Newsletter

December 2024

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County Extension Director;
HHS Educator

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Extension - Dubois County





UPCOMING WORKSHOPS







Life Lessons High Schoolers adulting is hard! How do you manage your money? What do you do if your car breaks down? How do you get a stain out of your favorite pair of jeans? Join us weekly on Tuesdays from 7-8 pm ET starting January 14th until March 4th for a virtual series on all the life lessons needed to be #beyondready for adulthood. Signups will be through 4-H Online look for more details later this month. Save the Date



At the Jasper Public Library
Sign Up under 4-H Online after October 1
Youth Grades K-12 learn to sew smart! We will
learn the basics of sewing machines. This is meant
for beginner sewers and items created here can be
exhibited at the 4-H Fair for Grades K- 4.

Wearable

Sew a wearable item like shorts or a skirt.

January 18 - 10 am - 2 pm / Hickory Room)

February 15 - 10 am - 2 pm, https://sewsmartwearabledc25.4honline.com

Limit 10 Participants



WHAT'S ON YOUR PLATE? Exploring food Science

DIFFERENT SESSIONS COMING SPRING 2025



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













INTERESTED IN LEARNING HOW TO CHANGE WHAT YOU EAT TO HELP PREVENT CHRONIC DISEASE?

JOIN PURDUE EXTENSION FOR

FOOD AS MEDECHNE

FEATURING THE MEDITERRANEAN DIET



5:00-7:00 PM 505 W 5TH ST, DOOR #4 JASPER, IN

REGISTER AT
HTTPS://BIT.LY/FAM-4





Extension

All participants under 18 years of age must be accompanied by an adult

EA/EO



WHAT'S ON YOUR PLATE?

Exploring food Science

OPEN TO GRADES 6-9

SESSION 1: THE SECRETS OF BAKING

LEARN ABOUT GLUTEN FORMATION, LEVENING, AND HOW TO INFLUENCE THE TEXTURE OF BAKED GOODS

FEBRUARY 8



LEARN ABOUT PROTEIN COAGULATION AND HOW TO MAKE OUESO FRESCO

MARCH 1



LEARN ABOUT OXIDATION, HOW TO PRESERVE NUTRIENTS DURING COOKING, AND OSMOSIS VS. DIFFUSION

MARCH 15

SESSION 4: BE A FOOD SCIENTIST

CREATE YOUR OWN UNIQUE BEVERAGE AND LEARN ABOUT SUGAR CRYSTALLIZATION IN CANDIES

APRIL 5







Kenneth Eck Extension Educator - ANR kjeck@purdue.edu



OISC Pesticide Applicator Changes

There were some recent Office of the Indiana State Chemist (OISC) revisions to the Indiana pesticide rules that affect applicators, particularly those who apply Restricted Use Pesticides (RUPs). These revisions have been in process since 2018, and officially became a part of application rules in January 2023.

The biggest change is that only fully certified applicators (private and commercial) are now allowed to apply Restricted Use Pesticides (RUPs). The previous rule was that RUPs could be applied by anyone who was supervised by a private or commercial fully licensed applicator, but all must now be fully licensed.

So, how do you obtain a Private Applicator license? The most popular way to take the exam has been to obtain the training manual for the CORE exam (PPP-13), study the manual at home, and then take the exam at the Ivy Tech Community College in Evansville (other testing locations available at https://tinyurl.com/5kb6898w or ph. 877-533-2900). The test is administered by the Metro Institute, and Ivy Tech merely provides the supervision during the exam.

To prepare for the exam, the study manual can be purchased for \$40 plus shipping at https://tinyurl.com/yrjxswt5 or by calling 765-494-6794. Manuals are available in English and Spanish.

Once you receive a manual, go on-line to https://tinyurl.com/5yy5xay6 or call 1-877-533-2900 to schedule an appointment to take the exam. Leave a message and let them know when the best time is to reach you. Everyone taking the exam must show a government-issued photo ID. Contact the Indiana State Chemist at 756-494-1492 for alternative identification, if needed. A person is allowed three attempts to take the exam in 12 months' time. There is a \$55 fee for use of facilities through lvy Tech.

Private Applicator (PARP) Training Events

Precision Farming Solutions will again be hosting their "Open House and PARP Training" at their location east of Huntingburg, located at 772 W. 3rd Street, Huntingburg, IN . The event will occur on December 11, 2024 from 9:30 AM – 3:00 PM, with meals included. Topics will include weed control, tar spot updates, improved sprayer technologies, and 2025 OISC applicator regulation changes..

RSVP for meal and training by calling 812-684-9700 ext. 104, or go to: https://precisionfarmingsolutions.odoo.com/r/bSA

Additional 2024 PARP Training Events:

December 13 Knox County PARP Workshop (Vincennes) Ph.(812)882-3509 December 19 Gibson County PARP Workshop (Princeton) Ph.(812)385-3491

Lawns, Tree Fruits, Landscape Plants, and Woody Ornamentals





- · Prevent bark-splitting of young and thin-barked trees, such as fruit and maple trees. Wrap trunks with tree wrap, or paint trunks with white latex (not oil-based) paint, particularly on the south- and southwest-facing sides.
- · Protect shrubs, such as junipers and arborvitae, from extensive snow loads by tying their stems together with twine. Carefully remove heavy snow loads with a broom to prevent limb breakage.
- · Protect broadleaved evergreens or other tender landscape plants from excessive drying by winter sun and wind. Place canvas, burlap, or polyethylene plastic screens to the south and west to protect the plants. Similarly, shield plants from street and sidewalk salt spray.
- · Provide winter protection for roses by mounding soil approximately 12 inches high to insulate the graft union. Additional organic mulch, such as straw, compost, or chopped leaves, can be placed on top. Wait until late winter or early spring to prune.

January

December

- · Check young trees for rodent injury on lower trunks. Prevent injury with hardware cloth or protective collars.
- · "Leaf" through nursery catalogs and make plans for landscape and home orchard additions. Order plants early for best selection.
- · Cut branches of forsythia, pussy willow, crabapple, quince, honeysuckle, and other early spring-flowering plants to force into bloom indoors. Place the branches in warm water, and set them in a cool location.

December

Indoor Plants and Activities

- · Check houseplant leaves for brown, dry edges that may indicate too little relative humidity in the house. Increase humidity by running a humidifier, grouping plants, or using pebble trays.
- · Extend the beauty of holiday plants, such as poinsettias and Christmas cactus, by placing them in a cool, brightly lit area free from warm or cold drafts.
- · Houseplants may not receive adequate light because days are short and gloomy. Move plants closer to windows, but avoid placing foliage against cold glass panes. Artificial lighting may be helpful.
- · Because growth slows or stops in winter months, most plants will require less water and little, if any, fertilizer.
- · If you are forcing bulbs for the holidays, bring them into warmer temperatures after they have been sufficiently precooled. Two to four weeks of warm temperatures (60°F), bright light, and moderately moist soil are needed to bring on flowers. Bulbs require a chilling period of about 10 to 12 weeks at 40°F to initiate flower buds and establish root growth. Precooled bulbs are available from many garden suppliers if you did not get yours cooled in time.
- · When shopping for a Christmas tree, check for green, flexible, firmly held needles and a sticky trunk base, both indicators of freshness. Make a fresh cut, and keep the cut end under water.
- · Evergreens, except pines and spruce, can be trimmed now for a fresh supply of holiday greenery. Use proper pruning techniques to preserve the beauty of landscape plants.

January

- · Keep holiday poinsettias and other plants near a bright window. Water as top of soil becomes dry.
- · Check produce and tender bulbs kept in storage, and discard any that show signs of decay, such as mold or softening. Shriveling indicates insufficient relative humidity.

December

Flowers, Vegetables, and Small Fruits

- · Protect newly planted or tender perennials by applying mulch (i.e. straw, chopped leaves, or other organics) after plants become dormant.
- · Store leftover garden chemicals where they will stay dry, unfrozen, and out of the reach of children, pets, and unsuspecting adults.
- · Mulch strawberries when temperatures have dropped to 20°F.
- · Clean up dead plant materials, synthetic mulch, and other debris in the vegetable garden as well as in the flower beds, rose beds, and orchards.
- · Order seed catalogs, and make notes for next year's garden.

January

- · Browse through garden catalogs and order seeds and plants early for best selection.
- · Sketch your garden plans on paper, including what to grow, spacing, arrangement, and number of plants needed.
- · Wood ashes from the fireplace can be spread in the garden, but don't overdo it. Wood ashes increase soil pH, and excess application can make some nutrients unavailable for plant uptake. Have your soil tested to be certain of the pH before adding wood ash.

Winterize Your Landscaping Trees



We winterize things to prepare them for the extremes of winter weather. Have you considered winterizing your landscape trees (especially newly planted trees)? "Winter conditions will make finding moisture a challenge – and keeping plant cells hydrated in winter is critical for survival," said Purcell. "Summer and fall drought conditions can place trees in an overall water deficit, predisposing them to pest issues and poor health the next growing season." He said that young or newly planted trees will require more attention because of their limited ability to obtain water in their growing environment.

"The key to survival is giving trees adequate moisture before winter freezes the world around them," said Purcell. Whenever rainfall is insufficient for extended periods, supplemental water is needed, especially on newly planted and less-established trees," said Purcell. "Follow the '5 + 5 rule,' which says to provide 5 gallons of water plus another 5 gallons of water for every diameter-inch of tree trunk." He said for mature and well-established trees, 1 inch of supplemental water applied to the root zone every week should keep soil moisture at adequate levels.

Purcell offered additional winterizing tips.

Trunk wrapping: "Smooth or thin-bark trees like honey locust, crabapples, linden, and especially maple, are susceptible to sunscald and frost cracks because of the temperature fluctuations from sun exposure in the winter," said Purcell. "The wounds caused by temperature fluctuations can leave the tree exposed to fungal organisms, which cause decay in the tree." He said prevention includes guarding the trunks of younger and smooth-bark trees up to about the first branches using a flexible, white tree wrap. It should be removed in spring after the last freezing temperatures.

Mulching: "Mulch benefits trees all year long, not just during the summer months," said Purcell. "Refresh the mulch layer placed in the spring so that there are about 2-3 inches of chips, bark, or other organic mulch over the root zone of the tree." Start from the base of the tree (with NO mulch against the trunk – maintain an air gap) out to roughly the drip line (ends) of branches. Mulching reduces evaporation and insulates roots against winter temperatures. A mulch ring also offers a visual cue to mowers to stay away from the base of the tree and not injure it with the mower deck. Don't go overboard, though – do not mound mulch against the truck like a volcano. For previously mulched trees, Purcell urged homeowners to rough up the mulch around trees. "During the course of the summer, it can weave so tightly that it becomes hydrophobic and water actually runs off the root zone," he said.

Pruning: Do only what may appear necessary now. For the bulk of ornamental tree pruning, wait for late winter or early spring or during the next growing season. "Prune trees to remove dying, diseased, or dead branches, or to improve branching structure," said Purcell. "This is also a good time to remove water sprouts and basal sprouts." Purcell cautioned that green wood pruning as we enter winter should be limited.

Fertilizing: "If trees are not stressed from moisture deficits, apply a complete fertilizer with micronutrients," said Purcell. "Use a low-nitrogen formulation to prevent a late flush of new growth." The proper timing of fall fertilization is generally right after leaf drop. However, with our current soil water shortage, it's probably best to skip this step, at least for now.

For more information, find Purcell's publication, entitled, "Winterize Your Trees," at www.edustore.purdue.edu.



Indiana Beef Cattle Association (IBCA) Area 3 Meeting



The Area 3 Indiana Beef Cattle Association Meeting will take place on December 11, 2024 at 7:00 pm. ET / 6:00 p.m. CT at The Village Inn, 242 S State Road 57, Petersburg, IN (Glezen, IN). The current IBCA Area 3 Director is Mick Douglas.

The IBCA area meetings are open to all beef producers and feature great food, valuable information on beef issues, policies, programs, and fellowship. There will also be updates on current news& events from Indiana Beef Cattle Association and Indiana Beef Council, Indiana State Board of Animal Health, National Cattlemen's Beef Association and Purdue Extension.

Reservations for meal and materials are needed to the Purdue Extension - Dubois County office at duboisces@purdue.edu or 812-482-1782 by 12/4/24.

Estimated Farmland Sale & Cash Rent Values - 2024

Below are summaries of survey results from participants around Indiana polled on average Indiana land sale and rent rates.

Average estimated Indiana land value and cash rent per acre (tillable, bare land) 2023 and 2024, Purdue Land Value Survey, June 2024.

| | | | Land Value (\$) | | | Rent Value (\$) | | |
|------------|------------|------------|-------------------|-------------------|----------|----------------------|----------------------|----------|
| Area | Land Class | Corn bu./A | June 2023 \$/A | June 2024 \$/A | % Change | June 2023 \$/A | June 2024 \$/A | % Change |
| Southwest* | Тор | 226 | 12,857 | 16,078 | 25.0% | 296 | 323 | 8.89% |
| | Average | 191 | 9,450 | 11,578 | 22.5% | 239 | 251 | 5.02% |
| | Poor | 149 | 7,182 | 7,644 | 6.4% | 173 | 182 | 4.88% |
| Indiana | Тор | 226 | 13,739 | 14,392 | 4.8% | 309 | 313 | 2.29% |
| | Average | 196 | 11,210 | 11,630 | 3.9% | 257 | 260 | 0.91% |
| | Poor | 167 | 8,689 | 9,071 | 4.4% | 212 | 204 | (-3.73%) |

*Southwest Indiana is comprised of Clay, Daviess, Dubois, Gibson, Greene, Knox, Martin, Owen, Pike, Posey, Spencer, Sullivan, Vanderburgh, Vigo and Warrick counties.

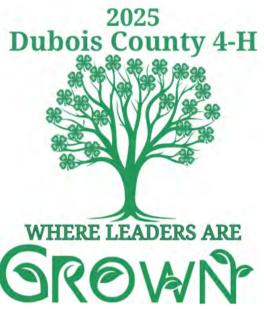
Full Purdue Agricultural Economics Report available at:

https://ag.purdue.edu/commercialag/home/wp-content/uploads/2024/08/PAER-2024-August.pdf



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





"Gratitude" We are often told we need to express it and it is good for us but do you understand the why? There has been a lot of research on why we should show gratitude and appreciation and includes improved relationships with others and improved mental and physical health like boosting coping skills and better sleep. Take this time to show gratitude and appreciation because it means that there are good and enjoyable things in the world and helps you recognize that the source of goodness is always outside of ourselves. How do you cultivate the attitude of Gratitude? Keep a journal of things you appreciate and build that bank of appreciative thoughts when sometimes life is hard. Share your appreciation to your family members, 4-H friends, and 4-H volunteers. Write down people's names and things and tape where you can see them to remind on a daily basis of something to be grateful for. Information regarding Gratitude including additional sources can be found

https://extension.usu.edu/relationships/faq/cultivating-an-attitude-of-gratitudeparagraph text

November and December are a great time to give thanks and being grateful for what we have. I am thankful for the 130 plus volunteers that step up for youth to have an opportunity to learn and grow and thrive into successful adults. How do I know this program does that? Many of our volunteers including at least 5 on our 4-H Council are volunteers that believe in 4-H and want to give back to a program that gave them so much. This includes myself. As a 10-year Dubois County 4-H member, this program allowed me to gain some leadership, provided a state 4-H trip opportunity, and helped narrow my focus for college and gave me experiences and skills I needed.

Include this season to gift the experience of 4-H to a youth. I gifted 4-H camp to my niece and she talks about how much fun she had and that she can't wait to go back. Ask is there an experience in 4-H that they are interested in but may not experience unless it is gifted. Need help learning about experiences that youth are able to participate in? Please contact me and I will be glad to help you learn more about 4-H experiences and how youth can be involved.

Thank you, Lauren Fenneman



2024-2025 Dubois County

4H Fair
July 14-18, 2025



4-H Band group

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.

Join the 4-H Group https://band.us/n/adaaA2B4zd668ding

4-H Volunteer Corner

Save the Date future Adult Leader Meetings:

January 14th - 6:30 pm, Clover Pavilion April 15th - 6:30 pm, Clover Pavilion

June 10th - 6:30 pm, Clover Pavilion

- Activity The Gratitude Game. Use skittles and have 4-H members name something they are grateful
 for the different colors. Let Lauren know if you would like the information to do at the club meeting.
 Junior Leaders had this activity and so can help you lead the activity for younger kids.
- Role Call What is a gift you would like to give someone?
- Community Service Idea Help serve a community meal for the Holidays or make food for a community meal.



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.

Junior leaders develop skills in the areas of civic engagement, leadership, entrepreneurship and more through a variety of hands-on experiences throughout the year.

If you are unable to make all the meetings that is fine.

Please save the dates below and make it too as many as possible.

- December 9th 7 pm, Gift Exchange, PJ and Sweet Treats, Center on 5th Training Room
- January 13th 7 pm, Elections, Center on 5th Training Room
- February 10th 7 pm, Agaves Mexican Restaurant
- March 10th 7 pm, Zax's Creamery
- 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
- · August No meeting
- September 8th 7 pm, Clover Pavilion 2025-2026 club year planning



Upcoming Events

January - March

High Schoolers adulting is hard! How do you manage your money? What do you do if your car breaks down? How do you get a stain out of your favorite pair of jeans? Join us weekly on Tuesdays from 7-8 pm ET starting January 14th until March 4th for a virtual series on all the life lessons needed to be #beyondready for adulthood. Signups will be through 4-H Online look for more details later this month.

Save the Date



Youth Development



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Sign Up under 4-H Online after October 1
Youth Grades K-12 learn to sew smart! We will learn the basics of sewing machines. This is meant for beginner sewers and items created here can be exhibited at the 4-H
Fair for Grades K- 4.

Wearable

Sew a wearable item like shorts or a skirt.

January 18 - 10 am - 2 pm / Hickory Room)

February 15 - 10 am – 2 pm, https://sewsmartwearabledc25.4honline.com

December 12, 2024 – Scholarship Workshop –
Missed the September scholarship savvy
opportunity? Join high school students across
Indiana to learn about scholarships, how to apply
and writing your scholarship essay. Register today
at https://4HScholarshipHelp.4honline.com



INDIANA 4-H SCHOLARSHIPS KNOCK OUT YOUR APPLICATIONS OVER THE HOLIDAY BREAK!

DUE JAN 25

LEARN MORE AT bit.ly/4hscholarship



PURDUE Extension

January 25, 2025 4-H Scholarships: Need to keep your teen busy over holiday break? Indiana 4-H scholarship applications are available now and due January 25! Youth Grades 10-12 Apply today! Find them at bit.ly/4hscholarship

Upcoming Events SERVEGROW THRIVE MAKE



Youth Development 4-H

December

- 2- 4-H Council Meeting, 6:30 pm, Clover Pavilion Office
- 9- Junior Leader Meeting, 7-8 pm, Center on 5th

January

- 6- 4-H Council Meeting, 6:30 pm, Clover Pavilion Office
- 13- Junior Leader Meeting, 7-8 pm, Center on 5th
- 14 March 4: Life Lessons, Grade 9-12, Tuesday weekly 7-8 pm, Zoom and Google Classroom
- 18- Sew Smart Workshop for beginners, wearable, 10:00 am -2:00 pm, Jasper Public Library
- 25- 4-H Scholarships are due via 4-H Online. Info at bit.ly/4hscholarship

February

- 1-4-H Camp Counselor Applications Due, Grade 9-12, 4-H Online
- 3-4-H Council Meeting, 6:30 pm, Clover Pavilion Office
- 10- Dubois County Indiana 4-H Quality Livestock Care Training, 5-6:30 pm, Clover **Pavilion**
- 10- Junior Leader Meeting, 7-8 pm, Agaves Mexican Restaurant
- 27- Dubois County Indiana 4-H Quality Livestock Care Training, 6-7:30 pm, TBD

March

- 3-4-H Council Meeting, 6:30 pm, Clover Pavilion Office
- 8- Beef Weigh In, 10 am 2 pm, Cattle Barn
- 8- Indiana 4-H Quality Livestock Care Training, 1:30 pm, Clover Pavilion
- 10- Junior Leader Meeting, 7-8 pm, Zax's Creamery
- 25-27- CHEF University, 9 am 4 pm, Grades 3-6, TBD

Important Dates 2025

- May 15th Animal Identification due in 4-H Online, v2.4honline.com
- May 26th June 23rd FairEntry OPENS Enter ALL 4-H Projects
- June 11-13 4-H Academy Grades 9-12, Purdue University
- June 21-23 4-H Band and 4-H Chorus, Purdue University
- June 23rd FairEntry due to pick up Project Labels early
- June 23-25 4-H Round Up Grades 7-9, Purdue University
- June 26th Project Label and Supply Pickup Night, CP 5-7 pm
- June 23 Hay Coring, 3-6 pm, Clover Pavilion
- July 8th Project Label Pickup Night, 5-8 pm, Clover Pavilion
- July 10th Project Check In Non Community Judged Projects, 5-8 pm
- July 11th Community Judging and Project Check In for all projects, 5-8 pm



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