

PURDUE EXTENSION - WASHINGTON COUNTY

# NEWS

April/May 2024



## FEATURED TOPICS IN THIS ISSUE:

- Southern Indiana 4-H Camp
- 4-H Trip Opportunities
- IBEP Performance Tested Bull Sale
- Proper Vegetable Garden Planting...
- Home Canning
- Youth and Energy Drinks...



**P**  
PURDUE  
UNIVERSITY

Extension



# 4-H YOUTH NEWS



## Upcoming Dates

- **SAFE SHOOTING SPORTS: EVERY TUESDAY 6-8 PM**
- **April 1-Boston Blazers @ 6:00 PM**
- **April 1-Camp Registration Opens**
- **April 4-Pierce Pioneers @ 6 PM**
- **April 9-Jr. Leaders @ 6:30 PM**
- **April 11- Beef ID Day 2-7 PM**
- **April 15-VFF @ 6:30 PM**
- **April 16- Horse & Pony @ 7 PM**
- **April 18-QLC @ 6:00 PM**
- **April 22-Canton Clovers @ 6:00 PM**
- **April 23-Goat Club 7:00 PM**
- **April 24-Fur & Feathers 6:00 PM**
- **April 25-Sheep & Goat ID Day 5-7 PM**
- **May 1-Camp Registration closes**
- **May 6-Boston Blazers @ 6:00 PM**
- **May 14-Jr. Leaders @ 6:30 PM**
- **May 15- ANIMAL ID DEADLINE!!!!!!!!!!**
- **May 20-VFF @ 6:30 PM**
- **May 20-Canton Clovers @ 6:00 PM**
- **May 21-Goat Club @ 7:00 PM**
- **May 22-Fur & Feathers @ 6:00 PM**
- **May 23-QLC @ 10 AM/Mini Showmanship @ 5:30 PM**
- **May 29-4-H Project Boot Camp 9-3:30**

## ENROLLMENT Reminder:

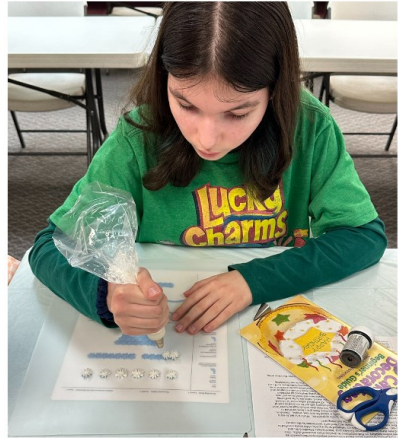
**If your 4-H Online account has a balance due be sure to submit payment ASAP!**

## Handbooks Available!

**Stop by the office to get a hard copy or visit our website to view a digital copy.**

# Cake Decorating Workshop

We are thrilled to share the sweet success of our recent **Cake Decorating Workshop**, which was hosted by our talented volunteers, **Kim Kiefer and Malea Martin**. Members from **grades 3 to 12** had the fantastic opportunity to explore the art of cake decoration. During the workshop, participants delved into various icing techniques, dove into the guidelines outlined in the handbook, and truly enjoyed getting hands-on with their cake decorating projects. It was a great experience for all involved! We extend our heartfelt thanks to the **4-H Council** for generously sponsoring this event. Be sure to keep your eyes peeled for another upcoming workshop right before the fair. This time, it will be open to all members from **grades K to 12**. It's another chance to unleash your creativity and have fun with fellow 4-H members.



All 4-H members in grades 7-12 are invited to participate in Jr. Leaders. There are many new and exciting things in store this year for our Jr. Leaders Club. This year's achievement trip is in St. Louis, Missouri!



## Learning topics for April & May:

- April 9: Adulting 102
- May 14: Ask the Vet with Dr. Gray

## Future meeting Dates:

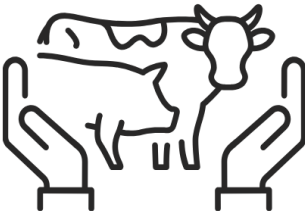
All meetings are held at the Extension office from 6:30-7:30 PM unless stated otherwise.

- April 9
- May 14
- June 13

# SAVE THE DATES: QLC

All youth (grades 3-12) who plan to exhibit cattle, swine, sheep, goats, rabbits, and/or poultry at the fair must have a valid Indiana 4-H Quality Livestock Care OR YQCA certificate.

To obtain a 4-H Quality Livestock Care Certificate, you must attend one of the following sessions prior to exhibition at the fair. Classes will be held in the meeting room of the government building. Pre-registration preferred by calling the Extension office at 812-883-4601 or registering for the event on 4-H Online. The event will be named "Washington County QLC 2024".

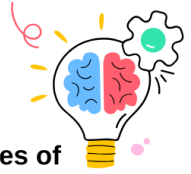


- April 18, 2024 @ 6:00 PM
- May 23, 2024 @ 10:00 AM

**YQCA may also be completed online @ <https://yqcaprogram.org/>.  
The cost is \$12. A certificate must be submitted to the office prior to June 3.**

# Project Spotlight

## Child Development



- Description: Youth will learn about developmental stages of infants, toddlers and young children.
- Exhibit Guidelines:
  - Activities may be designed to be displayed on the floor, but please be considerate of space availability. Each item is to be labeled with the 4-H member's name, county and club so fair staff can keep all components together if it needs to be moved after judging is complete.
- State Fair Project



## Wildlife

- Description: This project helps youth learn to identify wildlife, basic wildlife needs, and how wildlife interacts with other wildlife and people.
- State Fair Entries: 3 per county; one per level

## Sportfishing



- Description: The 4-H sportfishing project teaches safe habits and youth develop an appreciation for natural resources.
- State Fair Entries: 3 per county; one per level

## Upcoming project workshops:

- Cake/Cupcake Decorating for Fair Help-TBD
- Crops: Hay Sampling & More!-Summer 2024
- Mini Showmanship- May 28 @ 5:30 PM @ the fairgrounds




**SOUTHERN INDIANA**  
**4-H CAMP**  
 MAY 31-JUNE 2, 2024  
 COUNTRY LAKE RETREAT CENTER  
**Registration April 1-May 1**  
**SAVE THE DATE**  

**PURDUE UNIVERSITY** | Extension - 4-H Youth Development 

**!!! Important Camp Information: !!!**

- **When registration opens we will send a reminder on 4-HOnline. Anyone interested in attending camp should let Taylor know.**
- **The cost of camp this year is \$150. Fundraising is available to help cover the cost of camp.**
- **4-H members in grades 3-8 may attend camp.**

**New for this year: We will not be selling cheeseballs for a camp fundraiser, we will be selling Cornucopia Fudge. Pick up a fundraising packet in the office. Orders due April 5.**



# 4-H Trip Opportunities

Did you know that Indiana 4-H offers a variety of summer trips that 4-H members can take advantage of? If you are interested in attending any of these awesome events please call the office to receive more information. Funds are available to help cover costs of these trips are available from the 4-H Council on a first come, first served basis.

## 4-H Round-Up



- **Who:** 4-H members, Grades 7-9
- **What:** Introductory leadership development & Career awareness
- **Where:** Experience living in residence halls and navigating a Big Ten campus at Purdue University
- **When:** June 24-26, 2024
- *Registration Deadline June 1*

## 4-H Academy @ Purdue

- **Who:** 4-H members in grades 9-12
- **When:** June 12-14, 2024
- **Where:** Opportunity for youth to live on a Big Ten Campus
- **What:** Hands-on educational workshops designed to teach technical and workforce preparation skills. See the list below for areas of exploration.
- *Registration due May 15*

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• <b>Animal Bio-Science</b></li><li>• <b>Animal Health</b></li><li>• <b>Food Animal</b></li><li>• <b>Horse and Companion Animal</b></li><li>• <b>Civic Engagement</b></li><li>• <b>Community Change Starts with Me</b></li><li>• <b>Exploring Health Careers</b></li><li>• <b>Intro to EMS</b></li></ul> | <ul style="list-style-type: none"><li>• <b>Food Science/Nutrition</b></li><li>• <b>Science</b></li><li>• <b>Natural Resources</b></li><li>• <b>Plant Science</b></li><li>• <b>Show Me the Money</b></li><li>• <b>Spread the News</b></li><li>• <b>Computer</b></li><li>• <b>Engineering</b></li><li>• <b>Science of Flight</b></li></ul> |
|--|--|



Scan here to learn more!





## Upcoming Dates

### **IBEP Performance Tested Bull Sale & Breakfast, April 13**

See flyer on page 10.

### **West Washington FFA Community Breakfast, April 13**

The West Washington FFA Chapter is hosting the 15th Annual Community Breakfast on Saturday, April 13, 2024 at the school. Breakfast is served from 6:00-9:00 am. The live auction starts at 9:00 am. There is also a silent auction and door prizes. Proceeds support the James L. Brown Scholarship Endowment and chapter activities.

### **Washington Co. Farmers' Market Opening Day, May 11**

The Washington County Farmers' Market will open on Saturday, May 11, 2024 in the parking lot of the Wash. Co. Justice Center on Jackson St. The market is open from 8:30 am - 12:00 pm on Saturdays. When produce is more plentiful, the market will open on Tuesdays from 4:00-6:00 pm. New vendors are invited. If interested, contact the Extension office for a copy of the contract or visit the Extension website for more information.

### **Wash. Co. Goat Association Open Shows, May 18 & June 8**

The Washington County Goat Association is hosting two shows in 2024 at the Washington County Fairgrounds in Salem, IN. The first is the Indiana Boer Goat Classic (IBGC) on Saturday, May 18, 2024, in partnership with the Indiana Boer Goat Association. For more information about the IBGC show visit the Indiana Boer Goat Association Facebook page. More information about the Open Goat Show hosted in partnership with the Washington County Fair Board is coming soon. Watch the association's Facebook page and the Extension website.



### **Wash. Co. Sheep Association Open Show, June 1**

The Washington County Sheep Association and Washington County Fair Board are hosting their annual Open Sheep Show on Saturday, June 1, 2024 at the Washington County Fairgrounds in Salem, IN. More information will be available soon on the association's Facebook page and the Extension website.







# SAVE THE DATE

## 93<sup>rd</sup> IBEP Performance Tested Bull Sale

Saturday April 13, 2024 - 1 PM EST • Springville Feeder Auction

\$500 in credits on bull purchases will be raffled

## Pre-Sale Complimentary Breakfast

Saturday April 13, 2024 - 9 to 10 AM • Springville Feeder Auction

***MORE BULL FOR YOUR BUCK ...  
PERFORMANCE TESTED, RANCH READY***

Sale catalog and bull videos available at:

<https://ag.purdue.edu/departement/ansc/ibep/index.html>

## April is National Safe Digging Month

April is recognized as National Safe Digging Month (NSDM) because it is the time of year when temperatures increase and spring digging and planting projects begin. April is an important time to remember how important it is to contact 811 at least a few days before putting a shovel, backhoe, auger, or deep tiller in the ground. No matter how small the next project is, it is important to keep yourself and your community safe by contacting 811 to have the approximate location of buried utilities marked with paint or flags before breaking ground.

**“I dig here all the time.”**

**You might not know the area as well as you think!**  
Even if you've excavated an area previously, erosion, settling ground and other factors can change the depth and location of utilities over time. ALWAYS contact 811 before putting your shovel to the ground!

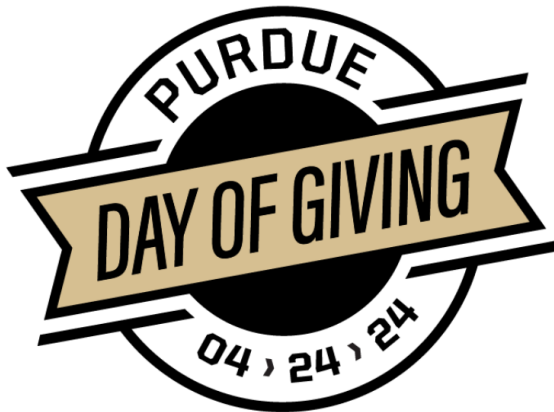
**Contact 811 before you dig.** [811beforeyoudig.com](http://811beforeyoudig.com)

Join the Purdue Center for Commercial Ag. on the Purdue Commercial AgCast, available on the App Store and Google Play!



## April 24th is Purdue Day of Giving

Purdue Day of Giving is an opportunity for communities to show their support for Purdue University, and specifically their local Purdue Extension office, by donating on Wednesday, April 24, 2024. Each Extension office will have their own direct donation link, which will be shared via social media on April 24th. All donations made through this link go directly to the Extension office for local programming efforts. Everyone at the Purdue Extension - Washington County office hopes you will consider giving! Contact Danielle Walker at 812-883-4601 or [dhowellw@purdue.edu](mailto:dhowellw@purdue.edu) with questions.





# HORTICULTURE NEWS



## Upcoming Dates

### **Farmers Market Certificate Program, April 11 - May 2**

See flyer on page 12.

### **Pollinator Day, April 27**

See flyer on page 12.

### **Washington Co. Farmers' Market Opening Day, May 11**

The Washington County Farmers' Market will open on Saturday, May 11, 2024 in the parking lot of the Wash. Co. Justice Center on Jackson St. The market is open from 8:30 am - 12:00 pm on Saturdays. When produce is more plentiful, the market will open on Tuesdays from 4:00-6:00 pm. New vendors are invited. If interested, contact the Extension office for a copy of the contract or visit the Extension website for more information.



## Save-the-Date

- **Spring Home, Garden, & Business Expo** - April 19 & 20, 2024 - Wash. Co. Fairgrounds - Salem, IN.
- **Tulip Walk** - April 20, 2024.
- **Good Earth Master Gardener Annual Plant Sale** - May 11, 2024 - Wash. Co. Farmers' Market - Salem, IN.
- **Scott-Washington Extension Master Gardener Training** - August - December 2024 - Scottsburg, IN.

# FARMERS MARKET CERTIFICATE

2024 VIRTUAL TRAINING FOR FARMERS MARKET MANAGERS AND VENDORS



## 4 SESSIONS VIA ZOOM

Thursdays, April 11 - May 2  
6:30pm EDT / 5:30pm CDT

In these 2-hour sessions you will learn how to navigate food safety regulations, understand legal issues of markets, improve market stability, offer food assistance programs, manage conflict, and more.



**PURDUE UNIVERSITY**  
Extension - Agriculture and Natural Resources

REGISTRATION/MORE INFO AT:  
<https://cvent.me/QIRIPn>  
\$75  
Includes market manager or market vendor manual, which you select during registration. Questions can be directed to Sarah Hanson at [sspeedy@purdue.edu](mailto:sspeedy@purdue.edu)  
[https://extension.purdue.edu/ansl\\_teams/dffs/](https://extension.purdue.edu/ansl_teams/dffs/)

# JOIN US FOR POLLINATOR DAY!

WEATHER PERMITTING  
SATURDAY, APRIL 27TH 10AM - 3PM

PURDUE RESEARCH PARK  
3000 TECHNOLOGY AVE.,  
NEW ALBANY, IN 47150






Pollinator Day is a **FREE** family-friendly event!

It includes hands-on activities for the whole family! Games, crafts, local vendors, selfie-station, food trucks, and booths full of information for all!

Educational classes will be held on:  
How To Catch a Swarm of Bees - Spring Valley Beekeepers  
Pollinators & The Big Picture - Kevin Wiener (All Bugs Go to Kevin)

Supported in part by Duke Energy Foundation.

**PURDUE UNIVERSITY** Extension - Floyd County  
Purdue Extension Floyd County (812)-948-5470

## Proper Vegetable Garden Planning for Disease Prevention

Warmer temperatures mean spring is right around the corner, and gardeners everywhere are ready to get plants in the ground. However, prior to planting, growers should develop a plan for this year's vegetable garden. A thoughtful approach to garden layout and preparation can influence disease pressure as well as the overall success of the crop. Here are few areas to consider to get ahead of diseases as you make your vegetable garden plans.

### Planting Site

The best vegetable garden sites are sunny with adequate moisture and fertile, well-drained soil. Avoid low spots, which can worsen soilborne diseases, and shady locations, which can worsen foliar diseases. Prior to planting, it is advisable to draw a planting map. This allows consideration into site limitations and succession planting. Scale models of the garden space can be drawn on graph paper, made in Microsoft Excel, or designed using one of many available apps (Figure 1). Choose perennial locations carefully to make tilling more convenient. Taller crops, such as sweet corn or tomatoes, should be planted on the north or west side of the garden to avoid shading shorter plants. Retain these maps from year to year, and refer when planning next season.



**Figure 1: An example of a garden map made in Microsoft Excel. (Image: Kim Leonberger, UK)**

## Crop Rotation

If the same garden site is used each year, avoid planting the same or closely related crops in an identical place each year. A three-year rotation is recommended, however, even a year or two out of a certain plant family can be beneficial. Crop rotation prevents disease-causing pathogens from building up in soil. Multiple vegetable crops are closely related and are prone to many of the same disease issues. Closely related crops are listed below.

- Tomatoes, Peppers, Potatoes, and Eggplant
- Cucumbers, Pumpkins, Squash, Watermelons, and Muskmelons
- Peas, Broad Beans, Snap beans, and Lima Beans
- Cabbage, Cauliflower, Kale, Collards, Brussels Sprouts, Broccoli, Kohlrabi, Turnips, Rutabaga, Chinese Cabbage, and Mustard
- Lettuce, Endive, and Salsify
- Chives, Garlic, Leeks, Onions, and Shallots
- Beets, Swiss Chard, and Spinach
- Carrots, Parsley, Celery, Celeriac, and Parsnip

## Compost Piles

Avoid composting diseased plants or produce, since home compost piles typically do not reach temperatures high enough to kill pathogens. Accelerate the rate of decomposition by turning compost piles at least once per month. Avoid adding fresh material to finished compost piles, as the new material will not break down in time for spring planting. Water should be added to very dry compost piles at turning to allow for more complete decomposition.

## Keep Records

Each garden season is like a school year, with lessons to be learned. Whether by app or a physical garden journal, keep track of disease and pest issues as they occur, to help develop strategies to prevent or manage these issues. Also include details about cultivars and their performance, as well as, weather patterns.

*Revised by Kim Leonberger, Plant Pathology Extension Associate, and Nicole Gauthier, Plant Pathology Extension Specialist for Vegetables*



## HHS NEWS



### Upcoming Dates

- **March 5 through May 14 @ 1:00pm**  
**Here's To Our Health! in Campbellsburg**
- **April 1 @ 5:30 Full Circle - first Monday of every month, excluding holidays**
- **April 9 @ 1:00pm Washington Co. Tobacco Prevention and Cessation Coalition @ Life Spring**
- **April 12 @10:00am - Washington Co. Drug Free Prevention Workgroup - at YMCA**
- **April 18 & May 16 @ 2:00pm - Community Health Action Team (via Zoom)**
- **May 29 @ 4:30pm - Prevent Child Abuse Washington County**

**“Take care of your body. It's the only place you have to live.”**

**- Jim Rohn**

**Register Now! Class Size is Limited!**

# Here's To Our Health!

Join us for free programming!

LEARN HOW TO PREPARE HEALTHY MEALS, BE MORE PHYSICALLY ACTIVE, AND TAKE CHARGE OF YOUR HEALTH!

EACH HOUSEHOLD WILL RECEIVE A FREE MEAL KIT TO TAKE HOME EACH WEEK TO CREATE A SIMPLE, HEALTHY, MEAL FOR A FAMILY OF FOUR.



**Tuesdays, May 7th - July 16, 2024**

**6:00 P.M.- 8:00 P.M.**

**Hardinsburg Christian Church  
(160 S. Maple Street, Hardinsburg)**

**Register by calling 812-883-4601**

**Education. Meal Kits. Incentives.**

Program made possible through the following organizations:



Extension - Washington County



Washington County  
Community Foundation

*Funding provided by the Downing Family Trust*

Purdue University is an equal opportunity/equal access/affirmative action institution. If you are in need of accommodations to attend this program, please contact Sonya Mitchell prior to the meeting at 812-883-4601 and shmitche@purdue.edu

## Home Canning

Home Food Preservation can be done in the home safely if several factors are followed. One of the key factors to pressure canning is processing product at the correct pressure.

**Dial gauge pressure canners need to be checked for accuracy every year.**

Purdue Extension's Washington County office offers this service. Please note, not all models can be tested so it is best to call ahead and schedule your canner to be tested.

Are you in need of dependable food preservation recipes and comprehensive information on effective canning techniques? These valuable resources can be conveniently purchased from Purdue's Education Store online at [https://edustore.purdue.edu/item.asp?Item\\_Number=AIG-539](https://edustore.purdue.edu/item.asp?Item_Number=AIG-539).




Product code: AIG-539

### USDA Canning Guide, 2015

#### PRICE

\$25.50/ Each

1

 **Add to Cart**

#### DESCRIPTION

This is the most up to date canning guide currently available, and Purdue Extension is the only authorized retailer.

The USDA's Complete Guide to Home Canning - a 196 page, full-color, spiral-bound resource book for people who are canning for the first time or for experienced canners who want to improve their canning practices.

## ADDITIONAL HOME FOOD PRESERVATION RESOURCES

### National Center for Home Food Preservation ([nchfp.uga.edu](http://nchfp.uga.edu))

Download additional resources about **Food Preservation and Storage** as well as numerous Food and Nutrition topics from the **Purdue Extension Education Store ([edustore.purdue.edu](http://edustore.purdue.edu))**. The "Let's Preserve" series includes free Education Store publication downloads for basic home canning, freezing vegetables, drying fruits and dehydrating vegetables, and preserving meat and poultry, tomatoes, pears, cherries, strawberries, blueberries, peaches, apricots, nectarines, apples, fruit pie fillings, jelly, jams and spreads, peppers, snap beans, sweet corn, sauerkraut, drying herbs, and quick process pickles.

**North Central Region Food Safety website (<https://www.ag.ndsu.edu/ncrfoodsafety>)** provides research based home food preservation information and recipes.



## Rethink Your Drink at Salem Middle School

Salem Middle School, we appreciate your involvement in Rethink Your Drink, a program that emphasizes the effects of sugary drinks. After an informative session, students had the chance to try green smoothies—yes, GREEN ones made with spinach, almond milk, and bananas. Understandably, there were mixed reactions since most students were used to sugary drinks. Nevertheless, many were pleasantly surprised by how palatable the smoothie was. Each class had some students even asking for seconds!

And a special thanks to Mr. Chris Catlin.



## Youth and Energy Drinks: A Call for Information and Awareness

The American Academy of Pediatrics recommends that adolescents do not consume energy drinks, yet between 30–50% reported consuming energy drinks. The consumption of energy drinks among youth has raised significant concerns among health professionals, parents, and educators alike. These highly caffeinated beverages, often marketed with flashy slogans and promising instant energy boosts, have become popular among adolescents despite potential health risks.

**One of the primary concerns is the excessive caffeine content in energy drinks, which can lead to increased heart rate, elevated blood pressure, and even cardiac issues, especially in individuals with underlying health conditions. Moreover, the high sugar content in many energy drinks contributes to the risk of obesity, diabetes, and dental problems among young consumers.**

Another alarming trend is the association of energy drinks with risky behaviors. Energy drinks are marketed in a manner that attracts youth, often showcasing messaging that appeals to adolescents seeking to enhance their social standing. Regrettably, this approach fosters a parallel pattern and evolution akin to the consumption of alcohol and tobacco among adolescents. Research indicates that adolescents who consume energy drinks are more inclined to partake in these behaviors, prompting concerns about their broader implications on mental health and overall well-being.

Some of the additional risks associated with energy drinks include dehydration due to insufficient water intake, heart complications like irregular heartbeat and heart failure, anxiety leading to nervousness and jitteriness, and insomnia resulting in difficulty sleeping.

It is crucial for parents, educators, and healthcare providers to educate youth about the potential risks associated with energy drink consumption. Providing access to reliable resources and information can empower young people to make informed choices about their health.

Organizations such as the American Academy of Pediatrics (AAP), National Institutes of Health, and the Centers for Disease Control Prevention (CDC) offer valuable resources and guidelines for parents, teachers, and teenagers regarding the use of energy drinks and alternatives for maintaining energy levels, such as adequate sleep, hydration, and balanced nutrition.

By promoting awareness and providing resources, we can work together to address the concerns surrounding youth indulgence in energy drinks and prioritize the health and well-being of our future generations.

### **Resources and Additional Reading**

**“Sports Drinks and Energy Drinks for Children and Adolescents: Are They Appropriate?”** FROM THE AMERICAN ACADEMY OF PEDIATRICS| CLINICAL REPORT| JUNE 01 2011 online at  
<https://publications.aap.org/pediatrics/article/127/6/1182/30098/Sports-Drinks-and-Energy-Drinks-for-Children-and?autologincheck=redirected>

**“The Buzz on Energy Drinks”** at  
<https://www.cdc.gov/healthyschools/nutrition/energy.htm>

**“Risk of Energy Drink Consumption to Adolescent Health”** at  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6311602/>

**“Mixing energy drinks, alcohol may affect adolescent brains like cocaine”**  
<https://www.purdue.edu/newsroom/releases/2016/Q4/mixing-energy-drinks,-alcohol-may-affect-adolescent-brains-like>



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Monday-Friday



PurdueExtension-WashingtonCounty

<https://extension.purdue.edu/county/washington>

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