Ohio County Purdue Extension Newsletter

May Newsletter

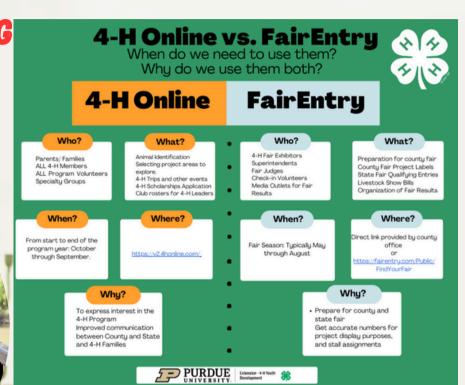


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https://extension.purdue.edu/county/ohio/



HELP US IN WELCOMING OUR 2025 SUMMER ASSISTANT, ALAYNA WALCOTT.



PURDUE

Extension - Ohio County

Staff Directory

Educators

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Nutrition Education

Trenna Jossart, Nutrition Education Program Advisor tjossart@purdue.edu

Jessica Martini Community Wellness Coordinator koons0@purdue.edu

Support Staff

Alyssa Devers Office Manager cook308@purdue.edu

Upcoming Dates

DATE	EVENTS	TIME	LOCATION
May 1 st	Camp Reg. Deadline		4-HONLINE
May 5th	Final QLC Training	5 PM	EO
May 5th	YAB Meeting	6:30PM	EO
May 6th	Ag Day	9–11AM	Fairgrounds
May 7 th	Mini 4-H After School	3-4PM	OCEMS
May 8th	Area Dairy Contest	as a construction	Dubois County
May 14 th	Mini 4-H After School	3-4 PM	OCEMS
May 15 th	Jr Leaders pizza party	3:30	EO
May 15th	DROP/ADD & LIVESTOCK ENTRY	DEADLINE	4-HOnline Entry!
May 18th	Community Garden Planting Party	5PM	RSCC
May 26 th	Memorial Day-Office Closed	S. (1997)	
lune 2 nd -6 th	4-H Camp	The State	Camp Higher Ground
lune 6 th	Royalty Applications Due	4pm	EO
lune 7 th	Poultry and Rabbit ID Day	9-10am	Fairgrounds
lune 7th	Poultry & Rabbit Workshop	10-11AM	Fairgrounds
lune 8 th	Fair Entry Deadline		The second second
lune 11th	Mini 4-H Morning	9am-12pm	Extension Office
une 17 th	Royalty Contest	6pm	RSHS Cafeteria
lune 19 th	Juneteenth- Office Closed		

4-H Youth Development



INSIDE EXHIBITS FAIR ENTRY TIP SHEET

Animal Education-Cat, Dog, Llama, Poultry and Rabbit posters

All exhibits will be judged against each other for overall Division/ Grand/Reserve Grand Animal Education. For Fair Entry: State Projects ---- Cat Poster ----- Class

Arts and Crafts- General

Former county projects like recycling and gift wrapping are now under Arts and Crafts -General in Fair Entry.

Needlecraft

If quilt is hand quilted by the youth it goes under Needlecraft. If <u>NOT</u> hand quilted it goes under Sewing- Non-Wearable.

Photography

If photo was taken on a cell phone BUT altered using a different device/technology the entry will go under creative/experimental in Fair Entry. "If ANY editing has been done, please include the original photo on the back of the display along with make and model of camera used and description of editing done.

Tractor Safety Education

Posters/Displays about Ag Tractor, Zero Turn and Lawn Tractor will be judged against each other for division/Grand/Reserve Gran. When entering in Fair Entry please be sure to enter the correct discipline.

Veterinary Science

If creating a Horse poster or display, please enter it under Veterinary Science. Foods

There is a new Foods Card for recipes. PLEASE USE THIS FOODS CARD!

Reminders

For any participants doing Construction and Architectural Replica- PLEASE MAKE SURE YOUR DISPAY IS SECURED in its case!

For Garden projects- the Latin name is no longer needed. For ELECTRIC projects- refer to the written scorecard to determine what judge will be looking for. Purdue University is an equal opportunity/equal access/affirmative action institution

heat Sheet 1.Go to ohiocountyindiana.fairentry 2.Sign in with 4honline email and password

- 3.Click "Individual"
- 4.Choose the child you would like to enter.
- 5. There are no required question > continue
- 6.Check your contact information > continue
- 7. "Add an Entry"
- 8.Select your "Department"
- 9.Select your "Division"
- 10 Select your "Class"
- 11.Review

12.Select your "Club"

a. If this is an animal entry, after you select your club, you will enter your animal. b. Adding an animal

- i. Choose an Existing animal record- SWINE, CATTLE, HORSE, SHEEP, GOATS
- EXISTING ANIMALS MUST BE ENTERED IN HONLINE FIRST

ii. Enter a New Animal Record- RABBITS, POULTRY, DOG, CAT

13. Enter a Description for a non-animal entry.

14.What do want to do next?

- a. Add another Entry for this Child
- b. Add another Entry for this Division- same Child, some division
- c. Register another exhibitor-new child
- d. Continue to payment- you have completed all entries for all children.
- 15. YOU DO NOT NEED TO PAY

16.Review your entries > Continue > Submit

17. Make sure you make it to the THANKS! Page.

18. CONGRATS! YOU ARE ALL DONE!! See you at the fair!!

Fair Entry Opens May 15th



4-H Youth Development

Join us for a

After School

MAY 14TH ,2025

https://Maymini4-Hafterschool.4honline.com

The <u>LAST</u> QLC

Training will be

May 5th at 5pm

Purdue University is an equal opportunity/equal access/affirmative action institut

June 17th 6pm in the Rising Sun High School Cafeteria. Application can be picked up at the Extension Office and are due by June 6th Questions-Contact the Extension Office

> 2025 IMPORTANT DATES • JUNE 2-6 - 4-H CAMP • JUNE 7 - POUL TRY & RABBIT ID DAY • JUNE 20-28 - OHIO COUNTY 4-H FAIR

You are invited to The Wonderful World of **4- AMP**

You are invited to join us at the Wonderful World of 4-H for the 2025 Southeastern Indiana 4-H Camp June 3rd-6th at Camp Higher Ground! Join 4-H members from across southern Indiana as we roast marshmallows, defeat others in 9-square and learn along the way. The camper application for grades 3-7 is now live on 4-H Online under the Events tab!

If you have any questions, concerns or need accommodations at camp let us know by emailing jmrichards@purdue.edu or calling the office at 812-438-3656.

When: June 3rd thru June 6th 2025 Where: Camp Higher Ground Who: 4-H Campers are Youth in 3rd-7th grade Register via 4-H Online: v2.4honline.com Event name: 2025 Southeastern Indiana 4-H Camp Registration Due May 1st

- PURDUE

4-H CAMP



RDUE VERSITY INDIANA 4-H QUALITY LIVESTOCK CARE

To exhibit BEEF CATTLE, DAIRY CATTLE, SWINE, SHEEP, MEAT GOATS, DAIRY GOATS, POULTRY, and RABBITS, 4-H members must be certified through the Indiana 4-H Quality Livestock Care training OR the online Youth for the Quality Care of Animals program (YQCA) (\$12).

- This certification must be done on an annual basis
- Members must be registered in 4-HOnline BEFORE attending a training
- Members may attend any training dates listed on this flyer

Training Locations

Extension Office

Extension Office

Extension Office

Extension Office

Training Dates & Times

February 3 @ 5pm February 17 @ 5pm March 25 @ 10am May 5 @ 5pm



To register for the Indiana 4-H Quality Livestock Care program, please use https://v2.4honline.com. Those planning to be certified through the YQCA program, will register at www.yqcaprogram.org and will present their completion certificate to their 4-H Educator.

certificate to their 4-H Educator. If you need to request special accommodations, please contact the Extension office @ 812-438-3656.

2025 Ohio County Fair Schedule

Friday, June 20, 2025 Gate Fee \$10 (5 & under free) 10:00 Fashion Revue (Appearance Judging) 2:00 Pocket Pets Show (Exhibit Hall) 2:30 Cat Show (Exhibit Hall) 3:00PM Gates Open 4:00 Drags Registration & Inspection 7:00 Flat Drags

Saturday, June 21, 2025 Gate Fee \$15 (5 & under free) 8:00AM Helpers Meeting 8:30 Judges Meeting 9:00 – 12pm Enter Exhibit Hall Projects 12:00 Tractor Driving Contest 3:00PM Gates Open 6:00-8:00pm Exhibit Hall Open 6:00 Pedal Tractor Pull 7:00 Truck/Tractor Pull

Sunday, June 22, 2025 **10-Noon Enter Rabbits, Poultry, and Waterfowl** 5:00-8:00PM Livestock Unloading (Beef, Swine, Sheep, & Goats)

Monday, June 23, 2025 7:30-8:30 Breeding Gilt Unloading 8:00 Livestock Weigh In & Auction Pictures 8:00 Swine 8:30 Sheep & Goat 9:00 Poultry & Rabbit 9:30 Beef 8:00-Noon Check Livestock Record Sheets **Noon Archery Shoot** 5:00 – 8:00 Exhibit Hall Open 5:00 Sheep Show 6:45 Sweepstakes Winner Announced 7:00 Swine Show

Tuesday, June 24, 2025 9:00AM Rabbit Show 5:00 – 8:00 Exhibit Hall Open 5:00 Dairy Goat Show (Auction Pictures) 7:00 Meat Goat Show

Wednesday, June 25, 2025 9:00AM Poultry/Waterfowl Show 2:00 4-Her Games 2:00 - 3:00 Enter Cow/Calf 5:00 – 8:00 Exhibit Hall Open 6:00 Beef Show

Thursday, June 26, 2025 9:30AM Horse Show Registration 10:00AM Horse Show 10:30- 12:00 Mini 4-H Picnic 3:00 Dairy Cattle Show 5:00 - 8:00 Exhibit Hall Open 5:00 Supreme Showmanship 6pm Baby Contest (RSCC alternate location if inclement weather) 7:30pm Frog Jumping Contest

Friday, June 27, 2025 10:00 4-H Livestock Judging Contest 4:00 – 6:00 Farm Bureau Pork Chop BBQ 3:00 – 7:00 Exhibit Hall Open 6:00 Ohio County 4-H Auction 7:00–9:00pm Exhibit Hall Project Release & Clean Up (ALL Projects MUST be picked up!) Release of ALL home animals following the auction, PENS MUST BE CLEAN!!!!

Saturday, June 28, 2025 6:00AM Auction Animal Release 8:00AM Fair Grounds Clean Up



Extension FURDUE UNIVERSITY.

CATTLE PRODUCER INSIGHT





THIS SURVEY WILL HELP ASSESS THE NEEDS OF THE CATTLE SURVEY FOR CURRENT AND FUTURE PRODUCERS

ISSOCIATION, SEEKS TO UNDERSTAND THE DISTRIBUTION **INSIGHT INTO THE TYPES OF OPERATIONS CURRENTLY IN** PLACE. ADDITIONALLY, THE SURVEY WILL HELP IDENTIFY **ESSENTIAL INFORMATION, PROGRAMS, AND AREAS FOR OF CATTLE PRODUCERS ACROSS THE STATE AND GAIN** INDUSTRY IN INDIANA. THE PURDUE BEEF TEAM, IN PARTNERSHIP WITH THE INDIANA BEEF CATTLE IMPROVEMENT WITHIN THE INDUSTRY.



program, please contact (names) prior to the meeting at If you are in need of accommodations to attend this (contact info) two weeks in advance.

If you need an interpreter or translator, please contact (name and contact information) two weeks in advance.

https://purdue.link/INBeefNeeds2025 SURVEY LINK: Purdue University prohibits discrimination against any member of the University community on the basis of race, religion, color, sex, age, national origin or ancestry, genetic information, marital status, parental status, sexual orientation, gender identity and expression, disability, or status as a veteran.

RISING SUN COMMUNITY GARDEN PLANTING PARTY

315 N HIGH ST., RISING SUN, IN. 47040 MAY 18TH, 2025 AT 5:00PM

Are you a high school student needing service hours or a community member looking to give

back? Join us as we prep and plant the 2025

Rising Sun Community Garden.



garden gloves. Refreshments will be provided. Volunteers are encouraged to bring tools and

Purdue Extension Ohio County will provide a

Companion Plant Workshop for attendees.

(812)438-3656 or email koons0@purdue.edu

Please RSVP to Jessica Martini at



means of communication to obtain program languages other than English. Individuals Program information may be available in with disabilities who require alternative information should contact Inp@purd















































institution. This material was funded by USDA's Supplemental

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Agriculture & Natural Resources

Spring Pasture Management

Mark Z. Johnson, Oklahoma State University Extension Beef Cattle Breeding Specialist As we approach the season when soil temperature and photoperiod are priming warm season grasses to grow, it is important to assess damage to drought stressed pastures and manage accordingly. Following drought, stand damage is readily apparent even on well-managed pastures.

Keep the following in mind this spring to aid in recovery of drought stressed, warm season grass pastures:

- Damaged stands of grass CAN recover with weed control, proper fertility and deferred grazing.

- - The best post-drought management approach is to reduce competition and focus on moisture conservation and use. Aggressive weed control measures reduce competition for moisture and soil nutrients allowing desirable plants the best opportunity for successful growth and re-establishment. Herbicides are best applied early!

Fertilization will be most important for improved grasses (such as bermudagrass or Old World bluestem) in tandem with weed control.

- - Permit the desirable grasses to stay ahead of grazing pressure. Manage as if it is a new stand of grass to give time for root systems to grow and re-establish.

- It may be necessary to sacrifice specific grazing paddocks or pastures in order to let the majority of pastures recover by delaying grazing pressure.

- Make a plan now for warm season grass pastures and hay meadows with the health of desirable plant species in mind.

- Considering the potential for a continued lack of moisture make sure fertility, weed control and grazing pressure permit your desired plant species to capitalize on the moisture when it comes. Reference: Pasture Recovery Following Drought. Oklahoma Cooperative Extension Fact Sheet PSS-2592

April 21-23, producers from across the state completed Purdue Extension AI School! Participants learned the skill of artificial insemination to improve their reproductive management practices, herd genetics and breeding programs. Special thank you to our program partners, Select Sires Inc. and Cox Livestock! **Agriculture & Natural Resources**

Purdue Yard & Garden Calendar : MAY

By Rosie Lerner

HOME (Indoor plants and activities)

Many indoor plants can be moved to shady locations outdoors but only after danger of frost is past. Plants will dry out more often outdoors, so keep a close eye on soil moisture. Sinking the pots in soil will help slow down moisture loss.

Now is a good time to take cuttings of houseplants to increase a collection or share with friends. Root cuttings in media, such as vermiculite, perlite or potting soil. Roots grown in water tend to be weak from lack of oxygen and do not adjust well to planting in soil.

Fertilize houseplants according to label directions. Foliage plants require relatively high nitrogen fertilizer; flowering houseplants respond best to fertilizer high in phosphorus.

YARD (Lawns, woody ornamentals and fruits)

Prune early spring-flowering trees and shrubs after flowers fade.

Plant balled-and-burlapped or container nursery stock, and water thoroughly.

Remove and destroy overwintering bagworms from landscape trees and shrubs.

Follow a spray schedule to keep home-orchard crops pest free. While trees are in bloom, use fungicide sprays without insecticide to avoid injury to bees. Follow label directions. More information is available in Purdue Extension publication ID-146 "Managing Pests in Home Fruit

Plantings,"https://www.extension.purdue.edu/extmedia/ID/ID-146-W.pdf

Thin fruits of apple trees, if needed, about three weeks after petal fall. Apples should be about 8 inches apart.

Apply fungicides to roses to control diseases, such as black spot.

Purdue turf experts recommend that if you are going to fertilize your lawn in May, apply three-fourths to 1 pound N/1,000 square feet with a product that contains 50 percent or more slow-release fertilizer. Try to schedule the application prior to a rain or irrigate following application to move the fertilizers off the leaf blade.

GARDEN (Vegetables, small fruits and flowers)

Plant frost-tender plants after danger of frost has passed for your area. This includes warm-season vegetables such as tomatoes, peppers, eggplant and vine crops as well as most annual flowers and tender perennials, such as cannas, gladiolus, dahlias, tuberous begonias and caladiums.

Pinch chrysanthemums and annual flower plants to keep them compact and well-branched.

Make successive plantings of beans and sweet corn to extend the season of harvest.

Thin seedlings of early-planted crops such as carrots, lettuce, spinach and beets to their proper spacing. Harvest early plantings of radishes, spinach and lettuce.

Harvest asparagus by cutting or snapping spears at or just below soil level.

Harvest rhubarb by cutting, or grasp the stalk and pull it up and slightly to one side.

Control cucumber beetles, carriers of bacterial wilt, as soon as cucumber plants germinate or are transplanted to prevent disease.

Remove blossoms from newly set strawberry plants to allow better runner formation. Remove unwanted sucker growth in raspberries when new shoots are about a foot tall.

Health & Human Science

All of us are trying to help the environment by using refillable water bottles but there is a chance those refillable water bottles could be making you and your loved ones sick. Think about it- we take our water cups/bottles everywhere because that is the fashionable thing to do these but we are also exposing that cup to numerous surfaces with numerous bacteria.

The more bacteria in the foods we consume gives us a greater chance at developing a food borne filness As bacteria multiply and grow our chance of becoming sick increases also. So what can you do to keep that refillable water bottle from making you sick? Check out these tips from Michigan State University Cooperative Extension Service:

- 1. Wash your water bottle EACH DAY with warm, soapy water and allow it to air dry completely before the next use.
- 2. If the bottle is dishwasher safe- run it through the dishwasher to be cleaned and sanitized.
- 3. Between 2-3 times/w12eek, use a weak bleach solution of 1 tablespoon bleach to 1 quart of water to sanitize the bottle. Don't make it too strong because it could leave an unpleasant taste in you cup.
- 4. Avoid letting your water bottle sit with water in it for long periods of time between drinking from it. Empty as soon as your are finished with - this is a great chore for kids to do at the end of each school

day .

- 5. Think about using a straw topper bottle or stainless steel bottle since they are likely to harbor fewer bacteria.
- 6. When purchasing a new water bottle look for one that doesn't contain small crevices and hard to clean

areas.

May 4th-11th is National Herb Week

Adding fresh herbs to any dish can change it from ordinary to extraordinary. Some herbs we are familiar with include basil, cilantro, garlic, dill, rosemary, oregano and thyme. Most fresh herbs are usually green and leafy but garlic comes in a bulb shape.

Herbs contain vitamin C which helps to heal cuts and wounds and gives our immune system strength to fight of illnesses. Herbs can also contain vitamin K which is helpful blood clotting and helping our bodies to heal quickly.

When looking at fresh herbs, be sure to select herbs that aren't drooping or limp. The leaves of herbs should be bright in color and free of brown spots or yellowed leaves. They should have a strong smell and garlic should be chosen when its firm. When storing herbs, basil can be stored in water and covered with a

plastic bag on the counter for up to 10 days or in the refrigerator for up to 5 days. Other herbs like cilantro, dill and parsley can be stored by wrapping their stems in a damp paper towel and placing in a plastic storage bag for up to a week.

To flavor up your food try adding herbs to salads, mashed potatoes, a sandwich spread, soups, stews, omelets, baked breads dressings and salsas.

information courtesy: https://food.unl.edu/article/fresh-herbs/

Exhibit Hall workers needed at Ohio County 4-H Fair

Saturday, June 21st- 6-8pm Monday, June 23rd- 5-8pm Tuesday, June 24th- 5-8pm Wednesday, June 25th- 5-8pm Thursday, June 26th - 5-8pm

Friday, June 27th - 3- 7pm, Exhibit hall project release begins at 7pm



Health & Human Science

May is Skin Cancer Awareness Month

DYK.....

1 in 5 Americans will develop skin cancer by age 70.

- More than 2 people die of skin cancer in the US every hour. More than 9,500 are diagnosed with skin cancer every day.
 - Having 5 or more sunburns doubles your risk for melanoma.
- When **detected early**, the 5 year survival rate for melanoma is 99%.

Always remember your ABC's of Melanoma

- Asymmetry-one half of the mole doesn't match the other half.
 - Border- irregular, notched or scalloped borders.
- Color-variations in color- could be black, brown, tan, red or white.
 - Diameter-lesions larger than the size of a pencil eraser.
- Evolving- the mole changes in shape, color, size, or texture over time.

information courtesy: https://www.skincancer.org/skin-cancer-information/skin-cancer-facts/#general

Have you heard all the buzz about the Mediterranean Diet? Stay tuned because Purdue Extension Ohio County in partnership with the Ohio County Health Department will be providing "Steps to a Healthier You" beginning in August! Call the Extension Office for more info!

Mediterranean inspired Honey Citrus Chicker

Drumsticks Ingredients

Zest from one orange Juice from one orange (approx. ¹/₃ cup Zest from one lemon ¹⁄₄ c. honey pinch salt pinch pepper ¹⁄₄ c. olive oil 1 tsp. fresh thyme 6 skinless chicken drumsticks with bone- in

Directions:

Wash hands with warm water and soap for 10-15 seconds. Preheat oven to 375 degrees F. Combine all ingredients, except the chicken, to make marinade. Separate into two bowls. Marinate the chicken in one of the bowls for 15 to 20 minutes. Spread marinated chicken onto foil-lined pan and dispose of bowl of marinade used for marinading chicken. Bake for 20-25 minutes at 375 degrees F. Once cooked, brush chicken with remaining marinade. Refrigerate leftovers within 2 hours.

Recipe Courtesy: https://medinsteadofmeds.com/honey-citrus-chicken-drumsticks/