

Stay Safe with Food: 4 Simple Steps

Preventing foodborne illness can be simple when you follow these CDC-recommended habits:

1. Clean – Wash hands, utensils, and surfaces often.

- Wash hands for at least 20 seconds with warm water before, during and after food preparation.
- Wash cooking/preparation equipment and space with hot, soapy water after preparing each food item.

2. Separate – Keep raw meat, poultry, seafood, and eggs away from ready-to-eat foods.

- Limit cross-contamination by keeping your raw meat, chicken and other poultry, seafood, and eggs away from ready-to-eat foods and produce.
- Use one cutting board or plate for raw meat and use another separate cutting board or plate for produce and ready-to-eat food preparation.
- Raw chicken is ready to cook and does not need to be washed first, doing so can increase the risk of contamination of the sink, other foods, and counters posing a risk of making you sick.

3. Cook – Use a food thermometer to make sure foods are cooked to safe internal temperatures:

- Poultry (whole or ground): 165°F
- Ground meats (beef, pork, lamb, veal): 160°F
- Fresh beef, pork, lamb, veal (steaks, roasts, chops): 145°F + 3 minutes rest
- Fish and shellfish: 145°F
- Leftovers and Casseroles: 165°F

4. Chill – Refrigerate perishable foods within 2 hours (1 hour if above 90°F).

- Refrigerator temp: Keep at 40°F or below
- Freezer temp: Keep at 0°F or below
- Storage times:
 - Leftovers: 3–4 days in the fridge
 - Raw poultry & ground meats: 1–2 days in the fridge
 - Raw steaks, roasts, chops: 3–5 days in the fridge
 - Most frozen foods: safe indefinitely, but best quality within a few months

By practicing these simple steps, you can reduce your risk of foodborne illness and keep your meals safe and fresh.



Source: <https://www.cdc.gov/food-safety/prevention/index.html>,
<https://www.foodsafety.gov/food-safety-charts/cold-food-storage-charts>,
<https://www.butterball.com/how-to/thaw-a-turkey>

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How to Thaw a Frozen Turkey

Refrigerator (Safest)	Cold Water Thawing (Faster)
• Keep turkey in original wrapper on a tray and put in fridge (40°F or below). • Allow it to thaw 24 hours for every 4 pounds of turkey. • Once thawed, turkey is safe in the fridge for up to 4 days before cooking.	• Place unopened/unwrapped turkey, breast side down submerged completely in cold water. • Change water every 30 minutes to keep it cold and rotate turkey every 30 minutes if not able to be completely submerged. • Allow 30 minutes per pound of turkey. • Cook immediately or store for up to 4 days in fridge.

Turkey and Apple Arugula Salad

Ingredients

- 1/2 cup orange juice
- 3 tablespoons red wine vinegar
- 3 tablespoons sesame oil
- 2 tablespoons minced fresh chives
- 1/4 teaspoon salt
- 1/4 teaspoon coarsely ground pepper
- Salad:
 - 4 cups cubed cooked turkey
 - 4 teaspoons curry powder
 - 1/2 teaspoon freshly ground pepper
 - 1/4 teaspoon salt
 - 1 large apple, chopped
 - 1 cup green grapes, halved
 - 3 cups fresh arugula or baby spinach
 - 1 can (11 ounces) mandarin oranges, drained
 - 1/2 cup chopped walnuts
 - 1/2 cup pomegranate seeds



Directions

1. For dressing, whisk together first 6 ingredients.
2. Place turkey in a large bowl; sprinkle with seasonings and toss to combine. Stir in apple and grapes. Add arugula and mandarin oranges. Drizzle with dressing; toss lightly to combine.
3. Sprinkle with walnuts and pomegranate seeds. Serve immediately.

Nutrition Facts

1-1/2 cups: 354 calories, 17g fat (3g saturated fat), 94mg cholesterol, 301mg sodium, 22g carbohydrate (17g sugars, 3g fiber), 30g protein.

Yield: 6 servings

Prep/Total Time: 20 min.

Source: <https://www.tasteofhome.com/recipes/turkey-and-apple-arugula-salad/#RecipeCard>

2025-2026 4-H Online Enrollment

It is that time again! 4-H Online enrollment is now open and free to all youth. This year the Newton County Government has graciously covered the enrollment fee for all 4-H members through December. Families will be able to access the online system to enroll their youth in the Newton County 4-H program. New families will create a family profile and add youth into 4-H, returning families will use the same login information as 2025. Please make sure to select cash/check and do not make a payment!

Website: v2.4honline.com



Club Annual Reports and Financial Info

In January, the required annual Club Report and Financial Info forms will be mailed to one leader per club or project. The club secretary can complete the

Club Report, which is a summary of the year's accomplishments. The Treasurer can help complete the 2-page Financial Report. All reports **MUST** be returned to the Extension Office **February 1st**.



Volunteer Training

Volunteer enrollment is now open! If you are a returning volunteer, please follow the process on 4-H Online. If you are interested in becoming a volunteer, please email brunton@purdue.edu to start the enrollment process!

Volunteer Training **MUST** be completed before attending any 4-H meetings and events!



4-H Scholarships



Looking for a way to pay for college? There are many scholarships available through the Indiana 4-H Program:

- 4-H Accomplishment (Grades 10th-12th): **YOU DO NOT NEED TO BE A SENIOR TO APPLY!** This scholarship seeks to recognize youth who have excelled in life skills development through their 4-H activities and involvement.
- 4-H Club (Senior in High School): Awarded based on scholastic ability, financial need, and achievement in 4-H club work.
- Indiana 4-H Foundation Senior Year: This scholarship is for individuals seeking post high school study or training (i.e., college, trade school, or short course).
- Newton County 4-H Council Scholarships: This scholarship looks at 4-H achievement and community service.

Want more information call the Extension Office or email brunton@purdue.edu!

Need help/assistance with filling out an application?
Want to learn how to create a quality application?

Mark your calendars for the annual Newton County 4-H Scholarship workshop on December 2nd at 7:00 pm at the Newton County Government Center.



A **huge thank you** to those who took part in the 2025 Livestock Auction. We could not be more thankful for your continuous support and investment into the future of our Newton County Youth!

Alan Klemp-Helena
Berenda Farms
Brenna Beard
Castongia Tractor
Chris & Heather Wilson
Circle S
Cluster Busters
Cody Musser Beck's Hybrids
Community State Bank
Creekside Animal Hospital
Curtis Creek Dairy
DeMotte State Bank – Morocco & Roselawn
Donaldson Equipment
First Trust and Savings Bank
Frank Terrell & Dr. Kay Boyd
Gutwein Seed Service – Lance Strange
Gutwein Seed Services/Specialty Hybrids
Hanford Packing
Harper Tire
Harris & Brown
Jeff West & Carla Dawson
John & Mary Blake
Kentland Elevator
Kentland Vet Clinic, LLC
Kevin Durham

Keystone – Ade Branch
Keystone – Goodland
Kleinert Farm – Kevin and Sherry Kleinert
Kollman Farms
Kore Insurance Agency
McDermitt Family
Miss Newton County Fair Queen and Court
Model 1 Chevrolet
Newton County Friends of 4-H
Newton County Republican Central
Nutrien Ag
Peterson Ag
R Farms Enterprise Inc
Rensselaer Monuments, Inc
Republic Services
Schrader Acres
Schrader Real Estate & Auction Co
Scott & Carol Carlson
Smith Show Stock
State Street Title
Watt Trucking
Whaley Farms Partnership
Wilson Fertilizer

Cash rent values are influenced by more than just number of acres. According to the 2025 *Purdue Agricultural Economics Report (PAER)*, average cash rents for tillable land in Northwest Indiana vary widely based on land quality. The authors recommend using an average of the past 3 years to determine average regional cash rents due to thinner and varying response rates. Another source for cash rent estimates is the USDA, which has historically reported lower values than in the *PAER*. For example, the USDA's 2020 Indiana Cash Rent County Estimates listed the average rent for non-irrigated cropland in Newton County at \$209 per acre. This is only \$6 over the average reported rent for Northwest Indiana in 2020 according to the USDA and \$38 less than the 2025 *PAER*.

Northern Indiana tillable land (PAER)

- High productivity: ~\$313 /acre
- Average productivity: ~\$247/acre
- Low productivity: ~\$179/acre

Cash rent values fluctuate based on a variety of factors, including commodity prices, input costs, regional land demand, and local market conditions. It's also important to note that most reported rent values are **averages**, and actual agreements often differ based on field-specific and relationship-based variables.

Contributing Variables

- Yield Potential: well-drained soil, good fertility, irrigation, and high yields
- Size and Shape: Small or odd shaped parcels can be a pain, extra effort can reduce the value
- Crop: High value crops (like specialty vegetables or seed corn) may command higher rent
- Landowner Expectations: A landowner can make requests like no-till, cover crops, leave certain places untouched, etc.)
- Extra Services: Tenants who offer services like snow removal, equipment help, or checking in on elderly landowners are not easily quantified, but build strong relationships
- Investment: Tenants who invest in improving soil (liming, fertilizer, drainage) may negotiate lower rent or longer leases to recoup their costs.

What Landowners Should Look for in a Tenant Farmer

Renting farmland is more than finding the highest bidder. The long-term value of your land depends on management. Here are some considerations:

- Soil Health Practices: Farmers using conservation practices to protect and enhance soil fertility
- Crop Rotation: Rotating crops improves soil structure and reduces pest pressure
- Neighbor Relations: Respects property lines, avoids drift, and maintains field edges, etc.
- Reliability: Timely rent, communication, and a willingness to put agreements in

Some agreements are still made on handshakes, but a written lease protects both parties. It should include the length of lease, payment terms, land uses, maintenance responsibilities, and termination clauses. Whether you're a landowner or farmer, successful lease agreements are built on trust, communication, and good land stewardship.

- ag.purdue.edu/commercialag/home/wp-content/uploads/2025/08/PAER_202508-Farmland-Values-1.pdf
- www.nass.usda.gov/Statistics_by_State/Indiana/Publications/County_Estimates/2020/in_2020_rent.pdf
- ag.purdue.edu/departments/agecon/docs/extension-resources/indiana-cash-farm-lease.pdf
- <https://extension.purdue.edu/county/noble/anr-noble-county/docs/article-cash-rent.pdf>

Featured Insect: House Fly



Description: Every winter someone gets a fly in their house, and thinks ‘Huh, you shouldn’t be here, it’s winter’. House flies cannot bite because their mouth parts are adapted for sponging up liquids. Since they can only ingest liquid food, they feed on solid food by regurgitating saliva on it, which liquifies the solid material. Because of this constant salivation, house flies require plenty of water.

Appearance: Four dark stripes on top of their middle body region. They vary in length from 1/8-1/4 of an inch. Small dark circles are left by house flies as the excreted waste.

Life Cycle: Eggs are deposited in decaying matter hatch between 7 ½ hours and 2 days. Eggs hatch into maggots, who have three larvae molts. Larvae burrow into drier surroundings where they pupate. Pupa are chestnut brown and oval shaped objects, where the larva changes into an adult fly. Adults mate within 1-2 days of adulthood. The complete life cycle from egg to adult can take as little as one week.

Control: Most effective control options include sanitation, exclusion, non-chemical measures, and chemical methods. Sanitation; remove food sources. Exclusion; keep flies outside by using tight fitting window/door screens. Non-chemical control: fly traps. Chemical control: insecticide application.

Link: <https://extension.psu.edu/house-flies>

Featured Animal Problem: Cold Stress

Description: Livestock are adapted to living outside but still are affected by the cold, especially without proper management. Cold stress is the temperature below which an animal must increase its metabolic rate to stay warm.

Contributing Factors: The actual air temperature when this occurs can vary based on several factors. For cattle these temperatures have been researched and are listed here, assuming no wind chill. Wind chill must be included in the decision-making process. For example, a 10-mile-per-hour wind at 20°F has the same effect as a temperature of 9°F with no wind.

Prevention and Treatment: Cattle will voluntarily consume more feed to meet the added energy requirements needed to stay warm. This can range from a 2% to 25% intake increase. Barometric pressure changes and lack of shelter from the wind where the feed is located can influence intake. Feeding in the afternoon helps overnight temperatures as rumen heat production peaks about six hours after being fed. During periods of continual cold weather cows will need approximately an extra pound of corn for every 10°F of cold stress below 20°F. This phenomenon has been well documented in cattle, but small ruminants/other livestock will have their own tolerance for winter temperatures.

Link: <https://cattle.ock.extension.wisc.edu/articlerumenge-feeding-to-help-cattle-handle-cold-stress/>

Cold Stress Temperatures	°F
Wet or summer coat	59°F
Dry fall coat	45°F
Dry winter coat	32°F
Dry heavy winter coat	18°F

For upcoming programs: please check our Facebook page. A PARP mailer will be sent out to applicators as details become available. If you’re interested in joining an ‘Interested Farmer’ list, email me at reed258@purdue.edu to get updates about programs and important regulatory information.