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**Office Hours M-F 9:00 - 4:00**  
**412 Main Street**  
**Rising Sun, IN 47040**



**Check this out**  
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<https://extension.purdue.edu/county/ohio/>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2.
3.	4. Office Closed	5.	6.	7.	8.	9.
10.	11.	12.	13.	14.	15.	16.
17.	18. Achievement Night 6-8	19. Investigative Careers Spark Club	20.	21.	22. EHC Presidents Meeting-Batesville	23.
24.	25.	26.	27.	28.	29. Non Perishable Items Due	30.
31.						

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1.	2.	3. Perishable Items due	4.	5.	6.
7.	8.	9. Extension Board 6:30pm	10	.11	12.	13.
14.	15.	16	17. Let's Get Cookin! Medi- terranean 11am	18. Madison District Fall Meeting- Rip- ley County	19.	20.
21. Junior Leaders 4pm	22.	23.	24. Servsafe Manager certifi- cation 8am- 3:30pm	25.	26.	27.
28.	29.	30. SEPAC Field Day/ PCARET	31.			

# **Achievement Banquet**

## **July 18**

### **6-8pm**

## **Ohio County Fairgrounds**

Celebrate all the accomplishments for 2022

Volunteer & Senior Recognition  
Livestock Judging Results  
Tractor Driving Results  
Exhibit Hall Parade of Champions  
Public Fashion Review  
& More



Pizza, chips, and cookies will be provided by the Fair Board and the YAB. Please bring your own drinks.

Purdue University is an equal opportunity/equal access/affirmative action institution.

**Thank You** to all of our Volunteers, Club Leaders, Parents and Supporters of the 2022 Ohio County 4-H Fair!

### **Indiana State Fair**

#### **July 29-August 21, 2022**

Any 4-H member who has a project that was selected for the State Fair is eligible for a free pass to the fair.



Passes can be picked up at the Extension Office.



## Friendly Reminder!!

All 4-H members that earned a trophy should be sending Thank You cards!

Each trophy had the sponsor's name and contact information on the bottom of the trophy to assist the 4-H member in sending out thank you cards.

### Tips for Better Pasture & Grazing Management

August

- Do NOT graze cool-season pastures closer than 3 to 4 inches. This will help to conserve soil moisture and prevent overheating of the crowns.
- Graze warm season annuals or perennials to allow cool season grasses to recover and to avoid endophyte-infected fescue.
- After the first good rain in August, seed winter annuals (such as small grains, ryegrass, crimson clover, and brassicas) for late fall and early spring grazing.
- Plant alfalfa after first good rain in August to all sufficient size going into winter.
- In mid-August to early September, exclude livestock from pastures to be stockpiled and apply 60lbs N/A and any needed P and K.



### Why Should I Test Forages for Quality?

Greater net profit is the primary reason livestock producers need to know the quality of forages they are feeding. Not knowing the forage's exact quality acts as a two-edged sword that can cut into profits. Not knowing the quality of the forages and feeding extra protein is one way to cut into profits. Another way is by overestimating the quality of the forage that can be detrimental to your herd. Animals on a poor quality forage can decrease a body condition score in a month.



Now is prime hay time making it a great time to take advantage of the forage probe available at the Ohio County Extension Office. Contact the office for more information on getting your hay tested so you are ready when it's time to start feeding it later this year.



## July Gardening Tips



July rainfall could be a concern for keeping your garden growing. If rainfall is low you will need to supplement 1 to 1.5 inches of water per week. Tomatoes, squash, peppers, beans and cucumbers will need to be harvested frequently to encourage further production. Mulch garden to control weeds and conserve soil moisture. Make sure potato tubers, carrot shoulders, and onion bulbs are covered with soil to prevent them from developing a green color and off flavors. Applying a layer of mulch will help

keep them covered. Allow blossoms on newly planted everbearing strawberry plants to develop for a fall crop.

July is a good time to fertilize strawberries with 0.5 pound of actual nitrogen per 100 feet of row. Harvest raspberries when fully colored and easily separated from stem. After harvest is complete, prune out the fruiting canes to make room for new growth. Standard sweet corn is at its peak for only a day or so. Super sweet corn varieties maintain their peak quality for a longer period. Harvest when silks begin to dry and kernels exude a milky, rather than watery or doughy, juice when punctured.

## August Garden Tips

By: Rosie Lerner

### HOME (Indoor plants and activities)

Take cuttings from annual garden plants such as impatiens, coleus, geraniums and wax begonias to overwinter indoors. Root the cuttings in media such as moist vermiculite, perlite, peat moss or potting soil, rather than water. Order spring-flowering bulbs for fall planting. Cut flowers from the garden to bring a little color indoors, or dry for everlasting arrangements.

### YARD (Lawns, woody ornamentals and fruits)

Check trees and shrubs that have been planted in recent years for girdling damage by guy wires, burlap or twine. Don't fertilize woody plants now. It stimulates late growth that will not have time to harden off properly before winter. Hand-prune and destroy bagworms, fall webworms and tent caterpillars. Pears are best ripened off the tree, so do not wait for the fruit to turn yellowish on the tree. Harvest pears when color of fruit changes — usually from a dark green to a lighter green — and when the fruit is easily twisted and removed from the spur. Prune out and destroy the raspberry and blackberry canes that bore fruits this year. They will not produce fruit again next year, but they may harbor insect and disease organisms. If the weather turns dry, keep newly established plants well-watered. New plants should receive 1-1.5 inches of water every 7 to 10 days. Begin seeding new lawns or bare spots in established lawns from mid-August through mid-September.

### GARDEN (Flowers, vegetables and small fruits)

Keep the garden well-watered during dry weather and free of weeds, insects and disease. Complete fall garden planting by direct-seeding carrots, beets, kohlrabi, kale and snap beans early this month. Lettuce, spinach, radishes and green onions can be planted later in August and early September. Don't forget to thin seedlings to appropriate spacing as needed. Harvest onions after the tops yellow and fall, then cure them in a warm, dry, well-ventilated area. The necks should be free of moisture when fully cured in about a week's time. Harvest potatoes after the tops yellow and die. Potatoes also need to be cured before storage. Pick beans, tomatoes, peppers and squash often to encourage further production. Harvest watermelon when several factors indicate ripeness: the underside ground spot turns from whitish to creamy yellow; the tendril closest to the melon turns brown and shrivels; the rind loses its gloss and appears dull; and the melon produces a dull thud, rather than a ringing sound when thumped. Harvest sweet corn when kernels are plump and ooze a milky juice when punctured with your fingernail. If the liquid is watery, you're too early; if the kernels are doughy, you're too late. Keep faded flowers pinched off bedding plants to promote further flowering and improve plant appearance.







Area 1 Agriculture & Natural Resources

# 2022 SEPAC Field Day

**August 30 from 4pm to 8:30 pm**

4425 E Co Rd 350 N Butlerville, IN 47223

You are invited to join us in-person as Purdue Extension Specialists discuss the following topics as part of the 2022 SEPAC Field Day!

## 4pm to 7pm - Rotation Sessions:

- Rethinking Soybean Seeding Rates- *Shaun Casteel*
- Nitrogen Timing Management of Corn when Following a Rye Cover Crop- *Dan Quinn*
- Foliar Disease Management- *Darcy Telenko*

7pm - Dinner - *Michael Langemeier- Ag Outlook*

8pm - Recognition of Bill Maschino

## Applicators/Producers seeking PARP/CCH Credits:

Please call 812-352-3033 to register. All PARP fees will be waived, courtesy of our sponsors, Indiana Soybean Alliance and Indiana Corn Marketing Council!



Extension - Agriculture  
and Natural Resources



If you require auxiliary aids and services due to a disability or have a special food need, please contact us by August 1. Purdue Cooperative Extension Service is an Equal Opportunity/Equal Access Institution

# HEALTH & HUMAN SCIENCES

## **Celebrate National Youth Sports Week from July 20th-26th!**

We all know that youth who are active in sports have increased confidence and grow into healthy, active adults.

Getting involved with sports allows for social skills like leadership and teamwork to develop which will help youth as they grow into adulthood (National Youth Sports Strategy).

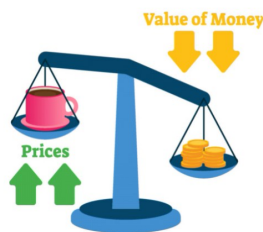


## **Fighting Inflation at Home**

Info courtesy: <https://extension.purdue.edu/news/county/putnam/2022/06/inflation-fighting-tips-from-a-rutgers-cooperative-extension-webinar.html>

Inflation is impacting everyone. Here are some tips to help you get the most for your dollar.

1. Groceries— utilize store/generic brands, eat more meatless dishes, stock up on sale items and canned goods, eliminate high cost junk food snacks/beverages and start using coupons or grocery store apps for savings.
2. Eating Out— you can save money by drinking water instead of a beverage, sharing a meal or dessert, and try looking for early bird specials or eating a later lunch or early dinner.
3. Gasoline— try consolidating trips, car-pooling, utilize supermarket fuel rewards programs, time your fill ups with early in the week versus closer to the weekend.
4. Vacations— stay at hotels that offer free breakfasts, pack snacks and drinks for the car, download restaurant apps and coupons to use, travel at “off peak” times (i.e during week versus weekend).
5. Shrinkflation— know that some manufacturers are “hiding” price increases by reducing the amount of a product. Pay attention to package sizes and unit prices, wait for sales, stock up and buy fewer pre-packaged foods.



Whether you like them baked, fried, air fried, mashed, twice baked or in a salad, you can celebrate the Great Potato on August 17th!

Potatoes are actually the third most important food crop in the world behind rice and wheat. They are also the leading vegetable crop in the United States. Not only are potatoes low cost but they are packed with important nutrients like vitamin C (helps the immune system and skin), potassium (helps our cells to retain normal fluid levels) and fiber (helps you to feel fuller for longer and maintain regularity).

After purchasing potatoes that are firm and free from wrinkled skin, dark spots and discoloration, store your potatoes in a cool, dark place (55° F or lower) that has good ventilation. Also, be sure to store your potatoes away from other veggies as they can absorb their flavors. And lastly, leave them dirty. Do not wash your potatoes until you are ready to use them.

Info courtesy: <https://food.unl.edu/newsletter/food-fun-young-children/potatoes-your-way>

## **Roasted Brussel Sprouts, Potatoes and Chicken—**

recipe courtesy Purdue Foodlink

- 3 c. Brussel sprouts (halved vertically)
- 4 small red potatoes (cubed)
- 1/2 c. onion, chopped
- 2 cloves garlic, minced
- 2 T. olive oil
- 1/4 tsp. salt
- 1/2 c. nonfat ricotta cheese
- 1/4 c. mozzarella cheese
- 2 T. nonfat milk
- 1 lb. boneless chicken breast

Directions: Wash hands with warm water and soap for 20 seconds. Preheat oven to 425°F. Spray a 2 quart baking dish cooking spray. In the same baking dish, add the Brussel sprouts, potatoes, onions, garlic, 1 Tablespoon olive oil, salt and pepper— toss to coat. In a small bowl mix the cheese with milk. Coat the chicken breasts with the remaining 1 Tablespoon of olive oil. Place chicken among the veggies and top with cheese. Cover with foil and bake for 40-45 minutes or until chicken is done (internal temp reaches 165°F). Store leftovers withing two hours

## LET'S GET COOKIN!

### MEDITERRANEAN: EATING HEALTHY ON A BUDGET

#### Did You Know?

The Mediterranean Diet is one of the healthiest in the world with a focus on:

- Healthy Fats
- Adequate dairy and water intake
- More Vegetables
- Limited meats and sweets

When: Wednesday,  
August 17th, 2022  
at 11am at Extension Office

Join us on Wednesday, 8/17 at 11am as we sample Mediterranean food and learn how you can adopt this diet without breaking the bank!

RSVP to Purdue Extension Ohio County at  
812-438-3656 by Monday, August 15th.

Purdue Extension Ohio County  
412 Main St  
Rising Sun, IN 47040

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## Madison District Extension Homemakers Fall Meeting

**THURSDAY, AUGUST 18TH,  
2022**

VERSAILLES COMMUNITY HALL  
128 N. MAIN ST. VERSAILLE, IN 47042

Lunch catered by Rolling Pin  
Registration Cost: \$15.00/attendee  
Register by August 10th, 2022 by  
sending checks to Ripley County  
Extension Homemakers

525 W. Beech St  
Osgood, IN 47037

\*Each county please send \$5 for  
door prizes\*



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