

October 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



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4-H Enrollment Is Open!

It's time to sign up for the 2024-2025 4-H program year! Youth in grades 3-12 may enroll as club members, and youth in grades K-2 may enroll as Mini 4-H members. While you may join 4-H at any time, we encourage all youth to sign up as early as possible to ensure you get the most out of the 4-H year and all important communications from our office! If you have questions about enrollment, please call our office at 812-352-3033.

Sign Up Here: v2.4HOnline.com



Purdue University Cooperative Extension Service is an equal access/equal opportunity institution

Health & Human Sciences

OCT
2024

PURDUE EXTENSION

GET WALKIN' PROGRAM



Fall is a great time to walk more! Whether you need additional motivation or need motivation to get started, Purdue Extension has a free email based program to help you. We have our next Get WalkIN' starting on October 16. Contact the office to join at 812-352-3033 or email Deidre at dwagster@purdue.edu.



Let's Get Cookin' October Lunch & Learn Series

Join Deidre for this **FREE** and tasty Lunch & Learn series focused on healthy cooking! Cooking demonstrations at each event!

[Tuesdays, October 15, 22 & 29th 11am-Noon @ PU Ext Office](#)

- Cooking Under Pressure: Features, Benefits, & Safety of Electric Cookers
- Air Fryer 101: Cooking Secrets Revealed
- Healthy Snacks: Tips for Making Snacks at Home

Register by October 4 by calling 812-352-3033 or emailing dwagster@purdue.edu



Dining with Diabetes- Mark Your Calendars!

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!



Boys & Girls Club Market2Go

At the September Market2Go we made a simple Chicken & Pepper Bake in the AirFryer and a delish Apple Crisp! A few of the B&GC staff tried plums for the very first time.

If you are looking for a few recipes to try out just like the club kids, check out these two links:

<https://www.myplate.gov/myplate-kitchen/recipes>

<https://eatgathergo.org/recipes>

This program is made possible thanks to an Indiana Department of Health Health Issues & Challenges grant to help address food insecurity and obesity in Jennings County.



Thank You to our September Market2Go Local Partners!!

Armand's Harper Valley Farm
Brewer Livestock
Doll's Orchard
Gatrell Family

McCowan's Market
NexGen
Ray Spicer
Redmond Produce

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

Tuesday, January 21, 2025
Monday, March 17, 2025
Tuesday, May 6, 2025
Tuesday, July 15, 2025
Tuesday, September 16, 2025
Tuesday, November 18, 2025

Community Wellness Coordinator

Hi all!

I hope everyone is doing well as tomatoes and most home gardens start to wind down. We've had a great time sharing nutrition and family dinner resources this month with the Fuel Your Family Campaign – check out www.eatgathergo.org and www.thefamilydinnerproject.org for more. We've been busy in the Purdue Extension Nutrition Education Program this month, here's a quick rundown of the highlights:

1. The Fuel Your Family campaign is coming into its final stretch! Maybe you've heard us on the radio or seen us in the newspaper or on Facebook. The online hub for Fuel Your Family is on Facebook (<https://www.facebook.com/profile.php?id=61561978343796>) and we've shared some great resources and funny videos to enjoy and learn from!
2. 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 summer, please join the folks from at Gleaners and the Boys & Girls Club of Jennings County at the CSL Clubhouse (3342 Country Manor Blvd.) on October 11th at 3:30pm. They are in serious need of volunteers to serve the 250-300 households that they distribute food to at this event each month. If you have more questions, feel free to call our office.
3. October's Walk with a Doc will be held on Friday, October 11th at 4pm. Come join Dr. Jen Stanley to hear about the health topic of the month and enjoy a walk with others. We'll be at the Vernon Gym this month!
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!

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 needing volunteers!

Healthfully yours, Jeff Walker



walk[®] with a DOC Jennings

Date: October 11th, 2024

Time: 4pm

Location: Vernon Gym

(29 Washington St., Vernon, IN 47282)

More Info



Join Dr. Jen Stanley for a fun time to walk, learn about health, and meet people. This is also our second anniversary as group!

The event is **FREE** and all are welcome!



 **Ascension
Medical Group**

 **PURDUE
UNIVERSITY**

Extension - Nutrition
Education Program

Questions?
jeffwalker@purdue.edu
(812) 352-3037

We are a local chapter of an international 501(c)3. Learn more at walkwithadoc.org

Nutrition Education Program Advisor

Hi everyone!

Would you like your child or family to learn about healthy habits? Or maybe you'd like to learn about something else, like regulating weight gain or weight loss?

Reach out to me via email, egeorgi@purdue.edu, or call the office at **(812) 352-3033**. I offer a wide range of class lessons. If you are unsure of your eligibility for SNAP (formerly named food stamps), I can help you find out if you are eligible. I would love to set up a one-on-one class for you or your family!



Low-Fat Pumpkin Bread

INGREDIENTS:

- Non-stick cooking spray or oil
- 1 1/2 cups whole wheat flour
- 1 1/3 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon ground cloves
- 1/4 teaspoon ground ginger
- 1/4 teaspoon nutmeg
- 4 eggs
- 1 cup canned pumpkin
- 1 cup applesauce
- 3/4 cup packed brown sugar
- 3/4 cup sugar

DIRECTIONS:

1. Preheat oven to 350 degrees. Lightly coat an 8 1/2 x 4 1/2 -inch loaf pan with cooking spray or oil and set aside.
2. In a medium bowl, combine flours, baking powder, baking soda, cinnamon, salt, cloves, ginger, and nutmeg.
3. In a separate bowl, combine the eggs, pumpkin, applesauce, brown sugar and sugar. Mix until well combined.
4. Add the wet ingredients to the dry ingredients. Stir only until the dry ingredients become moistened. Be careful not to over mix.
5. Pour batter into loaf pan and spread into the corners.
6. Bake for about 60 minutes or until a wooden pick inserted into the center of the loaf comes out clean.
7. Remove from oven and let cool in pan for 10 minutes.



Prep time: **Cook time:** **Servings:**

15 minutes 60 minutes 20 slices



Purdue Extension Nutrition Education Program

@PurdueNEP



October 4-H Newsletter

Jennings County 4-H

October
2024

Dear 4-H Families & Volunteers,

4-H Enrollment is officially open!!! 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



New Volunteer Enrollment Process

The volunteer enrollment process will look very different this year than it has in years past. This is to expedite the process and make it easier for volunteers going forward. Please note that this year you must select a volunteer role. It is also important to note that you can select more than one role if this applies to you. If you have questions regarding your role, there is a table to assist you, but please don't hesitate to reach out to the extension office with questions. You must elect all roles that apply as this is very important for the screening process. After submitting your enrollment a window will pop-up showing the screening portion of enrollment. You must complete this in order to be approved. Do not hesitate to reach out for any assistance with the new volunteer enrollment process at 812-352-3033. Please watch your emails as I will be sending a help guide to help walk you through the process! 

Important Dates

October

4-H Enrollment Open

- 7 Junior Leader Call-Out Meeting
- 10 Junior Livestock Committee Round Table
- 14 4-H Council Meeting
- 14 Livestock Committee Meeting
- 15 Jennings County 4-H Dog Club Kick-Off
- 31 Sweet Street

Junior Leader Call Out - Save the Date

Join us for our Junior Leaders Call Out Meeting on October 7th at 6:30pm at the Jennings County Public Library! Although you may have gotten familiar with Junior Leaders at their food stand at the fair, being a Junior Leader is so much more than that! The Junior Leaders Club is for 7th-12th graders who are leaders or aspiring leaders in our community. Junior Leaders is a fun, engaging, and active club in Jennings County. Not only will being a Junior Leader help you stand out on your college and job applications, but it is also a whole lot of fun to be a part of! Junior Leaders have a very exciting completion trip after the Jennings County Fair to celebrate their year of hard work. These trips are free to members with only a \$50 deposit that members get back while on the trip! This past year they went to Cincinnati where they visited Newport Aquarium, Cincinnati Zoo, Jungle Jim's International Grocery Store, and Kings Island! Additionally, Junior Leaders plan and are involved in multiple community service projects as well as community events like the Christmas in the City Parade. Last year we purchased food for Coordinating Council. We also made a fun shopping game as we bought toys and items for Affordable Christmas! If this sounds like something you may be interested in, please add the meeting to your calendar and plan on joining us! In Junior Leaders you create friends for lifetime! Our meeting on October 7th will have games, snacks, drinks, fun, and fellowship! I hope to see a lot of you there!

Club Meetings & Events

- **Junior Leaders**
 - **CALL-OUT Meeting: October 7th at 6:30pm at the Jennings County Public Library**
- **Junior Livestock Committee**
 - **October 10th at 6:00 pm at the Extension Office Conference Room**
- **4-H Council Meeting**
 - **October 14th at 5:00 pm at the Jennings County Government Center**
- **Livestock Committee Meeting**
 - **October 14th at 6:00pm at the Jennings County Government Center**
- **Dog Club**
 - **October 15th with check-in beginning at 6:00 pm. Anyone welcome to attend!**

FOLLOW OUR
FACEBOOK PAGE FOR
MORE UPCOMING
IMPORTANT DATES!

Jennings County 4-H t-Shirt Contest

It's that time of year! Time to start making a t-shirt design for all Jennings County 4-Hers to wear!



Deadline to submit designs: **November 1st**

Submit designs to Rebekah at **bargerr@purdue.edu**

Rules and Parameters:

1. The t-shirt design must be for the front of the shirt only, sponsors will be on the back
2. The design and wording on the shirt will all be in one color.
3. The design must be appropriate

Winner will receive a \$20
voucher for the Junior
Leader Food Stand to use at
the Jennings County Fair!



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?



HEAD



HEART



HANDS



HEALTH

Ag & Natural Resources

October
2024

4th Grade Ag Day

Jennings County Purdue Extension and Jennings County FFA students worked together to put on the 4th grade Ag Day. This took place at the fairgrounds and students were able to learn about livestock such as beef cattle, dairy cattle, pigs, rabbits, horse, goats and sheep as well as topics such as crops, insects and local ag business Rose Acres.



Important Dates:

In October we are in the schools doing fall programming, be on the lookout for more events for the public soon.

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

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.






PURDUE UNIVERSITY Extension

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

October
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 reach out to ANR Educator for help.



College of Agriculture

Publications & Newsletters

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 Purdue University