

PURDUE EXTENSION - WASHINGTON COUNTY

NEWS

December 2025/January 2026



FEATURED TOPICS IN THIS ISSUE:

- Jr. Leader Cheese Balls Dec. 22
- December 4-H Workshops
- Termination of Farm Leases
- Amaryllis Planting and Care
- Mental Health Wellness
- Autumn Fruit Salad Recipe

HAPPY
Holidays!

P
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Extension



4-H YOUTH NEWS



Upcoming Dates

- Dec 9 - CANTON CLOVERS 3:00; JR. LEADERS 6:00
- Dec 10 - HOWARD LUCKY CLOVERS 6:00
- Dec 15 - PIERCE PIONEERS 3:00; VFF 6:30
- Dec 16 - GIFT WRAPPING WORKSHOP 5:30
- Dec 16 - MINIS IN MOTION 5:30
- Dec 22 - CHEESEBALLS 9:00 AM
- Dec 23 - BELL RINGING 10:00 AM - 6:00 PM
- Jan 5 - BOSTON BLAZERS 6:30
- Jan 13 - CANTON CLOVERS 3:00
- Jan 15 - JR. LEADERS 5:00
- Jan 19 - PIERCE PIONEERS 3:00; VFF 6:30
- Jan 22 - GOAT CLUB 7:00



Enrollment NOW Open!

- Thanks to generous individuals & businesses in Washington County and the Washington County 4-H Council, enrollment for 2025-2026 is FREE!
- Be sure to select “pay by cash/check” when enrolling in 4-Honline.
- All 4-H members and adult volunteers must be enrolled in 4-Honline to participate in any events or club meetings.
- **Note: We CANNOT reimburse credit card payments made online. Please pay attention!**



Junior Leaders

Who can join Junior Leaders?

Any Washington County 4-H
member in grades 7-12

Upcoming Meetings:

- December 9 @ The Extension Office 6-8 PM
 - Gingerbread Budgets & service learning
- January 15 @ The Extension Office 5-7 PM
 - Bread Making
- February 9 @ The Extension Office 5:15-6:15 PM
 - Achievement Trip Planning
- March 11 @ The Extension Office 3:30-6 PM
 - Open House Meeting - assemble health kits
- April 6 @ The Extension Office 4-6 PM
 - Maker Space Project Night
- June 2 @ the Fairgrounds 9 AM-2PM (**Triple Points**)

Cheeseball Dates (**DOUBLE POINTS**):

November 24 3:30-Finish

December 22 9:00 AM-Finish

April 2 3:30-Finish

Must attend 2/3 cheeseballs to go on the achievement trip.



stay up to date!

**Junior
Leaders**
INDIANA 4-H



Junior Leaders



In October, the Junior Leaders kicked off the new year at Cornucopia Farm and enjoyed their time together in the corn maze and pumpkin patch. The November meeting was focused on “dorm-style cooking,” and members learned to make English muffin pizzas and rice krispies treats in the microwave. They also packed microwave-friendly meal kits and were able to place 21 ready to cook kits in the Blessing Box on Water Street.

December Cheeseballs



Plain-Parsley-Pecan
\$8 Each

December Cheeseball orders will be due
December 17.

Pickup is December 22 from 12-3 PM.
Call the Extension Office at 812-883-4601 or
see a Jr. Leader to place an order.

4-H Opportunities



Grades 3-12

Gift Wrapping
WORKSHOP

December 16
5:30-7:00 PM
@ The Extension Office



Scan to sign up!



GRADES

K-2



**REGISTER BY
DECEMBER 9, 2025.**

FREE!

MINIS IN MOTION

HOT COCOA SCIENCE

Join us for an evening of fun and science at the first Minis in Motion meeting! Mini 4-H members will get to enjoy the science of hot cocoa and create an ornament. Must sign up in 4-Honline to attend.

Scan to sign up!



Tuesday
16 December 2025



Extension Office
806 Martinsburg Rd, Salem, IN 47167

4-H Opportunities



Bell Ringing Volunteers Needed!

HELP US RING THE BELL FOR THE SALVATION ARMY!

OPEN TO ALL 4-H MEMBERS IN GRADES K-12 AND THEIR FAMILIES.

- LOCATION: WALMART IN SALEM
 - (GROCERY ENTRANCE)
- DATE: TUESDAY, DECEMBER 23
- TIME: 10:00 AM - 6:00 PM
 - EACH SHIFT IS ONE HOUR
 - SIGN UP FOR AS MANY SHIFTS AS YOU LIKE!
- USE THIS SIGNUPGENIUS LINK TO SIGN UP!
 - [HTTPS://WWW.SIGNUPGENIUS.COM/GO/10C084FA4AA2CA2F5C61-60450589-4HBELL#/](https://www.signupgenius.com/go/10C084FA4AA2CA2F5C61-60450589-4HBELL#/)
- QUESTIONS: CALL/EMAIL TAYLOR AT 812-883-4601 OR TSABENS@PURDUE.EDU

Scan to sign up!



4-H School Clubs

In an effort to meet the needs of transportation barriers, there are a few clubs in Washington County meeting directly after school this year as a trial program. School clubs are open to all 4-H members in grades K-12 in their respective school district. These clubs will still have a few evening meetings to serve club members who wish to be in their club, but are not in the school system.

****PARENTS ARE RESPONSIBLE FOR COMMUNICATION WITH CLUB LEADERS & FOR TRANSPORTATION.****

Canton Clovers (Salem): meets after school at Salem Middle School in Mrs. Heightchew's room on the second Tuesday of every month. The December meeting will be all about air fryer cookie science and Christmas Crafts! **Next meeting: December 9, 3-4 PM.**

Howard Lucky Clovers (WW): After School Program details to come soon! **Next meeting: December 10, 6-7 PM @ WWES Cafeteria.**

Pierce Pioneers (Eastern): meets every third Monday in the cafeteria at EWES. **Next meeting: December 15, 3-4 PM.**



Grow Your Goals:



A SMART Start to the New 4-H Year

As we begin a new year, it's the perfect moment for families to talk about goals and dreams for the 4-H season ahead. Our fair may be in June, but the journey starts now with small steps, thoughtful planning, and a willingness to grow. With the Beyond Ready mindset, youth learn that success isn't last-minute luck; it's steady effort, responsibility, and pride in their work. Encourage your 4-H'er to set SMART goals, take ownership of their projects, and celebrate progress along the way. ***With heart and commitment, they'll be more than prepared—they'll be Beyond Ready.***

SIMPLE SMART GOAL TEMPLATE FOR 4-H MEMBERS

My 4-H Project: _____

Specific: *What do I want to accomplish?*

Measurable: *How will I track my progress?*

Achievable: *What steps and resources will I use?*

Relevant: *Why does this matter to me?*

Time-Bound: *What is my target date? (Fair is in June!)*



Beyond Ready





Upcoming Dates

Hoosier Beef Congress, December 5-7

The 2025 Hoosier Beef Congress is December 5-7, 2025 at the Indiana State Fairgrounds in Indianapolis, IN. Visit indianabeef.org for more information.

CORE Training, December 10

Purdue Extension is hosting a training for individuals wanting to obtain their private or commercial applicator license on Wednesday, December 10, 2025 at the Purdue Extension - Floyd Co. office (3000 Technology Ave., New Albany) from 9:30 am - 12:00 pm. The training will prepare participants to take the certification exam. Cost is \$50 and includes the study manual. Contact Richard Beckort at rbeckort@purdue.edu or 812-358-6101.

Running for Elected Office, December 8

Anyone interested in running for an local government office should attend the Running for Elected Office program to learn more about the process for running for local office, requirements, and positions up for election in 2026. The program is co-hosted by the Washington Co. Clerk and Purdue Extension on Monday, December 8, 2025 from 6:00-8:00 pm at the Washington Co. Government Building (806 Martinsburg Rd., Salem). RSVPs are appreciated, but not required, to the Extension office at dhowellw@purdue.edu or 812-883-4601.

UAV Technology Program, December 10

An Unmanned Aerial Vehicle (UAV) Technology Program is Wednesday, December 10, 2025 from 8:00 am - 4:00 pm at the Southeast Purdue Ag. Center (4425 E. 350 N., Butlerville). During the program, participants will prepare for the FAA Part 107 Remote Pilot Test, receive flight instructions, and have practice flights. No prior experience is required. Cost is \$200. RSVP by December 5, 2025 contacting Dave Osborne at osbornda@purdue.edu or 812-689-6511.

Last Chance PARP Program, December 16

A program for private and commercial applicators is Monday, December 16, 2025 from 8:00 am - 12:00 pm at Southeast Purdue Ag. Center (4425 E. 350 N., Butlerville). Cost is \$40. RSVP to Dave Osborne at osbornda@purdue.edu or 812-689-6511. Space is limited.

Upcoming Dates Continued...

IBCA Annual Convention, January 17-18

The Indiana Beef Cattle Association's Annual Convention is January 17-18, 2025 at the Embassy Suites in Noblesville, IN. All beef cattle producers are encouraged to attend the convention and join the association. Visit indianabeef.org for more information.

Southern Region Soil Health Workshop, February 3

See save-the-date on page 10.

Beef Basics in the Eastern Corn Belt, February 10 - March 31

Purdue Extension designed the Beef Basics program for individuals with less than five years of experience in, or those with curious about, the beef industry. The program is Tuesday evenings from 6:00 - 8:00 pm EST February 10 through March 31, 2026 via Zoom. Session topics include: beef industry overview and marketing; animal handling, behavior, and facilities; reproduction and calving; genetics; forages; nutrition; animal health; record keeping and emergency planning. The cost is \$50 and the registration deadline is January 30, 2026. Register at <https://cvent.me/aWLXxV>.

Indiana Horticulture & Small Farm Conference, March 3-5

See save-the-date on page 11.



Save-The-Date

- [Area 2 IBCA/Purdue Beef Meeting](#) - Saturday, January 3, 2026 - Salem, IN. More information coming soon.
- [Washington County Sheep Assoc. Annual Meeting](#) - January 2026 - TBD. More information coming soon.
- [Washington County SWCD Annual Meeting](#) - Tuesday, February 3, 2026 - Cornerstone Chapel & Celebration Center - Salem, IN.
- [Calving Academy](#) - January & February 2026 - TBD - More information coming soon.
- [Bull Breeding Soundness Evaluations](#) - Wednesday, March 18, 2026 - More information coming soon.
- [Indiana Beef Producers Tour](#) - March 30 - April 3, 2026. Contact Danielle Walker at dhowellw@purdue.edu for more information.

SAVE THE DATE! FEBRUARY 3, 2026

**14TH ANNUAL SOUTHERN REGION
SOIL HEALTH WORKSHOP**
(Half-day event with lunch included)
CORNERSTONE CHAPEL & CELEBRATION CENTER
1500 RC MORRIS DR
SALEM, IN 47167

Private and Commercial Applicator credits and Certified Crop Adviser credits applied for.

SPEAKERS & TOPICS

David Kleinschmidt, conservation agronomist at Progressive Agronomy Consulting Services, will return to Washington County to cover input management in soil health systems.

Danielle Walker, Washington County Purdue Extension Ag & Natural Resource Educator, will present on a Private Applicator Recertification Program (PARP) Topic.

**MORE DETAILS
COMING SOON!**



PURDUE
UNIVERSITY

Extension



INDIANA
DEPARTMENT OF AGRICULTURE



USDA
U.S. DEPARTMENT OF AGRICULTURE

Natural Resources Conservation Service



Conservation Cropping
Systems Initiative

"The USDA and its partners are equal opportunity employers, lenders, and providers."

Termination of Farm Leases

Termination of a lease or rental agreement may be necessary for a number of reasons - the most common reasons being to make the land available for another tenant or for the sale or transfer of the property. Indiana law (IC 32-31-1-3) says a three-month notice may be required.

When a lease agreement does not otherwise specify, the end of the lease year is likely to be the last day of February. This implies that the lease notice must be delivered before December 1 of the prior year.



Printed in Dubois County Agri-News, November 2025

**Plat Books
Make Great
Holiday Gifts!**

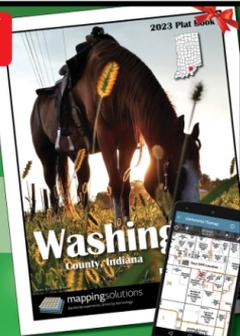
**Only
\$30**

GREAT HOLIDAY GIFT IDEA!

WASHINGTON COUNTY PLAT BOOKS

For purchase info, contact
Purdue Extension
Washington County
at 812-883-4601

SmartMaps and more available at
www.MappingSolutionsGIS.com



mapping solutions

IDNR Tree Orders and Information

The Indiana Department of Natural Resources - Division of Forestry is accepting orders for seedlings for the 2026 spring season. Order forms are available online with seedlings available for spring pick-up with DNR. Orders are accepted October 2, 2025 through May 1, 2026, as supplies last at the DNR Vallonia Tree Nursery.

To order trees contact the Vallonia Tree Nursery at 812-358-3621 or online at www.INForestryX.com.



Farm Record Books Available!

Only \$25

Section	Price
Contents	1-2
Introduction	3
Plant Identification and Records for Trees	4
Plant Selection	5
Crop Production	6
Soil Analysis	7
Use of Fertilizable Soils	8
Control of Pests	9
Use of Fertilized Soils	10
Soil Fertility	11
Plant Production Records	12
Plant Selection	13
Control of Pests	14
Plant Production	15
Plant Selection	16
Control of Pests	17
Plant Production	18
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Control of Pests	95
Plant Production	96
Plant Selection	97
Control of Pests	98
Plant Production	99
Plant Selection	100



SAVE THE DATE

Indiana Horticulture & Small Farm Conference

March 3 - 5, 2026

Join us as we merge two popular Purdue Extension events into one dynamic conference. Designed for specialty crop growers and small farmers region wide, featuring premier educational sessions

Event Location: Hendricks County Fairgrounds
1900 E Main St. Danville, IN 46122

IHC

* Education * Trade Show * Poster Session * Social & Networking Event
Purdue University is an Equal Opportunity/Equal Access University

SFC

HORTICULTURE NEWS



Upcoming Dates

Make a Holiday Wreath, December 6

See flyer on below.

Indiana Horticulture & Small Farm Conference, March 3-5

See save-the-date on page 11.



Save-the-Date

**Scott-
Washington
Extension
Master Gardener
Training
August -
December 2026
in Washington
County!**

SUNNYSIDE MASTER GARDENERS PRESENT

MAKE A holiday wreath

Get into the spirit of the holiday season—and make a beautiful wreath with the Sunnyside Master Gardeners!

BE SURE TO BRING HAND CLIPPERS AND GLOVES!

We'll use a large variety of fresh greenery, cones, berries and dried materials that come from our gardens, and top it off with a handmade bow — we'll show you how!

Homemade refreshments provided by Sunnyside Master Gardeners.

SATURDAY, DECEMBER 6, 2025

CLARK COUNTY 4-H FAIRGROUNDS
CHARLESTOWN, IN

CHOOSE YOUR SESSION:
9 – 11 am
11 am – 1 pm
1 – 3 pm

EACH SESSION SIZE LIMITED TO 50 PARTICIPANTS

\$40 includes a new wreath form

\$35 bring a wreath form from prior SMG wreath class

Ribbon and wreath material provided
Cash, check, or Zelle accepted at check-in

Register for your spot today!
Contact Jett Rose: 812-590-4604 or jettrose0608@gmail.com

P PURDUE UNIVERSITY Extension - Floyd County
EOE & AA EMPLOYER

SUNNYSIDE MASTER GARDENER

Amaryllis

Amaryllis (*Hippeastrum*) is a classic bloom during the holidays. If you are purchasing bulbs, select the largest ones available that are firm and dry. If growth is visible, it should be bright green. Each bulb should produce three to four blooms on a one to two-foot stem.



Larger bulbs will produce more flowers.

Amaryllises grow best in tight spaces. Select a container about one-inch larger in diameter and twice as tall as the bulb with drainage holes in the bottom. Hold the bulb over the container with the roots dangling to the bottom and add a sterile potting mix. Firm the soil around the roots carefully to avoid damaging them. Leave the top third to half of the bulb visible above the soil.

Put the container in a sink and water thoroughly. When the water has stopped draining, set the plant in a warm, sunny location. As the flower opens, move the plant away from direct sunlight and to a cooler location to prolong the bloom period, which can last up to one month.

When blooming is complete, the amaryllis plant is still growing. Remove the bloom stalk to prevent the bulb from expending energy on seed formation. Move the container back to the sunny window. When the danger of frost has passed, you can gradually expose the plant to the outdoors by first moving it to an area with dappled shade. Over time move it to a location with six hours of full sun each day. Apply a balanced houseplant fertilizer monthly.

Prior to the first frost, bring the amaryllis back inside and place it in a dark location. Stop watering it, and when the leaves dry, cut them off just above the bulb. Allow the bulb to rest for eight to twelve weeks with no water. When new growth appears or when you are ready to force the bloom, relocate the bulb to a sunny window and begin watering and fertilizing regularly. From dormancy to bloom it usually takes four to six weeks. Though amaryllises only require repotting every three to four years, the time to do this is after dormancy.

Cynthia Domenghini, Kansas State University Instructor & Horticulture Extension Specialist





HHS NEWS



Upcoming Dates

- “Full Circle” Monday, December 1st at 5:30pm, call your HHS Educator for more information
- Substance Abuse Council, December 4 @ 4:00pm, Washington County Government Building Meeting Room
- Air Fryer Basics - December 9, 1:00pm, Washington County Government Building Meeting Room (Class Full)
- Washington County Tobacco Prevention and Cessation Coalition, 12 to 1pm, via zoom
- Community Assistance Providers meeting, December 16, 10-Noon, Washington County Government Building Meeting Room; 2026 Meeting dates TBD
- Schneck Foundation Washington County Advisory Board Meeting, December 17, Community Learning Center of Washington County (1707 N Shelby St Ste 101, Salem, IN 47167)
- Club 31 Homemakers, January 8, 1-3pm, Washington County Government Building Meeting Room

Holiday Challenge: See how many of the Mental Health Wellness Strategies listed on the following pages you can do!



Mental Health: Preventive Strategies for Maintaining Emotional and Psychological Wellness

We often talk about mental health only when the focus is on mental illness, but we don't spend nearly enough time discussing mental health wellness. Just as you care for your physical health through daily habits—and seek treatment when something feels off—your mental health also benefits from intentional actions that help keep you well, and seeking professional help when needed will get you back on track!

Once you learn some mental health wellness strategies, you can apply them with purpose and even recognize ways to support others in maintaining good mental health. Consider depression and anxiety. Most of us have experienced one or both at some point in our lives. Many times, we're able to weather these difficult periods because we've already been practicing preventive strategies, even if we didn't realize it at the time. These strategies may not be foolproof, but they strongly reflect the wisdom that an ounce of prevention is worth a pound of cure.

Continuing with the example of depression and anxiety, these become a clinical concern when the symptoms begin to interfere with our activities of daily living—those essential self-care and functional tasks that help us move through life. So take a moment to reflect: What helped you through a challenging time?



As you review the list below (not meant to be complete), you'll likely recognize more than one strategy you've already used on your path to feeling better.

Build Consistent Routines:

- Keep a regular sleep schedule: Going to bed and waking up at the same time each day helps regulate mood, energy, and focus.
- Incorporate daily movement: Whether it's a walk, stretching, yoga, or a workout, consistent physical activity supports both emotional and physical balance.



- Eat balanced meals at predictable times: Eating regularly helps stabilize blood sugar, which can improve mood and reduce irritability or anxiety.



- Create morning and evening rituals: Simple habits like making your bed, enjoying a quiet cup of coffee, journaling, or winding down with a calming routine at night provide structure.



- Scheduled quiet time: Setting aside even 10–15 minutes a day for rest, reflection, or mindfulness offers a mental reset.
- Keep consistent work or study habits: Keeping a steady start time, planning tasks, and taking breaks creates predictability and reduces stress.

- Plan time for outdoors: Routine exposure to fresh air and natural light boosts mood and helps regulate sleep cycles.



- List your chores and create a household rhythm: Weekly cleaning tasks, laundry days, or meal prep routines create order and decrease feelings of being overwhelmed.
- Tend to personal care habits: Maintaining hygiene, grooming, and medical appointments reinforces self-respect and physical stability.



Building and Maintaining Social Connections

- Schedule social check-ins: Regularly calling or meeting with supportive friends or family helps maintain connections and prevents isolation. Set recurring times to call, text, or meet with friends or family so connection becomes part of your routine rather than an afterthought.
- Join groups with shared interests: Whether it's a class, club, volunteer team, or faith community, consistent involvement creates natural social touchpoints.
- Plan predictable social activities: Weekly coffee dates, monthly dinners, or game nights help anchor your calendar with positive interactions.
- Build small, daily moments of connection: Brief conversations with coworkers, neighbors, or classmates help maintain a sense of belonging.
- Use reminders to stay engaged: Calendar alerts, notes, or apps can help you remember birthdays, events, or follow-ups with people you care about.

- Practice active listening: Being present and engaged strengthens relationships and encourages others to reciprocate.
- Set healthy boundaries: Balancing social time with rest ensures you can show up authentically and sustainably.
- Stay connected during transitions: Life changes—new jobs, moves, or losses—can disrupt social rhythms, so intentionally reconnecting or seeking new communities helps maintain a support network.
- Reach out when you notice withdrawal: If you catch yourself pulling away, reconnecting in small, manageable ways can restore your social connectedness before isolation grows.
- Mix in-person and virtual connection: Combining both makes socializing easier and more consistent, especially during busy times or long distances.

A couple more things:



- Monitor your self-talk: Practice compassion toward yourself and challenge negative internal narratives.
- Seek support early: Reaching out to trusted people—or professionals—when stress builds can help prevent problems from escalating.

With great gratitude and heartfelt thanks...

Thank you to Dr. Mindy Gunn for being a guest speaker at our "Here's To Our Health!" program. Her expertise, combined with her warm and personable approach, empowered our participants to gain valuable insights and truly expand their understanding.

Thank you to Tabbi Gibbons, who shared her personal journey with Alpha-Gal, and, thanks to Tabbi, the group enjoyed a live demonstration of her delicious Autumn Fruit Salad. The verdict was unanimous—absolutely delicious!

Autumn Fruit Salad

½ lb Red Grapes

1 Red Apple, chopped

Blueberries

½ lb Green Grapes

1 Green Apple, chopped

1-2 cups Pecans, chopped

Dressing:

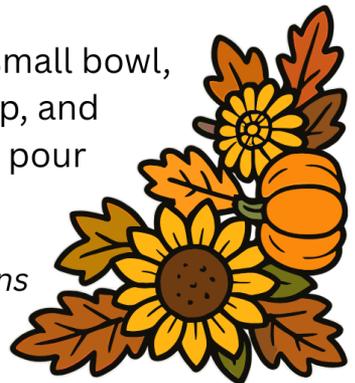
¾ cup Orange Juice

2-3 Tbsp. Pure Maple Syrup

Cinnamon to taste

Add all fruit to a large bowl. In a small bowl, combine orange juice, maple syrup, and cinnamon. Whisk to combine and pour over fruit. Toss to coat. Enjoy!

Recipe compliments of Tabbi Gibbons





Extension - Washington County

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Salem, IN 47167
(812) 883-4601

Office Hours: 8:00 am - 4:00 pm

Monday-Friday

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<https://extension.purdue.edu/county/washington>

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