

April 2021 Newsletter

I am cautiously optimistic warm weather is right around the corner! We have a lot of programs planned making for a busy April. I hope you will be able to check out our Pond Management Clinic, Invasive Species Walk and our two upcoming 4-H SPARK Clubs. An in person fair is being planned so 4-H members don't miss the important information about Animal Tagging and YQCA classes. The next 4-H Fair Board Meeting will be April 1, 2021 at 7 pm in the community building. The next extension board meeting is May 27, 2021 at 7 pm in the community building. Hope this finds you well.

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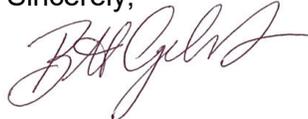
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Sincerely,



Britt Copeland, Extension Educator

Frost Free Date for Our Area

Source: *Indiana Vegetable Planting Calendar, HORT-186-W*

Planting vegetable seeds or transplants at the correct time is important for a successful garden. The correct timing is determined by two factors: the soil temperature required for seeds to germinate and the temperature tolerance of the plants. The best planting dates can vary from season to season. Planting dates also differ from one location to another based on the microclimatic effects of urban areas, natural terrain, moisture, sunlight, wind exposure, and garden devices such as cloches and mulches. Because of this variation, we can only suggest a range of safe planting dates based on the average dates of the last normal freeze in the spring (Figure 1). You should note the current weather conditions and projections as well as your site's conditions to determine the correct planting date for a specific crop and variety. Making several plantings within these date ranges can increase the likelihood of success. Several plantings will also extend the harvest season over a longer period. If you make only one planting, then make it about midway through the range.

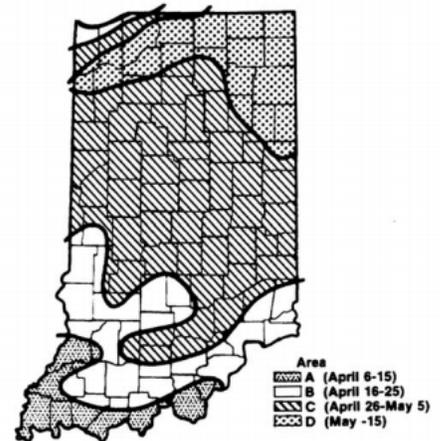


Figure 1. Average Frost Dates in Spring

After the average spring frost-free date, there is a 50 percent chance of a temperature at or below 32° F (0° C). About two weeks later that chance decreases to 10 percent. Thus, tender plants set out on the average frost-free date could need some protection, while delayed plantings almost never require additional protection. For spring planting date ranges for common vegetable crops, see Table 1.

The estimated frost free date for Jefferson County is between April 25-May 5. The National Weather Service estimates April 17. Read the full publication [here](#). Happy Planting!

Agriculture & Natural Resources

Purdue Landscape Report: 17-Year Cicadas Are Coming

March 18th, 2021

Elizabeth Barnes, Exotic Forest Pest Educator
Purdue University Department of Entomology

Cliff Sadof, Professor / Ornamental / Pest Management / Coordinator
of Extension Purdue University Department of Entomology

When the irises begin to bloom, expect up to 1.5 million cicadas per acre to begin boiling out of the ground. This spring Indiana will see the emergence of the 17-year cicadas (Brood X). These insects feed underground for most of their lives drinking sap from tree roots. Once every 17 years they emerge *en masse*, climb up trees, sing (though it sounds more like screaming), mate, and lay their eggs on the tips of tree branches. This cycle is completely natural and has a long history in written and oral records. Cicadas are not harmful to humans, provide a feast for wildlife, and *mostly* only cause cosmetic injury to trees. However, there are **some trees that will need protection to survive**.



Cicada Emergence Timing and Locations

Where can you find cicadas?

17-year cicadas can be found throughout Indiana but the biggest populations will be in southern Indiana. [According to Cicada Mania](#), these cicadas were reported to be more abundant in the following areas during their last emergence in 2004: “Bloomington, Brookville, Clinton Falls, Dillsboro, Fishers, French Lick, Indianapolis, Lawrenceburg, Lexington, Martinsville, McCormick’s Creek State Park, Nashville, North Vernon, Skiles Test Park, Spencer”

Cicadas need to feed on trees nearly constantly for most of their lives. They are therefore typically only found in areas that had trees 17 years ago and have continued to have trees since then. For example, an area that was forest 17 years ago but was cleared for farmland 10 years ago will not have a cicada emergence because the cicadas had no tree roots to feed on for the past 7 years. An area that was farmland 17 years ago and was recently planted with trees will also not have a cicada emergence because there were no trees on which the cicadas laid their eggs. However, a forested area or a city park that has had trees constantly for the last 17 years has a high chance of having a cicada emergence this spring.

When will 17-year cicadas emerge?

Timing of the 17-year cicada emergence depends on temperature. We can therefore expect them to emerge from the southern part of the state several weeks before they emerge in the north. The weather can also have an impact on emergence. For example, a warm spring might make them emerge sooner while a cold spring will delay the emergence. However, in most places the major emergences are expected to start in mid-April and continue through mid-May. A good rule of thumb is to expect the cicadas to emerge around the same time as irises start to bloom. You can also use the [emergence calculator](#) to estimate when they will come out in your area.

What do cicadas look like?

Cicadas tend to have sturdy, thick bodies with mostly clear wings that are longer than their bodies. 17-year cicadas are distinctive from the annual cicadas in that their bodies are a dark, nearly black brown with amber highlights on their wing veins, and red eyes (figure 1). [Check out this video](#) to see the full life cycle and hear what a chorus of cicadas sounds like!

What do cicadas prefer to eat?

17-year cicadas aren’t picky! They’ll feed on more than 270 species of woody plants. They show a slight preference for deciduous trees like maple, fruit trees, oak, and dogwood, but will generally feed on any deciduous tree or bush available to them.

How should I protect my trees from cicadas?

Homeowners only need to worry if they have newly planted trees (3-4 years old). The best way to protect these young trees is to cover them in a mesh fabric for the ~1 month period when the cicadas are active in the area. The mesh bags can be made from a variety of materials as long as the holes are smaller than 1 cm (~3/8 inch). Drape the fabric over all the twigs and branches that are smaller than 3/8 inches and secure it at the bottom so that cicadas cannot climb up from underneath (figure 3). The goal is to prevent the cicadas from having access to the branches so that they will lay their eggs elsewhere. Larger trees do not need to be protected from cicadas. They may experience minor dieback at the tips of branches, but this will not harm the overall health of the tree. If you find these dead twigs unsightly, you can either trim them off or hire an arborist to remove them.

This article has been edited for length.

Learn more: The best way to keep up to date about this spring’s cicada emergence is to either sign up for our [Cicada Newsletter](#) or follow Purdue Entomology on [Twitter](#) or [Facebook](#).

Agriculture & Natural Resources



POND MANAGEMENT WORKSHOP

APRIL 14, 2021 6-8 PM
Johnson Lake

634 Seminary St. Madison, IN 47250

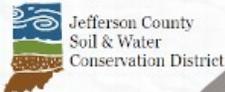
Join us as Dave Osborne, Purdue Extension- Ripley County, discusses:

- fish management and habitats
- pond weed management
- answers to your pond related questions

In the event of inclement weather, the workshop will be held at Jefferson County 4-H Community building. **Masks and social distancing will be required.** Please contact the extension office for complete COVID-19 safety plan details.

Please RSVP to Purdue Extension- Jefferson County at (812) 265-8919 or email copelanb@purdue.edu

With support from:



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JEFFERSON AND SWITZERLAND COUNTY MASTER GARDENER ASSOCIATION PRESENTS:

Wooded Invasive Species of Southeastern Indiana

APRIL 21, 2021 @ 5 PM

THIEBAUD FARMSTEAD

5147 E State Rd 56 Vevay, IN 47043



Guest Speaker:

MADDIE WESTBROOK
INDIANA DNR DISTRICT FORESTER

Join area Master Gardeners on a guided hike and brief program to identify and discuss invasive species in Southeastern Indiana. Masks and social distancing required where applicable.

Please RSVP to Purdue Extension- Switzerland County at (812) 427-3152 or email keweaver@purdue.edu



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SOUTHEAST INDIANA GARDENING LUNCH & LEARN

11:30AM - 12:30PM

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



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

Join the conversation to ask the experts all your questions.

DATES & TOPICS

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/2UZIWH8>

View each program live or pre-recorded



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Forage Forum Fridays

Join Purdue Extension and Forage industry Specialist as they Discuss a wide variety of forage topics each Friday at noon (EST)

- >April 2– Making quality haylage/belelage
- >April 9– Properly manage pastures
- >April 16– Rotational grazing

To register for the sessions, visit: <https://bit.ly/2LIPnZK>

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4-H Youth Development



Reminder: Livestock/ Animal Tagging This Month

Check the March Newsletter for full write up on Safety Procedures, **Ractopamine**, and **Swine vaccinations available**. Please monitor your health for symptoms of COVID-19 and do not attend if you are experiencing those symptoms or have been in close proximity to others who have.

Beef Tagging—April 17, 2021, 7 –10 am on the Fairgrounds

Traffic will enter gate 1 and be directed to the swine barn. After tagging it is highly recommended members stop at the extension office to enroll their animals on 4-H Online.

Sheep, Goat, Swine Tagging—April 24, 2021, 7 –10 am on the Fairgrounds

All traffic will enter through Gate 3 and be directed by species to form separate lines the same as in previous years.

All livestock (Including Horse and Pony) must be enrolled on 4-H Online by May 15th

It is highly recommended you complete this online enrollment by stopping at the extension office on your way out of the fairgrounds. All projects that are not enrolled will be ineligible to show at the county and state fairs.

To Enroll your Animal on 4-H Online at Tagging Day and before May 15th you will need:

- **Tag numbers or appropriate ID-** given at tagging day
- **Premise ID-** refers to area animals are kept and is given by the Indiana Board of Animal Health. You can apply for a premise ID at www.in.gov/boah/. Contact the office for assistance.
- **Weight-** if applicable & **Animal Birthdate**

County Paperwork to be Completed at Tagging Day– copies available at Tagging

- **Cattle and Swine Born and Bred Paperwork**– due at tagging
- **Swine Ractopamine Affidavit**– due at tagging
- **Lease agreements-** due May 1st but can be turned in at tagging to extension office

State Fair Bound Exhibitors

If you plan to show at the state fair, tell your leaders at tagging so they may collect DNA Hair Samples from your animals at tagging. Additional tags may also be required for state competition.



YQCA is a required training for all Indiana 4-H members who exhibit Dairy, Beef, Goat, Poultry, Rabbit, Sheep and Swine. All 4-H members will register for trainings through their YQCA account. At yqca.learnrow.io, sign in using the box for 4honline with your 4honline user

name and password. Enter information for the individual whose name will appear on the certificate. (4-H member, not adult) 4-H Member's status must be active on 4-H Online to register.

Exhibitors are to be YQCA certified or they will not be able to exhibit at County or State

4-H Members can take YQCA online for \$12 or attend an in person training for \$3 on the following dates, Online registration prior to the event is required.

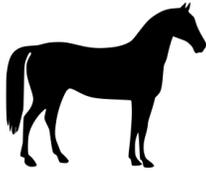
April 23rd 6-7:30 pm, May 11th 6-7:30 pm, June 18th 6-7:30 pm all in the Community Building



4-H Youth Development



Horse & Pony Vaccination Clinic May 12 at 6 pm in the Show Arena



There will be a Horse & Pony vaccination clinic on May 12 beginning at 6:00 p.m. at the show arena. You will need to have the vaccination form filled out and signed by a vet to turn into your Horse & Pony Leader by May 15th. All livestock, including Horses, should also be enrolled on 4Honline by May 15. Contact the office or the Horse and Pony Superintendent, Alyssa Shelton, for more information.



CONSERVATION CAMP 4-H SPARK CLUB

Put on your hiking boots and get out your magnifying lenses we are going into nature! Join us for a 2 session day camp style 4-H SPARK Club where we explore the following STEM topics!

SESSION 1: ALL ABOUT BUGS

Jefferson County 4-H Community Building
May 15, 2021 from 10- 2pm

SPECIAL GUEST SPEAKER ON ENTOMOPHAGY

- Learn how insects are used as a protein source here and in other countries.
- Eat fried Meal Worms, *if you're brave enough!*



EXPLORE POLLINATORS WITH PURDUE MASTER GARDENERS



SESSION 2: PLANT ID HIKE AND CAREER EXPLORATION

Theibaud Farmstead, Vevay IN
May 22, 2021 from 10- 2pm

LEARN ABOUT THE PLANTS AND WILDLIFE AROUND YOU AND HOW WE CAN COEXIST.



No cost to join thanks to Premier Companies of Seymour Indiana and their support of Agricultural Education for our communities Youth. Thank you!

TO SIGN UP CONTACT: PURDUE EXTENSION- JEFFERSON COUNTY
Call: (812) 265-8919
Email: copelanb@purdue.edu



Extension - Jefferson County



Extension - Switzerland County

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4-H Youth Development



2021 4-H Handbooks

Jefferson County 4-H Handbooks are now available! You can pick your copy up in the extension office with your other books or view it [online here](#). Dates and times listed in the handbook are subject to change as we make modifications for COVID.

Save the date: Mini 4-H Day Camp June 19th

The extension office and the 4-H Junior Leaders are planning to put on a Day Camp for Mini 4-H members on June 19, 2021 at the fairgrounds from 10 am to 2 pm. Camp will feature STEM activities, animal project demonstrations and lots of fun! Registration information will be available soon, for now save the date!



Chef University 4-H SPARK Club



Youth in grades 3-5 are invited to learn an important life skill, cooking! Join us at Ryker's Ridge Firehouse from 4- 6 pm on Thursdays!



Meeting Dates: April 15, 22,29, May 6

Time: 4-6 pm

Location: 2834 N Rykers Ridge RD
Madison, IN 47250

Details

- \$20 Enrollment Fee
\$15 to join 4-H, \$5 for supplies
- Afterschool Snack Provided
- Participants will take home a healthy recipe they made themselves every meeting!

Social Distancing & Face coverings will be required. Space Is limited. You do not have to be a 4-H member to enroll, This program is meant for youth to experience 4-H for the first time! 4-H Enrollment is included with the cost of joining.



To Sign Up Contact Purdue Extension- Jefferson County at (812) 265-8919 or email copelanb@purdue.edu



PURDUE UNIVERSITY

Extension - Jefferson County

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Junior Leaders INDIANA 4-H



Next Meeting:

April 20, 2021 @ 6:30 pm
In the Community Bldg.

Current Junior Leaders check your inbox for a survey to plan a Laser Tagging Trip instead of our normal meeting! We will also be planting flowers at the Armory and taking a trip to Jendy's Pizza on **May 12 at 4:30 pm**. We will be meeting at the armory. Please bring \$3 to help pay for pizza.

T Shirt Orders: We will be taking T Shirt Orders at the April Meeting. T- Shirts cost \$10.50 each-S-M-L-XL. \$12.00 for 2XL-3XL. Please bring money to pay for your t-shirt by May 18 meeting. If paying with check make the check out to, Jefferson County 4-H Junior Leaders.

Questions about Junior Leaders?

Contact Bess Adams or Britt Copeland at (812) 265-8919 or by emailing copelanb@purdue.edu.



4-H Youth Development



Southeastern Indiana 4-H Camp

June 7-10, 2021

Applications Available



The annual SEI 4-H Camp will take place this year with safety modifications. An additional waiver may be necessary but we encourage you to get your applications in now to save a spot!

Applications are due May 10 to the Jefferson County Extension Office.

Camp is open to all youth in Grades 3-12. Youth in Grades 8 and above are required to serve as Counselors in Training, Counselors, Group Leaders and finally Junior Directors. Camp takes place at Camp Higher Ground in Dearborn County.

The camp fee is \$180.00 this year, but because of an anonymous donation to the Jefferson County ED Fund specifically earmarked for 4-H Camp, the cost of camp will be discounted to \$90.00 this year. Camp T-Shirts are included with the camp fee. Payment is not due until May 31.

Don't miss out! Pick up your application at the office today or email copelanb@purdue.edu for a digital copy.

4-H Camp Junior Staff Training: New Dates

The first 4-H Camp Junior Staff Training will be Monday, April 12, 2021, from 6:00-8:00pm at the Hopewell Baptist Church, 23190N County Rd 850 W, Holton IN 47023 in Ripley County. This training will be for Junior Directors, Group Leaders, and Counselors.

The second training will be May 10, 2021 from 6:00-8:00 pm also at Hopewell. This training is for Junior Directors, Group Leaders, Counselors, and CIT's.



Southeastern Indiana's Got Talent



Area 1 4-H Performing Arts Contest

MAY 1, 2021 @ 6:30 PM

SOUTHWESTERN ELEMENTARY MULTI PURPOSE ROOM

273 S Main Cross St, Hanover, IN 47243

SHOW US WHAT YOU GOT!

The Area 1 4-H Performing Arts Contest is open to all 4-H members in Area 1. **County Level Participation is not necessary for entry.** Not a 4-H member? Becoming one is easy contact your local Purdue Extension office. **Face coverings and social distancing will be required.**

ELIGIBLE CATEGORIES

Curtain Acts: Musical

1-4 performers, 3-5 minutes

Curtain Acts: Non-Musical

1-4 performers, 3-5 minutes

Group Acts

5 or More performers, 5-8 minutes. Skits, Sketches, choral numbers, dance routines, etc. are welcomed.

TO ENTER YOUR CLUB OR 4-H MEMBER

Click here or go to: bit.ly/2021ActEntryForm

Contact the Purdue Extension Jefferson County Office by calling (812) 265-8919 or emailing copelanb@purdue.edu with any questions or to receive a full copy of the safety plan.



Extension - Jefferson County

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Health & Human Sciences

EXTENSION HOMEMAKER COUNCIL

Date: Thursday, April 1, 2021

Time: 9:15 a.m.

Location: Jefferson County Extension Office

Bring seeds & come to help complete favors after meeting!

Jefferson County Extension Homemakers Scholarship

The Jefferson County Extension Homemakers will award a \$500.00 scholarship to one student at each of the following:

- Madison High School
- Southwestern High School
- Shawe Memorial High School or Christian Schools or Home School.

Applications and complete rules can be picked up in your school counselor's office or at the Extension Office.

Application deadline is May 15.

Questions contact: Jefferson County Extension Office 265-8919

Walk Your Way to Fitness

And why not? It's safe, easy, and cheap. Best of all, it makes us look and feel great. Studies show that a regular schedule of brisk walking has several benefits:

- Improves circulation and helps heart and lungs work more efficiently
- Burns calories to help lose extra pounds or maintain ideal weight. An average 150-pound person walking at a speed of about 2 miles per hour will burn about 240 calories in an hour.
- Eases tension. You can walk to think—or walk to not think.
- Boosts energy.

What makes a walk a workout?

The short answer is pace and time or distance. When you are walking to exercise, you don't stroll or stop to window shop. After an initial warm-up, you move out at a steady pace that is brisk enough to make your heart beat faster and to cause you to breathe more deeply. Walking needs to be done for at least 30 minutes if your body is to achieve any "training effect."

<continued>

Use the “talk test”

Benefits are highest when you walk as briskly as your condition permits. The “talk test” can help you find the right pace. If you are too breathless to talk, you’re going too fast. If you develop dizziness, pain, nausea, or

other unusual symptoms when walking, slow down or stop. If your problem persists, see your physician before walking again.

Wondering what to wear?

Choose shoes that are comfortable and provide good support. Cushioned shoes with a slightly elevated heel and arch supports are preferable. Good running shoes are good walking shoes. Select loose, comfortable clothes for your walks. In cold weather, it’s better to wear several layers of light clothing than one or two heavy layers. The extra layers help to trap heat, and they are easy to shed if you get too warm. At night, wear light-colored clothing or a reflecting band. To maintain the proper body heat, always wear a cap during cold weather.

Walk with style

These tips will help you feel (and look!) better during and after your walking jaunts:

- Keep your head erect and back straight. Let your arms swing loosely at your sides.
- Stay relaxed, breathe deeply, and take comfortable steps.
- Always land on your heel and roll forward, finally pushing off the ball of your foot. Walking flat-footed or on the balls of your feet may cause fatigue or soreness.
- Toes should point straight ahead. “Toeing-in” and “toeing-out” are inefficient ways of walking and may aggravate or contribute to leg/hip joint problems.
- Always warm up (and cool down) with 5 minutes of slow walking. Stretch slowly afterwards to improve flexibility and reduce the likelihood of muscle soreness.
- Monitor your speed with the “talk test.”
- Walk safe. Watch for dogs, cars, and bicycles. Face oncoming traffic. Do not assume drivers see you.
- Compete only with yourself. Individuals of similar ages and build vary widely in their capacity for exercise. Focus on steadily improving your own performance, not walking farther or faster than someone else.

For more information, visit these Web sites: Iowa State University Extension to Families, Nutrition—<http://www.extension.iastate.edu/healthnutrition/> Iowa State University Extension Publications—<http://www.extension.iastate.edu/store/> Adapted by Ruth Litchfield, Iowa State University Extension nutritionist, and Diane Nelson, Iowa State University Extension communication specialist, from Walking Your Way to Fitness (NCR 262). Previously published as PM 1929, December 2002. Format modified by Peggy Martin for use with Iowa Food Stamp Nutrition

Upcoming Dates

<u>Date</u>	<u>Event</u>	<u>Place</u>	<u>Time</u>
April 8	Area 1 4-H Rabbit Workshop	Jennings Co. Library	5:00– 7:00 p.m.
April 14	Pond Management Workshop	Johnson Lake	6:00- 8:00 p.m.
April 12	Camp Junior Staff Training	Hopewell Church	6:00– 8:00 p.m.
April 15	Chef University 4-H SPARK Club	Rykers Ridge Firehouse	Multiple Times
April 17	Beef Tagging	Fairgrounds	7:00-10:00 a.m.
April 20	Jr. Leader Meeting	Community Bldg.	6:30 pm
April 21	Wooded Invasive Species of SI	Thiebaud Farmstead	5:00 pm
April 23	YQCA	Community Building	6:00– 7:30 p.m.
April 24	Sheep, Goat & Swine Tagging	Fairgrounds	7:00-10:00 a.m.
May 1	Area 1 4-H Performing Arts	Southwestern Elementary	6:30– 8:30 p.m.
May 10	Camp Junior Staff Training	Hopewell Church	6:00– 8:00 p.m.
May 10	4-H Camp Applications Due	Extension Office	
May 11	YQCA	Fairgrounds	6:00– 7:30 p.m.
May 12	Jr. Leader Volunteer Opportunity	Armory	4:30 pm
May 12	Horse & Pony Vaccination Clinic	Fairgrounds	6:00 pm
May 15	All livestock enrolled on 4-Honline		
May 15	Conservation Camp 4-H SPARK Club	Fairgrounds	Multiple Times
May 27	Extension Board Meeting	Community Building	6:30p.m.
June 7-10	4-H Camp	Camp Higher Ground	
July 9-16	Jefferson County 4-H Fair		

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PURDUE UNIVERSITY COOPERATIVE EXTENSION SERVICE
Jefferson County
3767 W SR 256
Madison, IN 47250-3511
Cooperating with U.S. Department of Agriculture

