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One of my favorite fall activities is to visit our local farm stands and get apples, pumpkin, and pretty much any other late season produce I can stock up on. I hope everyone enjoys the last of the fresh produce until winter arrives.

Fall is also a great time to do lawn maintenance. If you are not sure what to do in the fall, I will be offering a DIY Lawncare class in September to answer those questions (see details inside).

Canning season is also here, if you need pressure gauges checked learn more inside.

4-H enrollment will begin October 1st so if you have youth K-12 interested in 4-H now is the time to register. Also, check out all our youth that participated in state fair. Congratulations to all of them for a job well done! See details inside.

If you have 4-H, health, human science, agriculture, natural resource, or gardening questions feel free to call us at 812-882-3509.

Valerie Clingerman Extension Educator

Agriculture and Natural Resources/County Extension Director

Mental Health First Aid for Rural Communities

“It takes a village to raise a child” is true yet incomplete. We never outgrow the need for social connection and empathetic support; a guiding hand or caring word. While rural communities may be challenged by a deficit of local services, they make up for it with connections and mutual support.

Mental Health First Aid for Rural Communities is a course designed to prompt participants to examine the strengths and needs of their community related to mental wellness. The course examines common mental health challenges, and teaches how to recognize when someone might be struggling and confidently offer support. What participants are saying:

“I will be more observant and feel more equipped to have difficult conversations.” “Helped me understand more and change my outlook and gave me new understanding and tools to use.” “I enjoyed the class. The material was heavy, but the instructor handled it well.”

To learn more, contact the Extension office or visit [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

**4-H & Youth Development**

Mitch Wagoner

Extension Educator - 4-H Youth Development

[mwagoner@purdue.edu](mailto:mwagoner@purdue.edu)

**4-H Enrollment for 2023-2024**

**Parents** can go into 4HOnline (https://v2.4honline.com) to enroll/re-enroll their children in 4-H for 2023

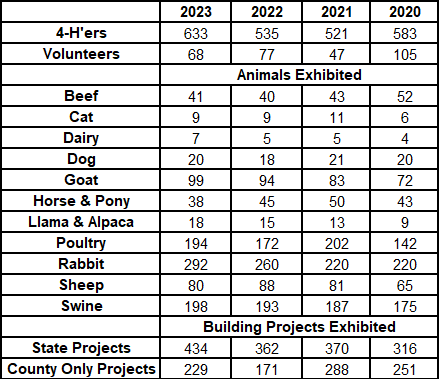
**Starts: October 1, 2023 Ends: January 15, 2024**

**Certificated adult volunteers** need to go into 4hOnline (https://v2.4honline.com) to re-enroll as an adult volunteer and to sign your 2024 Adult Behavior Expectations by **Jan. 15**!

If you do not have internet access, please contact the Extension Office (812-882-3509) so we can help!

**Knox County Fair: July 12-19, 2024**

**Indiana State Fair: TBA for 2024**



As the 2022-2023 4-H program year comes to a close, we reflect on the past year as we plan for the 2023-2024 4-H program year.

Youth reported they spent 30,213 hours learning by doing and contributed $402,916 to the local economy.

The future still looks bright to continue to develop youth.

**Knox County 4-H Exhibitors at State Fair:**

Abel, Aaliyah

Abel, Brylee

Althoff, Jayna

Althoff, Jon

Anderson, Andi

Anthis, Lillian

Baldwin, Kieran

Beard, Caroline

Beard, Makinley

Bilskie, Isabelle

Black, Kevi

Blubaum, Taylor

Bolger, Allison

Brown, Bryar

Bunte, Josie

Candler, Lauren

Cardinal, Bennett

Cardinal, Bryson

Cardinal, Dallas

Cardinal, Jonathan

Carter, Landon

Carter, Morgan

Catt Jr Robbie

Cockerham, Katelyn

Combs, Kayla

Davis, Brinxley

Deckard, Alea

Decker, Adron

Decker, Chloe

DeCoursey, Jenna

DeLisle, Addyson

Dellinger, Baxter

Dellinger, Eliza

Dellinger, Lee

Detweiler, Grace

Dillon, Jacob

Duckworth, Bryn

Dunn, Abigail

Dunn, Landon

Dyer, Jocelyn

Ferguson, Samantha

Fields, Sirkka

Garretson, Avery

Gladish, Braelyn

Gladish, Taylor

Gomez, Anthony

Hammelman, Jackson

Hammelman, Jeremiah

Hammelman, Taylor

Hatcher, Angel

Hatfield, Hattie

Hays, Meredith

Hedge, Madison

Hughes-Pritchard, Lewis

Kahre, Briar

Kahre, Sidney

Kaiser, Cora

Kaiser, Hazel

Kaiser, Madeleine

Keller, Harlee

Kixmiller, Gavin

Klem, Kali

Lafferty, Kadie

Lamanske, Hayden

Lee, Jacob

Loudermilk, Braydon

Loudermilk, Levi

McGuyer, Molly

Misiniec, Jacob

Misiniec, Alexis

Nettles, Caleb

Noland, Addy

Norrick, Mason

Nowaskie, Hayden

Nowaskie, Holt

Nowaskie, Sarah

Oakes, Laney

Peltier, Ryan

Perry, Macyn

Quarterman, Kyndall

Rickard, Natalee

Ricketts, Jace

Risley, Alexa

Roark, Avery

Robinson, Paris

Rode, Kaelyn

Rode, Kambric

Rode, Krawford

Schopmeyer, Evelynn

Schopmeyer, Orrin

Schroeder, Luke

Small, Dillon

Smith, Hazel

Smith, Kadee

Smith, Nathan

Spanger, Conner

Sprague, Leah

Stoltz, Rylee

Sydow, Samuel

Tiek, Brennen

Trabant, Olivia

Vieke, Maggie

Vieke, William

Wagoner, Abigail

Wells, Regan

Whipkey, Jada

Will, John

Will, Madison

Wilson, Caleb

Wilson, Trenton

Wolters, Adalin

Wonning, Alli

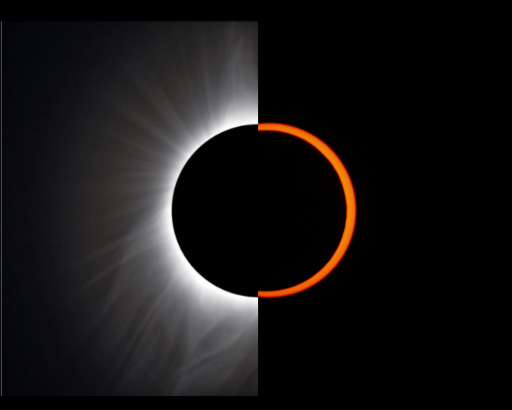
Wonning, Brady

Young, Madilyn

**Upcoming Dates**

* Area 3 4-H/FFA Livestock Skill-a-thon CDE at Vanderburgh Co Fairgrounds: September 12
* **4-H Enrollment Begins: October 1!!**
* National 4-H Week: October 2-8
* Area 3 4-H/FFA Soils CDE at SWPIC: October 3
* Indiana 4-H Leadership Summit: October 21
* Area 3 4-H/FFA Crops, Forestry, & Entomology CDE: November 8
* 4-H Enrollment push ENDS: January 15, 2024
* 4-H Scholarships “Senior Year & Accomplishment” DUE: January 25, 2024

**Solar Eclipse**

* **Annular** solar eclipse: **Oct 14, 2023**.

An annular eclipse occurs when the Sun and Moon are exactly in line with the Earth, but the apparent size of the Moon is smaller than that of the Sun.

Image: <https://www.greatamericaneclipse.com/basics>

Info: <https://en.wikipedia.org/wiki/Solar_eclipse>

* **Total** solar eclipse: **April 8, 2024**.

A total eclipse occurs when the dark silhouette of the Moon completely obscures the intensely bright light of the Sun, allowing the much fainter solar corona to be visible.

**Social Media**

Facebook: “KnoxCountyIN4H”

Instagram: “@knoxcountyin4h”

## **Health & Human Sciences**

Tonya Short, Extension Educator - Health & Human Sciences

[Short43@purdue.edu](mailto:Short43@purdue.edu) [www.facebook.com/KnoxCoHHS](http://www.facebook.com/KnoxCoHHS)



# Extension Homemakers—Save the Date

**September 11:** Final planning meeting for district meeting

**Sept 26:** Fall District Meeting – see next page

**November 6:** County Council Meeting

# A note to Knox County Extension Homemaker members

Fall District Meeting is soon approaching. Please read below for more details and reach out to Barbara if you have questions.

Fall District Meeting is September 26th at Community Methodist Church in Vincennes, IN. Registrations begins at 8:30. Our guest speaker will be Ann Pratt from the Red Skelton Museum. The theme of our meeting will be about the Red Skelton and the other interesting sites Vincennes has to offer.

Here are some details on how everyone can pitch in to make this a super success.

* Each club is asked to help in providing breakfast items. Each Club President will address this at their monthly meeting. We are planning on 100 guests for the day.
* Volunteers are needed to help set up the venue on Monday, September 25th.
* Volunteers are needed the day of the event. If you can help, but cannot stay for the meeting this is ok. Let your club president know what day and time you can help.
* There will be a silent auction. Please bring an item for auction. If you cannot attend, consider giving your donation to your club president. This is also a way for us to earn money to defray expenses for our hosting the District Meeting.

I am very excited about the response I have gotten from our Knox County Extension Homemakers Club members. Hope you can attend and join the fun. Watch for additional information about registration, cost and registration deadline.

Sincerely,

Barbara Holscher, President

812-881-7688

IEHA Fall District Meeting

September 26, 2023

Explore Knox County!

**Where:** Community Church of Vincennes, 1548 S Hart Street Rd, Vincennes, IN 47591

**Registration and Refreshments:** Time TBA

**Lunch:** McAllister’s, macaroni salad, fruit, dessert

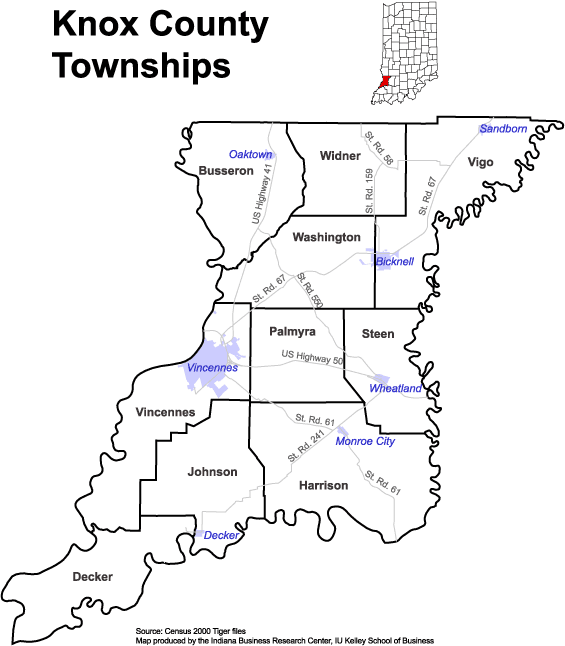
**Guest Speaker:** Anne Pratt, Executive Director, Red Skelton Museum of American Comedy

**Cost:** $15 payable to Knox County Extension Homemakers

**RSVP:** Must be received by September 16.

Please submit one list of attendees and one check per county (payable to Knox County Extension Homemakers) to: Mary Louise Hess, 1873 W. Carie Rd., Vincennes, IN 47591





Complete and return with payment

Name: \_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

County: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Any dietary restrictions: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# A pressure canner story

When we are pressure canning at 11PSI, it is the heat, not the pressure, that destroys microorganisms to make your canned food safe. A pressure canner at 11 pounds pressure is cooking at 240°F. Water boils at 212°F, so we’re cooking pretty hot! However, if your dial gauge is incorrect, you might not reach that magical botulism-killing temperature. Or, the inverse, your canner might get too hot resulting in possible mishaps like excess liquid loss or worse.

The age of your dial gauge is also not a great predictor of reliability. Last season a gentleman brought in two gauges to test. One had belonged to his great-grandmother; the other was new. The antique gauge tested perfect – spot on. The new one was inaccurate and unsafe to use.

It is important to have your dial gauge tested at the beginning of each season. Things that could impact your gauge include being bumped or knocked around or being stored somewhere that is exposed to extreme temperatures like a garage or shed.

The Knox County Extension office has a master gauge and is able to test your pressure canner gauge. Contact Tonya at 812-882-3509 to schedule an appointment.

Pressure canners that use a “jiggler” rather than a gauge do not need to be tested; however you are still free to bring the canner in for an overall inspection, if desired.



# ServSafe Manager and Food Handler courses

ServSafe Manager Certification is an approved training in the state of Indiana to become a certified food protection manager.

ServSafe Food Handler is for anyone else who needs basic food safety and food handling training, including home-based vendors, food service workers, volunteers, or others who work with food who only need the basic training. This course is NOT intended for food service managers.

Here are upcoming classes scheduled in our area. For more information including registration links visit [www.purdue.edu/servsafe/workshops](http://www.purdue.edu/servsafe/workshops) or <https://extension.purdue.edu/county/knox/ServSafe.html>

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| **ServSafe Manager Classes** | |
| When | Where |
| November 2, 2023 | Washington, IN contact Jennifer 812-254-8668 |

|  |  |
| --- | --- |
| **ServSafe Food Handler Classes** | |
| When | Where |
| October 10, 2023 | Vincennes - More info or register at: [https://cvent.me/wYQRwm](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcvent.me%2FwYQRwm&data=05%7C01%7Cshort43%40purdue.edu%7C23a30fb80a6b47cedb8b08db941dbfd0%7C4130bd397c53419cb1e58758d6d63f21%7C0%7C0%7C638266627711643499%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=UVruVgaJuVdViIDsBlGXrsrnysceFdHSiJjmaA72B5I%3D&reserved=0) |
| March 12, 2024 | Vincennes – More info or register at: [https://cvent.me/0xKynD](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcvent.me%2F0xKynD&data=05%7C01%7Cshort43%40purdue.edu%7Ce3722d260d9f424a758208db941fb8c3%7C4130bd397c53419cb1e58758d6d63f21%7C0%7C0%7C638266636184358942%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=OTwly0ueH2vYUsRcZG65F2%2BNKh6OLLPq5J1P02fwzug%3D&reserved=0) |

# Bite by Bite: Nutrition for Life

# Podcast

Anywhere you look you can find a magic pill or formula promising to protect your health and transform your body in three easy steps. And, many of these claims do have (or at least started with) a speck of valid science. So, how to you cut through all the hype and separate truth from false marketing claims? The truth is, it doesn’t have to be that complicated! Join us as we explore and dissect different fads and trends to discover the real science behind food and nutrition.

Find us on Apple and Google podcasts, Radio Public and Spotify. Follow us on Facebook and Instagram @BiteByBiteNutritionForLife

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## **Agriculture & Natural Resources**

Valerie Clingerman-Extension Educator

Agriculture & Natural Resources

[clingerman@purdue.edu](mailto:clingerman@purdue.edu)

\*\*Like **Purdue Extension Knox County Ag and Natural Resources on Facebook.**

**\***\*To receive monthly e-newsletters call 812-882-3509 or e-mail me to be added.

**Upcoming Events**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Date | Event | Time (Eastern) | Location | Contact info. |
| Sept. 9 | Southern Indiana Purdue Agriculture Invasive Species Control for Woodlands Field Day | 9:00am-5:00pm | Dubois | Register by calling  812-482-1171 Ext. 3 |
| Sept. 12,13, 19, 20 | DIY Lawncare (see detail below) | 5:30pm | Knox Co. Public Library, Vincennes | RSVP by Sept 5th at <https://tinyurl.com/DIYLawn23> |
| Sept. 23 | Monarch Madness | 11:00am-2:00pm | Fox Ridge Park, Vincennes | 812-882-3509 |
| Sept. 29 | Stockmanship for beef | 1:00pm-7:00pm | Dubois | Register at [www.indianaforage.org](http://www.indianaforage.org) Questions call 812-678-4427 |
| Sept. 30 | Stockmanship for goats, and sheep | 10:00am-5:00pm | Dubois | Register at [www.indianaforage.org](http://www.indianaforage.org) Questions call 812-678-4427 |
| Nov. 13 | Knox County PARP\*/CCH\*\* | 10:00am | TBD | 812-882-3509 |
| Dec. 12 | Agriculture Outlook | Morning, TBD | TBD | 812-882-3509 |
| Dec. 12 | Knox County PARP\*/CCH\*\* | TBD | Vincennes | 812-882-3509 |

\*PARP=Private Applicator Recertification Program \*\*CCH=Commercial Applicator Credits

**DIY Lawncare Class to help answer your lawn questions**

Attention homeowners, property renters, and homeowner associations. This may be a class for you if you would like to learn about the basics of lawncare, lawn pest problems, weed identification and management, and establishing or renovating a lawn.

Sessions will meet Sept. 12, 13, 19, & 20th at the Knox County Public Library (502 N 7th St. Vincennes) from 5:30pm-7:30pm.

Cost: $10 (for binders, handouts, and snacks)

Register by Sept. 5th at <https://tinyurl.com/DIYLawn23>

Questions? Call the Extension Office 812-882-3509 or email clingerman@purdue.edu.



**New Purdue Agricultural Economics Report Reveals Farm Values and Cash Rental Rates**

Two of the most common questions I get are about farmland values or cash rental rates. Every August Purdue releases these data and it is broken down by regions in the state. These data were collected in June of 2023 and is also determined by average corn yields for the property.

In southwest Indiana, top farm land is expected to yield an average of 227 bu/a and the average price was $12,857/a. Average ground averages 193 bu/a and average price was $9,179, and poor ground averages 160 bu/a and the average price was $7,182.

Cash rent values are determined the same way as land prices. In southwest Indiana, top farm ground average price was $296/a, average was $239/a, and poor was $173/a.

For those readers that enjoy numbers this report also shares value of land per bushel, projected land values, drivers on Indiana farmland values, interest rates, corn and soybean prices, and more. You can find the report at <https://tinyurl.com/23PAER> or contact the Extension Office 812-882-3509.

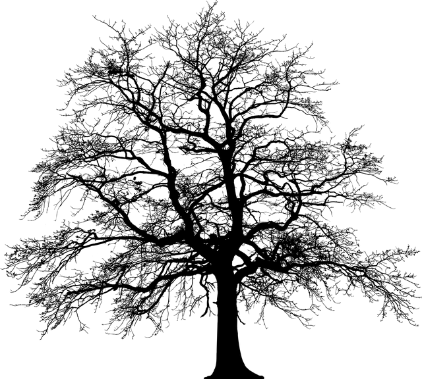
Image by [Memed\_Nurrohmad](https://pixabay.com/users/memed_nurrohmad-3307648/?utm_source=link-attribution&utm_medium=referral&utm_campaign=image&utm_content=2558681) from [Pixabay](https://pixabay.com/?utm_source=link-attribution&utm_medium=referral&utm_campaign=image&utm_content=2558681)

**2022 Summary of U.S. Agricultural Confined Space-Related Injuries and Fatalities**

Written by: Bill Field, Purdue University

The following are highlight from the 2022 findings:  
• No fewer than 83 cases, 24 fatal and 59 non-fatal,1 involving agricultural confined spaces were documented in 2022, representing a 40.7% increase over the 59 cases in 2021  
• There were no fewer than 42 grain related entrapments in 2022 representing a 44.8% increase over 2021. This was the highest number of grain entrapments in over a decade. The balance of 41 cases involved livestock waste handling facilities, entanglements inside confined spaces, falls from confined space structures, and grain dust explosions or fires  
• Eight incidents involved more than one victim  
• Eleven cases involved livestock waste storage pits or lagoons, eight of which were fatal  
• Three grain dust explosions resulting in 18 non-fatal injuries were documented2. Fifteen of these injuries were attributed to a single incident in Iowa.  
• One female case was documented in 2022, which occurred inside a cotton module builder  
• 29% (24) of 2022 cases were fatal compared to 59% historically  
• Iowa reported the most cases, 24, including those relating to fires and explosions (fifteen of these cases resulted from a single explosion incident), followed by Indiana (6), Minnesota (6) and Ohio (6)  
• Iowa reported the most grain-entrapment cases in 2022 (9). Indiana, Iowa, Minnesota and Illinois, in that order, have historically recorded the most grain entrapment cases  
• OSHA Regions 5 and 7 have historically accounted for 67.9% of all documented agricultural confined space-related incidents

To read this complete report see the link below: <https://tinyurl.com/ConfinedSpaceInjuries>

**Fall can be a great time to plant trees, follow these steps for proper planting**

Incorrect planting is typically the most common reason I see trees die. Sometimes trees will die shortly after planting due to poor root contact with the soil or other times it may take many years and there may be a girdled root due to planting too deep. If you follow the below tips that will help you have a healthy tree for many years.

1. **Select proper tree for site.** Pick a tree that will do well for your location. Make sure to plan for the mature size of the tree and give it plenty of vertical and horizontal space. This includes plenty of space for roots.
2. **Dig planting hole 1-1.5x the size of the root ball.** Dig the hole no deeper than the depth of the root system. This will give space for roots to expand. Shave perimeter roots to prevent circling roots. Find the root flare and make sure it is not below the soil.
3. **Provide proper drainage.** Trees typically don’t like being in areas with prolonged wetness. You can test drainage by digging a hole and filling it half full with water. If the water is gone in two hours than drainage is great.
4. **Prune tree.** Remove dead, broken, and damaged limbs. Remove weak branches and codominant stems.
5. **Place root collar even or slightly elevated above existing grade.** Planting too deep is the main reason I see trees die. Make sure the root flare is visible. Do not pick up tree by trunk always lift by the container or root ball.
6. **Remove foreign material.** Remove all wires, tags, cords, and non-biodegradable bags/containers. For balled and burlap trees, remove the upper1/2 to 1/3 of the material.
7. **Back fill hole with native soil.** Soil amendments and fertilizer are no necessary. Settle soil with water and tamp to remove any air pockets.
8. **Stake tree, if necessary.** Support systems for trees are not recommended. However, in challenging areas trees may need additional support. Do not leave stakes in place for longer than one year.
9. **Mulch planting area.** Mulch 2-3 inches deep to the trees drip-line. Do not mound mulch around the trunk.
10. **Water tree.** A thorough watering is better than frequent watering. One inch of water per week from rain and/or supplemental watering is preferred.
11. **Protect the tree.** Tree wraps can protect against sun scald, deer, and other furry creatures. Mowers and string trimmers can be fatal to trees if allowed to harm bark. Mulch can also assist with preventing this injury.
12. **Avoid fertilizing in first growing season.** Adding fertilizer to newly planted trees can cause damage and create more stress. Drought stressed plants also should not be fertilized.

**For more guidelines on selecting and planting trees visit** <https://tinyurl.com/TreeInstallation> or contact the Extension Office 812-882-3509.

Image by [Gordon Johnson](https://pixabay.com/users/gdj-1086657/?utm_source=link-attribution&utm_medium=referral&utm_campaign=image&utm_content=3979965) from [Pixabay](https://pixabay.com/?utm_source=link-attribution&utm_medium=referral&utm_campaign=image&utm_content=3979965)

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locust, and poplar are labelled as 

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