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**EXTENSION EXPRESS!**

***Purdue Cooperative Extension Service -Vermillion Co.***

WEBSITE: https://extension.purdue.edu/county/Vermillion

***Nov/Dec 2022***

***2023 VERMILLION COUNTY FAIR JUNE 10-17***

***2023 INDIANA STATE FAIR JULY 28—AUGUST 20***

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| --- | --- |
| Dear Families,    As we near the end of another successful year, the staff of Purdue Extension Vermillion County thanks you for your participation in and support of Extension and 4-H programming in 2022! We are grateful for each of you, and send best wishes for a safe and enjoyable holiday season!  Please watch your mail and email for details of future events and programs. Also, if you’re on Facebook, please like these Extension and 4-H related pages.  Office #: 765-492-5330 OR 765-492-5 \_\_ \_\_ \_\_ fill in with our individual extensions to go directly to our respective phones.  *Becky Phil Lori*  Becky Holbert Phil Cox Lori Bouslog  Extension Educator Extension Educator Extension Educator  Ext. 337 Ext. 335 Ext. 332  [holbert@purdue.edu](mailto:holbert@purdue.edu) [cox119@purdue.edu](mailto:cox119@purdue.edu) [lbouslog@purdue.edu](mailto:lbouslog@purdue.edu)  *Connie Margie*  Connie Warner Margie Allee  Office Manager Extension Program Ass’t  Ext. 334 Ext. 336 | **Find us on Facebook at:**  **Purdue Extension Vermillion County**  **Vermillion Co. 4-H**  **Vermillion Co. 4-H Volunteers**  **Vermillion Co. 4-H Jr. Leaders**  **Vermillion Co. IN Extension Homemakers**  1280px-Purdue_Boilermakers_logo |
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EXTENSION & COUNTY OFFICES CLOSED for holidays and observances:



2022 2023

Nov. 8 – Election Day Jan. 2 – Happy New Year!

Nov. 11– Veteran’s Day Jan. 16 – Martin Luther King Jr. Day

Nov. 24 & 25–Thanksgiving

Dec. 23 & 26 – Christmas

Dear 4-H and Extension Family,

When I was in high school at Mt. Vernon (Fortville, IN) I often said when asked what I wanted to do after high school, “If I could make a living volunteering, that’s what I’d do.” While in college, I applied for the Peace Corps and was accepted. I was going to be part of a team, teaching life and leadership skills with youth in Colombia—basically 4-H. It was my 4-H experience that got me accepted to the Peace Corps. I was scheduled to leave the first week of February of 1989. I got word at Christmastime that the trip was going to be postponed due to the drug cartel. In the meantime, I started my Master’s degree at Indiana State and had started working at the Vigo County Extension Office. When the call came to go, I was concentrating on completing my degree. Not completing the Peace Corps mission is a life regret I have. Had I gone and put my education on hold, I would not have been working at the Vigo Co. Fair in July of 1990 to go on a blind date with a Vermillion County farmer.

Had I gone, I would never have met any of you.

It’s funny how a decision here and a decision there can completely change and redirect the course of one’s life.

Each of you and the hundreds of volunteers and 4-Hers in Vermillion County over the past three decades (31 fairs) have shaped who I am. At Thanksgiving 2021 I made the decision to retire in the fall of 2022. Fall 2022 is here. November 18th will be my last day as an Extension Educator.

You ALL, each and every one of you, have been an important part of my growth as an educator and as a person. I’ve learned from each of you, no matter your age, and I know that the 4-H and Extension volunteers have MUCH to teach our youth and, likewise, our YOUTH have MUCH to teach all of us!

So, in a sense, I’ll be doing what I had stated MANY years ago, ‘making a living volunteering’. I’ve learned that a ‘living’ is much more than a salary earned. I look forward to continuing to volunteer with 4-H, Ernie Pyle WWII Museum, Vermillion Co. Park Board, Vermillion Trails Alliance, and Bono UMC. I’m really looking forward to spending more time with my family and friends.

I’m confident that the Extension Board and Purdue will hire a 4-H Youth Educator as quickly as possible for a smooth transition for the office, the 4-H clubs and programs, and most importantly, for the youth of Vermillion County.

Thank you for your commitment to the Vermillion County 4-H program and to the 4-Hers and for the WONDERFUL memories and friendships. I cherish each of them AND each of you!

Still having FUN in 4-H,

Becky

**CONGRATULATIONS, BECKY, ON YOUR RETIREMENT!**

**Your dedication to the Vermillion County 4-H program**

**is appreciated and will be missed!**

**A celebration will be planned for January, 2023, hosted by the**

**Vermillion County Extension Board and Vermillion County 4-H Council.**

**Please watch your email inbox and Facebook for details!**



***JR. LEADER NEWS-***

**To date there are 65 Jr. Leaders enrolled for the 2022-23 year. WOW!!! We do our BEST to schedule around events. Understand that with this many Jr. Leaders and jobs and all of your many different extra-curricular activities we know there will be some conflicts. Come when you can to be involved and earn points and community service hours. Our 65 Jr. Leaders represent 7 schools, 6 school districts in 4 counties!**

***AN UPDATED LIST OF POINT OPPORUNITIES/COMMUNITY SERVICE will be emailed (most recent was emailed on Sunday, Oct. 2). Please go through this list with your parents, compare your schedules and when they’re available to drive and/or carpool with other parents we hope to see you. Remember, when you get a new list of point opportunities, pitch the old one as new opportunities have been added and sometimes there may be a time, date, or location change for an event for which Jr. Leader help has been requested.***

***Nov. 6: Meeting***, 3:00-5:00 PM; ***Veterans Program & Dinner,*** sponsored by Jr. Leaders, at ***5:30 PM***, all at FG

***Nov. 12: Handbook Party, 10:00 AM-1:00 PM at the Fairgrounds***

***Nov. 13: Business meeting from 1:30-2:30 PM with Handbook Party from 2:30-4:00***

**\*Watch mail and email for details on upcoming events!!! And more FUN!!!  
 *“WHEN WE WORK, WE WORK HARD; WHEN WE PLAY, WE PLAY HARD and we have a LOT OF FUN!!!!”***

**PLANNING AHEAD FOR 2023 CAMPS & TRIPS**

Mark your calendar now and watch for more details

Spring Break Mini 4-H Camp for K-2nd graders: March 20-23, 8 AM-4 PM (may attend this camp + one of the weeks of summer Mini 4-H Camp)

Mini 4-H Day Camp @ Fairgrounds: May 30-June 2, 8 AM-4 PM, K-2nd graders

Mini 4-H Day Camp @ Miller Park: June 5-8, 8 AM-4 PM K-2nd graders

4-H Camp @ Shakamak State Park, June 4-7 ; overnight camp for 3rd-6th graders

4-H Academy @ Purdue for 9th-12th graders: June 7-9

2023 VERMILLION COUNTY FAIR: JUNE 10—17

State 4-H Band for 8th-12th graders @ Purdue: June 17-19

State 4-H Chorus for 8th-12th graders @ Purdue: June 17-20

RoundUp @ Purdue for current 7th-9th graders: June 19-21

**SCHOLARSHIP WORKSHOP!**

**DATE: Sunday, November 13**

**TIME: 6:30-8:30 PM**

**PLACE: Vermillion Co. Fairgrounds 4-H Community Building**

**WHO: 4-Hers in grades 10-12 AND anyone wanting to learn more about the FAFSA and scholarship process whether in 4-H or not!**

**An adult is ENCOURAGED to attend with the 4-Her!**

**4-H’ers should call to register in advance so that we can have your records copied**

**to assist you in applying for scholarships.**

**Register by calling the Extension Office at 765-492-5330.**

**4-H ANIMAL/LIVESTOCK UPDATES FOR 2023**

* Llamas will be staying throughout the fair in 2023 with the Llama Show held during the fair rather than a pre-fair activity
* Llamas will be added to the Master Showmanship rotation
* Miniature cow breeds are permitted to show at the Vermillion County Fair
* November pigs are permitted at the 2023 fair. In fact, encouraged, to be sure they have plenty of time to grow. Keep in mind that getting November pigs will mean that a 4-Her will have to buy earlier (January/February) so will need to have facilities to keep the pig warm or expect to pay more for your pig to offset the buyer having to feed, house, and care for the animal for a longer period of time. Have family discussions and plan ahead!
* It is expected for ALL ANIMAL EXHIBITORS to help for a MINIMUM OF 2 HOURS at one or more of the scheduled barn clean-up days. (This has always been an expectation but never in the handbook. When Clean Up Days are scheduled BE SURE to mark your calendar to come and help!!!

**There are other clarifications in the handbook for animals these are just the major additions/changes. 2023 is going to be an EXCITING year!!!**

**Save the Dates for Bi-State Ag Programs at The Beef House:**

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**Crops Conference (with PARP credit)**

Dec. 1 @ 10:00 am

**Garden Conference**

January 24 @ 10:00 am

**Registration information will be on the Vermillion County Extension website and Facebook page.**

J.O.L.T.!

**WHO:** Any person in grades 3-12 **DATE:** Sunday, January 8, 2023

**WHERE:** Vermillion Co. Fairgrounds **TIME:** 2:15 P.M.- Registration 2:30 - 5:30 PM–Program

**Journey of Opportunities**

**for Leaders of**

**Tomorrow!**

**Speaker:** Lonnie Bedwell-Blind Military Veteran. Extreme Adventure Athlete. Motivational Speaker. Author. Check out his website: [www.lonniebedwell.com](http://www.lonniebedwell.com)

**BRING:** A friend and a smile

**COST:** ABSOLUTELY NONE! FREE! Really!

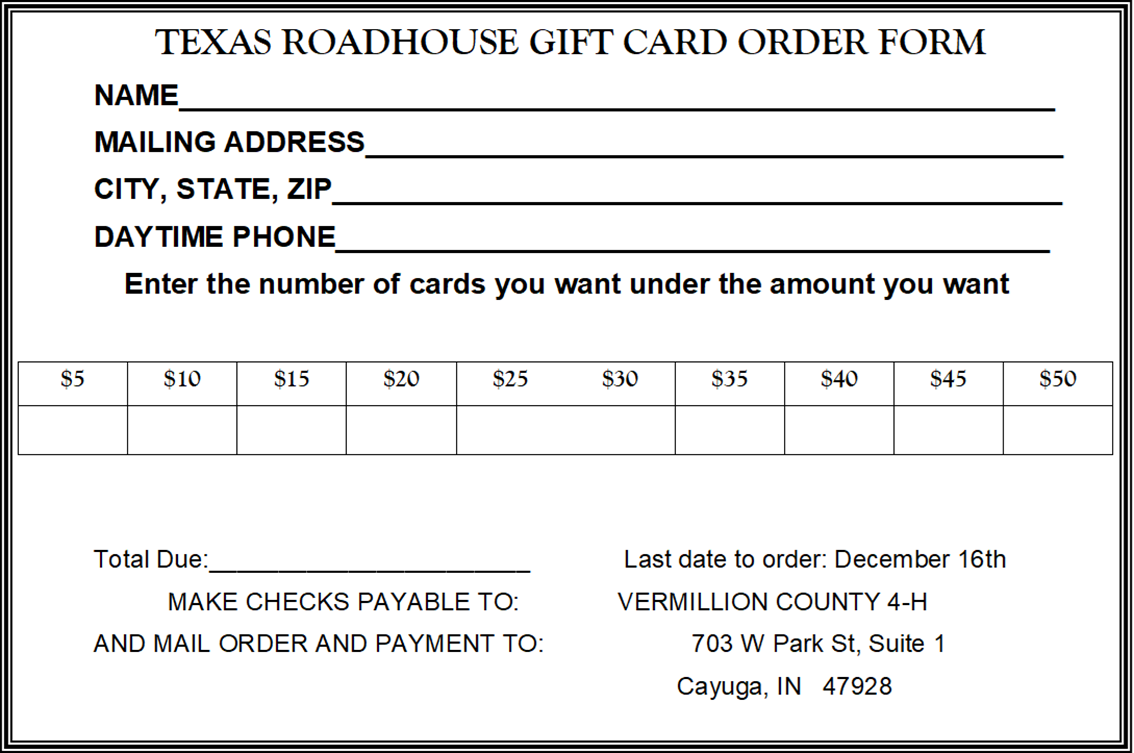
ALL PARTICIPANTS WILL EARN A T-SHIRT!

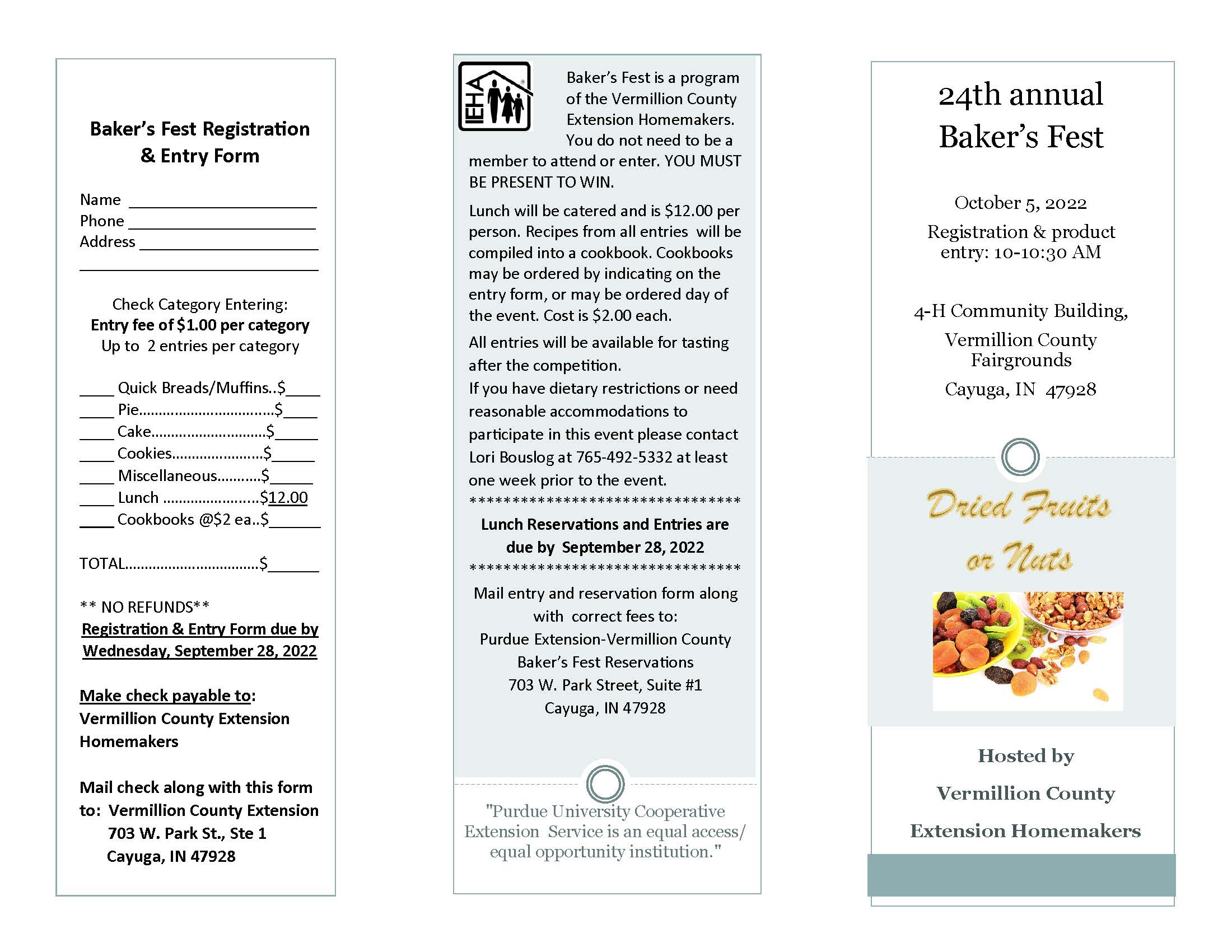
***TEXAS ROADHOUSE GIFT CARDS!!!***

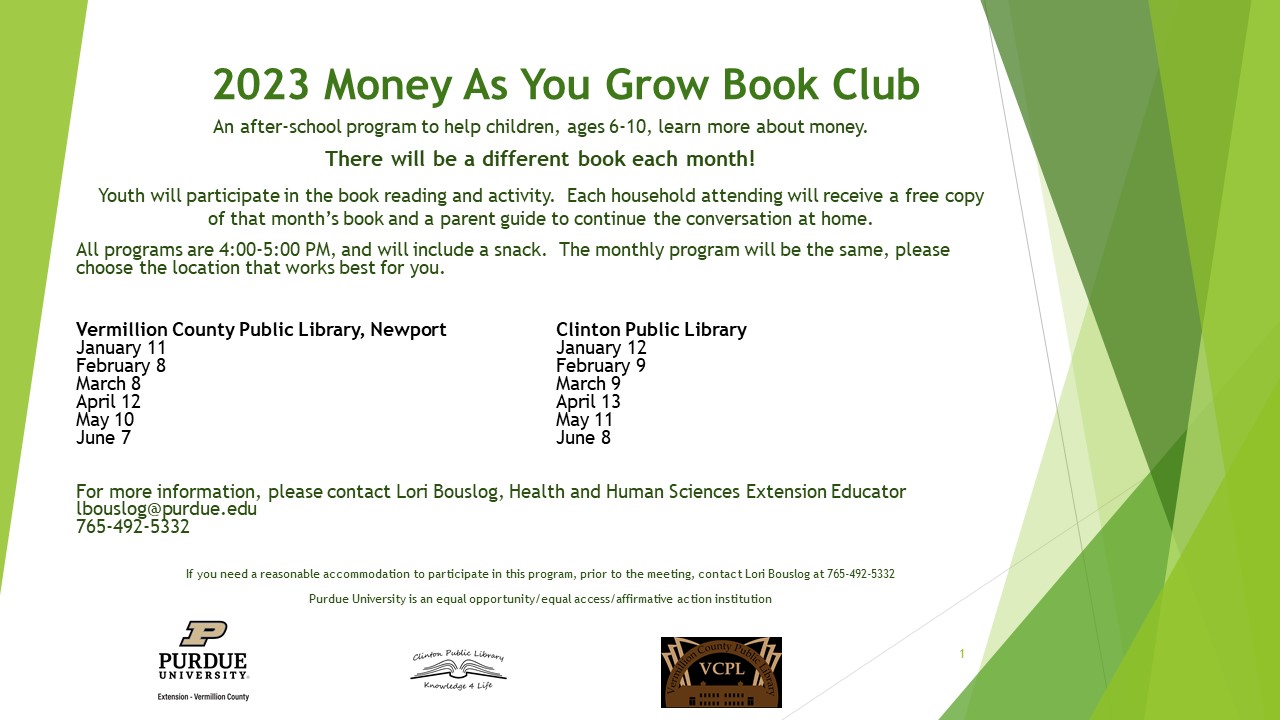
***This is an excellent gift idea….for co-workers, employees, teachers, bus drivers, college students or just to have on hand for that last-minute gift. This fundraising opportunity is a WIN-WIN situation for EVERYBODY! To order, simply complete the form on below and return it w/payment to the Extension Office. Cards can be ordered in any combination. Be sure to let your family, friends, and co-workers know about this offer. Anyone can order.***

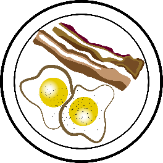
***Remember, it’s the thought that counts. $5 or $10 can go a long way! It is a gift that WILL get used! Vermillion County 4-H will earn 10% of the total gift card sales that we turn in and you get some of your Christmas shopping done! WIN-WIN! The $ earned is earmarked for 4-H Scholarships! Don’t delay! Complete the form today!!! Ordered cards will be mailed and/or delivered in a timely manner. ALL PROCEEDS TO 4-H SCHOLARSHIPS.***

***For more information, contact us at 765-492-5330. Copy and give an order form to a friend, co-worker…..put it in the teachers’ lounge or break room at work! These can also be found on our website. For website address, see front page.***

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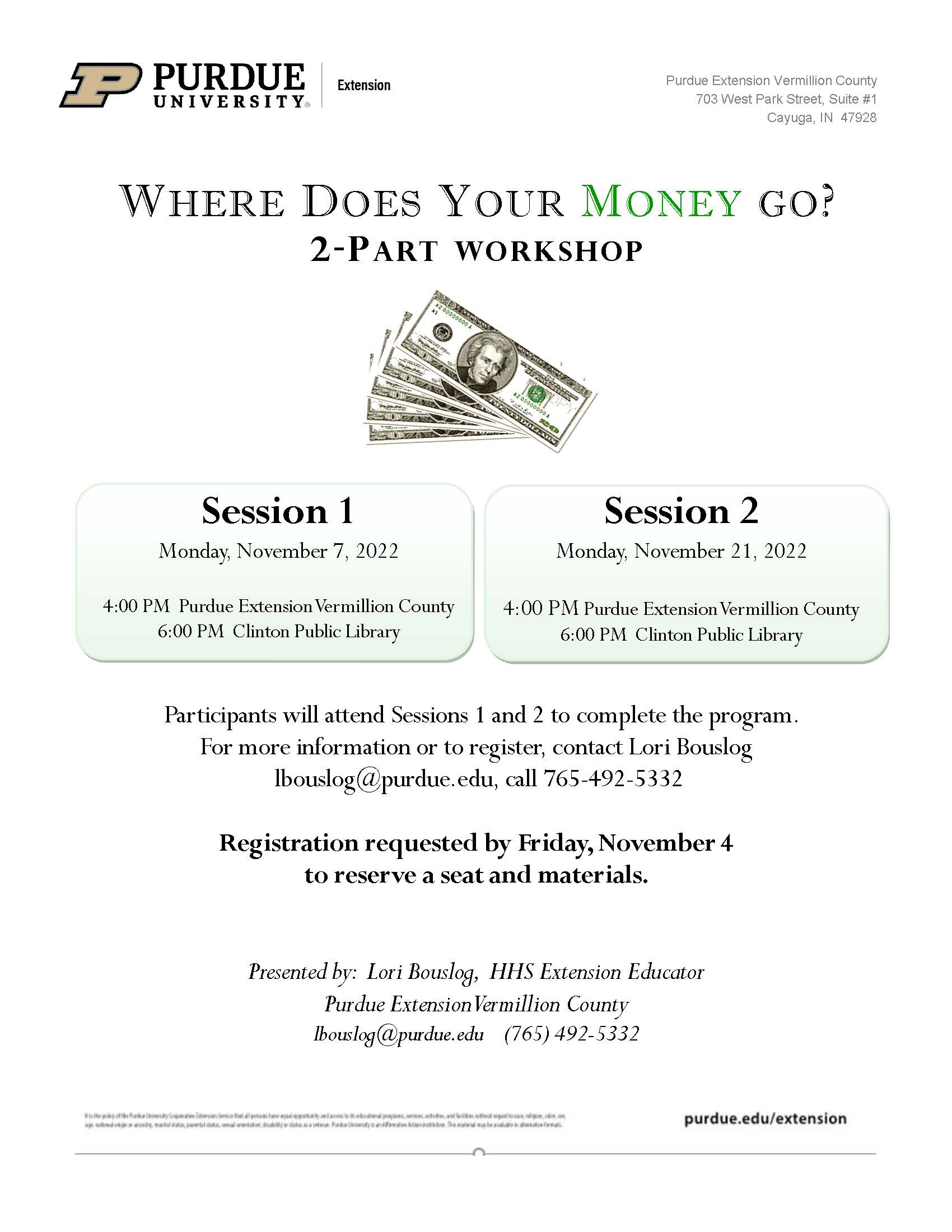
** Vermillion County 2022 Ag Breakfast – December 9**

Purdue Extension - Vermillion County will host a free 2022 Ag Breakfast at 8:15 am on Friday, December 9th at the Vermillion County Fairgrounds Community Building in Cayuga Park.

“Farmland Market Outlook” will be presented by Dr. Todd Kuethe. He is an associate professor and Schrader Chair in Farmland Economics in the Department of Agricultural Economics at Purdue University, specializing in farm real estate, policy, and agricultural finance.

He is also a consultant at both the Federal Reserve Banks of Chicago and Kansas City, Editor of the *Agricultural Finance Review*, and Co-Editor of the *Purdue Agricultural Economics Report* (PAER). Kuethe will discuss how Indiana farmland prices hit a new record high in 2022. This presentation will examine how we got here, what it means for your balance sheet, and where we may be headed in the future.

First Financial Bank is sponsoring the program.   RSVP is required by contacting the Vermillion County Extension Office at 765-492-5330 or [cox119@purdue.edu](mailto:cox119@purdue.edu) by December 2.



***4-H ONLINE ENROLLMENT IS OPEN!!!***

4-H OnLine looks differently this year. It has been updated.

Follow link below and follow instructions for:

A. first-year 4-Her, current 3rd grader or older and have never been in 4-H

B. Returning 4-Her—-must re-enroll each year  
[**https://extension.purdue.edu/county/vermillion**](https://extension.purdue.edu/county/vermillion/)Adults (parents, grandparents, neighbors) who are interested in learning more about volunteering with Vermillion Co. 4H should contact the

Extension Office by calling 765-492-5330.

It truly takes a village and the Vermillion Co. 4-H ‘Village’ would only be made more AWESOME with more adults willing to make a difference!

Volunteer opportunities for ALL schedules and interests!



**You’re invited!**

**healthy, happy holidays**

Learn ways to eat well, spend smart, and be well during the busy holiday season.

Offered by the Area V Health and Human Sciences Extension Educators

Vermillion County will host one of the 4 regional programs on

Monday, November 7 at 1:00 PM

4-H Community Building, Vermillion County Fairgrounds, Cayuga

Please register at [lbouslog@purdue.edu](mailto:lbouslog@purdue.edu) or call 765-492-5330

Other locations include:

Monroe County – November 2, 6:00 PM, Monroe County Public Library, Ellettsville

Register at [bekwonwa@purdue.edu](mailto:bekwonwa@purdue.edu) or 812-349-2575

Sullivan County – November 3, 6:30 PM, Sullivan County Extension Office

Register at [ccassel@purdue.edu](mailto:ccassel@purdue.edu) or 812-268-4332

Clay County – November 16, 6:00 PM, Clay County Fairgrounds

Register at [onmorgan@purdue.ed](mailto:onmorgan@purdue.ed) or 812-448-9041

Anyone is welcome to attend this FREE event. Register with whichever location is best for you. Call or email each county Educator directly to register!



[This Photo](https://www.pngall.com/christmas-lights-png) by Unknown Author is licensed under [CC BY-NC](https://creativecommons.org/licenses/by-nc/3.0/)

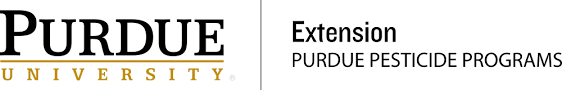
**2023 VERMILLION COUNTY 4-H PROJECTS OF THE YEAR: \*ATV SAFETY \*MODEL CRAFT \*HEALTH**

**There are model craft kits in the Supply Fest inventory available**

**at no charge on a first come, first served basis.**

**Call the Extension Office to take a look!**

**Get creative to design the T-shirt! All 4-Hers completing at least one of these projects will earn a T-shirt. 4-Her with winning shirt design will have name printed on T-shirt as ‘designed by…..’**

**PRIVATE APPLICATORS ONLINE RECERTIFICATION PROGRAM **

One of the three recertification programs can be an online program. A maximum of two recertification programs (online or in the county) in one year can receive recertification credit.

Refunds will not be given for more than one online program or more than three recertification

**Technology Requirements**

* You will need to use a computer with a strong, reliable Internet connection. It is **NOT** recommended that you attempt to complete this course using only a mobile phone for your connection.
* Students must be able to use BrightSpace, the online learning platform, and all its features. This includes being able to navigate course content and answer quiz questions.
* If you do not have your own computer, consider going to your public library as most have free computer access or contacting your local extension office.

**What to Do and When**The online PARP is a self-paced course, you can go through the material as quickly or slowly as your time allows. The modules are designed to allow you to review the material as many times as you need until you feel confident that you have learned the material.

After registering, you have until December 31st at 11:59 pm (midnight) in the calendar year in which you enrolled in the course to complete. You must pass the Completion Quiz with at least a 60% score. **December 29, 2022 is the last day of registration.**

**Course Completion**After passing the Completion Quiz with at least 60% correct, Purdue Pesticide Programs and the Office of Indiana State Chemist will be notified that you have passed/completed the program. Allow at least 10 business days for the program credit to appear on your record.

For more information and to register see: <https://ppp.purdue.edu/private-applicators/recertification-parp/online-recertification-program/>



### VERMILLION COUNTY EXTENSION HOMEMAKER UPDATES



**A Sprinkle of News from Sue**

By Sue Weber, Vermillion County Extension Homemaker President

Twenty-five members from Vermillion County Extension Homemakers enjoyed attending Bakersfest on Oct. 5 at the Vermillion County Fairgrounds. The Theme was “Nuttin’ but Kindness.” Members competed in a baking contest with the ingredients of Dried Fruit or Nuts. Winners included 1st place Breads or Muffins, Linda Huxford, with Prune Bread; Cookies 1st place, Sue Weber, Date Bars; 1st place pie, Linda Huxford with Pecan Pie; 1st place Cake, Sue Weber, Pecan Upside Down Bundt Cake, and Miscellaneous 1st place was Granola Snack Mix, made by Jane Cheesewright. Grand Champion Honors went to Linda Huxford for her Pecan Pie, and Reserve Grand Champion, Sue Weber for her Date Bars. The judge was Terre Haute District Representative, Sarah Gossett. The members made 200 hearts to share with people supporting the Scatter Kindness the IEHA Way state project.

Breakfast snacks were made by Helt’s Prairie Club, and beautiful fall decorations and favors were made by Happy Homemakers. A delicious lunch was served by Foxworthy Catering. Door prizes were won by Flavia Poletto, Jane Cheesewright, and Lori Bouslog. It was decided that our 25th year theme of Bakersfest will be Peaches.

The IEHA Extension Homemakers Week will be celebrated October 17-22. Look for QR Codes in Local Businesses to promote Extension Homemakers Week. We are planning an Extension Homemaker Trip to Arthur Illinois on October 27. Anyone is welcome to attend. We will be shopping in local stores and having lunch at an Amish Buffet. Call 765-562-3577 if you are interested in attending. You do not have to be a member to attend.

The Homemakers are planning on making *Birthday in a Bag* for local food pantries as our Make a Difference Day Project.

We are also looking for names and addresses for Active Military. Please contact Connie at the Extension Office, 765-492-5330, for names and addresses of friends and loved ones serving from Vermillion County, so we can send them a package.

Our next Council Meeting is November 7 at 10:00 a.m. at the Extension Office. Everyone is invited.

**EXTENSION HOMEMAKER COUNCIL MEETINGS**

Extension Homemaker Council meetings for 2022-2023 will be November 7, 10:00 AM at Purdue Extension Vermillion County office, Cayuga; March 6, 10:00 AM at Vermillion County Public Library, Newport; and May 15, 11:30 AM (Indiana Time) at Randall Manor, Chrisman.

**LEADER LESSONS**

The Area V HHS Educators offer leader lessons and package lessons, which are listed on pages 14-15 of the current program book. The lessons on the IEHA website, [www.ieha-families.org](http://www.ieha-families.org), are also available for use throughout the year.

Please contact Lori for copies of the lessons your club is requesting!

**HOLIDAY HAPPENINGS in VERMILLION COUNTY COMMUNITIES** (that the Extension Office is aware of at the time of print)

We are BETTER, TOGETHER! Some FUN and FREE activities for your family of all ages!!!

**SATURDAY, DEC. 3** CLINTON CHRISTMAS PARADE, 5:00 PM Watch for more details on The Daily Clintonian FB page as well as in The Clintonian newspaper as the date gets closer.

**MONDAY, DEC, 5**– 6:00 - 8:30 PM; FESTIVAL OF LIGHTS, Dana: Holiday Parade at 7:00 followed by Horse-drawn wagon rides (with jingle bells, clip clop, & Christmas lights, will even get the Grinch in the Christmas spirit!), crafts, food, and Santa, Helt Twp. Fire Dep’t. Sponsored by the Dana Boosters

**SUNDAY, DEC. 11-** 6:00-8:00 CHRISTMAS at CAYUGA PARK/FAIRGROUNDS- Sponsored by C.A.R.E.– Cayuga Area Revitalization Effort

There are always other events that ‘pop up’ or details aren’t confirmed at this time. Watch community fb pages for more information.

**VERMILLION PARKE HEALTH COALITION**

Are you interested in the health of your community? Are you looking for ways to make a difference? The Vermillion Parke Health Coalition (130+ members!) has been meeting for 2 ½ years, with support from our state Connections IN Health team. The monthly meetings, on the first Thursday of odd numbered months at 10:00 AM, continue to be virtual for now. There are four working groups (Resource Manual, Food Insecurity, Connecting Health Care, and Poverty), and several coalition members have volunteered to be involved with at least one of them. If improving the health of your community is important to you, please contact Lori Bouslog at [lbouslog@purdue.edu](mailto:lbouslog@purdue.edu) or call 765-492-5332 to discuss how you can be involved.

**POVERTY SIMULATION**

The Poverty working group of the Vermillion Parke Health Coalition will host a Poverty Simulation in January, 2023. Join in a live role-playing simulation of families living in poverty. This eye-opening look into the difficult decisions that millions of Americans are forced to make every day will foster empathy and awareness of the needs in our communities. Contact Lori Bouslog, Health and Human Sciences Extension Educator, at [lbouslog@purdue.edu](mailto:lbouslog@purdue.edu) or 765-492-5332, for more details. Registration will be required.

**4-H SPECTACULAR!!!**

**Watch for registrations to be sent home from school**

**and posted on our website!**

**DATE: Tuesday, January 3**

**PLACE: Paradise Bowl, Clinton**

**WHO: 3rd--6th graders**

**TIME: 9:00 AM-3:00 PM**

**8:00 AM drop off available for parents who need to drop off early.**

**Activities will be planned for that time.**

**COST: $25.00 for 4-Hers and $40 for non 4-Hers (this includes your 4-H enrollment fee**

**through Sept. 30, 2023 and opens LOTS of opportunities for your young person!!!)**

**Price includes lunch, drinks, snacks, all project supplies, bowling 2 games,**

**4-H enrollment, and lots of FUN!**

**Eggnog Glazed Gingerbread Coffee Cake**

Ingredients

For the cake:

1½ cups plus 1 cup all-purpose flour

⅓ cup sugar

1 package (2¼ tsp, ¼oz, 7g) yeast

½ tsp salt

2 tsp ginger

1 tsp cinnamon

½ tsp nutmeg

¼ tsp cloves

½ cup milk

¼ cup water

¼ cup butter, melted and cooled

2 Tbsp molasses

1 egg, room temperature

1 tsp vanilla extract

For the crumb topping:

¾ cup all-purpose flour

½ cup brown sugar

¼ cup sugar

2 tsp cinnamon

1½ tsp ginger

½ tsp allspice

¼ tsp nutmeg

⅛ tsp cloves

¼ tsp salt

¼ cup butter, melted

For the glaze:

1 cup confectioner’s sugar

2 Tbsp eggnog

⅛ tsp nutmeg

Recipe courtesy of: Red Star Yeast

Instructions

1. Spray and flour a 10-inch springform pan. Set aside.
2. In the bowl of a stand mixer, whisk together 1½ cups flour, sugar, yeast, salt, ginger, cinnamon, nutmeg, and cloves.
3. In a small saucepan over low heat (or in the microwave), combine milk, water, butter, and molasses until temperature reaches 120-130°F.
4. Slowly beat in wet ingredients to dry ingredients until just combined. Increase speed to medium, and beat for 3 minutes. Beat in remaining 1 cup flour, egg, and vanilla extract until combined. Gently spread/press batter into prepared pan.
5. Cover with plastic wrap or towel and allow to rise in a warm place until puffed and almost doubled in size, about 45 minutes.
6. Preheat oven to 375°F during last 15 minutes of rise time.
7. Prepare topping: Stir together flour, brown sugar, sugar, cinnamon, ginger, allspice, nutmeg, cloves, and salt. Stir in melted butter until mixture resembles coarse crumbs.
8. Gently sprinkle crumb topping over risen batter.
9. Place in preheated oven and bake for 15-20 minutes or until toothpick inserted in the center comes out mostly clean or internal temperature reaches 195-200°F. Do not over-bake.
10. Remove from oven and allow to cool completely.
11. Make the glaze: Stir together confectioner's sugar, eggnog, and nutmeg until smooth. Drizzle over cooled coffee cake. Allow glaze to harden and serve.
12. Tip: It is important that your liquids are warm enough (but not too hot to touch!) to activate the yeast, especially if your house is on the cooler side.

10 servings Source: homebaking.org

**Eat and Be Merry: Tips for Healthy Holiday Indulging**

Eating healthy during the holidays can be challenging, especially when there is a cornucopia of foods to choose from. However, you do not need to give up your favorite foods to maintain your weight. By following these tips at your holiday table, you can enjoy both the food and your family without worrying about your health:

1. **Prevent Overeating**- Be sure to eat a wholesome breakfast and lunch before going to your holiday destination. When we don’t eat for long periods of time, our blood sugar goes down and we tend to overeat at our next meal. By spacing out meals throughout the day, our blood sugar stays steady and we are not as prone to overindulge at dinner.
2. **Remember Portion Sizes** - Every dish can be enjoyed as long as you keep to appropriate portion sizes. A good rule of thumb is to fill half your plate with vegetables, 1/4 of it with turkey or other meat, and the remaining 1/4 of the plate with a starch, such as stuffing or mashed potatoes. Eat slowly and enjoy your food until you are full.
3. **Remove the Skin from the Turkey.**Turkey is an excellent source of lean protein to support our muscles, but the skin can be loaded with fat. Try removing the skin to lower the fat and calories before you eat it. This will help to keep your cholesterol in check also.
4. **Raid Your Spice Cabinet** - Foods do not always need to be flavored with heavy amounts of butter and salt. Try new seasonings, either dried or fresh, to help maintain a healthy heart and blood pressure. Try seasoning your turkey with coriander and sage, or use ground thyme in your potatoes or stuffing.
5. **Save Calories, Drink Water.**Specialty holiday drinks such as eggnog can be high in fat sugar, and calories, especially if alcohol is in the recipe. Remember that certain drinks, like alcohol or sweetened beverages should be consumed in moderation. Indulging in a glass of wine with dinner is a good option when selecting a beverage to celebrate the holidays.
6. **Save Room for Dessert.**What are the holidays without apple or pumpkin pie? Enjoy a small sliver instead of a large slice or remove some of the crust to lower the fat and calories. A plate of fruit is also a great healthy go-to option if you are craving something sweet.

Make sure you add some physical activity each day along with consuming a healthful diet. Enjoy the holidays by taking small steps to eat less, enjoy your meals and your family, and stay in shape for the New Year.

Source: <https://njaes.rutgers.edu>



[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwiO74mj5PvPAhUnwYMKHcD5A58QjRwIBw&url=http://www.stateforesters.org/forest-action-plans/indiana&psig=AFQjCNG0FVHugPJNOlTLtaaPO_xg1_qJ1A&ust=1477685116796194)

**Order State Tree Seedlings for Spring Planting**

Landowners in Indiana are fortunate to have access to inexpensive, high-quality tree and shrub seedlings from the Indiana DNR Division of Forestry nurseries. These seedlings are 1, 2 and 3 year-old bare-root plants intended for conservation plantings: windbreaks, wildlife habitat, reforestation, erosion control and other conservation uses in Indiana. The seedlings are not to be planted for landscaping or Christmas trees or resold as rooted stock. Seedlings are available in multiples of 50 or 100; or in packets containing a mixture of species for different planting purposes like native nuts, fine hardwoods, upland or bottomland or wildlife plantings. Access instructions for ordering and the order form with available tree species is at [**http://www.in.gov/dnr/forestry/3620.htm**](http://www.in.gov/dnr/forestry/3620.htm) .  If you wish to order and pay for seedlings via the internet follow this link: [**http://www.inforestryx.com**](http://www.inforestryx.com/) . Click on the Tree Seedling tab and proceed to making your purchase. If you are tax exempt, you will still have to order by mail or fax.  Ordering for the 2022 – 2023 season started on October 2.  Order early to get the species you prefer! For more information call the Vallonia State Nursery at 812-358-3621.

**Where Have All the Monarch Butterflies Gone?**

Throughout Indiana, the characteristic flashes of orange and black wings that announce the arrival of the monarch butterfly have largely been missing. Within their native range, monarch butterfly populations have declined steeply since the 1990s, landing them on the International Union for Conservation of Nature (IUCN) Red List of Threatened Species this year.

Monarch caterpillars must feed on milkweed, *Asclepias spp*. (Asclepiadaceae), to grow into adult butterflies.  As they eat leaves, stems, and seed pods, they store toxins that help them survive. As adults, those toxins make them unpalatable and protect them from predators. Monarch caterpillars’ reliance on milkweed as their sole food source puts monarchs at increased risk of population decline. In the Hoosier state, much of the native grassland, which would have supported vast numbers of milkweed plants, has been converted to agriculture. Broad-spectrum insecticides and herbicides may further reduce monarch numbers. Without adequate access to milkweed free of insecticide drift, monarchs’ numbers drop.

Furthermore, Indiana’s spring to summer breeding season was unusually dry this year, with areas receiving only approximately 50% of the expected rain between March and August. Late spring cold snaps and summer heatwaves further stressed the Indiana monarchs. Current climate change projections for Indiana indicate this may be an ongoing issue. Research forecasts increasing temperatures for the Midwest over the coming decades, with a predicted twenty-fold jump in days too hot for Monarchs. Rising temperatures may result in drastic changes to monarch range and timing here in Indiana.

Fortunately, the news isn’t all bad! Counts of the overwintering eastern population showed a modest increase of 35%. However, in counts of the overwintering western monarch population, there was an astounding increase of 1250%. While current monarch populations are still less than 20% of what they were in the 1990s, these recent increases are encouraging and could indicate restoration efforts are having a beneficial effect.

To support monarchs in your home garden, plant milkweed.  Though the caterpillars are picky eaters, monarch butterflies are not. They can use nectar from a wide variety of plants, not just milkweeds. Consider adding a variety of flowering plants which bloom throughout the spring, summer, and early fall to your monarch garden. Providing nectar across these seasons ensures the adults have access to food while breeding, preparing to migrate, and during their migration. See: RECOMMENDED INDIANA-NATIVE PLANTS FOR ATTRACTING POLLINATORS at <https://extension.entm.purdue.edu/publications/POL-6/POL-6.html> .



AGRICULTURE AND HORTICULTURE RESOURCES!

Have specific questions, call Phil at 765-492-5335 or email at [cox119@purdue.edu](mailto:cox119@purdue.edu)

This Website Provides the Latest Corn

Research and Management Information for armers and Agricultural Professionals: [https://thekernel.info](https://thekernel.info/)



[](http://www.google.com/url?sa=i&rct=j&q&esrc=s&frm=1&source=images&cd&cad=rja&uact=8&docid=DqJdWuPmumcLeM&tbnid=VpmSCTIzxZgyOM%3A&ved=0CAUQjRw&url=http%3A//extension.entm.purdue.edu/pestcrop/&ei=jpe1U8mHLIOUyASGxoGQBA&bvm=bv.70138588%2Cd.aWw&psig=AFQjCNGMWUCHVn9Xp_tpCZo4QUdSxcHu9w&ust=1404496136041922)

To see the current and past issues (and to subscribe) of the Crop & Pest newsletter go to: <https://extension.entm.purdue.edu/newsletters/pestandcrop/>.

The most recent issue (October 7) of the Pest & Crop Newsletter

covers the following topics: “Tip Back” in Corn – What is it and

What does it Mean?, Making Sense of Grain Test Weight in Corn,

Purdue Crop Chat Episode 42, Early Soybean Yield Numbers &

Winter Wheat Planting, Dry Pattern Continues.

**The Purdue Center for Commercial Agriculture has many reports, publications, podcasts, and webinars that can be found at** [**https://ag.purdue.edu/commercialag/Pages/**](https://ag.purdue.edu/commercialag/Pages/)

For the current issue (and to subscribe) please see: [**https://vegcropshotline.org/**](https://vegcropshotline.org/)

The most recent issue (September 15) of the Vegetable Crops Hotline Newsletter

covers the following topics: Root-knot Nematode may be a Hidden Problem in

High Tunnels; Black Rot of Brassica Crops; Tips for Harvest and Postharvest of

Pumpkin and Winter Squash; What Happened to the Winter Squash?;

The Final Fungicide Application; Water Affects Efficacy of Soil-Incorporated

Fertilizers and Amendments; Protect Your Livelihood with Crop Insurance;

Warm, Dry Conditions Ahead; Webinar from Midwest Climate Hub About Fall

Freeze; Strawberry Chat Update; 2023 Indiana Horticulture Conference Save the

Date; New Questionnaire to Identify Grower Interest in Novel Weed Management

Technology

Purdue Landscape Report provides science-based, timely information for Midwest landscapes. This information is intended to benefit commercial growers, garden centers, landscapers, arborists, or others who want to keep up with current landscape issues.The current issue (October 11) of the **Purdue Landscape Report** covers the following topics: Celebrate National Firewood Month: Purchase Firewood Locally, Join Women of the Green Industry, Exotic Forest Pest Webinar Series to Start Fall Session October 20, Beech Leaf Disease: Another Worm to Worry About. For the current issue or to subscribe to the Purdue Landscape Report see: [**https://www.purduelandscapereport.org/**](https://www.purduelandscapereport.org/)

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| **IMPORTANT EXTENSION DATES** |

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| **NOVEMBER**  6-Jr. Leader Meeting, 3:00 PM @ FG  6-Veterans Program & Dinner, 5:30 PM @ FG, See article  7- Extension Homemaker Council Meeting, 10 AM @ Purdue Extension Office, Cayuga  7-Healthy, Happy Holidays Program, 1:00 PM @ FG  7-Where Does Your Money Go? Session 1, 4:00 PM, Extension Office, See article  7-Where Does Your Money Go? Session 1, 6:00 PM, Clinton Public Library, See article  7-4-H Council & Adult Leader Meeting, 7 PM @ FG  8- OFFICE CLOSED in observance of Election Day  8-Story STEAM, 4-5 PM @ Vermillion Co. Library, Newport  9- Story STEAM, 4-5 PM @ Clinton Public Library  11- OFFICE CLOSED in observance of Veterans’ Day  12-Jr. Leader Handbook Party, 10:00-Noon @ FG  13-Jr. Leader Meeting & Handbooks, 1:30-4:00 @ FG  13-Scholarship Workshop, 6:30 PM @ FG, See article  21-Where Does Your Money Go? Session 2, 4:00 PM, Extension Office, See article  21-Where Does Your Money Go? Session 2, 6:00 PM, Clinton Public Library, See article  24-25- OFFICE CLOSED in observance of Thanksgiving  **DECEMBER**  1-Bi-State Crops Conference, 10 AM @ Beef House, See article  2-Reservations due for Ag Breakfast, See article  9-Ag Breakfast, 8:15 AM@ FG, See article  16- Texas Roadhouse gift card orders due  29-Last day to register for Online PARP Course    **JANUARY**  1-Happy New Year!  2-OFFICE CLOSED  **PLEASE REGISTER FOR PROGRAMS BY**  **DEADLINES TO HELP STAFF IN PLANNING**  **FOR THE BEST EXPERIENCE AND LEARNING OPPORTUNITY FOR ALL.**  **“It is the policy of the Purdue Cooperative**  **Extension Service that all persons shall have**  **equal opportunity and access to its programs**  **and facilities without regard to race, color,**  **sex, religion, national origin, age, marital**  **status, sexual orientation, or disability.**  **Purdue University is an Affirmative Action**  **employer."**  There’s a lot of climbing going on in Demark  before the New Year’s Eve countdown. The  act of “jumping” into the new year is meant  to express the excitement and hope for better  days ahead.  Source: Universal Yums |

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**Find the word in the puzzle. Words can go in any direction. Words can share letters as they cross over each other.**

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| Becky Holbert | Lonnie Bedwell | BiState Crops Conference | Money As You Grow | Calendar | Online Enrollment |
| Extension Homemakers | PARP | Gift Cards | Retirement | Gingerbread | Scatter Kindness |
| Happy New Year | Scholarship | Healthy Holidays | Spectacular | Holiday | Thankful |
| JOLT | Tree Seedlings | Junior Leaders | Vermillion County Fair | Llamas | Where Does Your Money Go |

WHAT’S INSIDE:

\*2023 Fair Dates \*County Holidays/Observances \*Announcement from Becky \*Jr Leader News

\*2023 4-H Planning Ahead Dates \*Scholarship Workshop \*2023 4-H Animal/Livestock Updates

\*Bi-State Programs at the Beef House \*J.O.L.T. \*Texas Roadhouse Gift Cards \*Money As You Grow Book Club \*Vermillion County Ag Breakfast \*Where Does Your Money Go? \*4-H Enrollment for 2023! \*Healthy, Happy Holidays Program \*2023 4-H Projects of the Year \*Private Applicators Online Recertification Program \*Extension Homemaker Updates \*Holiday Happenings in Vermillion County Communities \*Health Coalition \*Poverty Simulation

\*4-H Spectacular \*Eggnog Glazed Gingerbread Coffee Cake **\***Eat and Be Merry: Tips for Healthy Holiday Indulging \*Order Tree Seedlings \*Ag and Horticulture Resources \*Important Extension Dates \*Crossword Puzzle

**Purdue Extension Mission: We deliver practical, research-based information that enhances lives and livelihoods.**

**Purdue Extension 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.**