



## 2019 Annual Report Purdue Extension - Allen County



**PURDUE** EXTENSION



2020 4-H Camp

4-H Volunteers



Tactical Urbanism

Youth cooking  
classes



# 4-H Youth Development

## 4-H Blender Bike Helps Teach Healthy Living

Allen County 4-H Junior Leaders learned about the importance of physical exercise and nutrition while having fun with a 4-H Blender Bike. Youth were able to come up with healthy smoothie recipes using fresh produce from Johnnie Mae Farm and then blend the ingredients together using their own energy while riding a stationary bicycle connected to a blender. Participants had the opportunity to try new foods such as kale, nasturtiums (a peppery, edible flower) and beets in their smoothies. Beets were a favorite among most participants, and they used them in a recipe they named, "Nothing Beets Bananas." Youth were pleasantly surprised that they could enjoy a sweet treat that was nutritious.



**1473** Allen County 4-H youth participants in 2019

**657** are traditional 4-H members in grades k-12 and

**816** are members through after school and school enrichment programs

A total of **248**

adult volunteers assist with the Allen Co. 4-H program by giving more than

**15,872**

volunteer hours to the community.

Total 4-H exhibits at the Allen County Fair **1277**

Teen Leaders in 4-H **50**

4-H youth earned in scholarships in 2019 **\$4750**



# Agriculture and Natural Resources

## Weather Impacts on 2019 Crops

Weather patterns in the spring were unusual. Cold and wet weather delayed planting in much of the county. Early June saw much of Allen County unplanted and many farmers wondering what they could do to manage the problem.

Allen County Soil and Water Conservation District and Purdue Extension partnered to provide answers and best management practices to farmers facing this disaster. Specialists helped farmers understand yield impacts from delayed planting, how to manage cover crops late into the season, forage potential of cover crops, and how to determine quality of forages hurt by weather. Crop insurance representatives helped farmers understand insurance rules for better application of management practices and farm decisions.

This information helped farmers make economical decisions to position their farms to handle the weather setbacks. Full impacts of the weather are still being gathered. Disaster relief came available from the United States Department of Agriculture in September 2019.



**225**

area farmers were educated in proper pesticide application

**67**

home gardeners were educated in pesticide safety

Extension consulted on soil samples to help improve soil health in Allen County

**188**

The Northeast Indiana Farmers Market Guide produced by Extension was viewed

**2417**

times online at [puext.in/nifmmap](https://puext.in/nifmmap)

**1000+**

additional printed copies were distributed in 2019.

**29**

Certificates were earned through educational programs

**12**

Completed the Urban Agriculture Certificate

**9**

Completed training for farmers market vendors

## Horticulture & Urban Agriculture

Purdue Extension-Allen County is uniquely positioned on the Purdue Fort Wayne (PFW) campus. Our location allows access to a myriad of campus resources but we have not successfully connected with many groups from PFW. One of our intentions this year was to connect with and support campus groups to better leverage our collective resources.

One of which is the School of Education at PFW. The partnership started in January with a chance meeting with Dr. Julia Smith, Assistant Professor of Early Childhood Education. We discussed the possibility of a collaborative urban teaching garden on campus. By February we applied for a Collective Impact grant and received notice in March the grant was fully funded to bring this idea to fruition. By April, we rallied for two days to construct and fill six raised beds with the help of eight Master Gardeners, 16 students, two PFW faculty, and two Extension Educators. The team of students and faculty found fellowship with Master Gardeners by attending numerous events. The team celebrated the end of the season with a Fall Harvest Festival and Harvest Dinner attended by 50 people, including faculty, students, and community members.

In its first year, the School of Education Urban Garden met its goals of creating engaging social opportunities for students, utilizing the garden as a teaching tool for implementing hands on K-12 curriculum projects, and providing a space in which students can learn life skills of growing their own food, better nutrition, and community sustainability. We are looking forward to continuing to grow in 2020.



**12,019**

Volunteer hours reported by

**194**

active Master Gardeners in 2019, including

**56**

new Master Gardeners

Master Gardeners completed

**1342**

horticulture consultations with the public via phone, email, and diagnostic services

**\$11,000+**

fundraised for educational programs and the Display Gardens by Master Gardeners

**2450**

pounds of produce harvested at Johnnie Mae Farm

**372**

sales transactions from produce sold during

**19**

farm stand days at Johnnie Mae Farm in 2019



# Health and Human Sciences

## Healthy Eating, Active Living (HEAL) Cooking Classes

Purdue Extension received a \$1,000 grant from the St. Joseph Community Foundation to conduct a HEAL cooking series at Johnnie Mae Farm (JMF) in the fall of 2018. This series focused on teaching community members the importance of fresh fruits and vegetables in their diet and how to prepare healthy food. The first series had 12 participants with 5 completing all the cooking classes and graduating.

Participants felt more confidence in the kitchen to be able to cook a variety of produce. They understood ways to take old recipes and make them healthier through substitution of ingredients. Participants reported eating as much as three additional servings of fruit or vegetables each day and feeling healthier in their daily lives.

The success of the HEAL cooking series led to additional funding to do the program again in the summer of 2019. Twelve more people were able to participate and improve their eating habits with healthy cooking skills.



After a grant writing workshop, participants received grants worth

**\$69,531**

**101**

Food handlers trained through Serv Safe certification program

**1/2**

Extension Homemakers

# Nutrition Education Program

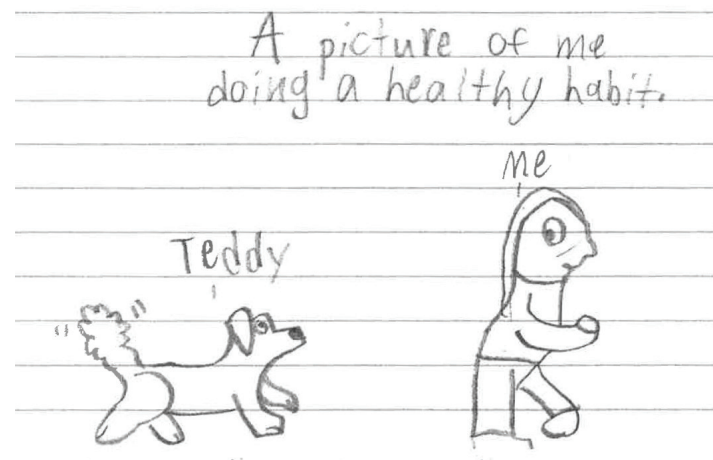
## Coordinated Approach to Child Health (CATCH)

Cindy Hunt, Nutrition Education Program (NEP) Assistant, teaches the CATCH program to elementary age children. Her programs take her to many of the Fort Wayne Community schools, Southwick Elementary, Timothy L. Johnson Academy, and multiple summer programs. CATCH emphasizes healthy nutrition by identifying foods low in sodium, fat, and sugar. The program also encourages students to increase activity. Some students said the following after Cindy's program:

*"You taught me a lot of stuff... like not to eat too much junk food because it causes [me] to make cholesterol. And if you continue to eat junk food the cholesterol will get stuck in your blood pipes." - Croninger student*

*"You helped me eat more go foods than slow and whoa foods... I go outside almost every day now." - student (artwork below)*

The CATCH program meets many standards in health and physical activity. Schools and summer programs benefit from this grant-based program at no cost.



# Community Wellness

## POP Club at the Parkview Greenhouse HEAL Market

The Power of Produce (POP) Club was launched at the HEAL Farmers Market at the new Parkview Community Greenhouse and Learning Kitchen in July 2019. Through a partnership with the St. Joseph Community Health Foundation, every child that attended the market received a \$3.00 voucher to use on fresh produce purchased at the market. Children who participated in the POP Club were able to use these vouchers to buy their own fruits and vegetables. Children were taught about nutrition through Purdue Extension's Nutrition Education Program. They were even able to try samples of easy, healthy snacks often made from produce sold at the farmers market which they could buy with their very own vouchers.

In the spirit of the HEAL Markets, healthy eating was only half of what the POP Club had to offer. This partnership created a wonderful opportunity for children to engage in physical activities and games, teaching them how to have fun maintaining an active lifestyle.

Each week 30 to 50 children showed up to participate in the club. Families returned week after week to the market and expressed how grateful they were for the POP Club. These families shared how their children loved coming to the market and how the POP Club was such a valuable part of their market experience.



## Enhancing Public Spaces in Fort Wayne

Purdue Extension isn't always at the forefront of initiatives. Sometimes we work behind the scenes to support communities, and sometimes the work takes years to come to fruition. In 2018, Community Wellness Coordinator, Nathan Miller, took part in a study on how people interact with downtown streets, sidewalks and parks. During an unusually cold spring week, he collaborated with a host of volunteers, spending hours walking the city and watching how pedestrians move from building to building, and around public spaces.

The international firm Gehl (GehlPeople.com) used this data to create a plan that will enhance public spaces in Fort Wayne's downtown corridor over the next decade. In 2019 we got to see the first glimpse of some big changes to come. The Porch off Calhoun and Art This Way's Alley Activation projects were made possible because of the groundwork laid by Extension and the numerous volunteers involved.

These two pilot projects are just the start of big improvements to the city's downtown, but they have already demonstrated dramatic improvements for pedestrians and local businesses. Visitors use the alleys to quickly and safely move about downtown. The Porch encourages passersby to visit local eateries and enjoy each other's company.



# 2019 Extension Board Members

President Dan Stockman  
Vice- President Adam Welch  
Secretary Lynn McKenna Frazier

Other members Ryan Belleville  
Mary Carpenter  
Marijane Crowe  
Jacob Duke  
Darrel Kesler  
Fred McKissack, Jr.  
Toni Murry  
Barbara Smith  
Curtis Smith  
Don Wyss

Liaisons Dick Conklin (PCARET)  
Tyler Olinske (4-H)  
Pam Berning (Agriculture)  
Cheryl Guiff (Master Gardeners)  
Donna Koch (Extension Homemakers)  
Lexi Wertman (Youth: 4-H)  
Noah Berning (Youth: FFA)

The County Extension Board is the advisory and advocacy body of Purdue Extension - Allen County. The Board provides an organized way for the county to be represented by local people in its relationship with Extension. The Board's four functions are:

1. Program Planning, Implementation and Evaluation
2. Financial Support and Resource Identification
3. Advocacy for Extension; and
4. Personnel Recommendation and Assistance.

For more information about the Allen County Extension Board or to ask about becoming a member, contact James Wolff at [jmwolff@purdue.edu](mailto:jmwolff@purdue.edu) or 260-481-6826.

## Allen County Extension Board Annual Meeting Minutes Dec. 3, 2018

Attending: Dick Conklin, Lynne McKenna Frazier, Daryl Kessler, Fred McKissack, Toni Murray, Curtis Smith, Adam Welch, Dan Stockman, Vickie Hadley, Terri Theisen, Barb Thuma, and James Wolff

The meeting was called to order by Dick Conklin. Dick reviewed the role of the Allen County Extension Service and the Advisory Board for the community members attending the session. He noted that the Allen County board had adopted the new uniform bylaws which state extension had developed.

He pointed to four areas in which the advisory board functions:

1. Program planning, implementation and evaluation: Educators are responsible for executing programs with the board conducting an annual evaluation in the fall.
2. Financing extension operations
3. Advocacy for extension at local, state, and national levels
4. Personnel recommendations and assistance

Dan Stockman presented the ballot of new board members:

- Ryan Bellville (one-year term)
- Barb Smith
- Toni Murray (second term)

The new members were elected.

Liaison representatives for 2019 were announced:

- Agriculture and Natural Resources: Pam Berning
- Horticulture / Urban Agriculture: Cindy Trygg
- 4-H Youth Development: TBA (meeting scheduled for December 4)
- Health and Human Science: Donna Koch
- Youth FFA: Noah Berning
- Youth 4-H: Lexi Wertman

Extension educators presented overviews of their 2018 activities.

- Community Partnerships: Adam Welch, Extension Board member
- SPARK Clubs: Samm Johnson, 4-H Youth
- Johnnie Mae Farm: Terri Theisen, Horticulture & Urban Agriculture
- Food Insecurity: Jered Blanchard, Community Wellness Coordinator
- Urban Ag Certificate: James Wolff, Agriculture & Natural Resources

Andy Wyss (board member), Tyler Olinske (4-H liaison), and Marilyn Long (Homemaker liaison) were recognized for their service.

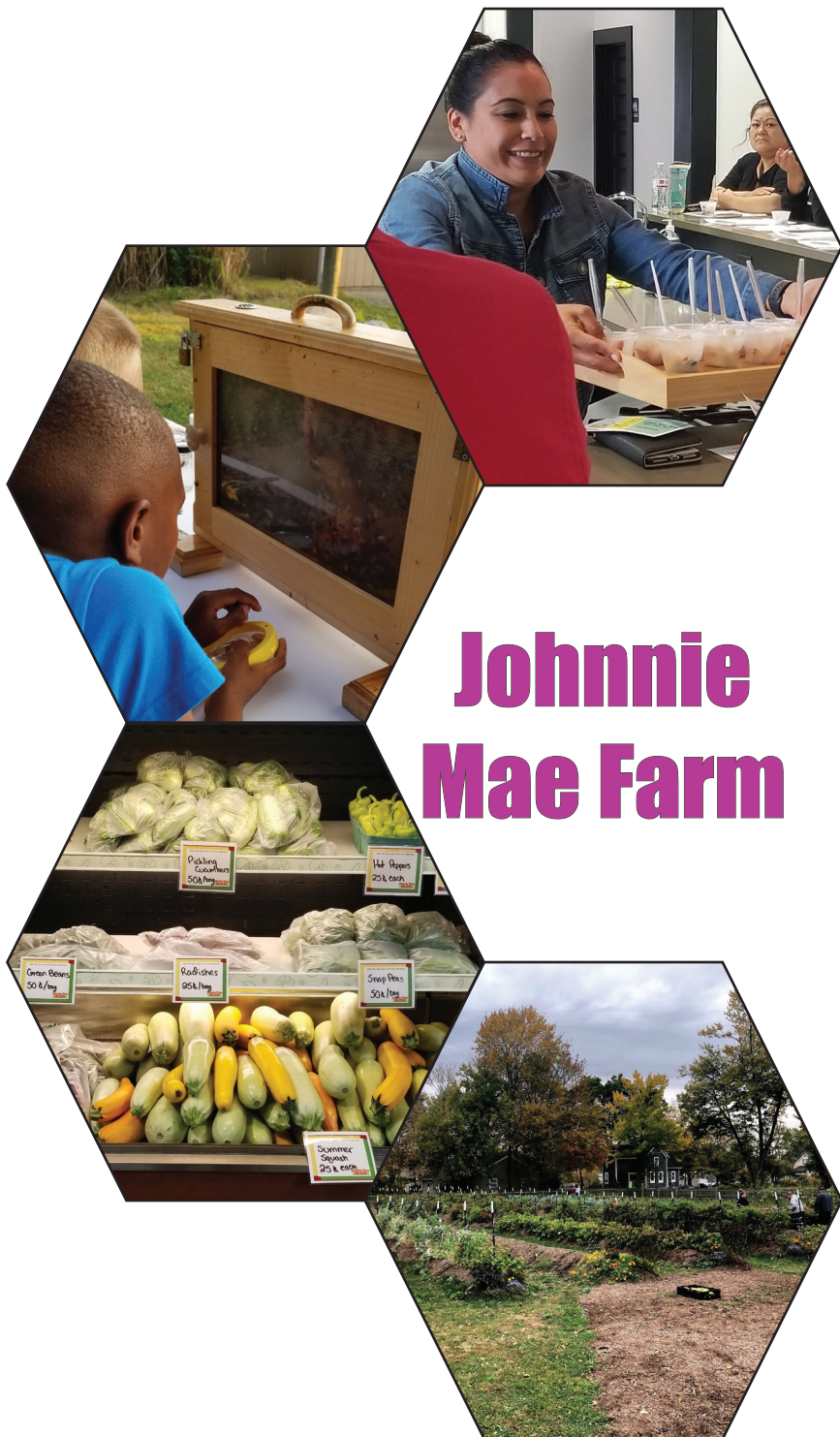
Vickie Hadley also recognized Dick Conklin, who is stepping down from the Extension Board but continuing to serve as a PCARET member.

A business meeting was held to elect the new officers:

- President: Dan Stockman
- Vice president: Adam Welch
- Secretary: Lynn McKenna Frazier

The meeting was adjourned.

# Johnnie Mae Farm



## Allen County Staff

### Agriculture and Natural Resources/ Interim County Extension Director

James Wolff      [jmwolff@purdue.edu](mailto:jmwolff@purdue.edu)

### 4-H Youth Development

Samm Johnson      [sammjohnson@purdue.edu](mailto:sammjohnson@purdue.edu)  
Barb Thuma      retired Sept. 30, 2019

### Health and Human Sciences

Vickie Hadley      retired Sept. 30, 2019

### Horticulture & Urban Agriculture

Terri Theisen      [ttheisen@purdue.edu](mailto:ttheisen@purdue.edu)

### Community Wellness Coordinators

Jered Blanchard      [blancha1@purdue.edu](mailto:blancha1@purdue.edu)  
Nathan Miller      [mill2019@purdue.edu](mailto:mill2019@purdue.edu)

### NEP Assistants

Cindy Hunt      [cindyhunt@purdue.edu](mailto:cindyhunt@purdue.edu)  
Alyssa Lichti      [alichati@purdue.edu](mailto:alichati@purdue.edu)  
Veronica Briles      [vmoscoso@purdue.edu](mailto:vmoscoso@purdue.edu)

### Support Staff

Jean Kendall      Dawn Scheuman      Rhonda Smith

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