

# December/January 2020 Newsletter

Dear Friends,

December is finally here after what seems like an extremely long year for many. Even though, there are lots of programs going on with extension right now, please read on to check them out.

4-H Enrollment is still in full swing! If you haven't already please re enroll as a member or volunteer by January 15th by going to [v2.4honline.com](http://v2.4honline.com). A new Life Skills virtual 4-H spark club is now available! We are also working on some local in person spark clubs to help increase enrollment later in the spring. Those who applied to be 4-H Camp counselors should be receiving letters with more information from the camp director shortly, keep an eye out!

We had a great turn out at the November SEPAC Field day with over 200 virtual participants! We are

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working to put together a Gardening and Animal Science Lunch and Learn Series starting in the new year to share timely information on topics such as pasture mix selection, weed id, fencing and more. We are also finalizing details on a new Master Gardener co-hort and are launching the Get Growing program. Check out the ANR pages for more information.

**The Annual Extension Board Meeting is January 26th at 6:30 pm.** Check out page 2 for full details. Contact the office if you need the link to join. The December Fair Board meeting was cancelled due to the rise in COVID cases. The Board will meet in January. As always, call the office, stop by or email me, with any questions.

I hope this letter finds you safe and well. Merry Christmas and Happy Holidays to you and yours!

Sincerely,



Britt Copeland, Extension Educator

### Staff Directory

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# Annual Extension Board Meeting & 4-H Leader Recognition

Livestreamed Virtual Program January 26 @ 6:30 pm



**Ag & Natural  
Resources**



**4-H Youth  
Development**



**Health & Human  
Sciences**

**Watch on  
Facebook Live**

You are invited to join us virtually as we recognize our leaders, review successful programming and make plans for what is to come. Tune into our Facebook page to catch the livestreamed event!

**Welcome**

**Extension Board Business Meeting & Elections**

**4-H Volunteer Recognition**

**Extension Educator Reports**

**Keynote Speaker**

**Lonnie Mason "50 years of Extension in Jefferson County"**

**Then Pick up  
your Thank  
You Packet**

Since we cannot meet in person, we are hosting a drive thru for leaders and stakeholders to pick up "Thank You Packets" with the generous support of **German American Bank**. Packets will include a holiday treat, 4-H Leader pins, 4-H Curriculum for Leaders & Activities for Members, and ANR & HHS materials/activities. **Pick up your box on January 26th or 27th from 8-5 pm at the extension office.**

**Join us on our Facebook Page @purdueextensionjefferson**

Call the office with any questions or to request a digital thank you box at (812) 265-8919



Extension - Jefferson County

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# Agriculture & Natural Resources

## SOUTHEAST INDIANA GARDENING LUNCH & LEARN 11:30AM - 12:30PM

### Dates & Topics

**January 27 - Fruit Tree Basics**

**February 10 - Spring Lawn Tips**

**February 24 - Plant Selection & Landscape Design**

**March 10 - Vertebrate Pest Control**

**March 24 - Early-Season Gardening**

**April 14 - Composting**

**April 28 - Gardening for the Elements**

**May 12 - Vegetable Gardening 101**

Register at: <https://bit.ly/38Sglls>

Live Video Link: <https://bit.ly/2UzDsJ5>

View each program live or pre-recorded



Extension

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## December Garden Calendar

By Rosie Lerner, Purdue Ext. Consumer Horticulture Specialist (*Edited for Length*)

- Check houseplant leaves for brown, dry edges, which indicates too little relative humidity in the house. Increase humidity by running a humidifier, grouping plants or using pebble trays.
- Houseplants may not receive adequate light because days are short and gloomy. Move plants closer to windows, but avoid placing foliage against cold glass panes. Artificial lighting may be helpful.
- When shopping for a Christmas tree, check for green, flexible, firmly held needles and a sticky trunk base – both indicators of freshness. Make a fresh cut, and keep the cut end under water at all times.
- Prevent bark splitting of young and thin-barked trees, such as fruit and maple trees. Wrap trunks with tree wrap, or paint them with white latex (not oil-based) paint, particularly on the south- and southwest-facing sides. Remember to remove trunk wrap at the end of winter.
- Protect shrubs such as junipers and arborvitae from extensive snow loads by tying their stems together with twine. Carefully remove heavy snow loads with a broom to prevent limb breakage.
- Clean up dead plant materials, synthetic mulch and other debris in the vegetable garden, as well as in the flowerbeds, rose beds and orchards.

## VIRTUAL LAST CHANCE 2020

### Private Pesticide Applicator Recertification Program and All Category Commercial Applicator CCH Program

Tuesday, December 15, 2020 8 AM – 12 PM

4 CCH's applied for ALL Commercial Categories (TBD)

Applicators wishing to receive recertification credits must SEND \$10 (checks payable to Ripley County CES Fund), Name, Address, Phone #, email address, and their license number to:

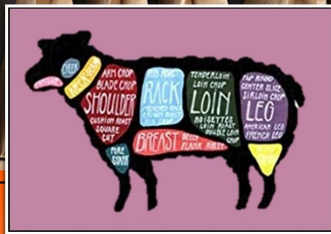
Ripley County Extension Office  
525 West Beech Street  
Osgood, IN 47037

When we get your payment, we will email you the Zoom Connection information.

**Questions TO:** Dave Osborne – Purdue Ext-Ripley County (812) 689-6511



# Agriculture & Natural Resources



Small Ruminant  
Lunch & Learn Webinars:

## Ways to Utilize Lamb and Goat Meat Cuts

Join Purdue University Extension as Extension Educators Sara Dzimianski and Elysia Rodgers walk through ways to utilize cuts of meats, their nutritional value, and marketing strategies.

**Thursday, December 17  
12 noon (EST)**

<https://bit.ly/EatMoreGoat>

**NEXT MONTH:**

Producer Round Table—“What Do you Wish you Had Known?”  
Thursday, January 28, 2021 (12 noon EST)

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### Master Gardener News

For the safety of it's members and the community the December Wreath Making Workshop.

If you are interesting in joining this active group of horticulturally minded community members a new Master Gardener course is being planned for spring 2021. Email [copelanb@purdue.edu](mailto:copelanb@purdue.edu) if interested soon!.

Follow the [Jefferson and Switzerland County Master Gardener Association on Facebook](#) in the meantime for gardening related tips, programs and ideas.

## Southeast IN Animal Science Lunch & Learn @ 12:00pm

Join the conversation to ask the experts all your questions.

**DATES & TOPICS**

**JANUARY 21 – FORAGE & FEED ANALYSIS**

**FEBRUARY 4 – BODY CONDITION SCORING – SHEEP, GOAT, BEEF, HORSE, & POULTRY**

**FEBRUARY 18 – PASTURE MIX SELECTION**

**MARCH 4 – HERD HEALTH & RECORD KEEPING**

**MARCH 18 – PASTURE WEED ID & CONTROL**

**APRIL 1 – POULTRY – SELECTING EGG LAYERS**

**APRIL 15 – FENCING**

**APRIL 29 – BIOSECURITY & ZOO NOTIC DISEASES**

**MAY 13 – SELECTING REPLACEMENT HEIFERS**



Register at: <https://bit.ly/2UZ1wH8>

View each program live or pre-recorded

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## Wild Eats: Cooking for Flavor and Safety Webinar Series

**January 13:  
Venison**

**February 10:  
Small Game**

**March 10:  
Fish**

**April 14:  
Game Birds and  
Waterfowl**



Featuring 4 dynamic sessions by Abbi Sampson, Purdue Extension Educator and Registered Dietitian. This webinar will help you understand the ins and outs of cooking types of game, while keeping food safety a top priority.

All Sessions 3:00-3:30 EST  
No Cost to Participate  
Please register by January 6th at:  
<https://tinyurl.com/wildeatswebinar>  
By registering, you will receive a link to the live and recorded session(s).



Extension - Putnam County

For more information, please contact Purdue Extension- Putnam County at [sampsona@purdue.edu](mailto:sampsona@purdue.edu) or 765-653-8411. Purdue University is an EA/EO/AA institution.



Join Purdue Extension Educators for a 7-week program on commonly asked about garden topics. Topics will include: flowers, fruits, vegetables, trees, and much more! **This live, virtual program will be offered Tuesday mornings, January 12-February 23, 2021 from 9:30a.m.-12p.m. (EST)** The cost for this program is \$45, payable by credit card online only. **Pre-registration is required.** Payment is due by 11:59 p.m., January 5th **For more information and registration please go to:** <https://puext.in/GetGrowingInfo>. If you have questions, please contact: [getgrowing@purdue.edu](mailto:getgrowing@purdue.edu)

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# INDIANA 4-H 2021 SCHOLARSHIP APPLICATIONS IT'S NEVER TOO EARLY TO START!

LEARN MORE AT [bit.ly/IN4HScholarships](http://bit.ly/IN4HScholarships)



**Apply on [v2.4HOnline.com](http://v2.4HOnline.com)  
by January 25, 2021!**

Scholarship Season is upon us! Each year the Indiana 4-H Foundation and Indiana 4-H awards approximately \$125,000 to 4-H members across our state.

These scholarships are not just for seniors, members in grades 10 and above are encouraged to apply. You must be an active 4-H member to be considered.

To access the applications navigate to [bit.ly/IN4HScholarships](http://bit.ly/IN4HScholarships) or the [Indiana 4-H website](#). There you can download blank applications and read the full list of requirements. Once completed all scholarships must be submitted on [4HOnline](http://4HOnline). Instructions

on how to submit your applications can be found by [clicking here](#) or navigating to the Indiana 4-H Website. The extension office is here to help! If you have trouble accessing or submitting your applications please call us at (812) 265-8919 or email Britt at [copelanb@purdue.edu](mailto:copelanb@purdue.edu).

We also want you to have the best shot possible at winning! Access a recorded webinar by a fellow educator titled [Preparing for Education After High School here](#). Have specific questions? Want to set up a time for your club to talk about 4-H Scholarships? Contact me I would love to help out!

## Senior Year Scholarship

Available to 4-H members in their senior year of high school. Selection is based on the member's overall 4-H achievement. Awards range from \$250.00-\$1,000.00.

## Club Scholarship

Available to 4-H members entering Purdue University majoring in the College of Agriculture or select majors in the College of Health and Human Sciences

**Additional awards available online.**

## Purdue Horticulture & Landscape Architecture Scholarship

Available to a 4-H member majoring in horticulture or landscape architecture at Purdue University and studied plant science in 4-H.

## Accomplishment Scholarship

Available to 4-H members in grades 10-12 of high school and the year immediately following high school graduation. Selection is based on the member's life skill development resulting from their 4-H participation. Awards range from \$1,000.00-\$2,000.00



# 4-H Youth Development



DEARBORN COUNTY 4-H  
PRESENTS

## WINNING SCHOLARSHIPS TIPS AND TRICKS



Check out this program from Dearborn County!

There are lots of ways to get help with writing Scholarships. Let us know how we can help!

Register by December 18th at [bit.ly/ScholarDC4H](https://bit.ly/ScholarDC4H)

Why attend: Learn what it takes to create a winning scholarship application.

Who: Youth grades 7-12  
FREE ADMISSION

DECEMBER 29, 2020, 2 PM VIRTUAL  
REGISTER BY DECEMBER 18 AT LINK BELOW

<https://bit.ly/ScholarDC4H>

### 4-H Fall Crops Show Results

Thanks to all our 4-H members who exhibited in our socially distanced fall crops show! The results are as follows:

Jesse Bechman – Soybeans – Grand Champion

Michael Briggs – Mixed Hay – Grand Champion

Michael Briggs – Alfalfa – Grand Champion

#### Fall Vegetable

Mason Jones – Squash – Grand Champion

Potato – Champion

Pumpkin – Blue

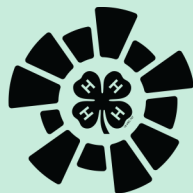
Turnip – Reserve Champion

Michael Briggs – Pumpkin – Reserve Grand Champion

Turnip – Champion

McKenzy Gray – Pumpkin – Reserve Champion

Junior  
Leaders  
INDIANA 4-H



#### Next Meeting:

**January 19, 2021 @ 6:30 pm**

**In the Community Bldg.**

After cancelling the December meeting, we are looking forward to meeting on January 19, 2021. We continue to monitor the cases and schools guidance in bringing together our communities youth. Please continue to check your emails, join the 4-H Junior Leader Facebook Group and contact the office with any questions.

#### Questions about Junior Leaders?

Contact Bess Adams or Britt at (812) 265-8919 or by emailing [copelanb@purdue.edu](mailto:copelanb@purdue.edu).





# Life Lessons

Open to all high school students!

1

## Budgeting Basics

Don't be intimidated by taxes, credit or interest! In this session, learn how to make smart investments and financial decisions for your future.

Jan 21

2

## Home Care

Keep yourself and your home organized by attending this session! Learn home care basics and how to handle daily activities such as laundry and cleaning in this session!

Jan 28

3

## Online Safety & Social Media

Who can actually see what you post? Is your information really private? Learn about social media, computer hacking, and how to be safe online in this session!

Feb 4

4

## *Etiquette & People Skills*

Have you ever wondered how to act in a situation? How to avoid awkwardness or negative outcomes? Join us to learn how to navigate people skills!

Feb 11

5

## Food Prep

Is that leftover pizza on the counter still good? How do you chop an onion without losing a finger? Join us to learn how to cook like a pro!

Feb 25

6

## Auto Care

Do you know how much insurance you need? What to do in an accident? Learn about car maintenance and how to handle emergencies with this session!

March 4

7

## *Self Care & Mental Health*

Learn how to stay stress free, motivated, and focused on your goals with the Self Care session!

March 11

8

March 18

# *Celebration!*

## Registration Information

All sessions will be held via Zoom and start at 6pm central/7pm eastern and will last for an hour.

To register go to [v2.4honline.com](http://v2.4honline.com) and after creating (or signing in) to your profile you will find the Life Lessons program in the events tab. Select the program and continue through the registration process. The registration deadline is January 8th so sign up today!

This program has a \$30 registration fee that covers the cost of all provided material, content, and supplies that will be sent to registrants. Scholarships/Financial Assistance is available. Contact Purdue Extension – Hendricks County at 317-745-9260 or email [hendrces@purdue.edu](mailto:hendrces@purdue.edu) for details on how to register with Financial Assistance.



Extension  
INDIANA 4-H

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This material may be available in alternative formats.



# Health & Human Sciences

As the end of 2020 rapidly approaches, many of us may need to readjust how we will celebrate the holidays of Thanksgiving, Christmas, and New Year's. These are holidays that are rich in tradition for many families and are times of drawing people together. Do we simply go ahead and do what we have always done? Do we close our doors and feel even more isolated and frustrated? What can we do to celebrate safely and creatively?

**Safety concerns to remember:** The CDC asks that you consider these things before you celebrate. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html> This site goes into greater detail regarding each of the following.

- If hosting: Limit numbers and try to have people from your local area.
- Utilize well ventilated spaces and large enough to accommodate physical distancing (6 ft between individuals).
- Provide guests with safety guidelines which will be followed and provide or encourage attendees to bring supplies to stay healthy such as face coverings, hand sanitizer, and disinfectant wipes.
- Avoid the use of common utensils such as in serving buffet style.
- If you are attending, ask what precautions are being taken beforehand.
- If needing to travel, check the CDC website for travel risks and try to isolate 14 days before hand. During the celebration, maintain physical distance, wear a face covering properly, wash hands regularly, and disinfect commonly touched areas.

**Creative options to consider:** Share recipes, prepare, and eat together virtually.

- Take traditional family recipes prepared to those who are at higher risk and deliver in a way without contact.
- Take part in outdoor activity that provides exercise and allows for physical distancing.
- If hosting a meal, have only one person dish up and serve each guest's plate to them.
- During a virtual meal, have each person share a photo, a joke, a blessing, a favorite memory, have a special show & tell time, etc.
- Drop off Thanksgiving care packages before the day which could contain a treat, a center piece, a board game, a craft to make, etc.
- Create a special chalk art for your neighborhood on your driveway or sidewalk or do an act of kindness for a neighbor such as raking leaves, clearing snow, or sharing a treat.

There are so many great virtual game ideas on the internet. Here are some sites you might wish to check out :

- ♦ <https://teambuilding.com/blog/virtual-holiday-party>
- ♦ <https://museumhack.com/virtual-christmas-party/>
- ♦ <https://www.countryliving.com/life/g23477105/family-christmas-games/>

**Please note that I do not use the term “social distancing”.** That is totally unhealthy. We are social creatures and need other people, especially during the holidays. It is my hope that you will connect in a safe and creative way this holiday season!

Blessings to you and your loved ones!



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## Let's talk TURKEY

Advice from the CDC (Center for disease Control and Prevention) [www.cdc.gov](http://www.cdc.gov)

**Always handle raw turkey carefully and cook it thoroughly to prevent food poisoning. This outbreak is a reminder that raw turkey products can have germs that spread around food preparation areas and can make you sick.**

With the exception of the recalled Jennie-O brand ground turkey products, CDC is not advising that consumers avoid eating properly cooked turkey products, or that retailers stop selling raw turkey products.

CDC advises consumers to follow these steps to help prevent Salmonella infection from raw turkey:

- ⇒ **Wash your hands.** Salmonella infections can spread from one person to another. Wash hands before and after handling raw turkey products.
- ⇒ **Cook raw turkey thoroughly to kill harmful germs.** Turkey breasts, whole turkeys, and ground poultry, including turkey burgers, casseroles, and sausage, should always be cooked to an internal temperature of 165°F to kill harmful germs. Leftovers should be reheated to 165°F. **Use a food thermometer to check, and place it in the thickest part of the food.**
- ⇒ **Don't spread germs from raw turkey around food preparation areas.** **Washing raw poultry before cooking is not recommended.** Germs in raw poultry juices can spread to other areas and foods. Thoroughly wash hands, counters, cutting boards, and utensils with warm, soapy water after they touch raw turkey. Use a separate cutting board for raw turkey and other raw meats if possible.
- ⇒ **CDC does not recommend feeding raw diets to pets.** Germs like Salmonella in raw pet food can make your pets sick. Your family also can get sick by handling the raw food or by taking care of your pet..

### PARTY CHEESE BALL

2 8-oz pkgs Cream Cheese

2 c (8 ozs) shredded Sharp Cheddar Cheese

1 Tablespoon each chopped pimento, chopped onion, and chopped green pepper

2 teaspoons Worcestershire sauce

1 teaspoon lemon juice

Finely chopped pecans

Combine softened cream cheese and cheddar cheese, mixing until well blended. Add remaining ingredients. Mix well. Chill. Shape into a ball. Roll in chopped nuts. Refrigerate



### COOKING WITH SAGE

Sage originated in the Mediterranean and has an earthy flavor and aroma. It has a savory, slightly peppery taste. Sage is traditionally used in stuffing mixes with dried cubed bread, onion, and celery. It is sometimes used in sausage stuffing and makes a nice addition to lasagna and other pasta dishes. Brown butter with sage makes a delicious topping for pasta, winter squash, or sweet potatoes. To make brown butter, melt butter in a skillet until the liquid begins to turn light golden brown. Lower the heat and add chopped sage leaves, stirring until slightly cooked. Grated parmesan cheese or chopped walnuts can be added for a richer sauce. Sage also pairs well with citrus flavors like orange and lemon in salad dressings and desserts. Seasoning with herbs adds interesting flavors to foods and may allow you to use less of another seasoning like salt. Have some fun by experimenting with herbs, tasting as you go to achieve the flavor you desire.

Source: Janet Mullins, Extension Specialist for Food and Nutrition, University of Kentucky; College of Agriculture, Food, and Environment

## Upcoming Dates

<u>Date</u>	<u>Event</u>	<u>Place</u>	<u>Time</u>
Dec. 10	Extension Board Mtg.	Zoom	6:30 p.m.
Dec. 15	PARP	Zoom	8:00 a.m.– noon
Dec. 17	Ways to Utilize Lamb and Goat Meet	Zoom	Noon
Jan. 12	Garden Topics	Zoom	9:30 a.m.– noon
Jan. 13	Wild Eats: Venison	Zoom	3:00 p.m.
Jan. 19	Jr. Leader Mtg.	Community Bldg.	6:30 p.m.
Jan. 19	Garden Topics	Zoom	9:30 a.m.– noon
Jan. 21	Southeast IN Animal Science	Zoom	Noon
Jan. 25	Scholarship Applications Due	Extension Office	
Jan. 26	Garden Topics	Zoom	9:30 a.m.– noon
Jan. 26	Annual Ext. Board Mtg.	Facebook Live	6:30 p.m.

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Jefferson County  
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Cooperating with U.S. Department of Agriculture

