April 2025

Newsletter

IN THIS ISSUE



Chelsea Brewer
County Extension Director;
HHS Educator

HHS (Health and Human Sciences) -Programing survey / Parents Forever Classes/ Upcoming events **Pages 3-5**



Kenneth Eck Agriculture and Natural Resources ANR Educator

ANR (Agriculture and Natural Resources)
-Garden Calendar / upcoming
workshops. Pages 6-9



Lauren Fenneman
4-H -Youth Development Educator

Youth Development (4-H) - New Band App Group/ Upcoming Events.2024-2025 4-H updates **Pages 10-13**

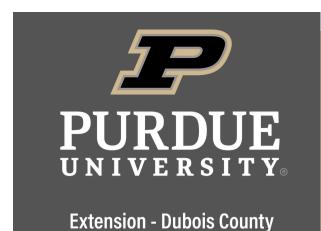


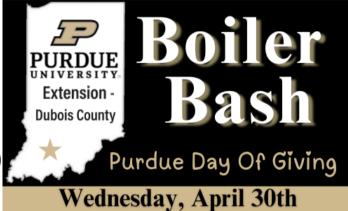
The Purdue Extension

Dubois County Office

The Center on Fifth, 505 W 5th Street

Jasper IN 47546





Jasper Public Library Parking Lot

FREE

Games, Activities, Prizes, & Education

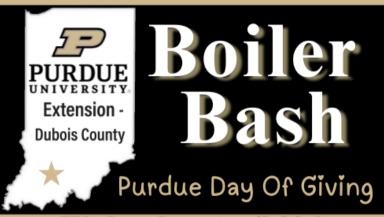


Keep up to date on our website: https://extension.purdue.edu/county/dubois

UPCOMING EVENTS







Wednesday, April 30th
12PM- 6PM
Jasper Public Library Parking Lot





FREE



Games, Activities, Prizes, & Education



STEPS TO A HEALTHY YOU

Embracing a Healthy and Mindful Eating Pattern

Discover the Mediterranean way of eating with Purdue Extension's Steps to a Healthy You class series. We will guide you through seven simple steps to following a Mediterranean style of eating, providing you with the knowledge, tools and inspiration you need to make this healthful eating pattern a part of your life.



APRIL 1-29TH
WEEKLY ON TUES
11:30AM-12:30 PM
DUBOIS COUNTY HEALTH
DEPARTMENT
EDUCATION ROOM
HTTPS://CVENT.ME/V9EEQK





Home Vegetable Gardening Basics

<u>WHEN:</u>

April 8, 15 & 22, 2025 6:30 – 8:30 PM EST

WHERE:

Ferdinand Library 112 E. 16th Street Ferdinand, Indiana

Register @ https://cvent.me/Mmy7XQ

BECOME A PRESERVATION PRO

June 27th
9:00 am – 4:00 pm
DC Health Dept Education Room
Ideal for youth in grades 3-12

JAM

Learn all about freezing, drying, pickling, jams & jellies Each participant leaves with something!

Products can be submitted into the 4-H fair

Sign up for this exciting event in 4-H Online https://v2.4honline.com





Mav 17th, 2025 Daughters of Charity St Vincent Conference Center 9200 New Harmony Rd, Evansville, IN 47720

MORE INFO & REGISTER HERE: HTTPS://BIT.LY/SWINHC2025

PURDUE UNIVERSITY IS AN EQUAL ACCESS/ EQUAL OPPORTUNITY INSTITUTION



Chelsea Brewer
County Extension Director;
Extension Educator - HHS
cebrewer@purdue.edu





How Can HHS Help You?

Money

Food and Nutrion

Family

Healthy Communities



I created a quick survey to gather input about future programs that people would enjoy seeing. Please follow this link.

bit.ly/HHSsurvey23

If you're seeking a presenter for your group or organization in regards to food, nutrition or other wellness topics, reach out. Chances are we can help!

Contact

Chelsea Brewer

County Extension Director; Extension Educator - HHS cebrewer@purdue.edu / 812-482-1782

PARENTS FOREVER

**This course is appropriate for adults only. Please make childcare

arrangements.



to register,
visit <u>bit.ly/ParentsForeverIN</u>
or scan the QR code









STEPS TO A HEALTHY YOU

Embracing a Healthy and Mindful Eating Pattern

Discover the Mediterranean way of eating with Purdue Extension's **Steps to a Healthy You** class series. We will guide you through seven simple steps to following a Mediterranean style of eating, providing you with the knowledge, tools and inspiration you need to make this healthful eating pattern a part of your life.



Space is limited, so register now to secure your spot in the **Steps to a Healthy You** class series. For more information and registration details, please visit www.extension.purdue.edu/dubois.

*APRIL 1, 2025

This is a **5-week series**. Class will begin on April 1st and run weekly until April 29th.

11:30-12:30 PM EST

Each class will include a recipe demonstration and taste testing. But feel free to eat a snack before arriving.

DUBOIS COUNTY HEALTH DEPARTMENT - EDUCATION ROOM

1187 St Charles Street, Jasper, IN Park in the Employee Parking Lot Enter through the back door.

Sign Up Today at: https://cvent.me/V9EeQK Cost: \$40



Extension - Health and Human Sciences

PURDUE.EDU/HHS/EXTENSION

Purdue University is an Equal Opportunity/Equal Access University. If you are in need of accommodations to attend this program, please contact Chelsea Brewer prior to the class at 812-482-1782 or cebrewer@purdue.edu by March 30, 2025. For special dietary needs contact Chelsea Brewer at 812-482-1782 or cebrewer@purdue.edu by March 30, 2025. If you need an interpreter or translator, please contact Chelsea Brewer at 812-482-1782 or cebrewer@purdue.edu by March 17, 2025.



BECOME A PRESERVATION PRO

June 27th
9:00 am – 4:00 pm
DC Health Dept Education Room
Ideal for youth in grades 3-12





Learn all about freezing, drying, pickling, jams & jellies

Each participant leaves with something!

Products can be submitted into the 4-H fair

Sign up for this exciting event in 4-H Online

https://v2.4honline.com

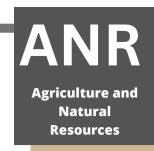


Extension





Kenneth Eck Extension Educator - ANR kjeck@purdue.edu



<u>Spring Vegetable Planting Calendar</u>

Earliest Ranges of Dates for Spring Planting of Select Vegetables in Dubois County

Onion (1)	Mar 15-Apr 10
Onion, seed	Mar 15-Apr 1
Onion, sets	Mar 10-Apr 1
Parsley	Mar 20-Apr 20
Parsnip	Mar 20-Apr 20
Peanut	May 5-June 1
Pea, garden	Mar 10-Apr 10
Pea, black-eye	May 10-June 15
Pepper (1)	May 10-June 1
Potato	Mar 15-Apr 10
Pumpkin	May 1-June 15
Radish	Mar 10-May 10
Rhubarb (1)	Mar 10-Apr 10
Rutabaga	(3)
Salsify	Mar 20-May 1
Shallot	Mar 15-Apr 15
Sorrel	Mar 15-May 1

Soybean May 10-June 20
Spinach Mar 1-Apr 15
Spinach, N. Zealand May 1-June 15
Squash, sum. & win.
Sweet potato May 10-June 10
May 10-June 10
May 10-June 10
May 5-June 10
Turnip Mar 10-Apr 1
Watermelon May 1-June 15

- Plants (transplant instead of direct seeding on indicated dates)
- (2) Generally fall-planted
- (3) Substitute turnips in Dubois County
- No information available

Source: Growing Vegetables in the Home Garden, USDA Bulletin 202.

Soil Testing is Foundation for Success in Lawns

With Spring just around the corner, homeowner thoughts are turning to this summer's gardens. For best vegetable yields, gardeners should consider routine soil tests to insure that their plants have the right nutrients available and in the correct amounts.

For folks wanting to soil samples for their garden, contact the Purdue Extension - Dubois County office at ph. (812)482-1782 to schedule a garden visit and soil test. As part of Dubois County's "Dig-It!" Program run through our SWCD, Purdue Extension can help provide one free garden soil test to local residents.

Results and follow-up visit will provide the owner with specific fertilizer and liming suggestions based on the submitted test results and intended plant use for the garden. (Results are laboratory done and much better than the questionable results we've sometimes seen from inaccurate store-bought "quick kits").





Extension



Home Vegetable Gardening Basics

Session 1

Getting Started

Selecting Site & Plants Sizing Your Garden & Tools Soil Preparation Plant Spacing & Layout

Vegetable Varieties

Types & Seasons of Plants Crop Rotation

Session 2 - Dr. Laura Ingwell

Pest Management
Insect Management
Integrated Pest Mgmt.
Organic Pest Mgmt.
Pest Identification
Correct Pesticide Use

Session 3 - Dr. Cesar Escalante

Types & Seasons of Plants Crop Rotation

LEARN MODERN VEGETABLE PRODUCTION PRACTICES FOR HOME GARDENING, INCLUDING HOW TO MANAGE DISEASES AND PESTS IN A SUSTAINABLE MANNER

WHEN:

April 8, 15 & 22, 2025 6:30 - 8:30 PM EST

WHERE:

Ferdinand Library 112 E. 16th Street Ferdinand, Indiana

REGISTER:

Registration in advance is \$30.00 and is due by <u>March 28</u> at: https://cvent.me/Mmy7XQ or via form below.

Registration Form for DUBOIS COUNTY LOCATION	
Name:	
Company:	
Email:	
Phone:	
Address:	
City/State/Zip:	
Other: Any dietary restrictions or special accommodations?	

Registration Fee - \$30.00 for DUBOIS COUNTY LOCATION

Check Payable To: PURDUE UNIVERSITY

(Place Attendee Name & Event Title in Memo Line)

Mail to: The Education Store; 301 S. 2nd Street, Lafayette, IN 47901

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



SOUTHWEST INDIANA HOMESTEADING CONFERENCE

May 17th, 2025

Daughters of Charity St Vincent Conference Center 9200 New Harmony Rd, Evansville, IN 47720

Pre-Conference Workshop

Food Preservation May 16th Noon-4pm \$35 per person

Guided by experienced instructors, you'll practice using a pressure canner.

Whether you're a beginner or looking to refine your skills, this workshop will give you the confidence to can safely at home.

Main Conference

May 17th 8am-4pm \$40 per person

New This Year: Beginner and Advanced Sessions Available!

Morning Sessions - at St Vincent Conf Ctr

Beginner's Guide to Poultry, Mushroom Cultivation, Soil Health/Nutrient Management, Foraging/Edible Landscaping, Seed Saving, Pesticide Use, Sheep & Goats, Pruning Fruit Trees & More!

Afternoon Sessions - At Seton Harvest (Hands-On)

Strawbale Gardening, Open Fire Cooking,

Hydroponics, Small Engines, Poultry Processing,
Beekeeping

MORE INFO & REGISTER HERE: HTTPS://BIT.LY/SWINHC2025

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 Amanda Mosiman prior to the meeting at bailey1@purdue.edu by April 15th. For special dietary needs contact Amanda Mosiman by April 15th. If you need an interpreter or translator, please contact Amanda Mosiman prior to the meeting at bailey1@purdue.edu by April 15th.



Pasture Ecology



SOUTHERN INDIANA PURDUE AG CENTER DUBOIS, INDIANA

11371 E. Purdue Farm Rd | Dubois, IN 47527

\$40 person per event

June 18, 2025 9:00am - 4:30pm EDT

Pastures are not a just one-dimensional system used to support grazing livestock. Healthy pastures are full of life both above the soil surface, and below the soil surface. In this day long pasture ecology class, we will look at the entire pasture system and all the life it supports above and below the growing forage.

Direct questions to towerj@purdue.edu or 812-678-4427

Anyone under 18 must be accompanied by a parent/guardian Pudrue Univesity is an equal access/equal opportunity university







Topics Covered will Include

Soil Science, Water Inflitration, Soil Health, Plant ID, Dung Beetles, Root Structures, Bird and Grassland Interation, Toxic Plants

Register Online under the events tab

www.indianabeef.org www.indianaforage.org

Mail-in Registration: IBCA 8425 Keystone Crossing, Suite 240 Indianapolis, IN 46240

Full Name:		Circle if member of - IBCA IFC
Email:		
Phone Number:		Payment Type: Credit Card or Check <u>\$40/day/person</u>
Address:		Credit Card Type (Visa, Mastercard, Discover)
City:	Total enclosed	Credit Card #
State:	Zip:	Expiration Date/ CV Code

Please make checks payable to Indiana Beef Cattle Association 8425 Keystone Crossing, Suite 240 Indianapolis, IN 46240 If accommodations are needed please contact 812-678-4427.

Registration closes June 10th



Lauren Fenneman Extension Educator 4-H Youth Development Ihaase@purdue.edu



April is the perfect time to celebrate the dynamic energy and fresh perspectives that young voices bring to our community. 4-th believes that empowering youth to express their ideas, opinions, and creativity is crucial for building a brighter future. This month, let's encourage our young leaders to speak up, share their stories, and take an active role in shaping the 4-th program. Together, we can create a supportive environment where every voice is valued and heard.

2024-2025 Dubois County
4H Fair
July 14-18, 2025
Where Leaders are Grown

Thank you,

Lauren Fenneman



Handbooks and T-shirts

T-shirts and Handbooks are now available to those that are approved 4-H members. Shirts are available on a first come basis. Printed Handbooks are 1 per family.

DUE TO LOCATION CHANGE and limitations to building access, we are asking individuals to come to the following dates. If unable to come, please contact office staff to make

arrangements.

- April 7th 4-6 pm, Clover Pavilion
- April 15th 4-6 pm, Clover Pavilion
- April 29th 4-6 pm, Office at Center on 5th
- May 3rd 8-10 am, Clover Pavilion
- May 5th 4-6 pm, Clover Pavilion
- May 12th 4-6 pm, Office at Center on 5th



GROWN

Dubois County 4-H Band App Page – To assist in learning about upcoming events, sign ups and more we are going to utilize the 4-H Band page as an additional resource.

This is an opt in and you will still get the information via 4-H Online, Purdue Extension Facebook Page and email.

https://band.us/n/adaaA2B4zd668ding

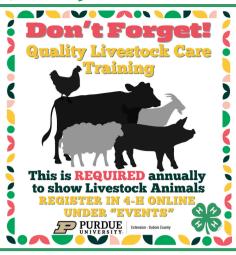






Youth Development 4-H

Quality Livestock Care Trainings



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.

Members must be registered BEFORE attending a training at https://25dubois4HQLCtraining.4honline.com

Members may attend any training dates listed, OR a training in another county, OR complete the online YQCA training

July 1st Proof of Completed Certificates due

- April 29, 6:30-8:00PM Training Room, Center on 5th
- June 18, 5:30-7:00PM Clover Pavilion, Dubois County 4-H Fairgrounds















Dubois County 4-H wants to celebrate you and showcase you during the 4-H Fair. Please complete the graduating senior information form that collects your information for social media, print media, and banner. If a banner is requested, then it will be ready in time for graduation and will be returned so that will be on display during the 4-H Fair. You will also upload your photo to use for media and for the banner in this form.

Please complete form by April 1st. https://forms.gle/vgm1Lu1qLNQfAVa99



4-H Grad Survey

Indiana 4-H wants to hear about your 4-H experience! Please complete a survey to capture the culmination and impact of your 4-H activities. Information from your survey will be used to feature you as a 4-H graduating member for the county via newsletters, bulletin boards, social media posts, etc. Those who complete the survey will receive a 4-H graduation tassel.

Complete the survey before April 1st. bit.ly/IN4Hgrad

Dubois County 4-H Junior Leaders

Junior Leaders
INDIANA 4-H

4-H members in grades 7-12 the opportunity to provide their Adult 4-H Volunteers with additional assistance in their 4-H Clubs and related activities while serving as mentors and role models to the younger 4-H members by sharing their experiences with them. The RESPONSIBILITY of leadership, the CHALLENGE of assisting others, and the OPPORTUNITY to expand your personal experiences best sums up the objectives of the Junior Leader project.

If you are unable to make all the meetings that is fine. Please make it too as many as possible.

- April 14th 7 pm, Stuffing Easter Eggs, Center on 5th Auditorium
- May 12th 7 pm, Pickleball, Location TBA
- June 9th 7 pm, Disc Golf, Meet at Clover Pavilion.
- July 7th 7 pm, Clover Pavilion meet, Exhibit Building cleanup for 4-H Fair
- September 8th 7 pm, Clover Pavilion 2025-2026 club year planning





WHAT'S ON YOUR PLATE?



6 students are finishing up learning about food science.

They learned about gluten and how it works, the power of protein with eggs, and learning more



Upcoming Events

DUBOIS COUNTY 4-H
VIRTUAL
PERFORMING ARTS
SHOWCASE



Performing Arts will be virtual in 2025

Video submissions should be submitted to the 4-H Online Event Page by April 30th. Please make sure to share your private YouTube link.

Questions, please call the Extension Office.

https://v2.4honline.com

Mini 4-H Liability Waiver -

Mini 4-H (Grades K-2) members that will be exhibiting livestock at the 2025 Dubois County 4-H Fair must complete this waiver. If you have difficulties, paper copy is still accepted. Please complete this by check in of 4-H Fair. For directions and a copy of the Mini 4-H liability waiver go here:

https://25duboismini4hanimalliability.4honline.com

Premise ID Information -

Premise ID is required for any 4-H livestock animal (beef, dairy, goat, rabbit, sheep, and swine) that will be exhibited and entered in the food system. It provides the information needed to trace the animal from processing back to the farm to ensure a safe food system and necessary biosecurity.

If there were animals on the property beforehand, then you will need to check if there is a premise id already assigned. To check to see if there is an existing Premise ID email <u>animalideboah.in.gov</u> (Include your name and physical address in the email.)

To obtain a new Premise ID please go here https://www.in.gov/boah/traceability-and-premise-id/indiana-premises-registration/ and you can complete an online form. It will ask you questions about what animals will be on the property but there is a spot that you can select 4-H as the reason animals will be located on the property.

4-H Volunteer Corner

Save the Date future Adult Leader Meetings:

- April 15th 6:30 pm, Clover Pavilion
- June 10th 6:30 pm, Clover Pavilion

Spring time is in the air. Make a water bottle sunflower craft. This project fits in with the recycled project. Save your water bottles, get some acrylic paint and glue and have fun creating this craft. For full details go to https://www.sparklingbuds.com/2015/06/water-bottle-sunflower-craft.html/

Role Call

Activity

What is your favorite outdoor activity?

Community Service Idea.

Talk to a nearby park and see if they could use help to spruce the space up for spring. Think about assisting them with a set a spring cleanup and planting flowers.



Upcoming Events SERVE GROW THRIVE MAKE

April

- 7 4-H Council Meeting, 6:30 pm, Clover Pavilion Office
- 14- Junior Leader Meeting, 6:30 pm, Center on 5th
- 29- 4-H Quality Livestock Care Training, 6:30 pm 8 pm, Center on 5th

May

- 2 Dubois County 4-H Performing Arts Video Submissions Due
- 3 Sheep and Goat Animal Identification, 7-9 am, Sheep Barn
- 5 4-H Council Meeting, 6:30 pm, Clover Pavilion Office
- 12 Junior Leader Meeting, 7-8 pm, Pickleball at Bohnert Park Jasper
- 15 Animal Identification due in 4-H Online, v2.4honline.com
- 16 Area Performing Arts Showcase, Pike Central High School
- May26th June 23rd: Enter 4-H Fair Exhibits in FairEntry at
- May 30th June 1st: 4-H Camp, Grades 3-8, Country Lake

June

- 2 4-H Council Meeting, 6:30 pm, Clover Pavilion Office
- 5 County Tractor Operator Contest, 6:00 pm, Clover Pavilion,
- 9 Junior Leader Meeting, 7-8 pm, Clover Pavilion
- 11-13 4-H Academy Grades 9-12, Purdue University
- 20 Preservation Pro, Dubois County 4-H Fairgrounds
- 21-23 4-H Band and 4-H Chorus, Purdue University
- 23 FairEntry due to pick up Project Labels early
- 23 Hay Coring, 3-6 pm, Clover Pavilion
- 23-25 4-H Round Up Grades 7-9, Purdue University
- 26 Project Label and Supply Pickup Night, CP 5-7 pm
- 28 Area Tractor Operator Contest, TBA
- TBD Fashion Revue and Verbal Communications

July

- 7 4-H Council Meeting, 6:30 pm, Clover Pavilion Office
- 7 Junior Leader Meeting and Project building cleanup, 7-8 pm, Clover Pavilion
- 8 Project Label Pickup Night, 5-8 pm, Clover Pavilion
- 10 Project Check In Non-Community Judged Projects, 5:00-7:30 pm
- 11 Community Judging and Project Check In for all projects, 5:30 -7:30 pm





JULY 14-18: 2025 Dubois County 4-H Fair







Newsletter



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.

Purdue Extension - Dubois County Office D.O. Box 588
Jasper, IN 47547
RETURN SERVICE REQUESTED

Von-Prolit 1.S. Postage 1.A.q Jasper, Indiana Permit Vo. 189

Extension - Dubois County

