

PURDUE EXTENSION TIPPECANOE COUNTY

OUR HIGHLIGHTS

MASTER GARDENER STATE CONFERENCE

ANR Educator, Pat Williams, presents at the Purdue Master Gardener State Program on campus.

4-H JUNIOR LEADERS

4-H Youth Educators, Dee and Megan, take the Junior Leaders to Chicago.

MATTER OF BALANCE

HHS Educator, Brock Turner, teaches a class to address the fear of falling and boost physical activity.



HOLIDAY CHEER



As the crisp autumn leaves blanket the ground, we find ourselves at the crossroads of reflection and anticipation. October and November, with their vibrant hues and cooler breezes, have created memories in our hearts.

Now, as we move closer to the holiday season, there is a sense of anticipation in the air. The twinkle of festive lights begins to illuminate our surroundings, and the promise of togetherness is near. The upcoming months invite us to create new memories, exchange thoughtful gifts, and revel in the joy of shared experiences.

So, Tippecanoe County, let's embark on this journey together—cherishing the memories we've made in October and November and embracing the possibilities that the holiday season holds. As we approach the year-end festivities, may the spirit of joy, love, and connection be our guiding lights.

Wishing you all a heartwarming and festive holiday season ahead!

Make sure to join the journey of Purdue Extension-Tippecanoe County on social media! Real time updates and information for you to enjoy.

Facebook- **Purdue Extension- Tippecanoe County**

Instagram- **@tippeco_extension**

Happy reading!

Amanda Graupner
Marketing and Virtual Programming

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NUTRITION EDUCATION PROGRAM ADVISORS

Our NEPA's share the many activities they have been involved with including wrapping up the CATCH series and starting lessons at local schools.



**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.**



AGRICULTURE AND NATURAL RESOURCES

PURDUE EXTENSION'S AG AND NATURAL RESOURCES (ANR) EDUCATORS SERVE AS A RESEARCH BASED, UNBIASED INFORMATION SOURCE FOR COUNTY AND STATE CONSTITUENTS ON A VARIETY OF TOPICS INCLUDING: CROPS, AG BUSINESS, LIVESTOCK, NATURAL RESOURCE, HORTICULTURE, SMALL FARMS, URBAN AG, PESTICIDE USE, AND LAND CONSERVATION. IN PARTNERSHIP WITH PURDUE UNIVERSITY SUBJECT MATTER EXPERTS, ANR EXTENSION EDUCATORS CAN PROVIDE RELEVANT AND PROVEN BEST MANAGEMENT PRACTICES TO ADDRESS MANY CLIENT'S SITUATIONAL NEEDS.

October started with presenting at the Purdue Master Gardener State Conference on campus. The topic was Gardening While Aging which focused on Master Gardeners helping others in their community stay active. The second half of the presentation explored the present state of horticultural therapy opportunities in IN. The 2023 Master Gardener Basic Training course was held on the following three consecutive Saturdays. I presented a 4-session mini class for WALLA (Wabash Area Lifelong Learning Association). Topics ranged from Winterizing Your Yard and Garden, Tree Pruning Basics for Healthier Specimens, Basics of Growing



"My garden is my most beautiful masterpiece." Claude Monet

Houseplants, and Garden Tool Maintenance. The monthly topic for the West Lafayette Public Library was Planting and Maintaining Trees. This series occurs the fourth Wednesday of every month except December and runs through May. November started with

judging the National FFA Floriculture competition in Indianapolis. We then finished the 2023 Master Gardener Basic Training course the first two Saturdays and graduated all 15 students. I had the opportunity to join the Fairfield Extension Homemakers for a lunch

and learn. November is also our two-day ANR Retreat where everyone from across the state meets at the Beck Agricultural Center in West Lafayette. This month's topic for the West Lafayette Public Library is Indoor Herb Gardening for Winter.

COMMUNITY WELLNESS COORDINATOR

Our Community Wellness Coordinators help make the healthy choice the easy choice. They collaborate with community partners on broader community change that involves policy, system, and environmental changes.

Betsy Coffing teamed up with Brock Turner to present about each of their program areas at the November Healthy Active Tippecanoe (HAT) meeting. Betsy gave an overview of her position as a CWC and what she worked on in 2023 and discussed what's to come in 2024. This meeting led to a few new partnerships and project ideas.

She has continued to meet with the Nutrition Education Program Advisors (NEPAs) to discuss collaboration this program year (our year runs from October to October). There have been lots of great ideas shared.

She also joined the Tippecanoe County Resilience and Recovery Subcommittee and attended her first meeting.

Hunger and Homelessness Awareness Week took place in early November. Food Finders Food Bank and Lafayette Transitional Housing Center (LTHC) gave an update on the "State of Hunger and Homelessness" in Tippecanoe County. Food insecurity is defined as the lack of access, at times, to enough food for an active, healthy life. 11.3% of the population in Tippecanoe County is considered food insecure. This is 20,970 people according to the most recent statistics and data from Feeding America(2021). From October 1, 2022 to September 30, 2023 LTHC provided 60,324 meals and served a total of 1,645 people through all of their programs.

1 in 9 people in the Food Finders 16-county service area experience food insecurity. Food Finders distributes more than 12 million pounds of food annually. To find out more, visit their website at www.food-finders.org.

Betsy is starting to plan for the upcoming eFMNP (Farmers Market Nutrition Program) sign up day for Tippecanoe County. This will be a day for vendors of the farmer's market to sign up to accept benefits and provide resources. The tentative date is scheduled for Thursday, April 18, 2024. More info to come.



donate.seedmoney.org

GrowLocal Urban Gardens Network - SeedMoney

GrowLocal campaign to help raise money for local gardens in the community.

GrowLocal's mission is simple: To support and encourage urban gardening through action, education, and organization; enhancing community and quality of life. We are a network of gardens in Lafayette, Indiana devoted to building, nourishing, and nurturing community through urban gardens.

Please donate today to help this project win a SeedMoney grant. All donations are tax-deductible and go to the project even if the goal is not reached. Find out more at donate.seedmoney.org.

GrowLocal Lafayette has a new garden coming to IU Health in Spring 2024!

TIPPECANOE COUNTY

1000 MAIN STREET TO 200 MAIN STREET
DECEMBER, 2ND AT 6:30 P.M.

DOWNTOWN CHRISTMAS PARADE



December 5, 2023

Bi-State Crops Conference

SPEAKERS:

Dr. Bill Johnson, Professor of Weed Science,
Purdue University

- Weed Management Update: how to plan for the 2024

Dr. Carmen Blubaugh, Agroecologist, University of Illinois

- Introduction to the Diversified Corn Belt Project

Dr. Andrew Margenot, Associate Professor, University of Illinois

- Overlooked non-ag but non-point sources of nutrient losses: why they matter for achieving nutrient loss targets in Illinois and Indiana

Kurt Lanzzone and Adam Tyler, Purdue Extension Educators

- Managing the storm, farm stress for producers

Adam Shanks, Digital Agriculture and Natural Resources
Curriculum Lead, Purdue Extension

- More than just scouting with a drone

PARP, CCH & CEU
credits available!

Register Now!



go.illinois.edu/BiStateCrops

Registration closes Friday, December 1st

Time: 10:00am to 3:00pm (EST)

Location: Beef House Restaurant, Oak Room

16501 IN SR-63, Covington, IN 47932

Cost: \$30 Cash or Check

Questions? Jon Charlesworth charles6@purdue.edu

765-762-3231



Extension



Illinois Extension
UNIVERSITY OF ILLINOIS-URBANA, CHAMPAIGN



College of Agricultural, Consumer and Environmental Sciences

University of Illinois, U.S. Department of Agriculture, Local Extension Councils Cooperating. If you need a reasonable accommodation to participate, please contact the event coordinator. University of Illinois Extension provides equal opportunities in programs and employment.

TIPPECANOE COUNTY
FAIRGROUNDS
EST. 1871



2024 FAIR DATES

Pre Fair: July 12th-18th

Fair: July 19th-27th



PURDUE
UNIVERSITY

Extension - Tippecanoe County

4-H

REGISTER TODAY

<https://v2.4honline.com/#/user/sign-in>



PURDUE
UNIVERSITY

Extension - 4-H Youth
Development



NUTRITION EDUCATION PROGRAM ADVISORS

BEST KNOWN FOR COOKING DEMONSTRATIONS AND SHARING FOOD SAMPLES AND COOKING TOOLS, OUR CERTIFIED NUTRITION EDUCATION PROGRAM ADVISORS (NEPAS) OFFER FREE LESSONS FOR CHILDREN, TEENS, AND ADULTS THAT CAN MAKE A HEALTHY DIFFERENCE IN THEIR LIVES.

Tammy Martin wrapped up her CATCH series with 3rd graders at Vinton Elementary and Earhart Elementary. Areas of focus included the importance of a healthy breakfast to "fuel up" for the day, and selecting food and drinks that are calcium-rich to keep our bones and teeth strong.

In mid-October, Tammy began lessons with students at Woodland Elementary and Wea Ridge Elementary. CATCH lessons with these groups concentrated on exercising 60 min every day for heart health, making healthy food choices (adding a variety of fruit and vegetables to meals and snacks and limiting intake of added sugar, sodium and fats), and limiting the amount of daily screen time. At the conclusion of each lesson, students enjoy preparing and sampling healthy snacks: smoothies, fresh fruits, and veggie wraps.

She will conclude the CATCH series with these two schools mid-December.

During the month of October, Jessica continued her weekly lessons at Benton Central High School with her 7th grade classes. The students loved learning all about what ingredients make foods "whoa foods" and (as always) loved trying new snacks that went along with their lessons!

Jessica started her Teen Cuisine lessons with her 8th grade classes in November. The students have so much fun with the hands-on activities Jessica provides and also enjoy getting to partake in making their own snacks.



Dinner from Ms. Martin's recipe



We went to the store and he picked everything out. He loves her coming and trying new things!!



4-H YOUTH DEVELOPMENT

The Indiana 4-H Youth Development mission is to provide real-life educational opportunities that develop young people who will have a positive impact in their communities and the world.

JUNIOR LEADERS

Junior Leaders is a project that is offered through 4-H for any member that is in Grade 7 or above. Junior Leaders is based on community service opportunities, especially related to the 4-H program and the county fair. Junior Leaders also serve as mentors and role models for younger 4-H members by interacting with them and sharing their experiences with them.

In order to complete the Junior Leaders project, you need to gain 100 points or more. Junior Leaders earn points by volunteering at different events and attending meetings, approximately one hour of time equals 10 points. Additionally, if a Junior Leader earns more than 125 points, they qualify for the Junior Leader Achievement Trip.

The Junior Leader Achievement Trip takes place in the fall following the county fair. The Junior Leader trip is completely funded by the Junior Leader Pop Stand at the county fair, so the trip is free to all Junior Leaders who qualify. On November 4, 28 Junior Leaders headed to Chicago for the day. They made visits to the Albanese Candy Factory, Shedd Aquarium, and Medieval Times. We are already thinking about plans for the Achievement Trip taking place in 2024.

If you or someone you know might be interested in this project, please reach out to our office at (765) 474-0793 to get involved today.



4-H Junior Leaders at Medieval Times in Chicago, IL.

4-H HANDBOOK COVER

Tippecanoe County 4-H is looking for the upcoming 2023-2024 4-H Handbook Cover! Entries must be completed on a regular sheet of paper (8.5 inches by 11 inches). Entries can be submitted by any current 4-H member. Entries must be emailed to 4-H Educator, Megan Skiba, at skiba0@purdue.edu by January 1st for consideration.

4-H ENROLLMENT

Enrollment for Indiana 4-H begins October 1 and members are encouraged to be enrolled by January 15 to receive important updates. Drop/Add Deadline for livestock and non-livestock projects will be May 15.

The 4-H program fee is \$15 per child, and \$45 max per family. The program fees cover insurance, project curriculum development, and club enrichment activities.

The same enrollment dates will apply to Mini 4-H (K-2). However, there is no county program fee for Mini 4-H.

If you have questions about enrolling in 4-H for the 2023-2024 program year, contact the Extension Office.

4-H VOLUNTEERS

Have you ever thought about volunteering with 4-H? Please give our office a call at (765) 474-0793 and we can help find you a place in our program!

As a reminder, if you are a returning volunteer for Tippecanoe County for the 2023-2024 program year, you will need to re-enroll on 4-H Online on or after October 1.

Without all of the volunteers, our program would not be nearly as successful! Thank you to all of those that volunteer with us!

CAREER DEVELOPMENT EVENTS

Area 9 hosted two more Career Development Events through October and November. First, the Soils Contest was held in Vermillion County where 4-Hers evaluated soil and made land use recommendations for production agriculture and home site development. Tippecanoe County had teams from Harrison High School and McCutcheon High School participate in this event.

The other Career Development Event was the Crops, Entomology, and Forestry Contest which took place in November. In this contest, youth choose one of the three areas to focus on and evaluate. Overall, Tippecanoe County had teams from Harrison High School and McCutcheon High School compete in this contest.

TRUNK OR TREAT

The Tippecanoe County Extension Office successfully hosted their Trunk or Treat on October 26th at the Tippecanoe County Fairgrounds. We had around 250 youth attend the event. Thank you to all the organizations, businesses, and clubs that joined us for an amazing evening! We had many 4-H groups join us, such as Junior Leaders, Tippecanoe County Fair Queens, All 4 Fun 4-H Club, and the Klondike Junior Farmers 4-H Club. We are already looking forward to the Trunk or Treat in 2024! Please enjoy some pictures from the event. To see all of the pictures, visit our Facebook page.



William Henry Harrison High School FFA Chapter



Besty Coffing, Dee Nicley, Megan Skiba, Dr. Pat Williams at Trunk or Treat Night



Young community members enjoying their goodies.



McCutcheon High School FFA Chapter

HEALTH AND HUMAN SCIENCE

Purdue Extension Health and Human Sciences provides education to individuals and communities in each of Indiana's diverse communities. We bring university information to the local level - both in person and online - to help people strengthen relationships, eat smart, improve health, and achieve financial wellness.

BALANCING ACT

Our "Matter of Balance" class took center stage, offering participants a transformation journey to address the fear of falling and boost physical activity. This initiative undoubtedly contributes to the well-being of our community by promoting both physical and mental health.

DIVERSITY AND INCLUSION

The "Beyond DEI" presentation, hosted by Right Steps and brought to us by the Indiana Youth Institute, was an enlightening experience. It reinforced Brock's commitment to inclusiveness and understanding diverse perspectives in the pursuit of community well-being.

COMMUNITY ALL-STAR RECOGNITION

Purdue Extension in Tippecanoe County received the prestigious "Community All-Star" award at the FoodFinders Food Bank Volunteer Appreciation event. This recognition is a testament to our team's dedication to making a positive impact on the community.

MENTAL HEALTH AWARENESS

A showing of "Racing to Respond" at The Loeb Playhouse provided insights into the state of mental health in youth across the state. This experience serves as a valuable resource for Brock in addressing mental health concerns in their programs.

AI EXPERTISE SHARING

Our educator not only stayed abreast of AI advancements but also actively contributed by presenting and sitting on a panel to discuss Artificial Intelligence for Purdue Cooperative Extension Specialists Association. This showcases their commitment to knowledge distribution within their professional community.

FINANCIAL EMPOWERMENT CONTINUES

The "Where Does Your Money Go?" program reached a milestone with the completion of Session 2. Participants developed personalized spending and savings plans, fostering financial empowerment that will resonate well into the future.

PREVENTING WITH PURPOSE

In a commitment to staying informed, Brock attended the webinar "Prevention at a Glance," presented by the Mississippi Public Health Institute. This insightful session ensures he is equipped with the latest knowledge to further enhance his preventive health education efforts.

NURTURING SUPPORT FOR FOSTER FAMILIES

The Villages Foster Family Support Group benefited from Brock's expertise as he presented on Dimensional Wellness. This not only imparts valuable knowledge but also extends support to those making a difference in the lives of foster children.

SWEET MOMENTS OF FAMILY

On a delightful personal note, Brock embraced a heartwarming experience by making his first pumpkin pie with his children, using a pumpkin they picked from Hillside Acres. This sweet and savory moment added a touch of joy to family bonding.



HHS Educator, Brock Turner, and NEPA, Barb Bunnell, attended the Food Finders Food Bank Volunteer Appreciation Night. Purdue Extension won the Community All-Star award!



HHS Educator, Brock Turner teaching Matter of Balance.

"Alone, we can do so little; together, we can do so much."

Helen Keller

FROM OUR KITCHEN TO YOURS: THE JOY OF SHARING HOMEMADE CREATIONS

Home is where the heart is, and what better way to warm your heart and soul than with a delicious, homemade meal. In a world filled with fast food and pre-packaged convenience, there's something truly special about preparing a dish from scratch in the comfort of your own kitchen. There's a unique sense of joy that comes from taking a cherished family recipe or a personal culinary creation and offering it to others. It's more than just sharing ingredients and instructions; it's about sharing a piece of ourselves and our culture.

Grandma Wescoat's Dressing Recipe

By: Holly Sietsma

This recipe was passed down to me from my grandmother in 1996 for the first Thanksgiving meal I hosted. When she wrote the recipe, she did not give me exact measurements. She would say, "I just use a little of this and a little of that, then taste it to make sure it's good!" The first time I made it, we did it together. As I added the eggs, she told me I needed to taste it to be sure it was perfect. At the time, I worked for a health department inspecting retail food establishments and there was no way I was going to taste it with RAW eggs! However, I didn't want to hurt her feelings and realizing Grandma was still with us after many years of testing it raw, I caved and tasted it.

Ingredients:

1 pkg of buns or bread (more if using a large pan) put the bread or buns in a large bowl to stale. I start this process two days ahead of time just to be sure they are good and stale.

1 pound ground sausage cooked and drained

1 onion chopped

2 stalks celery chopped

Saute' the onion and celery together with 1 tablespoon of butter

Incorporate all the above ingredients in a large bowl and add a large can or box of chicken stock/broth. (I boil the turkey neck in a small pot of salted and peppered water to give it more turkey flavor.)

Add sage, poultry seasoning, salt, pepper, 1 or 2 eggs, and $\frac{3}{4}$ cup apple sauce or a chopped apple.

Taste test without the eggs to be sure the seasonings are to your liking.

Mix in the pan of your choice (This year, I baked the dressing in a Bundt cake pan to make it look pretty. Next time I make it this way, I will be sure to divide the recipe into two Bundt cake pans so it bakes quicker!)

Bake at 350 degrees for one hour or longer until done. My family enjoys it crispy around the edges so I bake a little longer than an hour to achieve the crispiness.

I hope you enjoy this as much as my family does.



UPCOMING EVENTS

EVENTS FOR THE MONTHS OF DECEMBER AND JANUARY

December

Teen Cuisine and CATCH Lessons at Benton Central Jr/Sr High School (NEPA)
Continue Lessons at Wea Ridge and Woodland Elementary (NEPA)
2nd- Downtown Christmas Parade, 5:30 p.m. at Downtown Lafayette
5th- Bi-State Crops Conference, Beef House in Covington, IN (ANR)
7th- Extension Board Meeting, 6:30 p.m. at Extension Office
13th- Professional Development Conference for Extension Educators
14th- Professional Development Conference for Extension Educators
14th- Brock's Presentation on Artificial Intelligence *CLOSED CLASS* (HHS)
19th- Empower Me to Be Clutter Free, 6:30 p.m. at West Lafayette Public Library (HHS)

January

Strengthening Families Program Begins *CLOSED CLASS* (HHS)
Teen Cuisine and CATCH Lessons at Benton Central Jr/Sr High School (NEPA)
Start Lessons at Mayflower Mill Elementary and Group 2 at Wea Ridge Elementary (NEPA)
15th- Priority Enrollment Deadline for 4-H
15th- Exhibit Association Meeting, 7:30 p.m. at Extension Office (4-H)
17th- 4-H STEM Programming, 6:00 p.m. at Wea Prairie Branch Public Library (4-H)
24th- What are Invasive Plants and How Can We Help?, 10:30 a.m. at West Lafayette Public Library (ANR)
29th- Shooting Sports Callout, 6:30 p.m. at Extension Office (4-H)

Please call the Tippecanoe County Extension Office for any further information. (765)474-0793



Extension

LET'S STAY TOGETHER.

**PURDUE EXTENSION
TIPPECANOE COUNTY OFFICE**

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