

March 2025 Newsletter

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Hours:
Monday - Friday
8 a.m. - 4 p.m.

Find us Online:

Website:

www.extension.purdue.edu/county/jennings



Purdue Extension-Jennings County



@purdueextensionjenningscounty



@JenningsCoExt



Summer Program Assistant

The Extension Office is accepting applications for the Summer Program Assistant. Details about the part time position can be obtained by contacting Rebekah Cartwright at bargerr@purdue.edu.

Jennings County Staff



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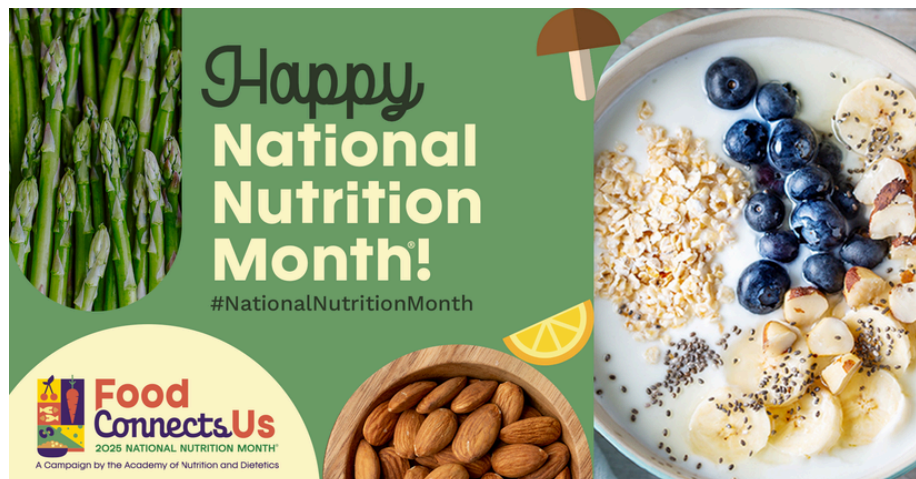
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March 4-H Newsletter

Jennings County 4-H

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Dear 4-H Families & Volunteers,

The 4-H enrollment window is still open and we strongly encourage families to sign up for 4-H as soon as possible to ensure that you receive all important future 4-H mailings and livestock animal ID information.

Current and new members and volunteers may enroll in the Jennings County 4-H program at the 4HOnline website at <http://v2.4honline.com>.

Please contact the Extension office at 812-352-3033 if you need assistance with enrollment. The enrollment fee is \$5.00 for Mini 4-H members in grades K-2 and \$20.00 for regular members in grades 3-12. If you are paying your 4-H program fees with a check or cash, please try to submit your payment to the Extension Office within 2 weeks of your enrollment date.

All the best,
Rebekah Cartwright
4-H Youth Development Educator



2025 Handbooks

New 4-H Members and Volunteers may pick up a complete handbook. Returning 4-H Members and Volunteers may pick up handbook revisions from the Extension Office. Handbooks and Revisions will be given out **one** per family. Please do so as soon as possible!

4-H T-Shirts!

Ordering 4-H T-Shirts will look different this year. 4-H Members and Volunteers will go under their 4-H Online Profile, then go to the events tab and find "2025 Jennings County 4-H T-Shirts or use the link: "<https://2025jenningscotshirt.4honline.com>" Follow the screens provided to submit your t-shirt size. Each 4-H member, Mini 4-Her, and 4-H Volunteer must complete this in order to submit their t-shirt order. If you have a friend and/or family member interested in ordering a t-shirt, call the Extension Office at 812-352-3033 to order a t-shirt by phone. But all 4-H members, mini 4-H members, and 4-H Volunteers must use the "2025 Jennings County 4-H t-Shirts Event"

10 Year Members and Seniors

A separate mailing was sent out to each of you regarding scholarships and other senior/10-year member information. If you did not receive that mailing, please contact the extension office immediately!

Important Dates

March -

- 3 Muscatatuck Mudpuppies 6 pm
- 3 Dog Club 6 :30 pm
- 3 Shining Stars 6 pm
- 5 Barefoot Bandits 6 pm
- 6 JC Riders 5:30 pm
- 6 Junior Livestock Committee 6 pm
- 8 Area 1 Volunteer Conference 10 am
- 8 Llama Club 4 pm
- 10 4-H Council 5 pm
- 10 Livestock Committee 6pm
- 13 Zenas Livewires/Plowboys 6:30 pm
- 13 Wild Bunch 3:30-7 pm
- 15 Show Me The Way Workshop 9 am
- 15 IQLC Training 11 am
- 17 IQLC Training 6 pm
- 17 Dog Club 6:30 pm
- 20 Jr. Leaders 6 pm
- 20 Beef Club 6 pm
- 20 Tractor Club 7 pm
- 25 Spring Sprout Day 9:30 am
- 25 Extension Office Closed 8-2 pm
- 26 Spring Sprout Day 9:30 am
- 29 Area 1 Beyond Ready To Show Livestock Workshop 10 am
- 31 Dog Club 6:30 pm

Club Meetings & Events

- **Muscatatuck Mudpuppies Meeting**
 - March 3rd at 6 PM at New Bethel Methodist Church
- **Junior Leaders Meeting**
 - March 20th at 6 PM Location TBD, Watch the GroupMe for more information
- **Zenas Livewires & Plowboys Meeting**
 - March 13th at 6:30 PM at Zenas Baptist Church
- **JC Riders Vaccine Clinic**
 - March 6th at 5:30 PM at Goins Family Farm
- **Beef Club Meeting**
 - March 20th at 6 PM at the Jennings County Public Library
- **Tractor Club Meeting**
 - March 20th at 7 PM at the Jennings County Public Library
- **Barefoot Bandits Meeting**
 - March 5th at 6 PM at Shepherd's Insurance Office (255 S. Walnut, North Vernon)
- **Llama Club Meeting**
 - March 8th at 4 PM at the Westport Wesleyan Church (407 E Bennett St., Westport)
- **4-H Council**
 - March 10th at 5pm at the Jennings County Government Center
- **Livestock Committee**
 - March 10th at 6 pm at the Jennings County Government Center
- **Junior Livestock Committee**
 - March 6th at 6 pm at the Extension Office
- **Shining Stars Meeting**
 - March 3rd at 6 pm at the Jennings County Public Library, Conf. Rm. 2
- **Dog Club Meeting/Practice**
 - March 3rd at 6:30 PM at the Branham's arena (obedience, tunnels)
 - March 17th at 6:30 PM at the Branham's arena (obedience, dog walk, tunnels)
 - March 31st at 6:30 PM at the Branham's arena (obedience, jumps, dog walk, tunnels)
- **Wild Bunch Open House**
 - March 13th from 3:30-7 PM at Graham Creek Elementary (enrollment assistance and 4-H information)

FOLLOW OUR
FACEBOOK PAGE FOR
MORE UPCOMING
IMPORTANT DATES!



Indiana 4-H Quality Livestock Care (IQLC)

Registration through 4-H Online is now open. **Please note that an additional date has been added for this training that was not originally listed in the 2025 Handbook.** 4-H Livestock Members showing beef, dairy, dairy goats, meat goats, poultry, rabbits, sheep, and/or swine must attend one of the 3 offered dates or complete the online YQCA Training. Please be sure to register online prior to the event. IQLC is an annual certification. **Register as soon as possible for one of these trainings!**

SEI 4-H Camp

Camp Applications are now open!!

- Cost for Jennings County 4-H'ers this year is \$57.50 thanks to the Jennings County Endowment fund for covering 75% of camp fees for our Jennings County Youth!

Junior Staff Upcoming Dates:

- All Junior Staff - April 12th 10am-3pm at the Jefferson County Community Building

Area 1 Livestock Workshop

Area 1 4-H "Beyond Ready to Show Livestock"

Hone in your skills you learned from the Jennings County "Show Me The Way" Program and take your showmanship skills to the next level with advice from Livestock Judges. Need to get your Quality Care Training done for the fair? If so, we invite you out for a day long Animal Science and Showmanship Workshop! The event will be separated into 2 age-appropriate traveling groups. See page 7 of the newsletter for more details!

Jennings County 4-H

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Animal ID

4-H Members enrolled in livestock projects will be receiving a mailing with more information about Animal ID Day and requirements. If you do not receive the mailing a week before your scheduled Animal ID Day, please contact the Extension Office. Refer to the Livestock Schedule on Page 4 for upcoming Animal ID Dates.

Premise ID

Registering your premises may be done online, at no charge, and takes only about 5 minutes. Visit the Indiana State Board of Animal Health's (BOAH) website: www.in.gov/boah/2642.htm. Please get your Premise ID number before the tagging day! To verify your premises ID, contact BOAH at email animalid@boah.in.gov. All Indiana premises associated with the purchase, sale, and/or exhibition of cattle, swine, sheep, goats, and farmed cervids must be registered by state law.

Calling all Mini 4-Hers!

**Cloverbud
Spring Sprout
Days**

**MINI 4-H
FUN!
GRADES K-2**

Join us for one or both of these events to keep your children learning and exploring 4-H!

**Tuesday
MARCH 25**
at the Jennings
County Public
Library
9:30-12:30

**Wednesday
MARCH 26**
at the Jennings
County Public
Library
9:30-12:30

Register via 4-H Online: v2.4honline.com
Only 15 spots per day available.

If you are in need of accommodations to attend this program, please contact Rebekah Cartwright at 812-352-3033 by March 10th.

PURDUE UNIVERSITY
Extension - 4-H Youth Development

Purdue University is an Equal Opportunity/Equal Access University.



Beyond Ready to Show Livestock

March 29, 2025 10:00am - 3:00pm

Jefferson County 4-H Fairgrounds 3767 W SR 256 Madison, IN 47250

Want to perfect your showmanship skills with advice from Livestock Judges? Need to get your Quality Care training done for fair? If so, we invite you out for a day long Animal Science and Showmanship Workshop! The event will be separated into 2 age-appropriate traveling groups.

\$10 Registration Includes

- Catered Lunch
- Door Prizes
- Indiana 4-H Quality Livestock Care Registration
- Educational Resources

Agenda

	Junior 4-H Members	Senior & Int. 4-H Members
10:00	Animal Nutrition Learning Laboratory	
10:40	Beef Showmanship	Swine Showmanship
11:20	Swine Showmanship	Beef Showmanship
Noon	Lunch	
12:40	Goat Showmanship	Sheep Showmanship
1:20	Sheep Showmanship	Goat Showmanship
2:00	Indiana 4-H Livestock Quality Care Training	

- Presenters will include **Livestock Judges**, 4-H Volunteers and Extension Educators.
- Demonstration animals on sight for each species.
- Opportunity to complete required **IN 4-H Quality Livestock Care** Training at no extra cost.

Registration Required on 4-H Online Events by March 21st

Register at: <https://beyondreadytoshowlivestock.4honline.com>

Event costs \$10. Families encourage to stay on fairgrounds with members, hospitality room will be available.

Contact Purdue Extension Jefferson County with questions at (812) 265-8919



Chicks in the Classroom



Our ANR and 4-H Educators finished up the first round of Chicks in the Classroom with Scipio in February where we had decent hatch and the students got to take care of them for the week. We also got to upgrade this program with new and improved incubators, with the help of the Little Giant Company, to help with the success of our program in the future. Check out Mrs. Burton's Class with the chicks they hatched this year.



Important Dates:

March:

- March 1st Jennings County SWCD Annual meeting 8-11:30 am
- March 6th Ripley County No Till PARP 9-11:15 am
- March 6th Scott County PARP 6:30-9 pm
- March 10th Jefferson County Tobacco PARP 6-8:30 pm
- March 18th Jefferson County PARP 9-11 am

Jennings ANR Services

Soil Sample and Testing:

The Jennings County Extension Office offers soil sample bags and test forms for sample submission. We have a soil probe available to borrow. Office hours are Monday-Friday, 8am-4pm.

Plant and Bug Identification:

If you need a plant, weed, or bug identified, bring it to our office and Emily Peterson, our ANR Educator, will assist you. Please call ahead at 812-352-3033 to make sure Emily is in the office and available. You may also email photos of the specimen to Emily at epeterson@purdue.edu for ID.



Protect Your Flock

From Avian Influenza

- Prevent waterfowl from accessing or mingling with your birds.
- Wear dedicated clothing and shoes to care for your flock. Do not visit other poultry unless absolutely necessary, and wear different clothing/shoes before entering your premises.
- Wash hands before and after handling birds, feed, or waste.
- Clean and disinfect equipment in contact with birds or waste.
- Check birds daily for signs of illness or death. Signs include: lack of energy, decreased or malformed egg production, swelling of head, purple discoloration on wattles/combs/legs, Stumbling, diarrhea, sudden death.
- Obtain a premise ID number from the Board of Animal Health.

More info? Scan.



CALL 1-866-536-7593
to report sick or dead poultry



Ag & Natural Resources

March
2025

Upcoming PARPs and Events

- March 1st Jennings County SWCD Annual meeting 8-11:30 am
- March 6th Ripley County No Till PARP 9-11:15 am
- March 6th Scott County PARP 6:30-9 pm
- March 10th Jefferson County Tabacco PARP 6-8:30 pm
- March 18th Jefferson County PARP 9-11 am



Check out additional PARP program details at:
<https://ag.purdue.edu/departments/extension/ppp/private-applicators/recertification-parp/parp-events/parp-events-southeast.html>

Check out the Purdue On The Farm YouTube for a bi-weekly crop and weather update:
<https://www.youtube.com/@PurdueOnTheFarm>

Visit -
<https://ag.purdue.edu/departments/hla/extension/publications-and-newsletters.html> or search HORTICULTURE EXTENSION NEWSLETTERS to get signed up for topics such as gardening, fruit, lawncare, flowers, weed and insects, and much more. Most newsletters are a simple weekly or bi-weekly email that discusses what growers are seeing across Indiana at the current time. This helps growers of all sorts know and identify any issues they are having in their own landscape. If you are having trouble getting signed up, reach out to our ANR Educator for help.



Health & Human Sciences

March
2025

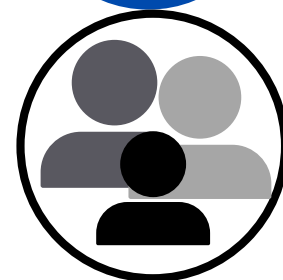
ServSafe Food Manager



Monday, March 17, 2025
Purdue Extension Office
Registration 8:15 AM
Training begins at 8:30 AM
Exam immediately following
Register by March 10th at:
<https://cvent.me/3VWVVK>

2025 Training & Exam Dates

Monday, March 17, 2025
Tuesday, May 6, 2025
Monday, July 14, 2025
Monday, September 15, 2025
Monday, November 17, 2025



National Nutrition Month: March 2025

During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "Food Connects Us." Food is a connecting factor for many of us. Food connects us to our cultures, our families and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced. Health, memories, traditions, seasons and access can all impact our relationship with food. While these factors influence the foods we eat, the foods we eat also affect our health.



Follow our Facebook page the month of March for resources at
Purdue Extension-Jennings County

Market2GO Grower Meeting: April 2, 2025 10:00 AM Purdue Extension Office



It is time to start planning for the 2025 Market2Go events with the Boys & Girls Club of Jennings County! We are looking for local growers and producers that are interested in participating in the 2025 events. The meeting on April 2nd will be held at 10am at the Purdue Extension Office to discuss product availability, event dates, and to negotiate pricing of goods from all growers/producers wishing to participate.

For those new to the program, grant funds awarded from the IDOH will be used to purchase locally sourced fruits, veggies and proteins for special events with the Boys & Girls Club. Events will be held May-September 2025.

A budget of approximately \$2500 per event will be used to purchase locally sourced fruits, veggies and proteins!





Simple Chicken Sesame Noodles

INGREDIENTS

Noodle Ingredients:

- 2 chicken breasts, bone-in
- 1 3/4 lbs. linguine
- 1/2 cup sesame seeds
- 2 cups snow peas

Sauce Ingredients:

- 3 garlic cloves, minced
- 3/4 cup sesame oil
- 3/4 cup soy sauce
- 6 tbsp. balsamic vinegar
- 2 tbsp. hot pepper oil
- 2 tbsp. peanut butter
- 2 bunches scallions, minced (white parts only)

INSTRUCTIONS

1. Preheat oven to 375 degrees. Toast sesame seeds on a cookie sheet in the oven for 5-10 min., until golden. Set aside.
2. Brush chicken with olive oil, season with salt and pepper, and roast in the oven for about 45 min. to an hour.
3. Bring two pots of water (one sm. and one lg.) to a boil. Cook snow peas in small pot for about 2 min., then plunge them into cold water, cut into thin strips, and set aside.
4. Cook the linguine in the large pot until al dente, about 8 minutes.
5. While the linguine and chicken are cooking, whisk together the sauce ingredients. Divide the sauce into two bowls.
6. When the chicken is done, shred it into bite-sized pieces and put it into one of the bowls of sauce to marinate.
7. When the linguine is ready, drain and place it in a large bowl. Toss with the second bowl of sauce.
8. Add the toasted sesame seeds, top with the chicken, remaining sauce, and sliced snow peas.



DINNER TONIGHT

Simple Chicken Sesame Noodles



FUN

Someone gives a theme, like "the zoo." Players name 3 things in that category



CONVERSATION

Finish this sentence: "Everyone knows my worst habit is...."



The Welcoming Table

How Do Autism, ADHD, and Learning Differences Impact Mealtimes?



Sensory Processing Differences

- Issues with food textures, tastes, and smells
- Trouble feeling hunger and fullness
- Discomfort with the feel of chairs, napkins, clothing
- Sensitivity to noise or lighting

Transition and Attention Difficulties

- Resists stopping an activity to eat
- Can't keep up with the conversation or interaction at meals
- Rushes through meals to get back to what they want to do



Behavior Challenges

- Fidgeting or difficulty staying seated
- Frequently interrupting or taking over conversations
- Touching and playing with food, objects, and people
- Having meltdowns



DINNER GAMES

SENSORY CENTER

- **Letters and Numbers.** Fill a large rimmed tray with a thick, smearable food like pudding, yogurt, applesauce, or mashed potatoes. Have your child trace letters and numbers into the food using their fingers. For a dry experience, you could try flour or cornmeal for tracing.
- **Map Maker.** Starting with a tray of smearable food, gather small toys and vehicles that can fit inside the tray. Build a "map" together, then use the vehicles to drive along different routes. ("This is our house, and that is the store. Let's drive the truck to the store!")
- **Buried Treasure.** Fill a bowl or deep tray with food as outlined above. Hide small objects like little toys or coins inside the food and have the child use their hands to dig for the objects.
- **Pasta Picasso.** Cook and cool some spaghetti or other long pasta shape. Let kids make pasta "artwork" or write messages by bending and twisting the cooked pasta into shapes.



Nutrition Education Programs

Nutrition Education Program Advisor

Hi everyone!

This month I am continuing to focus on helping new mothers learn how to best care for themselves and their children. I have partnered with **Missy's Hope Maternity Home**, here in Jennings County, to make this happen. We will be educating mothers on how to get their picky eaters to try new foods, the importance of breastfeeding, best practices for breakfast and lunch, meal planning and prepping, and how to incorporate fruits and vegetables in your daily diet.

If you are a new parent looking for information on healthy habits for young children, send me an email! I would love to bring this curriculum to you and your family. I can help you learn about any of these topics and many more!

Did you know the **Senior Resources Center** and I are teaming up this spring? I will be teaching lessons there on how to **Eat Smart and Live Strong!** Make sure you're following our Facebook page so you don't miss the announcement of when the lessons will start.

This month's recipe is one that has two in-season foods - mushrooms and asparagus! Try this Asparagus and Mushroom Melt (<https://eatgathergo.org/recipe/asparagus-mushroom-melt/>) for a good lunch or snack this spring!

If you or your family would like to learn more about maintaining a healthy diet, send me an email (egeorgi@purdue.edu) or call the office at (812) 352-3033.



Purdue Extension Nutrition Education Program

@PurdueNEP



Emily Dunn: egeorgi@purdue.edu