

September 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



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SEPAC FIELD DAY RECAP

People from across Indiana attended the SEPAC Field Day on August 27th.

Participants had the opportunity to learn about planting dates and herbicide selection, the impact of planting near tree lines on profits, the yields and success rates of short-statured corn, and the identification and prevention of various corn

diseases. Attendees also earned PARP, CCH, and CEU credits for their participation. If you are interested in attending this annual event, keep an eye out for information around this time next year.



September 4-H Newsletter

Jennings County 4-H

September
2024

Dear 4-H Families & Volunteers,

Fall is well on its way! Fall is my favorite season for so many reasons, Halloween, Thanksgiving, pumpkins, the leaves changing, but above all else: 4-H ENROLLMENT! The 4-H Enrollment window will open on October 1, 2024 through January 15th, 2025. It is very important to enroll in October because there are many different activities youth can get involved in prior to the fair! Jennings County has several great clubs to join where you can meet new friends and engage in community events. Enrolling will allow you to receive important updates about upcoming events within the 4-H Program!

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



Important Dates

September

- 11 Junior Livestock Committee Round Table
- 15 Last day to pick up State Fair Projects
- 16 4-H Council Meeting
- 16 Livestock Committee Meeting
- 18 Junior Leader Meeting

October

2024-2025 4-H Enrollment Opens

- 7 Junior Leader Call-Out Meeting
- 31 Sweet Street

4-H Online Closed for the Month of September

4-H Online will be closed for the Month of September for families. It will be closed in preparation for next program year. There will be a few changes that you might notice when it opens for enrollment. These changes will make the process for volunteers specifically easier!

State Fair Projects


Please have all State Fair Projects picked up by **September 15th**. All County Projects should have already been picked up.

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!

FOLLOW OUR
FACEBOOK PAGE FOR
MORE UPCOMING
IMPORTANT DATES!

Club Meetings & Events

- **Junior Livestock Committee**
 - September 11th at 6:00 pm at the Extension Office Conference Room
- **4-H Council Meeting**
 - September 16th at 5:00 pm at the Jennings County Public Library Conference Room 1
- **Livestock Committee Meeting**
 - September 16th at 6:00pm at the Jennings County Public Library Conference Room 1
- **Junior Leaders Meeting** 
 - September 18th at 6:00pm at the Extension Office Conference Room
 - **CALL-OUT Meeting: October 7th at 6:30pm at the Jennings County Public Library**

Hats & Tumblers

Hats are \$20.00 each and the proceeds support the 4-H Council.
Tumblers are \$25.00 each and the proceeds support the 4-H Livestock Committee. Both the hats and tumblers can be purchased at the Extension Office.



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

Chainsaw Safety Program

Jennings County Purdue Extension and Jennings County Soil and Water Conservation District worked together to put on a Chainsaw Safety and Cutting demonstration for members of the community. They learned the importance of safety, chainsaw management, and the steps, for properly cutting down a standing tree. If you feel that you would want to attend this event in the future, reach out to our office as we can get another one planned.



Important Dates:

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

November:

- 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

September
2024

Upcoming PARPs and Events

- 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

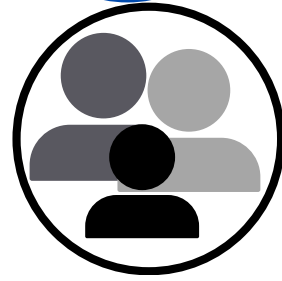
Publications & Newsletters

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

 Purdue University

National Fruits & Veggies Month- September

We celebrate our favorite plants this month, fruits & veggies! National Fruits & Veggies Month is the perfect time to think about how to add more fruit and vegetables to your plate. We're encouraging you to have a plant at every meal for better health & happiness! That's right, eating more fruits and veggies improves your mood!



Every Time You Eat, Have A Plant® ...

- **For Your Health!** Embracing all forms of fruits and veggies- fresh, frozen, canned, dried and 100% juice- can make eating more fruits and veggies easier.
- **For Your Mood!** There's lots of science behind it all, and it boils down to this: if you're human, your body and mind benefit from eating fruits and veggies resulting in better health and a better mood, and mental health is just as important as physical health.
- **For Your Enjoyment!** Fruits and veggies are packed with a variety of flavors and textures that can make a meal and snack time more enjoyable. And if find something is delicious we want to try it again and again!

For more information, check out: www.fruitsandveggies.org/NFVM



Let's Get Cookin'! October Lunch & Learn Series

Mark your calendars for this FREE and tasty Lunch & Learn series focused on healthy cooking! Cooking demonstrations at each event!

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

- **Cooking Under Pressure: Features, Benefits, & Safety of Electric Cooker:**
- **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



Boys & Girls Club Market2Go

At the Boys and Girls Club's August Market2Go we made a sausage, potato & swiss chard soup (a fan favorite from last year), and youth tried roasted honey nut squash and mashed potato squash. The mashed potato squash was a hit AND tasted just like mashed potatoes!

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.

Thanks to our local growers and producers that participate. An extra thanks to the club staff and volunteers for your support!



Thank You to our August Market2Go Local Partners!!

Armand's Harper Valley Farm
Doll's Orchard
Gatrell Family
McCowan's Market

NexGen
Ray Spicer
Redmond Produce
Vojkufka Greenhouse

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
will be announced in
October's Newsletter!!

If you are just needing a proctored exam,
contact Deidre at 812-352-3033

Community Wellness Coordinator

Hi all!

I hope everyone is doing well out there – we’ve had some really beautiful weather lately and its been perfect for hikes, working in the garden, and other outdoor activities. Did you know that construction of the new trail in Vernon is underway? In just a few months, it’ll be ready for walkers, bikes, and people hiking into the county park. Here’s a quick rundown of the highlights from the Nutrition Education Program in Jennings County:

1. **The Fuel Your Family campaign is underway!** Maybe you’ve heard us on the radio or seen us in the newspaper or on Facebook. The online hub for Fuel Your Family will be on Facebook, you can find it here: <https://www.facebook.com/profile.php?id=61561978343796>
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 Gleaners and the Boys & Girls Club of Jennings County at 3342 Country Manor Blvd. on September 13th 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.
3. **September’s Walk with a Doc will be held on Friday, September 13th 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 outdoors at Tripton Park unless if the weather is good. If that is the case, we will host the walk at the Vernon Gym to avoid any bad weather!
4. **The Poverty Simulation was a success!** The Jennings County Food Security Coalition held its Poverty Simulation on August 19th at the library. Thirty-three individuals participated in the event and another thirteen volunteered to put the event together. The Jennings County Food Security Coalition also made a call out for volunteers. If you’d like to get involved with the work one of the Coalition’s members is doing – call us!

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



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!



Applesauce French Toast

INGREDIENTS:

- 2 eggs
- 1/2 cup nonfat or 1% milk
- 1 teaspoon ground cinnamon
- 2 teaspoons white sugar
- 1/2 teaspoon vanilla
- 1/4 cup unsweetened applesauce
- 6 slices whole wheat bread

DIRECTIONS:

1. In a large mixing bowl, combine eggs, milk, cinnamon, sugar, vanilla and applesauce. Mix well.
2. Soak bread one slice at a time until mixture is slightly absorbed.
3. Lightly spray or oil a skillet or griddle. Cook over medium heat until golden brown on both sides.
4. Serve hot. Refrigerate leftovers within 2 hours.



Prep time:
5 minutes



Cook time:
10 minutes



Servings:
6 slices



Purdue Extension Nutrition Education Program

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