

Breakfast on a Budget

Although many people tend to skip breakfast, there are plenty of reasons to continue to eat this first meal of the day.

- Eating breakfast may help with weight control. A review of studies confirms that skipping breakfast is associated with an increased risk of being overweight and obesity.
- Breakfast can be good for your heart. Rates of heart disease are higher in those who skip breakfast.
- Breakfast can boost learning. Breakfast is important for providing energy for learning focus and academic performance. A recent study showed regular breakfast eaters scored higher in math and English.

Unfortunately, the cost of food may keep people from eating breakfast. There's no doubt we're spending more at the grocery store. According to the USDA Thrifty Food Plan, the monthly cost of food for a family of four went from \$848.80 in September 2021 to \$887.80 in February 2022.

Breakfast doesn't have to be expensive. Nutritious food can be made easily at home. Compare costs of pre-packaged instant flavored oats at about 58 cents per serving to the traditional cylinder of oatmeal that will ring up at less than 8 cents per serving without all the extra sugar and sodium!

Try these low-cost breakfast ideas:

- 1 scrambled egg, 1 slice whole-wheat toast, 1 apple
- Peanut butter sandwich on whole-grain bread and 1 banana
- 5 ounces Greek yogurt (from a 32 oz container), ½ cup frozen berries
- Frozen whole-grain waffle with almond butter and 2 Clementines
- 1 string cheese, 6 whole-grain crackers, 1 cup seasonal fruit

Source: Adapted from <https://foodandhealth.com/breakfast-on-a-budget/>



Did you know? You can download free fact sheets from the Purdue Education store at edustore@purdue.edu. Look for Family, Food & Garden tips. Several fact sheets are available with information on safely preserving fruits & vegetables from your garden.

Ginger-Cinnamon Oats with Almonds

Makes 4 (1/2 cup) servings

- 1 cup old-fashioned rolled oats
- 2 cups water
- 1/2 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1 tsp brown sugar

Directions:

1. In a medium glass bowl, combine the rolled oats, water, ground cinnamon, ginger, and brown sugar.
2. Place the seasoned oatmeal in the microwave and cook on high for 3 minutes.
3. Stir in a few chopped almonds in the cooked oatmeal and serve.



Immerse Yourself in Nature for Improved Health

Did you know? On average, Americans spend 93% of their time inside. This is creating a "nature deficiency syndrome." So why is this a big deal?

Nature helps us to connect to something larger than ourselves. Research shows many benefits to being outside or just around green spaces. A long list of journal articles highlighting research on what could be called "ecotherapy" showed that being in nature can:

- Significantly improve mild depression through walks and gardening
- Decrease rumination and aggressiveness
- Improve creative problem solving
- Increase one's ability to think about and solve personal problems and improve creative problem solving
- Reduce stress

The World Health Organization identifies stress and low physical activity as two of the leading contributors to premature death in developed nations. So, could nature be the answer to reduce stress and foster recovery?

The people of Japan have already invested in this belief. Shinrin Yoku or forest bathing, is a practice of simply being in the forest and paying attention with all your senses. This belief in the healing factor of nature is so strong in Japan that their healthcare system will prescribe it for physical and mental health, and insurance will cover it. Over 2.5 million Japanese practice forest bathing so they can reset their nervous systems, find focus and heal.

Anyone can practice this. The main suggestion is to get outside! And it doesn't have to be a forest, but could be a state or local park, botanical garden, zoo or even your backyard. Turn off your phone! Take your time and just take in the silence or sounds of nature. Try to engage all your senses – what you see, hear and feel. Be mindful and focus on what's around you and going on in that moment and appreciate what you experience. You may even want to meditate, journal or draw.

For the full article by Cheri Burcham (May 2020), go to <https://extension.illinois.edu/blogs/your-health/2020-05-06-immersed-yourself-nature-improved-health>

Family Time: Outdoor Activities

The weather is going to warm up soon! Take advantage of the benefits of the great outdoors and try one of these activities with your children:

Sun art. Grab some dark-colored construction paper and different objects such as toys or natural objects such as leaves or flowers. Place them on the paper in different designs and then set them outside in the sun for a couple hours and see what happens to the paper!

Scavenger hunt. Place different items around the yard and let the kids loose to try and find them. You could also create clues or a map to help kids find the hidden objects.

Have a picnic. Take a blanket outdoors and place it on the ground, eat lunch or snacks outside together.





4-H Online Add/Drop Deadline is May 16

The add/drop deadline for 4-H projects is May 16. This version of 4-H online does not let members make changes on their own, so you will need to contact the Extension Office so we can make the changes for you. Please log in to your account at <https://v2.4honline.com> as soon as possible to make sure your projects and all other information is correct.

Livestock must be entered in to the 4-H Online system by Monday, May 16 for all animals except Poultry and Meat-Class Rabbits. Animal entry information and worksheets were mailed to you in early April. A copy of the lease for any leased animals must be provided to the Extension Office by May 16 as well. Do not delay in getting this information entered into the system.

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.

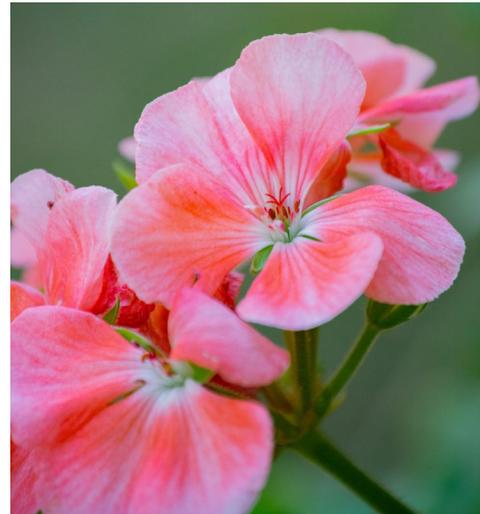
Newton County Government funded enrollment fees for all 4-H members this year. Please remember to thank them for their generosity!

Mini 4-H Workshop (Kindergarten and 1st Grade)

The Junior Leaders will be hosting a Mini 4-H Workshop on May 4, from 6:00-7:00 pm, that is open to any Mini 4-Her in Kindergarten and 1st grade as well as any Kindergartener or 1st Grader who would like to learn more about the program or sign up. The workshop will be at the Government Center in Morocco and will last approximately an hour. Please RSVP to the Extension Office by April 29.

Sheep, Goat and Calf ID Day

Sheep, Goat, Beef and Dairy Feeder Calf ID Day will be held on Thursday, May 5 from 5:30-7:00 pm at the Newton County Fairgrounds. Please refer to the mailing you received in April. If you have any questions, please contact your respective livestock superintendent. Phone numbers and email addresses of all superintendents are listed on the inside cover of your 2022 4-H Periscope.



Geranium/Basket Sales

Thank you all so much for your hard work selling geraniums and baskets this year! The geranium pick-up date is Saturday, May 7. Please contact your club leader for more information on your pick-up location and time.

YQCA Certification required for All Livestock Members

All youth planning to exhibit Beef, Dairy, Goats, Sheep, Swine, Poultry and Rabbits (except Mini's) at the Newton County Fair must complete the Youth for the Quality Care of Animals course.

In person training dates-Everyone planning to attend will need to register prior to the training at <https://yqcaprogram.org> and will need to pay the \$3 fee. The next class is:

- June 6 at 6:00 pm at the Newton County Government Center

The YQCA course can also be taken online at <https://yqcaprogram.org>. Courses taken online will be \$12. All trainings must be completed prior to exhibition at the Newton County Fair.



4-H Dog Project Training Dates

Dog training sessions are tentatively scheduled for May. These training sessions will be held in the Sheep Arena at the Newton County Fairgrounds. If you have any questions, please contact the Dog Superintendent, Roxann Noel at 779-301-3046 or roxynoe@gmail.com.

4-H Camp

4-H Camp will be at Camp Tecumseh from June 8-10. Everyone who registered for camp by the April 22 deadline will be receiving more information regarding what to bring, arrival and departure times, a camp map and other important details.



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.

Newton County Friend of 4-H Award

Who is the leader, Council member or community 4-H supporter who has had a positive effect on you or your 4-H member? Do you know an adult or business who has made a significant contribution in support of Newton County 4-H? Please take the time to thank this person by nominating them for the "Friend of 4-H Award."

Previous winners include:

2017-Charlie Dyer

2018-Scott & Carol Carlson

2019-Scott & Maureen Deno

2021-Sue Frischie

Contact the Extension Office for a form. This form needs to be completed and returned by July 1.

When is the Best Time to Plant Corn?

Written by: Dan Quinn

As spring approaches and farmers and agronomists begin to get anxious as corn planting approaches, the question that often arrives each year is when is the best time to begin planting? This question is often argued between farmers and agronomists, with farmers often wanting to plant earlier and agronomists often advising them to wait. This argument is often followed by an “I told you so” by one or the other at the end of the year, depending on growing season conditions and harvest results.

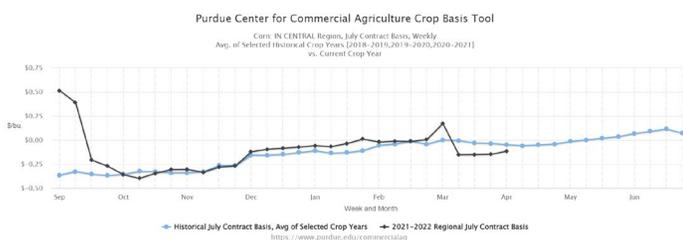
To continue reading this article, visit:

<https://extension.entm.purdue.edu/newsletters/pestan/crop/article/when-is-the-best-time-to-plant-corn/>

Spotlight on Corn & Soybean Basis

Written by: Purdue University Center for Commercial Agriculture

After a month of volatile crop basis—mostly as a result of the conflict in Ukraine—corn and soybean basis levels have appeared to settle in near their historical averages for this time of year in many locations. In the past month, average central Indiana corn basis varied from \$0.17/bu. over to \$0.15/bu. under July '22 corn futures and is currently \$0.11/bu. under July '22 corn futures, which is \$0.06/bu. weaker than the historical 3-year average. Soybean basis has followed a similar pattern in many locations, although the highs and lows were not quite as pronounced. We are approaching the time of year where when forecasting basis becomes much more difficult. Current market uncertainty will likely make crop basis this spring and summer particularly volatile, including upside potential and downside risk. Visit the Purdue Crop Basis Tool to check current corn and soybean basis levels and historical basis trends for your local area.



Update from the Center

Written by: Purdue University Center for Commercial Agriculture

The war in Ukraine has upended trade flows for commodities, especially wheat and corn, as well as fertilizers, adding a new level of volatility to projected returns for ag producers. And USDA’s Prospective Plantings report released on March 31st shocked the industry with surprisingly small planting intentions for corn and surprisingly large planting intentions for soybeans. To help you keep in touch with the shifting economic environment the Center’s faculty reviewed U.S. planting intentions on a recent Purdue Commercial AgCast podcast focusing on the report’s implications for the outlook.

The Center will provide a more in-depth review on April 12th following USDA’s release of the April World Agricultural Supply & Demand Estimates (WASDE). You can join us for the April 12th program as a live broadcast, a video on our YouTube channel or as a Purdue Commercial AgCast podcast episode. Register for the program on the Center for Commercial Agriculture website to receive the broadcast link via email in addition to notices when the program is available on YouTube and as a podcast. Copies of all the charts and data presented during the broadcast are also available for you to download and review.

Featured Bug: Slug

Description: Soft-bodied, legless, slimy, white, gray, black, or mottled. Slugs are mollusks, not insects.

Time of attack: Mid-April to mid-June (Stages VE-V8).

Damage: Ragged holes in leaves beginning with lower leaves. Leaves may appear shredded. Silvery slime trails on leaves and the soil surface are telltale signs of slugs. Cool and wet conditions will exacerbate slug problems. Slugs are nocturnal but will be found feeding during the day if it is cool and overcast.

Sampling: Inspect 20 plants in 5 areas of a field; record the number of damaged plants and estimate percent defoliation.

Economic Threshold: No threshold is established for slugs. If leaves are significantly defoliated, the field has a grayish cast, and the stand is threatened, control may be needed. If an area is to be replanted, light tillage beforehand may disturb slug habitation and reduce further damage.

Reference: Purdue Field Crops IPM, <https://extension.entm.purdue.edu/fieldcropsipm/insects/soybean-slugs.php>



Photo by B. Christine

Featured Weed: Jimsonweed

Seedlings: Cotyledons thick, without hairs, long and linear in outline (2 inches long, 6 mm wide). Cotyledons also have a clearly evident midvein. The stem below the cotyledon (hypocotyl) is initially maroon in color toward the base, eventually becoming maroon throughout. First true leaves have a continuous, untoothed margin (entire), while later leaves are toothed.

Leaves: Large, 3-8 inches long, 6 inches wide, ovate, without hairs, on long stout petioles. Margins with a few large triangular teeth. Leaves emit an unpleasant odor, especially when touched.

Stems: Very stout, hollow, smooth, branching, green or more often purple, with inconspicuous hairs.

Flowers and Fruit: Large, 2-5 inches long, white to purple in color and funnel-shaped. Individual flowers occur on short stalks (pedicels) that arise from leaf or branch axils. Sepals enclose the lower part of the flower. An egg-shaped capsule (1-2 inches long), covered with stiff prickles, and splitting into 4 segments when mature.

For more information, visit: [University of Missouri](https://extension.entm.purdue.edu/fieldcropsipm/insects/soybean-slugs.php)



Photo by University of Missouri