

PURDUE EXTENSION - WASHINGTON COUNTY

# NEWS

August/September 2025



## FEATURED TOPICS IN THIS ISSUE:

- 4-H Better Living Workshop
- Junior Leader Call-Out Meeting, September
- Local Foods Tour
- Five Steps for Healthy Garden Tomatoes
- Top Food Preservation Methods
- Healthy Flavored Water Recipes



# 4-H YOUTH NEWS



## Upcoming Dates

- **August 21 - I Pledge My HEALTH to Better Living @ 5:30 PM**
- **September 22- Junior Leaders @ 5:00-7:00**
- **September 27- Jr. Leader Trip to Holiday World**



*Congratulations to Miles Messersmith & Paxton Gibson on their achievements at the Area 2 Tractor Operator Contest. They both qualified for Jr. Tractor Driving and will head to compete at the State Fair!*

*Thank you to Sara & Keith Day for all of your help with the contest and preparing our 4-H members.*

*We're excited to highlight the amazing youth in Washington County 4-H! Please fill out this short form to be featured on our Facebook page. This is a fun way to share your 4-H story, interests, and accomplishments with the community.*





# Junior Leaders

## Who can join Junior Leaders?

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

***Travel, Make New Friends, Learn Life Skills!***

## Tentative Learning Topics for the Year



- Agritourism @ Cornucopia
- Adulting 101 (cooking, finance, & more!)
- What is a leader?
- 4-H, 4-Ever & more!

## Upcoming Meetings:

September 22 - Call out meeting @ the Extension Office  
5-7 PM



Come & get the scoop on Jr.  
Leaders! Enjoy ice cream  
sundaes, games & more!

**Junior  
Leaders**  
INDIANA 4-H





# Junior Leaders

## Achievement Trip 2025 - Gatlinburg & Pigeon Forge

The Junior Leaders recently enjoyed an unforgettable achievement trip to Gatlinburg, Tennessee! Highlights included visiting Ripley's Aquarium, riding not one, but two mountain coasters, exploring the stunning Anakeesta adventure park, and relaxing in the hotel pool. This fun-filled getaway was a low-cost reward for members who actively participated throughout the year by attending meetings, helping make cheeseballs, and staying involved in 4-H activities. We're proud to celebrate their hard work and commitment with an experience they'll never forget!





# 2025 Washington County 4-H Fair Reflection

The fair is a celebration of both livestock and static projects, and a showcase of the hard work 4-H members have put in all year.

**As we wrap up, this is an important reminder to both youth and parents: how you treat others, how you handle success and disappointment, and even how you leave the fairgrounds matters. We are guests of the Washington County Fairgrounds, and it's our responsibility to show respect by cleaning pens, picking up trash, and leaving the grounds better than we found them.** Please also take time to thank the support staff, volunteers, buyers, and sponsors who make this experience possible. Ribbons and trophies are exciting, but the values, skills, and relationships you gain in 4-H will last far longer.



Thank You!

## 2025 Auction Buyers Top 10 List

1. John Jones Automotive Group Salem
2. Temple & Temple Exc. & Paving
3. Eddie Gilstrap Motors Inc.
4. Mosier Family Chiropractic
5. Neff Family Fertilizer Inc.
6. Salem Lumber Company
7. Smedley Farm Service
8. Jason Wade State Farm Agency
9. First Savings Bank
10. First Harrison Bank



# 4-H Opportunities

## I Pledge my **HEALTH** to **Better Living** Workshop!

- Fun and interactive activities designed for youth
- Learn how to care for your mind and body
- Enjoy healthy snacks and wellness-focused treats
- Participate in hands-on learning experiences
- Discover practical tips for physical, mental, and emotional wellness
- Build healthy habits that last a lifetime

### **When?**

Thursday, August 21, 2025

4:00–6:00 PM

### **Where?**

Washinton County Extension Office

### **Who Can Attend?**

Open to all Washington County members currently enrolled in 4-H in grades 1-12.

***RSVP by August 14 by calling the  
Washington County Extension Office at  
812-883-4601.***



## Volunteer Boot-Camp



Help us pick a date to offer a fun, hands-on way to help you complete your enrollment & training for the 2025-26 year!



The Washington County 4-H Council aims to raise \$15,000 to make 4-H **free** for all youth in grades 3–12 in Washington County for the 2025–2026 program year and to provide a free 4-H t-shirt to every enrolled member.

#### Sponsorship Information:

- Sponsorship Deadline: September 5, 2025
- Make checks payable to: Washington County 4-H Council
  - Mail to:  
Washington County 4-H Council  
806 Martinsburg Rd, Suite 104  
Salem, IN 47167

#### Sponsorship Includes:

- Your business or name on the back of the official 2025-26 4-H t-shirt
- Your name featured on a banner displayed around the Salem square during 4-H Week (October 26 – November 1, 2025)



#### DONOR LEVELS:

CLOVER FRIEND – \$1–\$50  
 BRONZE CLOVER – \$51–\$100  
 SILVER CLOVER – \$101–199  
 GOLD CLOVER – \$200–\$299  
 EMERALD CLOVER – \$300+

NOTE: T-SHIRT DESIGN SUBJECT TO CHANGE

***IF sponsorship goal is not reached, families will be notified prior to October 1.***

# AG NEWS



## Upcoming Dates



### Meet Your Foresters, August 8

Washington County landowners are invited to the Meet Your Foresters event on Friday, August 8, 2025 at 5:00 pm at the Campbellsburg Community Building (21 W. Oak St., Campbellsburg, IN) for an informal question/answer session. Local foresters will be available to discuss forest management, conservation, ecology, wildlife, invasive species, and more. Light refreshments will be provided. Space is limited and RSVP's are required by Tuesday, August 5 by calling the Wash. Co. SWCD at 812-883-3006 ext. 3.

### Washington County Local Foods Tour, August 23

See the flyer on page 9 for more information.

### Fall Conservation Pasture Field Day, August 26

The Washington County Conservation Partnership is hosting the Fall Conservation Pasture Field Day at Armstrong Cattle & Crops in Fredericksburg, IN on Tuesday, August 26, 2025, with registration beginning at 4:30 pm and the program starting at 5:00 pm. A meal will be provided. Watch for more information coming soon.



## Save-The-Date

- Hoosier Sheep Symposium - Saturday, September 20, 2025 - Purdue University - West Lafayette, IN.
- Midwest Hair Sheep Sale - Saturday, October 4, 2025 - Washington Co. Fairgrounds - Salem, IN.
- Women's Forum - Friday, October 10, 2025 - Washington Co.
- IBEP Bull Test Sale - Saturday, October 18, 2025 - Springville Feeder Auction - Springville, IN.
- Area 2 Fall PARP - Thursday, November 6, 2025 - 1:00-3:00 pm - Washington Co. Government Building, Salem, IN.
- Area 2 All CCH Credit Program - Thursday, November 20, 2025 - Clark Co.





WASHINGTON COUNTY

# LOCAL FOODS TOUR

**SATURDAY, AUGUST 23, 2025**

**MEET AT 12:30 PM**

**DINNER AT 5:30 PM**

Meeting & Dinner Location:  
Southern Hills Church  
1645 Hwy 135 S., Salem, IN 47167

**PURDUE**  
UNIVERSITY

Extension  
WASHINGTON COUNTY



## TOUR EVENTS:

- Visit 3 Washington County Farms:
  - Blue River BEEF - Beef Cattle
  - Hunter's Ridge Winery - Wine
  - Cornucopia Farm LLC - Pumpkins & More
- 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. 6 at the Extension Office  
806 Martinsburg Rd., Ste. 104, Salem, IN 47167**

Program Partners:  Washington County  
Farm Bureau



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.

If you are in need of accommodations to attend this program, please contact Danielle Walker prior to the meeting at 812-883-4601 or [dhowellw@purdue.edu](mailto:dhowellw@purdue.edu) by Aug. 1, 2025.

For special dietary needs contact Danielle Walker at 812-883-4601 or [dhowellw@purdue.edu](mailto:dhowellw@purdue.edu) by Aug. 1, 2025.

If you need an interpreter or translator, please contact Danielle Walker prior to the meeting at 812-883-4601 or [dhowellw@purdue.edu](mailto:dhowellw@purdue.edu) by Aug. 1, 2025.

Tour made possible through generous financial support from: Downing Charitable Trust, Wash. Co. Community Foundation, & Wash. Co. Commissioners.



# Help Purdue Track Disease in Corn & Soybeans

Free for Indiana Growers to Send Samples to the Purdue Plant & Pest Diagnostic Center

Purdue University Extension is looking to track corn and soybean diseases in Indiana - tar spot, southern rust, frogeye, red crown rot, and others. Checkoff funding from Indiana Corn Marketing Council and Indiana Soybean Alliance has been provided to cover sample processing cost.

Contact the Extension office for more information and assistance or visit the Purdue Plant & Pest Diagnostic Lab website at: <https://ag.purdue.edu/departments/btny/ppdl/submit-samples/physical-submission.html>.

When submitting samples include "Telenko" on the form.



**Congratulations  
to the 2025 Ag.  
Hall of Fame  
Award Winner!**

**Steve Purlee**



## Attention Forage Producers!

The Purdue Extension - Washington County office has a forage probe for all of your forage testing needs. Call the office to confirm the probe is available and for more information about forage testing.



# We're On This Road Together

Follow these three tips to help prevent farm equipment and vehicle accidents on the road!



Do not pass in a “No Passing Zone” or in unsafe places such as intersections, bridges, and railroad crossings.



Vehicles should stay at least 50 feet behind farm equipment to prevent crashes if the equipment must stop suddenly.



Farm equipment travels slower than normal traffic. Automobile drivers must quickly identify equipment and slow down to prevent crashes.





# Thank You to Our Sponsors















# HORTICULTURE NEWS



## Upcoming Dates



### Cut Flower Farm Tour, August 8

See the flyer below for more information.

### Washington County Local Foods Tour, August 23

See the flyer on page 9 for more information.

## CUT FLOWER FARM TOUR



B & C  
Farms

AUGUST 9, 2025 10:00AM - 12:00PM EST  
B & C FARMS  
11521 S HWY 3 MARYSVILLE, IN 47141



NORTH CENTRAL  
EXTENSION  
RISK MANAGEMENT  
EDUCATION



National Institute of Food and Agriculture  
U.S. DEPARTMENT OF AGRICULTURE

This material is based upon work  
supported by USDA NIFA under  
Award Number 2023-70027-40444

Thinking about starting your own flower  
farm? Curious what it really takes to  
grow and sell beautiful, market-ready  
blooms? Join us for a tour designed  
specifically for future flower farmers who  
want to dig deeper—literally and  
figuratively—into the world of  
professional flower growing.

Cost: \$15

REGISTER BY AUGUST 3, 2025 USING THIS LINK:  
[HTTPS://CVENT.ME/L1M37D](https://cvent.me/l1m37d)



If you are in need of accommodations to attend this program, please contact Heidi Potter prior to the meeting at 812-256-4591 or [hlpotter@purdue.edu](mailto:hlpotter@purdue.edu) by July 25, 2025.

If you need an interpreter or translator, please contact Heidi Potter prior to the meeting at 812-256-4591 or [hlpotter@purdue.edu](mailto:hlpotter@purdue.edu) by June 27th, 2025.

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08/2025

## Purdue Publication - Five Steps for Healthy Garden Tomatoes

Everyone who grows tomatoes in their garden should review the Purdue Extension publication, “Five Steps for Healthy Garden Tomatoes” (BP-184-W) found at:

<https://www.extension.purdue.edu/extmedia/bp/bp-184-w.pdf>.



Information about the infectious diseases, Early Blight and Septoria Leaf Spot, are discussed in the publication:

“Perhaps the most common disease symptom homeowners mention is “My tomato plants are turning brown, starting with the bottom leaves and working toward the top of the plant.” This description fits the symptoms of two diseases: early blight and Septoria leaf spot. Both diseases cause lesions that initially appear on lower leaves. And both diseases can progress rapidly from lower foliage to new growth during wet weather. Early blight lesions have target-like rings or concentric circles within the brown area — a bull’s-eye pattern. Septoria leaf spot causes small, chocolate brown, circular spots that are 1/10 to 1/8 inch in diameter. Both diseases attack less vigorous plants and plant parts. The fungi responsible for these diseases overwinter in infested crop residue in the garden.”

Pictures of each disease is available in the publication.

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## Green Beans Producing Flowers But Not Beans

Temperature is a key factor affecting bean production. High (above 85 degrees F) and low (below 70 degrees F) can cause plants to create flowers but not beans. Inconsistent soil moisture can also inhibit bean development and is exacerbated by hot, dry winds.

Proper crop management is the best way to mitigate these problems. Mulch surrounding plants regulates soil temperature and moisture. Using a windbreak crop, such as corn, can protect the bean plants from drying winds. Harvest regularly to encourage plants to continue producing. If beans are left on the plant past their peak harvest time the plant will use energy to produce seed rather than create new beans.

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





# HHS NEWS



## Upcoming Dates

- **August 4 - "Full Circle" at 5:30pm, meets first Monday of the month (excluding holidays), call the Purdue Extension Washington County Office for location**
- **August 7 - Substance Abuse Council, 4:00pm to 5:00pm, Washington County Government Building Meeting Room**
- **August 19 & September 9 - Community Assistance Providers meeting, 10:00 am to Noon, Washington County Government Building Meeting Room**
- **August 17 and July 8 - Community Assistance Providers, 10am to noon, Washington County Government Building Meeting Room**
- **August 23 - Washington County Resource Fair, 10:00am to 2:00pm, Randy Johnson Field House**
- **"Here's To Our Health"**
  - **Tuesday's class continues - August 5 & 12 @ 1:00pm**
  - **Thursday's class continues - August 7, 14, 21 & 28 @ 2:00pm**
  - **Wednesday's class - Reunion Session, November 24 at 1:00pm, Washington County Government Building Meeting Room**

## Words of Reflection:

**"Enjoy the little things, for one day you may look back and realize they were the big things."**

**-Robert Brault**





**Join us for an event dedicated to connecting community members with essential services and nonprofits. Explore a wide array of resources!**

EYE EXAMS  
CASH LABS  
HIV & HEP C TESTING  
SENIOR BEHAVIORAL HEALTH  
PEDIATRIC DENTISTRY  
HEEL SCANS FOR OSTEOPOROSIS  
CHIROPRACTIC SERVICES  
INSURANCE

TEMPORARY HOUSING / SHELTERS  
MENTAL HEALTH & RECOVERY  
DOMESTIC VIOLENCE SUPPORT  
VETERAN SERVICES  
PARENTING  
EMPLOYMENT  
LEGAL AID  
HOMESCHOOLING INFORMATION

### **DOOR PRIZES & FUN**

Door Prizes & Goody Bags  
Bounce House – Hoosier Bouncers  
Fire Engine – Salem Fire Department  
Equine Therapy – Cloud of Witness Ranch

### **FOOD GIVEAWAY**

The Dare to Care Mobile Pantry will be onsite for a food giveaway while supplies last!

### **SPONSORED BY**



**Ascension**



Contact Amber Calwell ([amber.calwell@casawc.org](mailto:amber.calwell@casawc.org)) with questions

## *Preserve it Now... Enjoy it Later*



A big dill—er, deal—of thanks to everyone who braved the wild world of home preservation with us on July 24, 2025, at Salem High School! Shout-out to the school for letting us crash their Family and Consumer Science classroom—those mini kitchens were absolutely “idill” for our class. Perfect for canning our green beans and pickling our cucumbers!

We had a great mix of eager newbies and seasoned preservation pros, and even the most experienced among us walked away with new tricks up their sleeves (and maybe a little brine on their shoes). Of course, no kitchen adventure is complete without a tiny oopsie—one group got a bit creative with the pickling measurements. So if your pickles end up tasting like they could strip paint... surprise! You’ve made “extreme flavor” pickles. Just call it artisanal.

Many of you also asked about a dehydration class. The home preservation instructors are pondering this request and will consider a late fall class. Your local educator will follow-up to secure a presentation of food dehydration for Washington County residents. Watch our newsletter for more information.

### **KEEP CALM AND CAN ON!**

#### **What’s in Season?**

In August and September, Southern Indiana gardens are overflowing with: tomatoes, peppers (bell, hot, banana), green beans, corn, cucumbers, squash (zucchini, yellow), okra, eggplant.

These vegetables are at peak flavor and nutrition—ideal for preserving.

### **Top Preservation Methods**

#### **1. Canning**

Canning is a popular method for long-term storage, especially for high-yield crops like tomatoes and green beans.

- Water bath canning is ideal for high-acid foods like tomatoes, pickles, and relishes.
- Pressure canning is necessary for low-acid vegetables such as green beans, corn, and squash to prevent the risk of botulism.

**Tip: Always follow USDA-approved canning guidelines and use tested recipes to ensure food safety.**

## 2. Freezing

Freezing preserves flavor and nutrients and is quicker than canning.

- Blanching vegetables before freezing (briefly boiling, then plunging into ice water) helps retain texture, color, and taste.
- Use freezer bags or vacuum-seal bags to prevent freezer burn.
- Label everything with the date and contents.

Common frozen veggies: corn (off the cob), green beans, bell peppers (chopped or sliced), and zucchini (shredded or sliced).

## 3. Dehydrating

Drying removes moisture and reduces storage space.

- Use a dehydrator or oven.
- Great for peppers, herbs, zucchini chips.
- Store in airtight containers in a cool, dark place.

## 4. Pickling and Fermenting

Preserving vegetables in vinegar creates delicious, probiotic-rich foods.

- Pickles, dilly beans, and hot pepper mixes are all Southern Indiana favorites.
- Fermentation projects like sauerkraut or fermented cucumbers can be started in late summer and stored for months.

Recommended resource for research based well-tested recipes and food preservation methods:



*National Center for  
Home Food Preservation*  
UNIVERSITY OF GEORGIA

<https://nchfp.uga.edu/>



[ag.purdue.edu/departments/foodsci/  
food-preservation.html](https://ag.purdue.edu/departments/foodsci/food-preservation.html)



**REMINDER: GET YOUR PRESSURE CANNER AND DIAL GUAGE INSPECTED ANNUALLY. FOR A NOMINAL FEE, YOU CAN HAVE YOUR DIAL GUAGE INSPECTED BY CALLING THE WASHINGTON COUNTY EXTENSION OFFICE AT 812-883-4601 TO SCHEDULE YOUR INSPECTION TODAY.**

# Why Flavored Waters Are Not as Healthy as You Think

Flavored waters have surged in popularity as a healthier alternative to sugary sodas and juices. Marketed as refreshing and low-calorie, they promise hydration with a hint of taste. But despite their reputation, flavored waters may not be as healthy as they appear.

Consider these factors:

## Hidden Sugars and Sweeteners

Many flavored waters contain added sugars or artificial sweeteners like sucralose, aspartame, or stevia. While these ingredients may reduce calories, they can still impact your health:

- Added sugars contribute to weight gain and
- blood sugar spikes.
- Artificial sweeteners may alter gut bacteria and increase cravings for sweets.

Even "zero-calorie" options aren't always harmless.



## Acidity and Dental Health

Flavored waters, especially citrus-flavored ones, are often acidic. Over time, frequent sipping can erode tooth enamel, increasing sensitivity and the risk of cavities—even if there's no sugar.

## Artificial Flavors and Preservatives

To enhance taste and shelf life, some brands use artificial flavors, preservatives (like potassium sorbate), or colorings. These additives offer no nutritional value and may cause sensitivities in some individuals.

## Misleading Marketing

Labels like “vitamin water,” “detox,” or “natural flavor” can be misleading. A sprinkle of vitamins doesn't necessarily make a drink healthy, especially if it's paired with other unnecessary additives.

## The Bottom Line

Plain water is still the gold standard for hydration. If you want more flavor, try infusing your own water with slices of fruit, herbs, or cucumber. It's a simple, natural way to stay refreshed—without the hidden ingredients. Try the recipes on the following page!

**Find more recipes  
here:**

**snap4ct.org**

Includes smoothie  
recipes, fruit ice cubes  
and more!

**eatgathergo.org**

Try their apple  
cinnamon water. They  
also have recipes for  
complete meals.

## Cucumber Mint Water

This refreshing drink is easy to  
make and will help to keep you cool  
on even the hottest of days.

Makes: 8 servings

### Ingredients

- 8 cups of water
- 1 small cucumber, washed  
and thinly sliced
- $\frac{1}{4}$  cup fresh mint leaves,  
thoroughly washed

### Directions

1. Pour 8 cups of water into large  
water pitcher. Place the thin  
slices of cucumber and mint  
leaves in the water.
2. Cover, refrigerate and enjoy!



Reference:  
<https://www.snap4ct.org/cucumber-mint-water.html>

## Sunshine Flavored Water

An easy to make and refreshing  
glass of sunshine.

Makes: 8 cups

### Ingredients

- 1 orange
- 2 quarts water

### Directions

1. Scrub the orange thoroughly  
under cool running water.
2. Slice the orange into thin slices,  
with or without the peel.
3. Combine the orange slices and  
water in a pitcher and refrigerate  
for 2 hours before serving.

Drink within 2 days for best quality.



Reference:  
<https://www.eatgathergo.org/recipe/glass-of-sunshine-flavored-water/>





Extension - Washington County

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Salem, IN 47167

(812) 883-4601

Office Hours: 8:00 am - 4:00 pm

Monday-Friday



PurdueExtension-WashingtonCounty

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

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