

November 2024 Newsletter

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

Find us Online:

Website:

www.extension.Purdue.edu/Jennings



Purdue Extension-Jennings County



@purdueextensionjenningscounty



@JenningsCoExt

Apple Crunch 2024



The staff of Purdue Extension Jennings County visited Kindergarten- 3rd grade students at ALL Jennings County schools in October to provide apple education. Students learned about the origin of apples, the importance of pollinators for apples, apples in the diet of animals, and exploring apples using our 5 senses. Each student “crunched” into a delicious apple from Doll’s Orchard thanks to the sponsorship of the Jennings County Farm Bureau.

Jennings County Staff



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November 4-H Newsletter

Jennings County 4-H

November
2024

Dear 4-H Families & Volunteers,

4-H enrollment is open and ready for you to enroll!

This year's theme is:

Jennings County 4-H: It's something to QUACK about!

Hop online and be sure to enroll as soon as possible to get involved in 4-H Activities!

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



Important Dates

November -

- 4 Muscatatuck Mudpuppies 6pm
- 4 Shining Stars 6pm
- 5 Extension Office Closed
- 5 Dog Club 6pm
- 5 Barefoot Bandits 6pm
- 11 Extension Office Closed
- 11 4-H Council Meeting 5pm
- 11 Livestock Committee Meeting 6pm
- 12 Dog Club 6pm
- 19 Dog Club 6pm
- 19 Junior Leaders 6pm
- 22 Junior Camp Staff Applications Due
- 28 Extension Office Closed
- 29 Extension Office Closed

New Volunteer Enrollment Process Update

As highlighted in the last newsletter, the volunteer enrollment process is different from years past. There was a mailing sent out to all volunteers that were active last year that will explain volunteer types and roles as well as a help guide to walk you through the entire process! If you have any questions, please call the Extension Office at 812-352-3033. I appreciate everyone holding off on volunteer enrollment until further guidance was provided.

Junior Staff for 4-H Camp

The applications for any 4-H member in grades 8-12 who would like to serve as a Junior Director, Group Leader, Counselor, or Counselor in Training (CIT) for 2025 Southeastern Indiana 4-H Camp are now available. All Junior Directors, Group Leaders, Counselors, and CITs are considered Junior Staff. Find the event titled 2025 Southeastern Indiana 4-H Camp Junior Staff Application and follow the instructions. Payment is not required for you to apply for a Junior Staff Position. Payment is due on May 1st of 2025. Deadline to apply to be Junior Staff is **November 22nd**. You must be enrolled in 4-H to apply!



Club Meetings & Events

- **4-H Council Meeting**
 - November 11th at 5 PM at the Jennings County Government Center
- **Livestock Committee Meeting**
 - November 11th at 6 PM at the Jennings County Government Center
- **Dog Club Meetings/Practices**
 - November 5th at 6 PM at the Livestock Show Arena
 - November 12th at 6 PM at the Livestock Show Arena
 - November 19th at 6 PM at the Livestock Show Arena
- **Muscatatuck Mudpuppies Meeting**
 - November 4th at 6 PM at New Bethel Church
- **Junior Leaders Meeting**
 - November 19th at 6 PM at the Extension Office
- **Barefoot Bandits Meeting**
 - November 5th at 6 PM at the new Shepherd's Insurance Office (255 E Walnut, North Vernon)
- **Shining Stars Meeting**
 - November 4th at 6 PM at the Jennings County Public Library

FOLLOW OUR
FACEBOOK PAGE FOR
MORE UPCOMING
IMPORTANT DATES!

Adult Volunteer Training

Any Adult volunteer who has enrolled, but has not completed the online training videos, may attend an in person volunteer training 6:00 PM on December 9th at the Extension Office. You must have submitted your 4-H Online enrollment before attending! The online training videos or the in person training are mandatory to be approved as a 4-H Volunteer.



Please contact Rebekah if you are interested in attending this in person training at 812-352-3033 or bargerr@purdue.edu

4-H Endowment

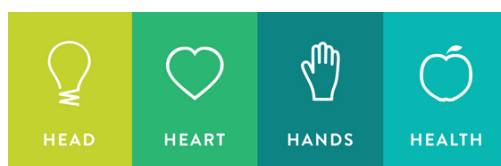
Donate a tax deductible gift to the 4-H Endowment through the Jennings County Community Foundation. These funds are used for annual scholarships and trips like 4-H Academy, 4-H Round-up, Southeastern Indiana 4-H Camp, Citizens Washington Focus Trip and more. How to donate:

- Online by visiting: www.jenningsfoundation.net -> Click "Make a Donation" -> Enter Amount -> Select Program or Specific Fund: "4-H Endowment Fund" -> Click "Donate" -> Enter Payment information
- Stop by or mail in donations to 111 North State Street North Vernon, IN 47265

Make Checks payable to "Jennings County Community Foundation" with "4-H Endowment Fund" in the memo.



Can you find the four H's hidden in the 4-H newsletter?



North Vernon Elementry STEM Night

The Jennings ANR Educator spent the evening with North Vernon Elementary families at their STEM night. This was a fun evening where guidance was provided on how to raise chicks and ducks and students had the opportunity to interact with live chicks. Families also received information about the second grade Extension program, Chicks in the Classroom. The theme of her STEM station was “The Ugly Duckling”.



Important Dates:

November:

- 8:30-11 November 1 Decatur County PARP
- November 12th from 9 am-11 am Clark County Area PARP
- November 12th from 1 pm- 3 pm Washington County Area 2 PARP
- November 12th from 6 pm- 8 pm Harrison County Area 2 PARP

December:

- 6pm December 10th Area 1 Beef Meeting

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.





Jennings County Extension now offers

FECAL EGG COUNTS

WHAT IS A FECAL EGG COUNT?

- A quantitative assessment and identification of the number of parasite eggs an animal is shedding at the time of sample collection

WHY SHOULD I GET A FECAL EGG COUNT ON MY LIVESTOCK?

- Fecal Egg Counts assess your livestock's parasite burden and target the parasite your livestock might be suffering from at the time of collection.

SAMPLE COLLECTION INSTRUCTIONS

- Use gloves to collect a fresh sample of feces from your livestock. The sample should still be both moist and soft. It should be collected and turned into the office no more than 6 hours from the time of defecation
- Collect at least 1/2 cup or 4oz. of feces and place in a clean ziplock bag.
- Label the bag with the species of livestock that the sample came from and the animal's identification.

Cost: \$10

LET'S REDUCE ANTIPARASITIC RESISTANCE!

Ag & Natural Resources

November
2024

Upcoming PARPs and Events

- November 1 from 8:30 am- 11 am Decatur County PARP
- November 12th from 9 am-11 am Clark County Area PARP
- November 12th from 1 pm- 3 pm Washington County Area 2 PARP
- November 12th from 6 pm- 8 pm Harrison County Area 2 PARP



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.



College of Agriculture

Publications & Newsletters

Purdue Agriculture, 615 Mitch Daniels Blvd., West Lafayette, IN 47907-2053 USA, (765) 494-8392

 Purdue University

Health & Human Sciences

NOV
2024

Dining with Diabetes- Register TODAY!

MONDAYS: November 4, 11, 18, 25

10am-Noon: Senior Resources Inc, of Jennings Co.,
515 Buckeye St., North Vernon

Nutrition and physical activity are keys to managing your type 2 diabetes. But where do you start? The Dining with Diabetes program can help!

- Dining with Diabetes consists of four sessions and a reunion.
- Adults with type 2 diabetes (or who are at risk) are invited to participate. Family members, caregivers, and support persons, too.

The schedule:

Week 1 – What is diabetes? / Snacks & appetizers

Week 2 – Carbs & sweeteners / Desserts

Week 3 – Fats & sodium / Main dishes

Week 4 – Putting it all together! / Side dishes



Thanks to funding through the Jennings County Healthy Department, this program is **FREE** to participants!

Space is limited!

Call 812-352-3033 or email
dwagster@purdue.edu if interested!



ServSafe Food Manager

FINAL Training for 2024

Tuesday, Nov. 19, 2024

Purdue Extension Office

Registration 8:15 AM

Training begins at 8:30 AM

Exam immediately following

Register by Nov. 11th at:

<https://cvent.me/XRoGy9>

2025 Training & Exam Dates

Wednesday, January 22, 2025

Monday, March 17, 2025

Tuesday, May 6, 2025

Monday, July 14, 2025

Monday, September 15, 2025

Monday, November 17, 2025

The Family Dinner Project

What if there was a single activity that was proven to have lifelong benefits for the physical, emotional and social health of every person who engaged in it regularly? What if that activity was available to almost anyone who wanted to do it, right in their own home?

That activity exists, and it's the family dinner!

Starting this month, we will be sharing tips and guidance in our newsletter on ways you can bring food, fun, and conversations to the table about things that matter.





DINNER TONIGHT: BUDGET FRIENDLY

Ground Beef
Stroganoff



FUN

Write a few words on slips of paper that are put in a container. Each person chooses a word. Everyone uses their word to make a story.



CONVERSATION

What movie have you watched over and over again? Why?



Ground Beef Stroganoff

Ingredients

Serves 4-6

- 1 lb. ground beef
- 1 onion, chopped
- 8 oz. fresh mushrooms, sliced
- 1-2 garlic cloves, chopped
- 1 cup beef or chicken stock, or reserved pasta water
- Up to 1/2 cup sour cream or creme fraiche
- Paprika
- Splash of sherry
- Pinch of salt and fresh ground pepper
- 1 package wide egg noodles, pappardelle, or whole wheat linguine

Instructions

1. Bring a large pot of salted water to a boil and cook pasta according to package directions. Drain and set aside.
2. In a large skillet or Dutch oven, brown the meat with the salt & pepper and a pinch or two of paprika until cooked through. Drain the extra fat from the pan if necessary
3. Add the chopped onions and garlic and cook until softened and translucent.
4. Add the mushrooms and cook for another 3-5 minutes.
5. Stir in the liquid (stock or water), sherry, and about 2 tbs of the sour cream.
6. Cook for another 5 minutes and season to taste. If it seems like it wants to be a little creamier, add more sour cream.
7. Serve over the reserved noodles.

BENEFITS OF FAMILY DINNERS

AGES
1-5



Conversation at the dinner table is even better than reading to children in boosting their vocabulary, and helping them to read.

Kids who start eating dinners now are less likely to be overweight later.

New parents who develop a dinnertime ritual feel more satisfied with marriages.

AGES
6-12



Strong link between family dinners and academic performance, even stronger than doing homework, sports, or art.

Increased intake of fruits, vegetables and micronutrients, and fewer fried foods, trans fats and sodas.

Children feel more connected to siblings and parents.

AGES
13-18



Teens who eat regular family dinners are more likely to get A's in school.

Reduces high risk teenage behaviors like smoking, substance abuse, eating disorders, teenage pregnancy and violence.

Reduces depression and anxiety and increases self-esteem.

Opportunity to check in with kids to find out how they're doing.

Community Wellness Coordinator

Hi all!

I hope everyone is enjoying the final bursts of warmth and the cool mornings as Fall comes to Jennings County. This is a wonderful time to explore Calli Nature Preserve, Muscatatuck Park, and a dozen other beautiful places. We've been busy in the Purdue Extension Nutrition Education Program this month, here's a quick rundown of the highlights:

- 1. Help with the mobile pantry distribution at the CSL Clubhouse!** If you or any students you know are looking for an opportunity to volunteer this fall, join the folks from at Gleaners and the Boys & Girls Club of Jennings County at the CSL Clubhouse (3342 Country Manor Blvd.) on November 8th at 3:30pm. If you have more questions, call our office.
- 2. November's Walk with a Doc will be held Friday, November 8th at 4pm.** Join Dr. Stanley to hear about a health topic and enjoy a walk. We'll be at the Vernon Gym this month!
- 3. Support the Jennings County Food Security Coalition on Day of Giving!** Please consider donating to the Coalition's endowment at the Jennings County Community Foundation on December 3rd! Every dollar donated will receive a match from the Lilly Endowment to support the work of Coalition members far into the future!
- 4. Jennings County now has an Active Transportation Committee!** If you were interested in the bike and pedestrian planning the County did in 2023, this group may be for you! We're working on projects that make walking and biking safer and more enjoyable in Jennings County, including working on grants and education programs!
- 5. The Fuel Your Family campaign is over.** Maybe you heard the ads on the radio or saw it in the newspaper, but the Fuel Your Family campaign has come to an end. If you missed it, all the great Fuel Your Family resources and videos are on Facebook (<https://www.facebook.com/profile.php?id=61561978343796>)!

If you're interested by this work, please contact our office or email me at jeffwalker@purdue.edu. Many groups in our community are working on these efforts and I'd be happy to connect you to a group!

Healthfully yours,

Jeff Walker



Nutrition Education Program Advisor

Hi everyone!

We are officially into the holiday season! This means finding healthy alternatives to seasonal classics can be challenging, but I'm here to help! If you or your family would like to learn more about maintaining a healthy diet during the holidays, send me an email (egeorgi@purdue.edu) or call the office at **(812) 352-3033**. I can help you learn how to stay physically active during the hustle and bustle of the holidays. Use the recipe below for a crowd-pleaser at your next gathering!



INGREDIENTS:

- 2 cans (15 ounces) black-eyed peas or black beans (try a mix, or other types)
- 1 1/2 cups corn (canned and drained, frozen, or fresh cooked)
- 1 bunch cilantro
- 1 bunch green onions (5 green onions)
- 1 bunch green onions (5 green onions)
- 3 medium tomatoes
- 1 avocado (optional)
- 1 tablespoon canola or vegetable oil
- 2 tablespoons vinegar or lime juice
- 1/2 teaspoon each salt and pepper

DIRECTIONS:

1. Drain and rinse the black-eyed peas (or black beans) and corn.
 2. Finely chop the cilantro and green onions.
 3. Dice the tomatoes and avocado.
 4. Combine all veggies in a large bowl.
 5. Mix oil, vinegar or lime juice, salt and pepper together in a small bowl.
 6. Pour oil mixture over salad ingredients and toss lightly.
- Refrigerate leftovers within 2 hours.



Prep time:
20 minutes



Cook time:
none



Servings:
8 cups



Purdue Extension Nutrition Education Program

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