

## Fill Your Pantry: Canning Foods at Home

More and more people are taking up gardening and planning to preserve their harvest to enjoy throughout the year. You may be thinking about home canning, but make sure you are following proper methods. Improper canning can result in botulism, a rare but potentially deadly illness caused by a poison most commonly produced by a germ called *Clostridium botulinum*. The germ is found in soil and can survive, grow and produce a toxin in certain conditions, such as when food is improperly canned. The toxin can affect your nerves, paralyze you and even kill you.



For safe home canning, follow these tips:

- ✓ **Select good quality fruits and vegetables** that are free of disease and mold and not overripe or insect damaged. Choose varieties best suited for canning. Process most vegetables within 6-12 hours of harvesting. Process fruit within one day.
- ✓ **Use a tested recipe.** There is a significant amount of science and chemistry involved in home food preservation. Small variations in recipe measurements of ingredients will impact the quality and safety of products. Tested recipes have been extensively researched to ensure density, viscosity, pH, processing times, and methods to destroy harmful microorganisms and result in a consistent, safe product.
- ✓ **Use only glass jars designed for home canning.** Always inspect jars before using. Jars may become brittle, scratched, cracked, or chipped with repeated use, causing them to break during processing or preventing the lids from sealing.
- ✓ **Use two-piece self-sealing lids.** Never reuse lids. Purchase only what you need for the year.
- ✓ **Use the proper method of canning.** During the canning process, air is driven from the jar, and as it cools a vacuum seal is formed. High temperatures in pressure canning destroy harmful microorganisms and enzymes that can lead to food spoilage.
  - **Boiling-water bath canning** is appropriate for most fruits, acidified tomato products and pickled foods.
  - **Pressure canning** is the only recommended method for canning low-acid foods. Low acid foods include almost every vegetable, some fruits, milk, all meats, fish and seafood.
- ✓ **Store canned goods safely.** Remove screw bands, label and date lids and store in a cool, dry, dark location with a temperature between 50 and 70. Use within one-year for best quality.

### Safe Recipe Resources

- So Easy to Preserve, 6<sup>th</sup> Edition: <https://setp.uga.edu/>
- USDA Complete Guide to Home Canning: <https://www.nifa.usda.gov/about-nifa/blogs/usdas-complete-guide-home-canning>
- National Center for Home Food Preservation: <https://nchfp.uga.edu/>

### These low acid foods require processing in a pressure canner for safe preservation:

- |                        |                    |
|------------------------|--------------------|
| • Asparagus            | • Peppers          |
| • Beans                | • Pumpkin          |
| • Beets                | • Potatoes         |
| • Carrots              | • Squash           |
| • Corn                 | • Soups            |
| • Mixed vegetables     | • Spinach & Greens |
| • Mushrooms            | • Succotash        |
| • Okra                 | • Tomatillos       |
| • Peas                 | • Winter Squash    |
| • Meats, Fish, Seafood |                    |

For more information, including how-to, tips sheets, videos and detailed instructions for canning, freezing, drying and more, visit the National Center for Home Food Preservation website at <https://nchfp.uga.edu/>

Sources: [https://extension.illinois.edu/sites/default/files/canning\\_fill\\_your\\_pantry\\_final\\_2021.08.18\\_ls.pdf](https://extension.illinois.edu/sites/default/files/canning_fill_your_pantry_final_2021.08.18_ls.pdf)

<https://www.cdc.gov/foodsafety/communication/home-canning-and-botulism.html#:~:text=Always%20use%20proper%20canning%20techniques,to%20see%20if%20it's%20safe!>

## Family Time: Story Time at the Fair

Join us for Story Time at the Pun'kin Vine Fair on Tuesday, July 12 from 5-6 p.m. outside the Domestic Arts Building. Purdue Extension, the Newton County Public Libraries and Step Ahead will have activities for your young children. We are going old-school and will feature a ball toss, coloring station, duck pond, ring toss, Follow the Leader and an obstacle course. Free books for children in 1<sup>st</sup> grade and younger and resources for parents. Check out the Story Book Walk: Duck on a Tractor along the wildflower path!



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## The Pun'kin Vine Fair Is Almost Here!!!! Open Class Judging

I hope you all have been working on items to display at the Pun'kin Vine fair. Entries need to be postmarked by July 2. Enter all you want for the low price of \$5.00!!! Youth, 18 and under, are free. If you miss the early deadline, you can still enter exhibits on entry day, however, there will be shorter lines if you enter early.

**Clean Up Day at the Domestic Arts Building: Thursday, July 7 from 8:30-11 a.m.**

### Judging Schedule at the Fair:

❖ **Domestic Arts Handcrafted Exhibits:**

Entry: 8-10 a.m., Saturday, July 9

Judging: 11 a.m., Saturday, July 9

❖ **Fine Arts/Photography Exhibits:**

Entry: 8-10 a.m., Saturday, July 9

Judging: 4:00 p.m., Saturday, July 9

❖ **All Food Exhibits** (canned, jellied, frozen, confections, baked):

Entry: 8-10 a.m., Monday, July 11 (Maximum of 7 entries in Confections and Baked Goods. Don't forget your recipes!)

Judging: 11 a.m. Monday, July 11 (Canned items should include an index card with information about how you processed your item: boiling water bath, pressure canner, length of time processed)

❖ **Floral Exhibits:**

Entry: 8-9 a.m., Tuesday, July 12

Judging: 10 a.m., Tuesday, July 12



**ALL Exhibits will be released on Saturday, July 16 from 8-10 p.m.**

### Building Hostesses/Helpers Needed:

We still need help with entry and judging at the fair on Saturday, July 9. If you can help, please call the Extension Office to sign up for a time. We also need help babysitting the Domestic Arts Building from Monday July 11 through Saturday, July 16. The building is open to fair-goers from 1 - 9 p.m.

## Tar Spot of Corn: What to Know and New Research

Written by Dan Quinn, Ph.D., Extension Corn Specialist and Darcy Telenko, Ph.D., Field Crops, Purdue University

### What is Tar Spot?

Due to its relatively recent U.S. discovery and its ability to cause significant production and economic losses, tar spot is often a topic of angst and anxiety amongst corn farmers and agronomists in Indiana. For example, a severely infected field can reach yield losses upwards of 60 bushels per acre! Yield losses are often a result of reduced photosynthetic capacity (green leaf area) of the corn plant during grain fill resulting in poor grain fill, kernel abortion, and reduced kernel weight. In addition, severe infection can reduce corn stalk integrity and cause significant lodging later in the season. Tar spot was first confirmed in northwest Indiana in 2015 and the first significant yield-reducing event of the disease was observed in 2018. Similarly, severe outbreaks and large areas of infection of this disease were observed in Indiana in 2021. Tar spot is caused by the fungus known as *Phyllachora maydis* and can be identified by small, raised black and circular spots present on corn leaves, stalks, and husks (Figure 1). These black and circular spots are known as fungal fruiting structures called stromata, each of which can produce thousands of spores. Overall, tar spot infection and severity can vary based on environmental conditions, the total amount of the pathogen present in the field, and corn hybrid chosen.



### What Conditions Cause Tar Spot?

Tar spot pressure in corn is fueled by cool (60-70 degrees F), humid conditions (>75% relative humidity) and prolonged leaf wetness (>7 hours). Therefore, tar spot pressure is typically higher in areas such as those closer in proximity to the great lakes (e.g., Northwest Indiana), river bottoms, and irrigated corn acres. Furthermore, it is also important to note that previous research has found that the pathogen that causes tar spot can overwinter on infested corn residue on the soil surface, thus causing crop infection risks in the following year(s).

### How do I manage Tar Spot?

**Crop Scouting and Diagnosis** – In order to properly manage problems in *your* fields, it is important to identify which specific problems are present in *your* fields. Proper diagnosis and early detection of tar spot is critical for successful management of the disease. Tools such as the Tar Spot Distribution map (<https://corn.ipmPIPE.org/tarspot/>) and the Tar Spotter app (<https://ipcm.wisc.edu/apps/tarspotter/>) are useful tools for tracking the presence of tar spot in your specific county and recognizing conditions conducive for tar spot development.

**Fungicide Use** – Currently, there are multiple fungicides from multiple companies that work to help control tar spot in corn. The fungicide efficacy chart available through the Crop Protection Network ([https://cropprotectionnetwork.s3.amazonaws.com/CPN2011\\_FungicideEfficacyControlCornDiseases\\_04\\_2022-1650470887.pdf](https://cropprotectionnetwork.s3.amazonaws.com/CPN2011_FungicideEfficacyControlCornDiseases_04_2022-1650470887.pdf)) is a useful tool for fungicide selection based on disease presence in the field. However, fungicide efficacy is often largely controlled by fungicide timing. In most instances, a fungicide application between the VT growth stage (tassel emergence) and R2 growth stage (blister) is the most effective for controlling tar spot. Furthermore, a mixed-mode-of-action fungicide product is often more effective than a single-mode-of-action product. In severe tar spot situations, as what was observed in certain areas in 2021, two fungicide applications may be required. However, this is often dictated by history of severe disease and conducive environmental conditions in a field, and reiterates the importance of tracking the disease and field scouting.

Continue reading this article at <https://thekernel.info/tarspot/>.

## FEATURED BUG: JAPANESE BEETLE

**DESCRIPTION:** Adults are metallic green with bronze-colored wing covers and white tufts of hair around the abdomen

**TIME OF ATTACK:** Adults: July to late September (stages V(n)-R8)

**DAMAGE:** Skeletonize leaves in similar fashion as Mexican bean leaf beetle, through leaving fewer veins intact. The larve (white grubs) will feed on soybean roots

**SAMPLING:** Inspect 5 plants in 5 areas of a field and determine percent of defoliation

**ECONOMIC THRESHOLD:** Prebloom stage (V(n)): greater than 40% defoliation. Blooming to pod fill (stages R1-R5): greater than 15% defoliation. Full seed (stage R6) to harvest: greater than 25% defoliation with beetles actively feeding.

**REFERENCE:** Purdue Field Crops IPM, [extension.entm.purdue.edu/fieldcropsipm](http://extension.entm.purdue.edu/fieldcropsipm)



Photo by: Purdue University  
Extension—Entomology

## FEATURED WEED: COMMON LAMBSQUARTER



Photo from Purdue University

Common lambsquarters grow throughout Indiana and much of the southern portion of the north central region of the United States. It is an annual plant that reproduces only by seed.

The leaves are commonly light green and covered with a mealy, white substance that appears as if someone has sprinkled powdered sugar on the plant.

Leaves are irregularly lobed and basically triangular in shape. On fertile soil, this plant may grow as tall as 7 or 8 feet.

The inflorescence is green in color and contains large quantities of seed.

Seeds are born on tops of the stem throughout the plant. The seeds are brownish-tan and shaped like 5-pointed stars.



### Congratulations, Graduates!



Congratulations and best wishes to the Newton County 4-Hers who are graduating from high school this year:

Samantha Bradley, Samuel Burdick, Phoebe Busboom, Logan Fausset, Sarena Garza, Garrett Gonczy, Alex Kindig, Adalia Knakiewicz, Ryan Knapp, Rubi Laud, Sara Mathis, Nathan Mlynarczyk, Cy Sammons, Eli Sammons, Garrett Sammons, Bradley Sargent, Harley Schleman, Heidi Schleman, Alexxys Standish, Blake Whaley!

### General 4-H Project Reminders and Information



Please reference the Periscope for further project requirements.

Posters are available at the Newton County Extension Office.

Form Core Boards (\$2.50)

Plastic Sleeve (\$0.50)

### Thank You Notes



4-H is a volunteer driven organization, so without our volunteers and donors the activities and programs at the Newton County Pun'kin Vine Fair wouldn't be possible. The donors for trophies or banners will be listed on your award. Please make sure send them a thank you card!

### Help Needed!!

Help is needed to fill shifts monitoring the 4-H building, cleaning the grandstands, and helping with the Pork Chop Supper.

Please call the Extension Office to sign up!



### What to Expect at 4-H Project Judging

A 4-H project is one part of 4-H and only a part of the total learning experience. The exhibit is only one measure of success and achievement. Through judging, 4-Hers can experience self-satisfaction, and a feeling of success from learning about and completing a project. Judging may last several hours and can be a real learning experience.

- You will hear the judge's comments about what is done well and what could be improved about a project.
- Be patient; bring snacks, books, activities if you wait.
- Sometimes, judges are asked to judge more than 1 project: especially true when there are 10 or fewer 4-Hers in a given project. Judging for several projects may be listed at the same time on the schedule.

### Important Dates



### FairEntry is Open from June 1-June 30

Beginning June 1-June 30, you must go online to <http://newtoncountyin.fairentry.com> and enter your exhibit for each project in which you are enrolled. **This includes ALL projects, breathing and non-breathing.** No new profile is necessary, as you will use the same email and password that you use for your 4-H Online profile.

Remember, this process is required for us to successfully accept your exhibit for all judging events. Failure to complete this process by June 30 will result in a delay of entry on judging day.



### Animal Barn Clean Up Dates

Horse and Pony: July 2<sup>nd</sup> at 9:00am

Sheep and Goat: July 5<sup>th</sup> at 6:00pm

Swine: July 6<sup>th</sup> at 6:00pm

Beef and Dairy: July 7<sup>th</sup> at 6:00pm

Rabbit and Poultry: July 7<sup>th</sup> at 6:30pm

*Please reference each barn's Facebook pages for more information!*

### Grand Stand Clean-Up

**Sat., July 9<sup>th</sup>-5:00pm**

Jr. Leaders

**Tues., July 12<sup>th</sup>-9:00am**

*Help still needed*

**Wed., July 13<sup>th</sup>-9:00am**

North Newton Neighbors

**Thurs., July 14<sup>th</sup>-9:00am**

Country Hicks

**Fri., July 15<sup>th</sup>-9:00am**

Horse & Pony

**Sat., July 16<sup>th</sup>-9:00am**

Lincoln Roughriders

**Sun., July 17<sup>th</sup>-9:00am**

*Help still needed*

### 4-H Night at the Fair

Wednesday, July 13<sup>th</sup> at 7:00pm

Grandstands

Senior members (members within their final year of 4-H and ten-year members) will be recognized along with Outstanding 4-Her Awards, 4-H Volunteer Awards, and Farm Bureau Tenure Awards.



### Animal Entry and Release Times

Sun., July 10<sup>th</sup>

Horse & Pony- 8:00am-12:00pm

Goats, Sheep, Poultry, & Rabbits- 10:00am-4:00pm

Swine- 9:00pm-12:00am

Mon., July 11<sup>th</sup>

Beef, Dairy, & Swine- 6:00am-10:00am

Thurs., July 14<sup>th</sup>

Lactating Dairy Cows may enter morning of the Dairy Show

Sat., July 15<sup>th</sup> and Sun. July 16<sup>th</sup>

Release of all 4-H Livestock Projects- 8:00pm-10:00pm

All animals must be in good general health and free of any communicable diseases. All animals must be properly identified. It is state law that all locations with cattle, sheep, goats, and swine have premise ID issued from the Indiana State



### 4-H Project Pick Up/State Fair Exhibits

**Project pick up: Sat., July 16<sup>th</sup> 8:00pm-10:00pm**

**Sun., July 17<sup>th</sup> 9:00am-12:00pm**

There will be **no early release**. If you can't pick up at this time, make arrangements with a friend, relative, or club leader to pick them up for you.

State Fair Exhibits (non-perishable) must be at the Extension Office in Morocco **before 4:00pm on July 28<sup>th</sup>**.

Foods and Food Preservation exhibits must be at the Extension Office no later than **7:45 am on Wednesday, Aug. 3<sup>rd</sup>**.

### State Fair Tickets

State Fair tickets will be provided to 4-H members with eligible projects. These passes can be picked up at the Extension Office after Fair.



### 4-H Periscope Cover Contest Rules

- The 4-H theme design will be featured on the Periscope (4-H rulebook) cover.
- Designs may be submitted by club, family, or individual.
- Designs must be drawn out on an 8 1/2" x 11" sheet of plain paper, portrait (vertical) style. For a better copy, drawing should be done with a black felt tip pen. Include "2023 Newton County Periscope" in the design. A computer generated design and graphics are acceptable.
- The use of the 4-H name and clover emblem are protected under federal law and must be used following specific guidelines. Please ask the Extension Office for these guidelines.
- Designs must be submitted to the Extension Office in the 4-H Building at the Fairgrounds by 12:00 noon on Saturday, July 9<sup>th</sup>.
- Designs will be posted in the 4-H Building and voted on by visitors to the building in a People's Choice format. A winner will be selected and notified following the vote.
- Once an individual has won, he or she must sit out for one year. Exception is that they may submit as a family and/or club.
- The winner(s) will receive a plaque during *4-H Night at the Fair*. The winner's name will be added to the larger plaque that hangs on the wall in the Extension Office.
- The 4-H Theme Contest is sponsored by 4-H Council.

**Make sure to follow us on Facebook to receive updates!**

[www.facebook.com/newtoncountyextension](http://www.facebook.com/newtoncountyextension)



### Free Carnival Rides for 4-H Members!

Thank you to Newton County Government and Newton County Economic Development Commission for sponsoring the carnival rides for all Newton County 4-Hers at the 2022 Pun'kin Vine Fair! More details to come.

### Free Grandstand Passes for 4-H Members and adult volunteers/leaders!

All 4-H members and adult volunteers/leaders will receive ONE pass good for FREE ADMISSION to any grandstand event. Be sure to thank a Fair Board member for your grandstand ticket.

Both of these passes can be picked up in the 4-H Building!



### 4-H Educator Contact Information

Feel free to contact Mercedes with any questions!

Office Number: (219) 285-8620 X 2800

Email: [brunton@purdue.edu](mailto:brunton@purdue.edu)

