

PURDUE EXTENSION - WASHINGTON COUNTY

# NEWS

August/September 2024



## FEATURED TOPICS IN THIS ISSUE:

- 4-H Club and Project Volunteers Needed
- 2024 Fair Highlights
- Local Foods Tour
- Summer Tree Care
- Managing Heat in the Home
- Summer Heat Health Hazards



The Art & Nature of Fun  
PRESENTED BY NEWFIELDS

Be sure to visit the Indiana State Fair  
**August 2-18** to support Washington Co.  
4-H members showing livestock and to see  
projects on display!

  
**PURDUE**  
UNIVERSITY

Extension



# 4-H YOUTH NEWS



## Upcoming Dates

- **August 2-18-Indiana State Fair**
- **August 5-Foods/Garden project drop off @7:30-8:00 AM**
- **August 21-State Fair Project Pick-Up**
- **August 22-Volunteer Meeting @ 6:30-7:30 PM**
- **September 5-4-H Council @ 7:00 PM**
- **September 9-Jr. Leader Call Out @ 6:00 PM**

## State Fair Tickets Available!

If you plan to visit the Indiana State Fair there are a limited number of tickets available at the Extension Office for Washington County 4-H volunteers, members and family. These tickets are complimentary and are available on a first come, first served basis.



The Art & Nature of Fun  
PRESENTED BY NEWFIELDS

## Open Enrollment October 1!

Beginning October 1 all 4-H members and volunteers must re-enroll in 4-H Online. It is important to enroll ASAP after enrollment opens so you do not miss out on any of the fun in the new 4-H year.

# Looking for More Ways to be Involved with 4-H in Washington County?



In the upcoming 4-H year I would like to see more static project based clubs/workshops in Washington County. If you or someone you know would be a great fit as a club leader, volunteer, or presenter at a workshop, please call the Extension Office or email me at [tsabens@purdue.edu](mailto:tsabens@purdue.edu).

## **Club Leaders/Volunteers Wanted:**

- *Outdoors Club (to teach projects such as sportfishing, entomology, soil & water science, weather & climate science, etc.)*
- *Creative Club (to teach projects such as arts & crafts, needle crafts & sewing)*

## **Workshop Presenters Wanted:**

- **Computer Science/STEM**
  - *Coding Workshop*
  - *Robotics Workshop*
  - *3-D Printing/Maker Space Workshop*
- **Sewing Workshop**
  - *Wearable*
  - *Non-Wearable*
- **Entomology Workshop**
  - *How to collect/Identify specimens*



## **Is there a project you want to learn more about?**

*If there is a project you'd like to learn more about please reach out to me at [tsabens@purdue.edu](mailto:tsabens@purdue.edu) or call the Extension Office at 812-883-4601.*



# Junior Leaders

## Who can join Junior Leaders?

Any Washington County 4-H member in grades 7-12



### Learning Topics Completed This Year:

- Budgeting 101 /Trip Planning
- Ask the Veterinarian
- Pancake Cook-Off (Griddle Cooking)
- Cookie Decorating
- Resume/Career Exploration


.....

*Jr. Leaders*


# CALL OUT

**Tuesday | Sep. 9 | 6-7 PM**

Meeting Room @ The Extension Office



- **HOT DOGS**
- **BINGO**
- **PRIZES**



Come and see what Jr. Leaders is all about!

- Leadership Opportunities
- Travel Opportunities
- Network with members of the community
- Career Exploration



One of the best parts about Jr. Leaders is making cheeseballs!! Cheeseballs are the club's major fundraiser and help cover the cost of meetings/trips.



# Achievement Trip

Each year the Washington County Jr. Leaders have the opportunity to go on a completion trip. This trip is mostly planned by the members themselves. Members are eligible to go on the completion trip if they earn enough points from attending meetings, making cheeseballs, completing the project and helping with fair set up. There are many opportunities to earn points. Members spent two nights in St. Louis this year and had a lot of fun.

## Destination: St. Louis, MO

- Gateway Arch National Park
- City Museum
- Union Station/St. Louis Aquarium
- St. Louis Zoo



# Washington County Fair 2024



# Washington County Fair 2024

It is impossible to capture the countless hours of work, dedication, and passion that went into the 2024 Washington County Fair on just one page. The photos on the left-hand side of this portion of the newsletter offer only a glimpse of the week's events. The fair was filled with valuable lessons and lasting memories, and we deeply appreciate the support of 4-H volunteers, members, their families, the Fair Board, and the Washington County community in making this year's fair a success.



Our members participated in a wide range of projects, from microwaved foods and entomology to showing pea fowl and fat steers. While the fair encompasses just one week of the year, 4-H offers numerous opportunities for learning and growth throughout the entire year. The mission of 4-H is to provide meaningful experiences that foster collaboration and drive sustainable community change. We look forward to planning next year's programs and fair. Thank you once again for your continued support, and we hope you've had a wonderful year.

***Thank you to all of our auction buyers and those who donated to the Buyer's Club!***



***2024 4-H Livestock Auction Total:***  
***\$248,645***

***Loving all of the Fair Photos?***

***Scan the QR Code and use the password "4-H2024" for free download. Pictures are compliments of Cheryl Lee Photography and the Washington County 4-H Council.***





## Upcoming Dates

### Local Foods Tour, August 17

See flyer on page 9.

### Harrison County Cattlemen's Field Day, August 24

The Harrison County Cattlemen's Association and Purdue Extension – Harrison County are hosting a Field Day at Cameron Churchill's Farm (4880 Adams Rd., Depauw, IN) on Saturday, August 24, 2024 from 10:00 am – 2:00 pm. Topics include: beef cattle production, rotational grazing, and cattle minerals. There is no fee to attend, but RSVP's are appreciated by calling the Extension office at 812-738-4236 or [cammm@purdue.edu](mailto:cammm@purdue.edu).

### Bartholomew County Small Ruminant Field Day, August 24

A Small Ruminant Field Day is planned for Saturday, August 24, 2024 from 8:00 am – 1:30 pm in Columbus, IN. Topics include: pasture management; forage testing, pasture renovation, woodland invasive control, and more. For more information or to register call 812-379-1665.

### Forage Sorghum Field Day, September 10

This tour will be offered twice on Tuesday, September 10, 2024. The first is from 3:00-5:00 pm and the second is from 6:00-8:00 pm with a light supper and Bull Test Station Tour from 5:00-6:00 pm. RSVP by Thursday, September 5, 2024 to [sheltonb@purdue.edu](mailto:sheltonb@purdue.edu) or 812-279-8554.

### Stockmanship with Curt Pate, September 27 & 28

Purdue Extension, the Indiana Forage Council, the Indiana Beef Cattle Association, and the Indiana Sheep Association are hosting two "Stockmanship with Curt Pate" programs at the Southern Indiana Purdue Ag. Center (11371 E. Purdue Farm Rd., Dubois, IN) in September. Curt Pate is an industry expert from Ryegate, Montana with many years of personal and professional livestock experience. During these programs, Curt will highlight the economic benefits of handling livestock correctly. A beef cattle focused program is planned for Friday, September 27, 2024 from 1:00-7:00 pm. A small ruminant focused program is planned for Saturday, September 28, 2024 from 10:00 am – 5:00 pm. A meal will be served at both programs. Cost is \$30 per person. Pre-registration is required by Thursday, September 19, 2024 via the form on the Purdue Extension - Washington County website.



### Save-The-Date

- **Midwest Hair Sheep Sale** - Saturday, October 5, 2024 - Washington Co. Fairgrounds, Salem, IN.
- **Your Land, Your Legacy Women's Forum** - Friday, October 11, 2024 - More information coming soon.
- **94th IBEP Bull Sale** - Saturday, October 12, 2024 - Springville Feeder Auction, Springville, IN.





# Washington County LOCAL FOODS & PRODUCTS

WASHINGTON COUNTY

**LOCAL FOODS TOUR**

SATURDAY, AUGUST 17, 2024  
MEET AT 12:00 PM

**TOUR EVENTS:**

- Visit 3 Washington County Farms:
  - Morning Harvest Produce - Lettuce & Herbs
  - Purlee Farm - Beef Cattle
  - Trueblood Grain Farm - Popcorn
- Dinner Prepared with Local Foods
- Educational Program & Local Product Vendors
- Tour Bus Transportation Provided with Snacks and Drinks

\$25 per person  
Space is limited.

RSVP by Wed., Aug. 7 at the  
Extension Office  
806 Martinsburg Rd., Ste. 10  
Salem, IN 47167  
812-883-4601  
dhowellw@purdue.edu

Meeting & Dinner Location:  
Southern Hills Church  
1645 Hwy 135 S., Salem, IN

Program Partners:  
Washington County Farm Bureau

Tour made possible through generous financial support from: Downing Charitable Trust, Wash. Co. Community Foundation, & Wash. Co. Commissioners  
Purdue University is an equal opportunity/equal access/affirmative action institution.

**WE'RE UPDATING....**

**THE WASHINGTON COUNTY LOCAL PRODUCTS GUIDE**

Any Washington County farm or business that sells local products grown, raised, or made in Washington County direct to consumers are encouraged to have their information included in the guide.

Provide product and business information in the form available through the QR Code by Friday, August 2 or contact the Extension office at 812-883-4601 or dhowellw@purdue.edu.

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

**Congratulations to the 2024 Ag. Hall of Fame Award Winners!**

**Morris & Judy Loyd**



# Why Some Producers Complain About Stemmy Orchardgrass Hay

Every year I hear complaints from producers about orchardgrass being stemmy when in a mixture with alfalfa or red clover and harvested as first-cutting hay. Orchardgrass became the prevalent cool-season grass to include in a mixture with alfalfa more than three decades ago; it replaced smooth brome grass as the grass species of choice because smooth brome grass cannot survive the rigor of four cuttings in a growing season. As we learned more about forage quality-animal performance relationships, many producers desired four alfalfa or alfalfa-orchardgrass harvests in a season to obtain higher quality hay for their livestock. What producers must realize is that there is a vast difference in maturity among orchardgrass varieties on a given date in the spring. Orchardgrass maturity stage notes for nine varieties were taken in late May many years ago at the Agronomy Center for Research and Education, West Lafayette. Maturity stage ranged from an average of 3.75 nodes able to be felt by touch (preheading) to pollen shed.

Early maturing varieties do not match up well when grown in a mixture with alfalfa or red clover. Alfalfa and red clover may be in early- to mid-bud when an early-maturing orchardgrass is shedding pollen. As forages progress from vegetative to seed producing stages, they increase in fiber content and leaf-to-stem ratio decreases; thus, they do become “stemmy” and of lower nutritional value. *Ideally, a grass-legume mixture when harvested as hay or silage would be at similar growth stage and not have a week or more difference in maturity.*

A late-maturing orchardgrass is the best choice when alfalfa or red clover are part of a mixture and the intentions are hay or silage. An early-maturing orchardgrass is best utilized when grown singly or used as pasture with the intentions of beginning the grazing season at an earlier date than what can be accomplished with other forage species or later maturing orchardgrass varieties.

Many producers will be selecting alfalfa and orchardgrass varieties soon for an August seeding. Make sure to ask the seed personnel about the maturity of the orchardgrass varieties they have on hand to meet your objectives.



Photo Credit: Purdue University Diagnostic Training and Research Center

*Dr. Keith Johnson, Purdue Extension Agronomy Specialist, Printed Pest & Crop Newsletter, July 17, 2024*

## Thank You to Our Sponsors

# HORTICULTURE NEWS



## Upcoming Dates

### Extension Master Gardener Training, Fall 2024

The fall 2024 Purdue EMG Basic Training includes weekly in-person sessions on Thursdays, August 29 – December 5, 2024 (no meeting on November 28 due to the Thanksgiving holiday), from 6:00 – 9:00 p.m., with the final exam on December 12. The weekly sessions are held at the Train Depot (90 N. Main St., Scottsburg). The training fee is \$190.00/person, which includes the print version of the Purdue EMG Manual, and for an additional \$25.00, participants can receive the digital version of the manual. If two people from the same household want to share a print version of the Purdue EMG Manual, the total cost is \$290.00. If interested, please contact Danielle Walker at [dhowellw@purdue.edu](mailto:dhowellw@purdue.edu) or 812-883-4601.



### Washington County Farmers Market Open Tuesdays

The Washington County Farmers' Market is now open on Tuesdays from 4:00-6:00 pm and Saturdays from 8:30 a.m. - 12:00 p.m. in the parking lot of the Washington County Justice Center (801 Jackson St., Salem). For more information about the market and vendors, visit the market's Facebook page at: Washington County Farmers Market.

## Summer Tree Care: Watering Your Trees

With recent rain storms across the state, watering may not be at the forefront of everyone's minds. But as we head deeper into summer it is good to remember most of Indiana is in a state of abnormal dryness to moderate drought, continuing similar conditions from previous years. With that in mind, we should be thinking about the health of our trees (Figure 1 -Drought stress can cause decline and, in some cases, death in trees).



Figure 1

Understanding what drought is and its effects on trees can help to bolster care plans. Drought is an extended time with little to no precipitation and can slow growth, reducing photosynthesis and depleting energy reserves trees need to survive dormancy in winter. Drought conditions can stress trees, making them susceptible to pests and diseases, reducing their ability to produce defensive chemicals, and in severe situations resulting in death (Figure 2a - Wilting in leaves and dieback in parts of the tree can indicate drought stress.) (Figure 2b - Wilting in leaves and dieback in parts of the tree can indicate drought stress.)



Figure 2



Figure 3

One simple task to protect your trees is watering. This is especially important in young and newly transplanted trees. A good industry guideline is the 5-plus-5 rule. Apply 5 gallons of water plus 5 gallons for every diameter inch of the trunk. For example, a 4-inch tree would require about 25 gallons of water as needed. A good tactic to reduce water runoff from the hose is to take a large bucket and drill enough small holes to create a slow drip watering system. Also check moisture levels in your soil to see if conditions are dry, moist, or saturated.

Another way to maintain soil moisture is to mulch around the tree. Mulch rings should be at least 3 feet in diameter and 2-3 inches deep with a 2–3-inch space between the base of the trunk and the inner mulch ring. Mulching up to the trunk is called volcano mulching and causes issues like stem girdling, root production and decay. Mulching reduces evaporation from the soil and helps maintain moderate soil temperatures. It also reduces competition with surrounding lawn and landscaping plants while protecting the trunk from mechanical damage caused by mowing and lawn care practices.

These little steps can go a long way to protect your trees, extending their life spans and your enjoyment with a healthy canopy. For a more detailed look at drought and trees, please have a look at the Purdue extension store at:

<https://www.extension.purdue.edu/extmedia/FNR/FNR-483-W.pdf>.

*Ben McCallister, Printed Purdue Landscape Report, July 12, 2024*

## Protecting Grapes From Birds



Birds can cause significant crop loss to grapevines as they feed on ripening fruit. Open wounds left behind can be an entry point for disease. Home gardeners have a few options for protecting their crops, but it is often necessary to use several approaches together.

Visual deterrents such as shiny tapes and streamers hung near the grapevines are easy to install and cost-effective but are typically not enough prevention alone. A physical barrier such as netting requires more effort to install, but is also more effective at protecting the fruit. The most common and least expensive netting is the lightweight, black, polypropylene with a square mesh size of  $\frac{1}{2}$ " x  $\frac{1}{2}$ ". Woven mesh bird netting is also effective and easier to work with but is more expensive. If your trellis has a wire at six feet high, purchase a net that is at least 14 feet wide so it can be draped over the grapes and secured along the bottom edge with clothes pins. Nets that are 17 feet wide are less common but give more material to work with making them easier to secure.

Another option for a physical barrier is to secure paper bags around the grape clusters. Bags can be kept in place until harvest.

*Cynthia Domenghini, Kansas State University Instructor & Horticulture Extension Specialist*

## Cross Pollination

Cross pollination is when the pollen from one flower is transported to another flower. This happens within the same plant as well as between different plants (of the same species). Cross pollination results in seeds that have genes from both parent plants. The parent plants must be from the same family, but even then, not all members of the same family will be able to cross successfully.

It is a common misunderstanding that planting two different varieties of squash next to each other will affect the type of produce harvested that year. The fruit that results from this year's planting is determined by the mother plant. If you have purchased from a reliable seed source, the resulting produce should reflect that. If you are harvesting "weird-looking" squash, cucumbers or melons this season it is likely a result of cross-pollination that happened last year. The seeds may have been gathered from cross-pollinated plants or perhaps the plant is one that sprouted on its own after a fruit with cross-pollinated seeds decomposed in the garden last growing season.

*Cynthia Domenghini, Kansas State University Instructor & Horticulture Extension Specialist*





## HHS NEWS



### Upcoming Dates

- **August 5 - Full Circle, 5:30pm at Purdue Extension Washington County**
- **August 15 - Community Health Action Team (CHAT), 2:00pm via zoom**
- **August 22 - Here's To Our Health 12-session program begins at Ascension St. Vincent Hospital, Tuesdays at 2:00pm**
- **September 9 - Full Circle, 5:30pm at Purdue Extension Washington County**
- **September 19 - CHAT, 2pm via zoom**

**“Self-care is not selfish. You cannot serve from an empty vessel.” – Eleanor Brown**

*August is all About the HEAT!*

**As the summer heat intensifies, keeping your home cool becomes essential for comfort and health. The following pages offer some effective strategies to beat the heat and stay safe during high temperatures.**

# MANAGING HEAT IN THE HOME



1. **Use Fans Effectively:** Place fans strategically to create a cross-breeze. Ceiling fans should rotate counterclockwise to push cool air downward.

2. **Close Curtains and Blinds:** Keep curtains and blinds closed during the hottest part of the day to block out direct sunlight and reduce indoor temperatures.

3. **Use Air Conditioning Wisely:** If you have air conditioning, set it to a moderate temperature (around 78°F or 25°C) and use programmable thermostats to adjust settings based on your schedule. Ensure your AC unit is well-maintained to optimize efficiency.

4. **Create a DIY Air Cooler:** Place a bowl of ice or frozen water bottles in front of a fan to create a makeshift air cooler. This can provide a quick cool-down in smaller spaces.

5. **Ventilate at Cooler Times:** Open windows and doors in the early morning and late evening when outdoor temperatures are lower, allowing cooler air to circulate through your home.

6. **Minimize Heat Sources:** Turn off unnecessary lights and appliances that generate heat. Consider cooking outdoors or using a microwave instead of the oven to avoid adding extra heat indoors. By following these tips, you can maintain a comfortable and cool home environment during the sweltering summer months. Taking precautions and staying mindful of heat-related risks will help you enjoy the season safely.

# SUMMER HEAT HEALTH HAZARDS

As temperatures soar during the summer months, the risk of heat-related illnesses, such as heat exhaustion, becomes a pressing concern. Heat exhaustion occurs when the body overheats and is unable to cool itself down sufficiently. It typically manifests through symptoms like excessive sweating, weakness, dizziness, nausea, and headache. If not addressed promptly, heat exhaustion can escalate into heat stroke, a life-threatening condition.

Several factors contribute to heat exhaustion, including high temperatures, humidity, strenuous physical activity, and adequate hydration. Certain individuals, such as the elderly, young children, athletes, and those with chronic illnesses, are particularly vulnerable.

To protect yourself from heat exhaustion, consider the following precautions:

1. **Stay Hydrated:** Drink plenty of water throughout the day, even if you don't feel thirsty. Avoid sugary or alcoholic beverages as they can dehydrate you.

2. **Dress Appropriately:** Wear lightweight, light-colored, loose-fitting clothing that allows your body to breathe and helps sweat evaporate.

3. **Time Activities Wisely:** Schedule outdoor activities during the cooler parts of the day, such as early morning or evening, and take breaks in shaded or air-conditioned areas.





4. **Know Your Limits:** Pace yourself during physical activities, especially if you're not accustomed to exertion in hot weather. Listen to your body and rest if you feel overheated.



5. **Use Cooling Measures:** Take cool showers or baths, use fans, and apply cold compresses to help lower your body temperature.

6. **Protect Your Skin:** Wear sunscreen with a high SPF to prevent sunburn. Sunburn can impact your skin's ability to function properly.

The skin plays a critical role in thermoregulation, the process by which the body maintains its core temperature within a narrow range to ensure optimal functioning of vital organs and systems. When the skin is sunburned, particularly over a large area, its ability to dissipate heat through sweating and blood circulation is compromised. This can lead to a rise in body temperature, potentially resulting in heat exhaustion or even heat stroke, especially in hot and humid conditions.



7. **Monitor High-Risk Individuals:** Keep an eye on children, elderly family members, and anyone with health conditions that may increase their susceptibility to heat-related illnesses.

8. **Seek Medical Attention:** If you or someone else shows signs of severe heat exhaustion (e.g., confusion, rapid heartbeat, high fever), seek immediate medical help.

By staying vigilant and taking these precautions, you can greatly reduce the risk of heat exhaustion and enjoy the summer safely.

Remember, early recognition and intervention are crucial in preventing more serious heat-related conditions.



## **Healthy Living Class “Here's to Our Health!” Promotes Nutrition with Free Meal Kits and Giveaways**

In an effort to promote healthier lifestyles and improve nutritional habits among community members, the “Here's to Our Health!” program will hold its 5th session at Ascension St. Vincent Hospital, Thursdays at 2:00pm starting August 2024. This initiative offers participants a unique opportunity to delve into the world of nutrition through interactive weekly classes over twelve weeks. The program is focused on practical nutrition education coupled with hands-on experience. Each week, registered participants gather to explore different aspects of healthy eating facilitated by nutrition experts. What sets this program apart is the inclusion of complimentary health meal kits provided to every participant, designed to serve a family of four. These meal kits allow families to experiment with nutritious recipes at home, reinforcing the lessons learned in class. Moreover, the program spices things up with randomly dispersed giveaways of various cooking implements.

“Here's to Our Health!” is free —classes, meal kits, and giveaways— are all provided free of charge thanks to funding obtained by the Washington County Community Foundation through the Downing Charitable Trust.

Our hope is to expand its reach and impact, ultimately fostering a healthier, more informed Washington County community, one meal at a time.



Please Note: Due to overwhelming community interest, registration for “Here's to Our Health!” has resulted in a waitlist. Interested individuals are encouraged to add their names to the waitlist as openings do become available.

### Special Thanks

Thank you to Betty Chandley of Campbellsburg who was instrumental in making our “Here’s To Our Health!” program in Campbellsburg successful in 2024.



Thank you To Brian Blevins for his assistance in helping us bring “Here’s To Our Health!” to Hardinsburg in 2024.

Thank you to the Pekin Community for supporting our efforts to bring “Preserve It Now...Enjoy It Later.” Participants were able to take home canned tomatoes and canned green beans as a result of activities in these two “hands-on” workshops.

### **“Here’s To Our Health!” 2025**

We are in the process of organizing the last year of the "Here’s To Our Health!" program and are looking to broaden our community reach. If your organization or community has available space to host this valuable 12-session program, please contact Sonya H. Mitchell, Health and Human Sciences Educator, at 812-883-4601.



Extension - Washington County

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Salem, IN 47167  
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Office Hours: 8:00 am - 4:00 pm

Monday-Friday

 [PurdueExtension-WashingtonCounty](https://extension.purdue.edu/county/washington)

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