

APRIL 2023



Extension - Tipton County



Happy Retirement and Welcome to the Team!

Please join us in wishing Karen Powell a very happy retirement! Karen has been with the office for several years. She has greatly contributed to the success of Purdue Extension Tipton County including the 4-H program.

Taking Karen's place is Tipton County resident Jill McKibben.

Also joining our office is Mary Anne Cowan. Mary Anne will be the new Program Assistant, a position she previously held. Mary Anne was born and raised in Michigan and graduated from Indiana State. She spent 20 years working in the orthopedic industry in the areas of marketing, sales training and administration. She moved to Tipton in 2015 and has enjoyed the welcoming feel of the community.

We are very excited to have Jill and Mary Anne join our office. Please stop by and help us welcome them.

<https://extension.purdue.edu/county/tipton/index.html>

<https://www.facebook.com/TiptonCountyExtension/>

Health & Human Sciences



SESSION 2 - MEALS IN A MUG

- Only need to cook for 1 to 2 people?
- Have a busy lifestyle?
- Looking for a budget-friendly option?
- Want a quick after school snack?

Register now for the second session of Meals in a Mug being offered at the Family Resource Center (3021 W State Road 28 Tipton, IN). Participants are welcome to bring their children to participate! Register at <http://bit.ly/3CmSo3C>.

BLOOD DRIVE

Our next blood drive is on Tuesday, May 16th from 2:30 PM - 7:00 PM. Your support saves lives, including those with sickle cell disease.

Approximately 100,00 Americans with the disorder rely on blood transfusions, sometimes every 3-4 weeks. And did you know type O blood is especially in demand, as it can be given to trauma patients, premature babies and others of all blood types.

Register at <http://bit.ly/3K4TJPu>.



Cooking Tips



- A 16 oz. mug is best for most recipes.
- Use a circular bottom mug vs. square.
- A thicker walled mug may add to cooking time.
- Food will cook unevenly with sloping sides.
- Generally, food cooks faster in shallow mugs however, when boiling pasta or rice, higher sides prevents boil-over.

Test your mug if you aren't sure if it's microwave safe:

- Place mug to test in microwave.
- Measure 1 cup of water into a 1 or 2 cup glass measuring cup and place beside mug in microwave.
- Microwave on high for 1 minute.
- If mug is cool and water in measuring cup is warm, the dish is safe.
- If the mug is hot and the water is cool, do not use for microwaving.
- **Do not place anything with metal in the microwave.**

THE IMPORTANCE OF SLEEP

March 12 is when we move our clocks forward and if you are like me, that means waking up an hour earlier and losing an hour of sleep. While that's not entirely the case (just go to bed an hour earlier), it's a good time to consider the benefits of sleep.

Helps With	Health Benefits	Symptoms of Lack of Sleep
<ul style="list-style-type: none">• Growth and development• Healing and repair• How well we perform during the day• Decision making and behaviors	<ul style="list-style-type: none">• Enhanced learning• Adaptability to change• Mental stability• Repairing body's organs, regulatory systems, and hormone actions• Maintaining eternal clock	<ul style="list-style-type: none">• Changes in mood• Having a difficult time waking up• Reduces attention span• Skewed decision making• Lack of energy and motivation
Recommended Sleep	Barriers to Remove	Tips to Improve Sleep
<ul style="list-style-type: none">• Adults 18 and older: 7-8 hours a day• Teens 13-18 years: 8-10 hours a day• Children 6-12 years: 9-12 hours a day• Children 3-5 years: 10-13 hours a day• Children 1-2 years: 11-14 hours a day• Infants 4-12 months: 12-16 hours a day	<ul style="list-style-type: none">• Avoid consuming caffeinated drinks, alcohol, or nicotine closely to bed time.• Remove electronic devices from the bedroom.• Avoid eating too closely to bed time.• Avoid doing any other activities, such as eating, in bed. Keep the bed for sleeping.	<ul style="list-style-type: none">• Set a sleeping schedule and stick to it (even on the weekends).• Exercise regularly• Keep your room dark and cool• Create a nighttime winding down routine.



MOBILE FOOD PANTRY

The Food Finders Mobile Pantry will visit Tipton County on Thursday, April 13 at 11:00 AM. The location is the Tipton County Fairgrounds at 1200 S. Main St. Tipton, IN 46072.

Drive through distribution is planned and clients are requested not to arrive prior to 10:30.

Ag and Natural Resource

FREE COMMUNITY GARDEN PLOTS

- If you like gardening but don't have the space or the equipment to till or grow your own garden you might consider registering for a FREE garden plot located on the south side of the Tipton County Fairgrounds Property.
- The way the community garden works is you reserve a plot where you are able to grow whatever plants you would like.
- We till your plot for you and have water hoses provided to help with the start up of your garden.
- One important thing to note is the food being grown throughout the garden is grown by different individuals which means this is not free food for anyone to come and pick.
The Master Gardeners have garden plots where the food they grow is donated across the street to the food pantry

PURDUE EXTENSION
MASTER GARDENER PROGRAM

FREE GARDENING CLASS

A hands-on learning experience to start your own garden!

May 6, 2023

2:00 PM-4:00 PM

1200 S. Main St., Tipton, IN 46072

Learn about how to plan a garden, soil preparation, different plants, types of gardens, garden tools, problem-solving, and so much more!

**Use the QR code or stop by the
Purdue Extension Office to register!**



PURDUE EXTENSION MONTHLY *Hot Topics*



SEASON 1

12:00 - 1:00 PM EST

19
JAN

Organics & Composting

Ashley Adair,
Organic Horticulture Extension
Specialist

20
APR

Turfgrass

Aaron Patton
Turf Extension Specialist

16
FEB

Garden Planning

Karen Mitchell
Consumer Horticulture
Extension Specialist

18
MAY

Soil

Eileen Kladviko
Professor of Agronomy

16
MAR

Plant & Pest
Diagnostic Lab

Tom Criswell
Director of the Plant Pest
Diagnostic Lab

Jon Bonkowski
Plant Disease Diagnostician

15
JUN

Plant Diseases

TBD

Each month join a Purdue Extension Specialist through this free, live, virtual program as they discuss their research and hot topics in their area of expertise.

**REGISTER
NOW!**

Online Registration: bit.ly/3V30MvK



**PURDUE
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Extension



4-H Youth Development

REGISTER FOR SUMMER CAMPS, TRIPS, AND WORKSHOPS!

Information about 4-H Summer Camps, Trips, and Workshops have been sent to 4-H members through broadcast e-mail and USPS; letters can also be found on the county 4-H page. There is something for everyone! Return the reply cards to the Purdue Extension Office by Friday, April 27 to guarantee your spot. The majority of fees are sponsored by the Tipton County 4-H Council.

- **Mini 4-H Day Camp**, May 31-June 2: For all Mini 4-Hers currently in kindergarten-2nd grade. Start your summer off right with fun games and activities, silly songs, and a day at the city pool!
- **Mini 4-H Day Camp Counselors**, May 30 training, camp on May 31-June 2: For 4-Hers currently in grades 7-12. Spend time playing games and leading Mini 4-Hers.
- **4-H Academy @ Purdue**, June 7-9: For 4-Hers currently in high school. Gain hands-on experience as you explore exciting career options on Purdue's campus. Many topics are being offered!
- **4-H Camp at Shakamak State Park**, June 14-16: For 4-H members currently in grades 3-6. Spend three days and two nights at Shakamak State Park being active in nature, learning survival skills, cooling off at the swimming pool, and making new friends!
- **4-H Camp Shakamak Counselors**, June 14-16 plus 4 training events: For 4-H members currently in high school. Teach a class, spend time with younger 4-Hers, and form a bond and make new friends with counselors from other counties! Here is your chance to become those older kids you look up to! *Applications are due by April 14.*
- **Junior Leader Conference- Leadership: Under Construction**, June 13-16: For 4-Hers currently in high school. Participate in a high energy, exciting workshop building leadership skills and learning ways to improve your clubs and community.
- **4-H Band and Chorus**, June 24-26: For 4-Hers currently in high school. Show off your musical and performing arts talents during an intense three day workshop that ends with a performance at 4-H Round-Up.
- **4-H Round Up**, June 26-28: For 4-Hers currently in grades 7-9, 8th grade is ideal. Spend three days and two nights exploring the Purdue campus learning about exciting careers, leadership, and making friendships with other 4-Hers from across Indiana!

Read the letters that came the week of April 3. Information also available on the county website, <https://extension.purdue.edu/county/tipton/tipton-county-4-h.html> under "Important Information."

Livestock ID- due May 15

4-H livestock project must be entered in 4-H Online by the end of the day on Monday, May 15. Rabbits, Poultry, and Pocket Pets paper forms due by May 15 (Poultry June 1).

Beef ID Night- Tuesday, May 9, 4-6 pm in the Livestock Barn

Sheep and Goat ID Night- Wednesday, May 10, 4-7 pm in the Livestock Barn

Swine being entered for the State Fair- pick up tags by May 15 in the Purdue Extension-Tipton County Office





INDIANA 4-H QUALITY LIVESTOCK CARE

To exhibit **BEEF CATTLE, DAIRY CATTLE, SWINE, SHEEP, MEAT GOATS, DAIRY GOATS, POULTRY, and RABBITS**, 4-H members must be certified through the Indiana 4-H Quality Livestock Care training **OR** the online Youth for the Quality Care of Animals program (YQCA).

1. This certification must be done on an annual basis
2. Members must be registered **BEFORE** attending a training
3. Members may attend any training dates listed on this flyer **OR** a training in another county **OR** complete the online YQCA training

Training Dates

Thursday, April 27, 2023
6:00 p.m.

Training Locations

Tipton County 4-H Community Building
Tipton Co. Fairgrounds
1200 S Main Street, Tipton

Other Quality Livestock Care trainings will be held through the Spring and Summer- dates to be announced very soon!

To register for the Indiana 4-H Quality Livestock Care program, please use <https://v2.4honline.com>.

Those planning to be certified through the YQCA program, will register at www.yqcaprogram.org and will present their completion certificate to their 4-H Educator.



If you need to request special accommodations, please contact the Extension office

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NEWSLETTER



TIPTON TIDBITS

GROWING TOGETHER GRANT

Last month Purdue Extension and the Master Gardeners Program applied for a grant to support the maintenance of the community garden and the food donations that arise from this garden. We have received word that we were granted the full requested amount and funds will be made available to the Master Gardeners soon!

In light of this initiative, the Master Gardeners will be hosting a free gardening course on May 6, 2023 from 2:00 PM - 4:00 PM at the community garden. You can register using the QR code below. Please contact the Purdue Extension Office for more details or help registering.



CHANGE TOOL

We have made great headway on our assessment interviews and are about halfway through. We aim to continue site interviews for this initiative this month!

HOWARD COUNTY FOOD DESERT

The Howard County Food Desert group is still working hard to develop long-term change for limited resource individuals in this area. We have developed a job description for a Food Access Director position and will be posting that this month.

STORY WALK INITIATIVE

A brand new initiative in the works is the idea of a Story Walk around the trails. The idea would be to install posts and frames to provide a story along the length of the trail for those using the trail. This initiative would encourage individuals to be active as well as engage in reading in a creative way. We are in the early stages of this project and will keep you updated as it progresses.



FOOD FOR THOUGHT

Eggs are a great source of protein and unsaturated fatty acids, which are good for muscles and the heart, respectively.

DYK: Breed determines egg shell color!

		
<i>Greek Yogurt Deviled Eggs</i>		
INGREDIENTS <ul style="list-style-type: none"> • 6 large eggs hard-boiled • ½ cup plain whole-milk Greek yogurt • 1 tablespoon smooth Dijon mustard • ¼ teaspoon sea salt • ⅛ teaspoon black pepper • ¼ teaspoon smoked paprika plus more for topping • ⅛ teaspoon cayenne pepper 	DIRECTIONS <ol style="list-style-type: none"> 1. Cut each egg in half lengthwise. Remove the yolks into a small bowl. Arrange the whites on a serving plate. 2. Use a fork to mash the egg yolks. 3. To the egg yolks, add Greek yogurt, Dijon mustard, sea salt, black pepper, smoked paprika, and cayenne pepper. 4. Mix well, until smooth. If the mixture seems too dry, add more Greek yogurt. 5. Spoon the mixture back into the egg whites. Sprinkle smoked paprika on top. Serve immediately, or refrigerate. Remove from fridge 30 minutes before serving. 	

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Contact Us



1200 S. Main St.
Tipton, IN 46072
(765) 675-1177

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[Facebook](#)



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