will take home so that it can be easily replicated.

Programs similar to this are being implemented across the country. The American Heart Association's *Healthcare by Food Initiative* utilized this concept in hopes to improve nutrition outcomes and affect positive change in participants. According to their website, "preliminary evidence indicates that delivering food as medicine programs may improve health outcomes, reduce health care utilization and costs, address health disparities and reduce nutrition and food insecurity for patients living with acute or chronic diseases."

We are partnering with Gary's Place Community Garden for our weekly produce boxes. This is located right here in Spencer County, and we can't wait to share their delicious produce and hard work with our community!

Nutrition education will be provided by Purdue Extension staff and local guest speakers. Topics will focus on preventing chronic disease such as heart disease and diabetes. We will also include information on how to increase your physical activity levels, even with a busy schedule.

A flyer for the program is enclosed which contains additional details. Please share this opportunity with anyone you think might be interested. Space is limited. If you would like to register, contact the Purdue Extension - Spencer County office at 812-362-8066 or email Megan at [mjaspers@purdue.edu](mailto:mjaspers@purdue.edu).



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

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Extension



# FOOD AS MEDICINE

## SPENCER COUNTY

Join us for a free 8 week healthy lifestyle program.

Learn nutrition basics, how to prepare simple dishes, ways to incorporate physical activity and more!

By participating, you receive a free box of food at each class to recreate simple, healthy meals for your family at home.

Classes will be held from 1:00 - 2:30 pm every Tuesday from July 9 - August 27, 2024 at the Spencer County Youth and Community Center.

RSVP by calling  
Purdue Extension - Spencer County at  
(812) 362-8066 or email [mjaspers@purdue.edu](mailto:mjaspers@purdue.edu)

Purdue University is an equal opportunity/equal access/affirmative action institution. If you are in need of accommodations to attend this program, please contact Erin Meyer prior to the meeting at 812-362-8066 or [meyer258@purdue.edu](mailto:meyer258@purdue.edu) by July 1, 2024.

# Harvest Time in the School Garden! Nancy Hanks Students Enjoy their Hard Work



Third grade classrooms across the county wrapped up the school year by harvesting gardens that they planted as part of the Lettuce Eat Healthy program. Students planted the gardens in early Spring using seeds. Then they had an educational lesson on the different parts of a plant. They tested their knowledge by drawing a diagram of what they learned. They watered, weeded, and patiently waited while the lettuce, spinach, onions, and radishes grew. Their reward? Delicious salads that were picked by their own hands!



# Mastering Home Food Preservation

VU Shircliff Humanities Building  
130 E. Harrison St.  
Vincennes, IN 47591



## Training

June 11-14, 2024  
9 AM – 5 PM ET

## Online Registration

[cvent.me/PE1zxO](https://cvent.me/PE1zxO)

Valuable Resources, In-depth Lectures, Interactive Discussions,  
Hands-on Practice, Take Home Products

USDA Home Food Preservation recommended procedures are taught.  
Instructors will provide instructional course work and preservation labs.

## TOPICS COVERED

Food Safety  
Boiling Water Canning  
Pressure Canning  
Pickling & Fermenting  
Freezing & Dehydrating  
Jams and Jellies

## REGISTER EARLY!

**Cost: \$275.00**  
**Mastering Home Food Preservation Notebook Included.**  
*Contact: Tonya Short*  
*812-882-3509; [short43@purdue.edu](mailto:short43@purdue.edu)*  
*for additional details.*

# "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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## June is Men's Health Awareness Month

Men's Health Week is June 10-16, 2024.

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

<https://menshealthnetwork.org/>



# Vegetables Are a Key Part of Nutrition for Men's Health

Parents need veggies just as much as kids do. Not only is it important to lead by example, vegetables contain dietary fiber, vitamins, minerals and phytonutrients that promote health as we age and help reduce the risk of chronic diseases including heart disease, diabetes and some cancers.

## Include a Variety of Veggies

Whether it's for powering through a workout, rounding up the kids to get to school on time or accomplishing a big work project, our lives demand a lot of energy. A balanced eating pattern that includes vegetables from all subgroups can help fuel you throughout the day. This includes vegetables that are dark green, red and orange, starchy, and beans and peas.

## Get the Most Nutrition from Veggies

Even though vegetables are a great source of nutrients, water-soluble vitamins such as vitamin C, riboflavin, thiamin and folate can be destroyed by exposure to high temperatures and long cooking times, or lost when cooking water is discarded. To keep the vitamins in your vegetables from escaping:

- Leave edible skins on vegetables or trim as little as possible, but be sure to wash them first.
- Steam, microwave or stir-fry vegetables instead of boiling to reduce the amount of water and heat they are exposed to.
- Cooler temperatures help preserve vitamins, so it is recommended that some produce be stored in the refrigerator.

Looking for veggies high in antioxidants? Include a variety of vegetables from all of the subgroups – dark green, red and orange, beans and peas, as well as starchy vegetables. Try asparagus, beets, broccoli and sweet potatoes. Want the best vitamin C bang for your bite? Try fresh, chopped red bell peppers or cooked broccoli. Just 1 cup of either veggie exceeds your daily minimum requirements of this vitamin.

## How Much Do You Need?

Adult men should consume 2½ to 4 cups of veggies daily, but many fall short of this amount. Aim to include vegetables at most meals and snacks during the day. Try a variety of veggies and experiment with different preparation methods, such as roasting, grilling and steaming. For example, try roasted red peppers and sautéed mushrooms as sandwich fillings and burger toppings. You easily can add ½ cup of vegetables to a sandwich. Using raw spinach in salads and topping off with roasted broccoli or a vegetarian protein, like beans, is another way to pump up the vitamin content.

## Think Food First

Multivitamins are supplements, not substitutes for whole foods and vegetables. Important phytonutrients (such as antioxidants) and dietary fiber are two components of vegetables that make them irreplaceable by a pill. Besides, a grilled ear of corn tastes so much better!

# Summer meals

For  
Ages 18  
& Under

Free!

Grab and Go lunch and  
take home breakfast for  
the next day!



## When:

Tuesday,  
Wednesday,  
& Thursday

11:00 -12:00

June 4- 27

July 9 - Aug 1

No service on July 25

No  
Registration  
Required

## Where:

David Turnham  
Education Center  
Chrisney Elementary School



*This institution is an equal  
opportunity provider.*

For more information:  
Call (812) 937-2400

# Exercise Safely in Hot Weather

Many people flock outside in warm weather to jog, play basketball or do yard work. But when the mercury rises, "easy" exercise becomes a huge physical undertaking, and intense exercise can be deadly. If your body's temperature regulation system is overtaxed, you're at risk of developing a heat-related illness. Here's what you need to do to protect yourself in extreme summer heat.

## Keep an Eye on the Weather

Exercise and warm weather increase your core body temperature. When you combine the two – for example, when you run on a hot, humid day – even seasoned athletes need to exercise caution. Your body cools itself by sweating, but cooling down is harder in humid weather because perspiration doesn't evaporate as quickly from your skin. Your heart rate rises as your body works hard to keep its cool.

Before you lace up your running shoes or head to the tennis courts, take a look at the weather report. If the temperature or humidity is high, scale back your workout. A workout that feels easy on a temperate day can be dangerously intense on a hot, humid afternoon. Respect your body and your own limitations. People with larger bodies, the elderly, kids and those not accustomed to rigorous exercise should be extremely cautious in hot weather.

## Dress Appropriately

When exercising in heat, what you wear matters. Light-colored, sweat-wicking clothing is best for hot weather; dark, heavy clothes can make you even hotter. Gear – such as protective padding or helmets – also traps heat and raises your body temperature. If you have to suit up, shorten your workout intensity and duration.

Wear UV-blocking sunglasses and don't forget the sunscreen. Choose water-resistant sunscreen with a minimum of SPF 30 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels), and apply it 30 minutes before going out. Continue to reapply sunscreen according to the package directions. Sunburn decreases your body's ability to cool itself.

## Hydrate, Hydrate, Hydrate

When the weather heats up, make sure you drink enough fluids throughout the day to stay hydrated, and enjoy water-rich foods including crisp lettuce, watermelon, grapefruit, broccoli and tomatoes.

It's surprisingly easy to lose a few pounds of water weight through sweating. Weigh yourself before and after working out, and replace each pound of weight lost with 2 to 3 cups of water. Water is a good choice because it moves quickly through your digestive tract and into your tissues. If you're sweating heavily or exercising for more than 60 minutes, sports drinks can help your body rehydrate more efficiently.

## Know the Warning Signs: Heat Exhaustion and Heat Stroke

Dehydration is a serious medical condition. Exercising in hot, humid weather can rapidly raise your body's core temperature, putting you at risk of heat exhaustion or heat stroke.

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures, and inadequate or unbalanced replacement of fluids.

Signs of heat exhaustion include:

<i>Heavy sweating</i>	<i>Muscle cramps</i>
<i>Fatigue</i>	<i>Weakness</i>
<i>Dizziness</i>	<i>Headache</i>
<i>Fainting</i>	<i>Nausea or vomiting</i>
<i>Dark urine</i>	<i>Cool, moist skin</i>

The pulse rate may be slow and weak. If heat exhaustion is untreated, it may progress to heat stroke.

Heat stroke is the most serious heat-related illness. Body temperature may rise to 103°F or higher within 10 to 15 minutes.

With heat stroke victims, look for the following symptoms:

- Dry, hot skin (no sweating)
- Rapid, weak pulse
- Confusion
- A body temperature of above 103°F
- Seizures
- Unconsciousness

If you see someone with any warning signs of heat stroke, call 911 immediately, then cool the victim however you can (for example, move them to a shady spot or an air-conditioned location, or wet their skin with a sponge or hose).

Reference: <https://www.eatright.org/fitness/physical-activity/exercise-nutrition/exercise-safely-in-hot-weather>



# JUNE- JULY 2024 4-H NEWSLETTER

## 4-H Fair Clean-Up

Fair Clean-up will be on Saturday June 15th beginning at 7:00 AM. This year there is a link to register for what you would like to help with at fair. You are not tied to this volunteer area, but will hopefully help our new families when trying to navigate the chaos of fair clean-up. Please check your email for a link to register.



## Project Check-In

Project check-in will be June 17th from 5-7 PM. Judges will be present and ready to talk about your projects and we are so excited to see what you have created. If you are unable to attend community judging that day, please call the office and we will arrange to have your projects judged for you. Let's celebrate!

## Poultry Testing

Poultry blood testing will be Tuesday June 12th at 6 PM. Exhibitors will need to know the breed of their animal and have all poultry being exhibited tested. Health checks will be performed this evening too. Please email Patty at [pcocheno@purdue.edu](mailto:pcocheno@purdue.edu) to register or call the office at (812) 362-8066 so we have enough supplies for all scheduled to attend.

## Fair Schedule

Please make sure and check the fair schedule for show times and fun events during fair. We have lots of fun events scheduled through the weekend and hope you will join us! Make sure all 4-H youth wear their fair t-shirt on Saturday evening to avoid paying an entrance fee for the fair!

# Projects Entered in Fair Entry

Every year we ask for projects to be entered online using our Fair Entry system. This is how we record ribbon placings and promote projects to the State Fair. Please have all projects entered into Fair Entry by Thursday, June 13th. Tags will be available to put onto projects at check-in. If you are new to 4-H or have questions about how to enter projects into the Fair Entry system please call the office and we are happy to help. You will go to <http://spencercoco4hin.fairentry.com>. You will then log in using the same username and password you use for 4HOnline. Again, if you have questions please call the office.

## Food Stand Volunteers

Do you have a school group, church group, or civic organization that can give a couple of hours during the fair to work in the food stand? An online sign-up has been created to help fill open spaces for volunteers. A monetary donation will be made to organizations for their help in the food stand. To sign up please scan the QR code below and it will take you to the sign up sheet.



## Fair Parking Passes

Each family will get one parking pass to use for the weekend of fair. If you think you will need more than one pass they will be available for purchase during project check in on Monday June 17th or can be purchased from the office.

## Ambassador Contest

The Ambassador Contest will be Saturday June 15th starting around 11 AM. Interviews will begin at 11 AM with the stage portion directly following individual interviews. Applications were sent via email through 4HOnline. Thank you to Farm Credit for being our sponsor again this year and providing winning awards! All participants will receive a t-shirt. Email Jennifer at [allen393@purdue.edu](mailto:allen393@purdue.edu) with other questions.



# 2024 Spencer County 4-H Fair



## Saturday, June 15th

- 8:00 AM – Fair clean-up (all 4-H families)
- 11:00 – 4-H Ambassador Contest YCC Building
- 5:00-7:00 PM – Project Check-in
- Monday, June 17<sup>th</sup>**
- Friday, June 21<sup>st</sup>**  
\*Free Inflatables 5-8 PM\*
- 7:00 AM-10:00 AM – Livestock Check-in
- 7:30 - 9:30 AM - Breakfast Food Stand
- 9:00 AM – 4-H Chess
- 3:00 PM – Fashion Revue
- 5:00 PM – 4-H Cat Show
- 5:30 PM – Horse & Pony Grand Entry
- 5:30-8 PM Balloon Animals & Face Painting  
Sponsored by Spencer County Tobacco and Cessation and Spencer County VOICE
- 6:00-9:00 PM – 4 Person Trampoline Jump, Mechanical Bull, & Obstacle Course
- 6:00 PM - 4-H Goat Show \*\*
- 6:00 PM 4-H Horse & Pony Contest Show
- 6:00-9:00 PM – Live Music with 8 Track Food Stand
- 7:00 PM - Storytelling Artist Susan Fowler Exhibit Bldg

**Ride Bracelets Sold at Food Stand \$10 for all evening**

## Saturday, June 22nd

\*Free Inflatables 3-8 PM

- 6:30 - 9:00 AM - Swine Check In
- 7:30 - 9:30 AM - Breakfast Food Stand
- 8:00 AM - English Performance Class H&P
- 9:00 AM - 4-H Rocket Launch Vendor City
- 9:00 AM - 4-H Dog Show Exhibit Bldg
- 10:00 AM - 4-H Sheep Show\*\*
- 11:00 AM-2:00 PM Face Painting and Balloon Animals Sponsored by Spencer County VOICE
- 12:00 PM – Garden Fun Contest Exhibit Hall
- 12:30 PM - Battle of the Barns meet by Food Stand
- 3:00 PM - 4-H Poultry Show \*\*
- 4:00 PM – Silly Safari Exhibit Hall
- 3:00 PM – Open Horse Show Western/English/Contesting
- 5:30 PM – Silly Safari Exhibit Hall
- 6:30 PM – Tractor Pull
- 7:00 PM – Horse & Pony Costume Contest
- 7:00 PM - 4-H Swine Show \*\*

## Saturday Admission

\$5/ person beginning at 4 PM

4-H'ers wear your 2024 4-H shirt for no admission charge

## Sunday, June 23<sup>rd</sup>

Free Inflatables 3-6 PM\*

- 8:00 AM - Breakfast provided by Chrisney Baptist Church
- 10:00 AM – Frog Jumping Contest Farm Bureau Building
- 10:00 AM - 4-H Rabbit Show \*\*
- 12:00 PM – Grand Champions Exhibit Hall
- 12:00 PM - Pet Parade Farm Bureau Bldg
- 12:30 PM - 4-H Senior Ceremony Exhibit Hall
- 1:00 PM – Corn Hole Tournament
- 1:00 PM – 4-H Archery Tournament
- 1:00 PM – Horse & Pony Western/ Ranch Performance Class
- 2:00 PM – Kids Tractor Pull Kennedy Building
- 3:00 PM - 4-H Cloggers
- 3:00 PM – Anything Goes meet by Food Stand
- 6:00 PM – Dairy & Beef Show

**Parking \$5**

Friday & Sunday beginning at 4 PM

All Mini Livestock Shows will take place at the conclusion of the 4-H show.

# 2024 4-H Fair Sponsors

## Monday, June 24th

- 7:30-9:30 AM— Breakfast Food Stand
  - 9:00 AM— Table Tennis Vendor City Bldg
  - 11:00 AM— Supreme Showmanship
  - 12:00 PM - Monopoly Tournament
  - 1 PM - 2:30 PM— Small Livestock Photos
  - 2:30 PM — 4PM— Large Livestock Photos
  - 2:00 PM— BBQ Contest Shelter House
  - 3:00 PM— 7:00 PM— 4-H Project Release
  - 6:00 PM— Horse & Pony Fun Show (4-H only)
  - 6:00 PM— 4-H Livestock Auction
- All animals released 1 hour after the close of the auction

## Tuesday, June 25th

- 7:00 AM— 10 :00 — Fairgrounds Clean up
- 
- Bronze (\$100—\$249) cont.**
- Hopf Equipment
  - Invision Eye Center - Dr. M. Labhart/Dr. J. Sisley
  - Key Associates of Rockport
  - Lakeview Orchard, LLC
  - Lincoln Land Auto Parts
    - Lorraine Nichols
    - Masterson's Nursery
    - Merkely & Sons, Inc.
    - Norine & Michael Wood
    - Spencer Industries, Inc.
    - Sternberg Ford, Inc.
      - Weyer Electric
  - Wright Implement 1, LLC

# Spencer County

## 4-H Fair

June 21-24, 2024



### Platinum: (\$1000 +)

- C & S, Inc.
- Leiberling & Sons, Inc.
- Owensboro Health
- PSC Fiber
- Superior AG Resources
- Waupaca Foundry

### Gold: (\$500-\$999)

- Bruce Cissna, Attorney
- Farm Credit Mid-America
- Hoosier Hills Credit Union
- Ken Shourds Equipment
- Lloyd-Weber Farms
- Reo Family Dental, LLC
- Spencer County Democrats
- Spencer County Farm Bureau, Inc.
- Spencer County Republicans

### Silver (\$250-\$499)

- Dubois County Block & Brick
- Edwards Concrete & Construction
- Fischer Electric Inc.
- Freedom Bank
- Jasper Engine
- John's Tractor Service
- Meece Body Shop LLC

### Bronze (\$100-\$249)

- Boultinghouse Funeral Home LLC
- Dale Auto Parts, Inc.
- Dale Fall Festival Inc.
- Ferdinand Farmers Mutual Insurance
- Co. Grandview Civic Assn
- HD Construction
- Hilltop Veterinary Services
- Holiday Foods LLC



Extension - Spencer County

**Purdue Extension—Spencer County**

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***Spencer County 4-H Fair***  
***June 21—24, 2024***