

## October 2020 Newsletter

Dear Friends,

Cooler weather, harvest season, and holiday festivities are finally here. As harvest takes full swing in the coming weeks here is a reminder to stay alert and look for large farm machinery on the road. Patience, refraining from tailgating and passing in no-passing zones will keep us all safe.

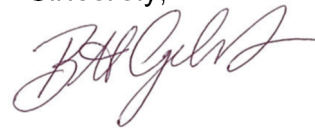
4-H Enrollment also starts this month with a new, more user friendly website for Indiana 4-H. We will be celebrating National 4-H Week virtually and in person with promotions and contests detailed later in this letter. Club leaders ready to start in-person meetings again are welcomed to do so

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after they have completed a COVID safety plan and received approval from the extension office. I am here to help you through this process anytime. Call the office, stop by or email me, [copelanb@purdue.edu](mailto:copelanb@purdue.edu), with any questions.

Sincerely,



Britt Copeland, Extension Educator

### Jefferson County Extension Board

The next extension board meeting is **October 8th at 6:30 pm in the community building.** The September 21st was postponed due to scheduling conflict with PCARET. If you have business to discuss with the board please contact the extension office for COVID-19 safety plan details.

### Staff Directory

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### 86th Indiana Beef Evaluation Program (IBEP) Bull Sale

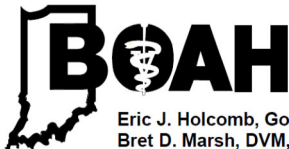
The sale will take place on Saturday, October 17, 2020 –2:00 pm at the Springville Feeder Auction 10 miles northwest of Bedford, Indiana on SR 54-56

The sale will be broadcast on CattleUSA.com. For more information on the sale or to view the presale bull listing visit [ag.purdue.edu/ansc/ibep](http://ag.purdue.edu/ansc/ibep).

# Agriculture & Natural Resources

## Fall Crop Outlook

Purdue agricultural economists discuss USDA's September Crop Production and World Agricultural Supply and Demand Estimates (WASDE) in this latest webinar. Access the webinar here: <https://bit.ly/368Lq2W> Did you know extension helps collect data for USDA Crop Reports? If you would like to share your crop conditions, to inform these reports please call us (812) 265 8919. Reports are submitted weekly.



Eric J. Holcomb, Governor  
Bret D. Marsh, DVM, State Veterinarian

## Securing Indiana's Pork Supply: New Program for Producers

### What is the *National Secure Pork Supply Plan*?

The National Secure Pork Supply (SPS) Continuity of Business Plan is an initiative that provides opportunities for producers to voluntarily prepare before a disease outbreak. This will better prepare swine operations that have no evidence of infection to move animals under a movement permit issued by regulatory officials and maintain business continuity during a Foreign Animal Disease (FAD) outbreak. Producers are encouraged to visit [www.securepork.org](http://www.securepork.org) to read more about the National Secure Pork Supply Plan.

### How to Participate in *Indiana*

To integrate the foundational elements of the national plan into Indiana's disease response framework, the Indiana State Board of Animal Health (BOAH) encourages producer participation in Securing Indiana's Pork Supply. As part of voluntary participation in Securing Indiana's Pork Supply, BOAH requires that the following items be completed:

- Premises ID Validation
- Biosecurity Assessment & Training
- Certified Sampler Training
- Electronic Movement Permit Training
- "Securing Indiana's Pork Supply" meeting with BOAH

While all the listed items are required, the *order* in which these items are completed is not prescribed. Some items may be the responsibility of the producer to complete. For others, BOAH is asking for producers to work with their swine veterinarian(s).

To learn more about the requirements for voluntary participation, visit the Securing Indiana's Pork Supply webpage at <https://www.in.gov/boah/2889.htm> or contact Dr. Kelli Werling at [kwerling@boah.in.gov](mailto:kwerling@boah.in.gov) or (317) 607-7071.

## New Cover Crop Selection Tool

Cover crops have been shown to improve water and soil quality, reduce erosion and capture nutrients. Choosing the right cover crop, however, can be difficult.

The [Midwest Cover Crops Council](#) (MCCC) —made up of representatives from 12 Midwest states and universities, including Purdue, the province of Ontario and other agricultural stakeholders — is rolling out an improved [cover crop selection tool](#) that will help farmers make those decisions.

Access the tool at this address: [mccc.msu.edu/cctestool](http://mccc.msu.edu/cctestool)



# Agriculture & Natural Resources

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## Yard & Garden Calendar October 2020

By Rosie Learner, Purdue Extension Horticulture Specialist

### Home (Indoor plants and activities)

- Pot spring-flowering bulbs to force into bloom indoors. Moisten soil and refrigerate 10 to 13 weeks. Transfer to a cool, sunny location, and allow an additional three to four weeks for blooming.
- Houseplants, especially those grown outdoors during the summer, commonly drop some or many of their leaves in response to the lower natural light intensity in the autumn and reduced light intensity indoors.
- Water indoor plants less frequently, and discontinue fertilizer as plants slow down or stop growing for the winter season.

### Yard (Lawns, woody ornamentals & fruits)

- Keep plants, especially newly planted stock, well-watered until ground freezes.
- Have soil ready to mound roses for winter protection. Do not mound or cover roses until after leaves drop and soil is near freezing, usually late November or early December.
- Strawberry plants need protection from winter's extremes, but applying winter mulch too early may cause crowns to rot. Apply winter protection when plants are dormant but before temperatures drop below 20F, usually late November or early December.
- Rake or shred large, fallen tree leaves, such as maple, to prevent them from matting down and smothering grass. Raking smaller leaves, such as honey locust, is optional.
- Continue mowing lawn as needed.

### Garden (Flowers, vegetables)

- Harvest root crops and store in a cold (32 F), humid location. Storing produce in perforated plastic bags is a convenient, easy way to increase humidity.
- Harvest brussels sprouts as they develop in the axils of the leaves from the bottom of the stem. Brussels sprouts will continue to develop up the stem.
- Harvest pumpkins and winter squash before frost, but when rind is hard and fully colored. Store in a cool location until ready to use.
- Harvest gourds when stems begin to brown and dry. Cure at 70-80 F for two to four weeks.
- Harvest mature, green tomatoes before frost and ripen indoors in the dark. Warmer temperatures lead to faster ripening.
- Remove plant debris from the garden to protect next year's plantings from insect and disease buildup. Compost plant refuse by alternating layers of soil, plant material, and manure or commercial fertilizer.
- Have garden soil tested for fertilizer needs every three to five years.
- Incorporate organic matter in fall to avoid the rush of garden activities and waterlogged soil in spring. Soils prepared in the fall tend to warm faster and allow earlier planting in spring.
- Dig tender garden flower bulbs for winter storage. Gladiolus corms should be dug when leaves begin turning yellow. Caladiums, geraniums and tuberous begonias should be lifted before killing frost. Dig canna and dahlia roots after a heavy frost. Allow to air dry, then pack in dry peat moss or vermiculite, and store in a cool location.
- Complete planting of spring-flowering bulbs.

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## Want More Gardening Info?

Our latest ANR program Putting your Garden to Bed is available on YouTube. Access it here: <https://youtu.be/pAPui3Agt9Y>

A new Master Gardener course is being planned for spring 2021. Email [copelanb@purdue.edu](mailto:copelanb@purdue.edu) if interested.



Follow the [Jefferson and Switzerland County Master Gardener Association on Facebook](#) in the meantime for timely tips.



## A New 4-H Year, A New 4-H Online

### 4-H Enrollment Opens October 1st

All current 4-H Members and 4-H volunteers will need to re enroll in by January 15, 2021. This year 4-H Online got a major remodel making it much more user friendly. This new site opens on October 1st for the entire State of Indiana. **Please do not enroll until after October 1st!** The new and improved 4-H Online 2.0 can be accessed here:

[V2.4honline.com](http://V2.4honline.com)

Log in credentials remain the same as used on in.4honline.com. Login using the username and password you would normally use to enroll. Forgot your password? Use the “reset password” option below the login portal or call the extension office for help at (812) 265-8919. Club, and previous enrollment data has already been transferred over so never fear! Detailed instructions will be emailed out soon to assist families with enrollment. Please help spread the word about this update so we can all stay up to date with everything Jefferson County 4-H! As always the extension office is here to help with any questions have, call (812) 265-8919, email or stop by!

### Jefferson County 4-H Fair Board

The next 4-H Fair Board meeting is **October 1, 2020 at 7pm in the Community Building.**

If you have business to discuss with the board please contact the extension office for COVID-19 safety plan details. The tentative date for next year's fair is July 9-16 2021.

### In-Person Events/ 4-H Club Meetings

In-person 4-H club meetings and events are welcomed to take place after a COVID Safety plan has been submitted to the extension office and approved by Purdue. This process should be completed 3 weeks before any scheduled Extension/4-H event.

**The extension office is here to help you with this form.** Email copelanb@purdue.edu, call or stop by to start the process.



# NATIONAL 4-H WEEK

OCTOBER 4-10, 2020

Every year, National 4-H Week sees millions of youth, parents, volunteers and alumni come together to celebrate the many positive youth development opportunities offered by 4-H. The theme for this year's National 4-H Week, *Opportunity4All*, is a campaign that was created by National 4-H Council to rally support for Cooperative Extension's 4-H program and identify solutions to eliminate the opportunity gap that affects 55 million kids across America.

Jefferson County 4-H will observe National 4-H Week this year on social media with daily challenges and limited in person events. Follow [@purdueextensionjefferson](https://www.facebook.com/purdueextensionjefferson) on Facebook to join the fun.



<b>Masterpiece Monday</b>	<b>Til' Next year Tuesday</b>	<b>4-H Spirit Day</b>	<b>Throwback Thursday</b>	<b>Finally Friday</b>
Share a photo of your 4-H Masterpiece— the project you are most proud of!	Show us how you are getting ready for next year's fair and improving your project skills!	October 7th is National 4-H Spirit day, don't get caught without a clover!	Show us your throwback photos with your club or 4-H group!	Thank your parents, 4-H Leaders and community members that make 4-H possible in Jefferson County.



## 4-H Week WORX Radio Interviews

Be sure to tune into WORX Radio on FM 96.7 at 3:30 pm each day, during National 4-H Week to hear 4-H members, parents and volunteers share their experiences!

- Monday, October 5 - Britt Copeland Jefferson County, Extension Educator
- Tuesday, October 6 - Crystal Field and sons Miles & Mason
- Wednesday, October 7 - Tonya Gross and daughter Lindsey
- Thursday, October 8 - Amanda and son Michael Briggs
- Friday, October 9 - Alinza Deuser and son Colton Chandler and Jenna Martin

All participants are reminded to arrive at the radio station no later than 3:15 pm on their designated day of interview.

# Junior Leaders

INDIANA 4-H



**Call-Out Meeting**  
**Oct 20 6:30 pm**  
**Community Bldg.**

Youth in grades 7-12 are invited join us in the community building at 6:30 pm on October 20th to kick off a new 4-H year. We will be practicing social distancing during the meeting, contact the extension office for a copy of our COVID safety plan.

### **Tentative Agenda:**

- Pizza / Refreshments
- 4-H Escape Room IceBreaker
- Election of New Officers
- Activity Planning Session

### **Questions about Junior Leaders?**

Contact Bess Adams or Britt at (812) 265-8919 or by emailing [copelanb@purdue.edu](mailto:copelanb@purdue.edu). RSVPs appreciated. Please let us know about any dietary restrictions ahead of time.

### **What is Junior Leaders?**

The Junior Leader project allows 4-H members in grades 7-12 the opportunity to experience leadership by leading programs and assisting adult leaders during the fair. Jr. Leaders serve as mentors and role models to the younger 4-H members by sharing their experiences with them. Jefferson County Jr. Leaders also go on trips, provide valued feedback on the 4-H Program and complete community service projects.

\*Please note the 2020-2021 Junior Leader Call-Out Meeting was moved to October 20 due to community building availability.

## **Tractor Supply Paper Clover Campaign**

**October 7-18**

The 4-H Paper Clover Campaign will take place again nationally. However this year with the pandemic Tractor Supply has asked 4-H Clubs not to participate with in-person events in their local stores. This restriction applies to the Fall 2020 campaign only.



## **Fall Crops Show– Save the Date**

**November 14, 2020 at 9 am in the Community Bldg.**

The Fall Crops Show will take place in-person with social distancing so save the date! Registration starts at 8:30 am and the Show will begin at 9 am. Consult your 4-H Handbook or extension office for more information on Fall Crops.

# Health & Human Sciences

## HOMEMAKER COUNCIL MEETING

Date: Thursday, Oct 1.

Time: 9:15 a.m.

Location: Jefferson County Extension Office

CLUBS: Please have a representative attend.

THE EXTENSION HOMEMAKERS WILL BE HOSTING A CUTLERY SALE FOR THE SCHOLARSHIP FUND. PLEASE CONTACT AN EXTENSION HOMEMAKER FOR MORE INFORMATION!!

## October Recipe: Persimmon Bread

Ever tried Persimmon Bread? These bright orange fruits are harvested in September and October. The sweet jelly-like bulb is perfect for baking in breads and puddings. If you can't find persimmons, substitute 1 cup of canned pumpkin.

It's important for the persimmon to be soft and ripe (not rock-hard) before using; it's incredibly astringent when not ripe. Some describe the taste of persimmon as similar to pumpkin; others think the fruit has a hint of peach or mango. It's a unique taste!

Did you know: According to folklore, the seeds of a [persimmon can be used to predict winter weather!](#)

### INGREDIENTS

3-1/2 cups all-purpose flour  
2-1/2 cups sugar  
2 teaspoons baking soda  
1-1/2 teaspoons salt  
1 teaspoon ground nutmeg  
2 cups puréed persimmons (4 to 5 fruit)  
1 cup (2 sticks) melted unsalted butter  
4 eggs, at room temperature  
2/3 cup brandy  
2 cups chopped walnuts, or other nuts  
2 cups raisins, or other dried fruit

### INSTRUCTIONS

Preheat oven to 350°F. Butter two loaf pans and dust with flour.

In a bowl, mix together flour, sugar, baking soda, salt, and nutmeg. Make a well in the center.

In another bowl, mix together persimmon purée, butter, eggs, and brandy. Add to well and stir to blend. Add nuts and raisins and stir.

Pour into prepared pans. Bake for 1 hour, or until a toothpick inserted into the center comes out clean.

### **YIELD:**

Makes 2 loaves.

# Vitamin D: What You Need to Know

James C. Fleet, Ph.D., Professor,  
Department of Nutrition Science



## What is vitamin D?

Vitamin D is a nutrient required for optimal bone health and essential for overall health. The vitamin can be found in two forms: vitamin D<sub>3</sub>, the form of vitamin D your skin makes in response to sun exposure, found in a few foods naturally, added to other foods, and as a dietary supplement, and vitamin D<sub>2</sub>, the form available in dietary supplements and added to certain foods. It is measured in international units (IU) where 1 IU is 0.025 micrograms of vitamin D.

No single recommendation for adequate sunlight exposure can be made for people, because the amount of vitamin D<sub>3</sub> produced from sun exposure varies based on skin type, use of skin protection, length of sun exposure, season of the year, and time of day (Table 1).

Advanced readers can try to calculate their own vitamin D production at: [http://nadir.nilu.no/~olaeng/fastrt/VitD\\_quartMEDandMED.html](http://nadir.nilu.no/~olaeng/fastrt/VitD_quartMEDandMED.html)

In a place like Indiana, your skin makes very little vitamin D during the winter, even if your skin is fair.

## Why is vitamin D important to your health?

Vitamin D is a crucial part of the way your body handles the essential nutrients calcium and phosphorus in your diet. As a result, it is critical to the development and maintenance of bone strength.

Children who don't get enough vitamin D can develop weak, rubbery bones, a condition known as rickets. Lack of vitamin D is also one of many things that can contribute to osteoporosis, the brittle bone disease that leads to an increased risk of fracture in older people.

New research is showing vitamin D may also help prevent other chronic diseases. Higher vitamin D levels in a person's blood may protect against certain types of cancers, strengthen the immune system, and reduce risk of type 1 and 2 diabetes.

**Table 1.** Amount of vitamin D<sub>3</sub> produced from sun exposure under clear skies in Indianapolis, Ind., (39° N latitude; 86° W longitude).

Skin type	% body exposed	Length of exposure*	Time to sunburn	Season	Time of day	International Units (IU) of vitamin D <sub>3</sub>
Fair	25	9 min	20 min	Summer	noon	2000
Medium	25	16 min	44 min	Summer	noon	2000
Very Dark	25	38 min	85 min	Summer	noon	2000

\*Limit sun exposure to the skin to lower the risk of skin cancer.



## Are you getting enough vitamin D?

Your vitamin D status (the amount of vitamin D in your blood) is determined by measuring 25-hydroxyvitamin D levels in the blood. This is reported to your doctor in either nanomoles per liter (nmol/L) or nanograms per milliliter (ng/mL, which is nmol/L divided by 2.5). The requirements for how much vitamin D you need to stay healthy are set by the Institute of Medicine's Food and Nutrition Board based on the strength and quality of current scientific evidence.

There is some controversy regarding what value is considered deficient. Everyone agrees that blood levels less than 25 nmol/L (10 ng/ml) are very low and that people with blood levels below this need more vitamin D (Table 2). If your blood level is less than 37.5 nmol/L (15 ng/mL), you are at risk for having a problem. The average blood level seen in the United States is around 60 nmol/L (24 ng/mL). Some researchers believe you need serum levels greater than 80 nmol/L (32 ng/mL) to get optimal health benefits from vitamin D. However, a recent report from the federal government says there isn't enough evidence for this, yet.

**Table 2.** Landmarks for assessing vitamin D status base on 25-hydroxyvitamin D levels in the blood.

Vitamin D (nmol/L)*	Vitamin D (ng/mL)*	Status
Less than 25	Less than 10	Deficient
Less than 37.5	Less than 15	Inadequate
Greater than 50	Greater than 20	Adequate
Greater than 80	Greater than 32	Proposed "optimal"
Greater than 250	Greater than 100	Potential toxicity

\*Blood levels are expressed in nanomoles per liter (nmol/L) and nanograms per milliliter (ng/mL)

## What factors affect the amount of vitamin D you need?

Because vitamin D can be made in your skin, the amount you need from your diet can change based on your exposure to the sun. A number of things can block vitamin D production in skin: having dark skin tones, covering exposed skin, or using sunscreen. Even the glass in your windows filters out UV rays from the sun and prevents your skin from making vitamin D. Also, as you age, your skin changes in ways that makes it harder

for your body to make vitamin D. Finally, the further north you live, the more your body's ability to make vitamin D is affected by the season. For example, in Indiana, you can't make much vitamin D in your skin from October through March due to the filtering of the atmosphere and the angle of the sun. In the winter, the right UV rays from the sun just don't reach you.

Regardless of the reasons, the less your skin makes vitamin D, the more vitamin D you need to get from your diet or from other sources. In particular, people who are institutionalized (especially the elderly), those with dark skin tones, and people who cover their skin for religious reasons should get their vitamin D status tested. Exclusively breastfed infants should receive a vitamin D supplement.

## How much vitamin D do you need?

The Dietary Reference Intake (DRI) for vitamin D was set based on bone health outcomes (Table 3). An expert panel reviewed the research on how vitamin D affects bone health and set the vitamin D requirement for the various age groups and populations.

**Table 3.** Recommended vitamin D intakes for individuals.

Life stage	Average daily recommended amounts in International Units (IU)
Birth to 12 months	400
Children 1–13 years	400
Teens 14–18 years	600
Adults 19–50 years	600
Adults 51–70 years	600
Adults 71 years and older	800
Pregnant and breastfeeding women	600

## Aside from sunlight, what are other sources for vitamin D?

Other sources of vitamin D include food and supplements. However, very few foods are naturally rich in vitamin D. Foods that are sources of vitamin D include: salmon, sardines, eggs, fortified milk, fortified orange juice, and fortified cereal (Table 4).



## Upcoming Dates

<u>Date</u>	<u>Event</u>	<u>Place</u>	<u>Time</u>
Oct 1.	Homemaker Council Mtg..	Extension Office	9:15 a.m.
Oct 1	Fair Board Mtg.	Community Building	7:00 p.m.
Oct 1	4-H Enrollment Begins!	V2.4honline.com	
Oct 4– 10	National 4-H Week		
Oct. 8	Extension Board Mtg.	Community Building	6:30 p.m.
Oct 20	4-H Junior Leader Mtg.	Community Building	6:30 p.m.

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