



812-354-6838

<http://extension.purdue.edu/Pike>

Courthouse

801 E Main Street

Suite 101

Petersburg, IN 47567

### **Brooke Goble**

County Extension Director,  
4-H Youth Development and  
Health & Human Science Educator  
email: [bgoble5@purdue.edu](mailto:bgoble5@purdue.edu)

### **Mandy Hannah**

Agriculture and Natural Resources  
and 4-H Youth Development Educator  
email: [achannah@purdue.edu](mailto:achannah@purdue.edu)

### **Erin Meyer**

Community Wellness Coordinator  
Email: [meyer258@purdue.edu](mailto:meyer258@purdue.edu)

### **Lisa Clark**

Office Manager  
email: [clark428@purdue.edu](mailto:clark428@purdue.edu)

### **Kelsie Coomer**

Nutrition Education Program Assistant  
email: [kbcoomer@purdue.edu](mailto:kbcoomer@purdue.edu)

# Newsletter

## September/October



### **4-H Enrollment!**

October 1, 2023 thru January 15, 2024  
[v2.4HOnline.com](http://v2.4HOnline.com)

### **Children K-12**

Parents/Guardians can go into 4HOnline  
([v2.4honline.com](http://v2.4honline.com)) to **enroll/re-enroll** their  
children in 4-H for 2024 between October 1<sup>st</sup>  
2023 and January 15<sup>th</sup> 2024.

### **Adult Volunteers**

Must **enroll/re-enroll** in 4HOnline  
([v2.4honline.com](http://v2.4honline.com)) as an adult volunteer, sign  
the 2024 Adult Behavioral Expectations and  
complete the required trainings **BEFORE**  
January 15!

If you need assistance or do not have internet  
access, please contact the Extension Office or  
e-mail Brooke, Mandy or Lisa so we can help!

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# *4-H Achievement Dinner*

Saturday, September 30th @ 6pm

Petersburg Community Church

420 E Illinois Street, Petersburg, Indiana

4-H Youth @ Approved Volunteers are FREE

All others \$5.00/each

Please RSVP by calling the Extension Office @ 812-354-6838

*No later than September 25th.*



Fair season has come to a close and we want to shout **THANK YOU and CONGRATULATIONS** to each of our youth and volunteers as they worked so hard all year long to make this program year and 2023 Pike County 4-H Fair a huge success! We are looking forward to another great program year with Pike County 4-H!

## TSC Clover Campaign

Since 2010, Tractor Supply has partnered with 4-H to help create *Opportunity4All* and raise more than \$14 million through the Paper Clover campaign. The success of these campaigns has impacted over 81,500 youth by providing them with the tools and resources they need to move forward and reach their full potential.

100% of funds raised through the bi-annual Paper Clover campaign directly benefits 4-H youth.

- 90% of donations directly support 4-H youth in the state where the funds were raised.
- 10% percent supports the overall mission and growth of 4-H nationally.



### National 4-H Week: October 1-7, 2023

All Pike County 4-H Clubs are encouraged to create and exhibit a display in a local public area during this week to promote Pike County 4-H and all of the awesome benefits our program has to offer. 4-H members: Break out those 4-H T-shirts for school that week and be sure to invite you friends to

***“Make the Best Better!”***

### 4-H Club Leaders

It's time to transition from one 4-H year to the next with enrollment beginning October 1. Clubs are encouraged to begin meeting now while the weather is nice. Fall is a great time to invite new members to come to a meeting to see what 4-H offers. Consider offering a meeting or event where potential members are welcome to attend to meet members and leaders and experience a 4-H event. Reach out to Brooke or Mandy if you are needing activity ideas or would like them to come one of your meetings or events.

## Fall into the Healthy Benefits of this Season

For many, fall is a favorite time of year due to its seasonal perks. Whether it's college football, pumpkin spice lattes or gathering with family for the holidays, the list goes on and on. We all can attest to a reason to be excited about fall. In addition to the excitement the season brings, fall is filled with several health benefits.

- **Seasonal foods and spices**

A popular way to experience the season's health benefit is through fall harvest. Fall foods and spices are not only delicious, but also rich in healthy nutrients. Make sure to add these foods and spices to your diet: Pumpkin, Apples, Cinnamon, Brussel Sprouts, Nutmeg, Pears, and Squash.

- **More Sleep**

Sleep is also a health advantage during fall. During fall our bodies get more rest. Although we only gain one hour of sleep, it does wonders for a person's overall health. Sleeping allows our bodies to recharge both physically and mentally. Research has revealed that good quality sleep is linked to the reduction of heart disease and obesity. Studies have also shown that it is often easier for our bodies to adjust to standard time than to daylight saving time. So, take advantage of what could be your body's natural tendency to get more rest.

- **Physical Activity**

Fall makes for the perfect time to get outdoors and increase the physical activity our bodies need. With cooler temperatures, the risk of heat-related health issues are reduced. Activities include walking, biking, hiking, horseback riding and raking leaves. These outdoor activities offer both a direct health benefit and a great emotional boost that comes from being in the midst of the beautiful colors this season produces.

Fall is considered to be the season of change. Make this a fall of positive transitions and great memories while maintaining your health.

### Sweet Potato & Black Bean Chili Recipe

**Ingredients**

1 T and 2tsp extra-virgin olive oil  
1 medium-large sweet potato, peeled and diced  
1 large onion, diced  
4 cloves garlic, minced  
2 T chili powder  
4 tsp ground cumin  
½ tsp ground chipotle chili

¼ tsp salt  
2 ½ cups water  
2 15-ounce cans black beans,  
rinsed  
1 14-ounce can diced tomatoes  
4 tsp lime juice  
½ cup chopped fresh cilantro

**Directions:**

Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.

Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

## October is Financial Planning Month

Heading into the holiday season, financial planning month reminds us to keep our spending in check and prepare our budgets. While it's always better to give than receive, it's smarter to stick to a budget all year long. That's why financial planning month takes a fresh look at our spending habits in October.

Depending on where we are in life, our approach to budgeting changes. However, if we start out saving and planning for our financial future when we're young, the target is easier to make.

### MONEY SMARTS

- **Make a budget.** Review the last few months of expenses and cut expenses where you can. Reduce meals out and luxury items. Memberships and drive-thru coffees add up.
- **Pay bills on time.** Late fees and penalties result in extra costs and harm your credit.
- **Start saving.** A little every month becomes a habit quickly. If your employer offers a 401k with a matching benefit, contribute to the maximum allowed. For every dollar you don't contribute to the matching limit, you're throwing away money.
- **Sell what you don't use anymore.** If you have things collecting dust, taking up space or otherwise not being used, get rid of it. It may be worth something. Whether its value is in recycled metal or the eye of the beholder, it doesn't matter.
- **Can't sell it? Donate.** Qualified donations are tax deductible. Don't forget to ask for a receipt and claim it on your tax return.
- **See a financial planner.** They will help you with your goals and set you on the path to success.



### **Check out our website:**

**<https://extension.purdue.edu/county/pike>**

**For the most up-to-date information and some fun surprises in between, please like our pages on Facebook!**

Purdue Extension Pike County  
Pike County Indiana 4-H  
Pike County 4-H Fair



## OISC 2023 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/yrxswt5> 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 Ivy Tech.



**Indiana Farm Bureau®**

### PERMITS NOW AVAILABLE

Livestock producers may apply to INFB for a livestock protection depredation sub-permit allowing legal "takes" of black vultures that are attacking livestock.

For more information, visit  
[infb.org/blackvultures](http://infb.org/blackvultures).



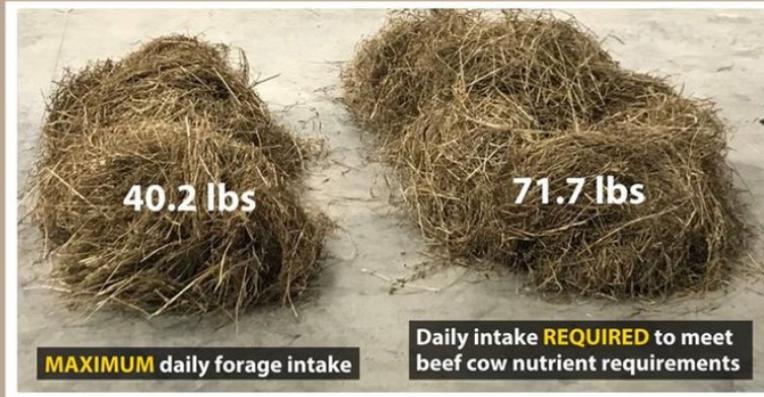


**WHY DO COWS LOSE WEIGHT WHEN THEY ALWAYS HAVE HAY TO EAT?**

THEY CANNOT CONSUME ALL OF THE HAY NECESSARY TO MEET NUTRITION NEEDS BECAUSE OF **VERY HIGH FIBER CONTENT**

**WHAT SHOULD LIVESTOCK PRODUCERS DO?**

- Sample all forage harvests with a hay probe
- Send to a certified lab
- Work with a trained nutritionist to balance rations
- Contact your Purdue Extension Educator with questions



Assumptions: Lactating 1300 lb cow at Body Condition Score 5, with moderate milk production

The forage depicted is mostly orchardgrass and tall fescue. It was made as baleage (high moisture hay wrapped in plastic and fermented) and harvested for the first time in late June because of a very wet spring. Forage quality as determined by testing was very poor (very high fiber, low energy, and low protein).

**Average estimated Indiana land value and cash rent per acre (tillable, bare land) 2022 and 2023, Purdue Land Value Survey, June 2023.**

Area	Land Class	Corn bu./A	Land Value (\$)			Rent Value (\$)		
			June 2022 \$/A	June 2023 \$/A	% Change	June 2022 \$/A	June 2023 \$/A	% Change
Southwest*	Top	227	13,825	12,857	<b>(-7.0%)</b>	309	296	<b>(-4.07%)</b>
	Average	193	10,222	9,450	<b>(-7.6%)</b>	244	239	<b>(-2.22%)</b>
	Poor	160	8,022	7,182	<b>(-10.5%)</b>	194	173	<b>(-10.71%)</b>
Indiana	Top	221	12,808	13,739	<b>7.3%</b>	300	306	<b>1.99%</b>
	Average	193	10,598	11,210	<b>5.8%</b>	252	257	<b>2.09%</b>
	Poor	165	8,631	8,689	<b>0.7%</b>	207	212	<b>2.50%</b>

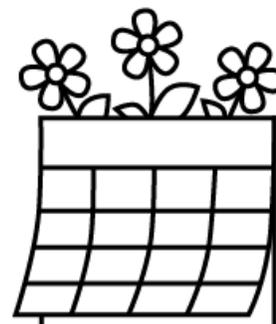
\*Southwest Indiana is comprised of Clay, Daviess, Dubois, Gibson, Greene, Knox, Martin, Owen, Pike, Posey, Spencer, Sullivan, Vanderburgh, Vigo and Warrick counties.

Full Purdue Agricultural Economics Report available at: <https://ag.purdue.edu/commercialag/home/paer-publication/indiana-farmland-prices-continuetorise-in-2023>

## Late Summer Garden Calendar

### Flowers, Vegetables, and Small Fruits Calendar

- Keep the garden well-watered during dry weather and free of weeds, insects, and disease.
- Complete fall garden planting by direct seeding carrots, beets, kohlrabi, kale, and snap beans early this month. Lettuce, spinach, radishes, and green onions can be planted later in August and early September. Don't forget to thin seedlings to appropriate spacing as needed.
- Harvest onions after the tops yellow and fall, then cure them in a warm, dry, well-ventilated area. The necks should be free of moisture when fully cured in approximately one week's time.
- Harvest potatoes after the tops yellow and die. Potatoes need to be cured before storage.
- Pick beans (all types), tomatoes, peppers, and squash often to encourage further production.
- Harvest watermelon when several factors indicate ripeness: the underside ground spot turns from whitish to creamy yellow; the tendril closest to the melon turns brown and shrivels; the rind loses its gloss and appears dull; and the melon yields a dull thud sound rather than a ringing sound when thumped.
- Harvest sweet corn when kernels are plump and ooze a milky juice when punctured with your fingernail. If the liquid is watery, you're too early; if the kernels are doughy, you're too late.
- Keep faded flowers pinched off of bedding plants to promote further flowering and to improve plant appearance.
- Spade or till soil for fall bulb planting and add a moderate amount of fertilizer.



### Woody Landscape Plants and Fruit Trees Calendar

- Keep newly established plants well-watered when weather is dry.
- Check trees and shrubs that have been planted in recent years for girdling damage by guy wires, burlap, or ropes.
- Don't fertilize woody plants now. It stimulates late growth that will not have time to harden-off properly before winter.
- Hand prune and destroy bagworms, fall webworms, and tent caterpillars.
- Pears are best ripened off the tree, so do not wait for the fruit to turn yellowish on the tree. Harvest pears when color of fruit changes—usually from a dark green to a lighter green—and when the fruit is easily twisted and removed from the spur.
- Prune and destroy the raspberry and blackberry canes that bore fruits this year. They will not produce fruit again next year, but they may harbor insect and disease organisms.

### Lawn Calendar

- If white grubs were a problem last year, the lawn should be treated in early August to prevent further injury. Be sure to apply insecticides at the proper rate and follow with at least 1/2 inch of irrigation for best protection.
- Begin seeding new lawns & bare spots in established lawns in late August or September.
- Established lawns can be fertilized beginning in late August if moisture is adequate. Use a fertilizer high in nitrogen with a low level of phosphorus and a moderate level of potassium such as 16-4-8 or 30-3-10.

# STOCKMANSHIP

*with Curt Pate*



**SOUTHERN INDIANA PURDUE AG CENTER  
DUBOIS, INDIANA**

11371 E. Purdue Farm Rd | Dubois, IN 47527

\$30 person per event

**SEPTEMBER 29, 2023**

**1:00pm - 7:00pm EST**

Beef focused program  
supper will be served

**SEPTEMBER 30, 2023**

**10:00am - 5:00pm EST**

Sheep & Goat focused program  
lunch will be served

From Ryegate, MT, Curt Pate uses his personal experience incorporating effective stockmanship principles supports a "for profit" mindset and focuses on highlighting the increased economic benefits of handling stock correctly. In addition, Curt recognizes the growing public scrutiny surrounding livestock production and the impact that improved livestock handling practices create for the sustainability of the cattle industry.

Direct questions to [towerj@purdue.edu](mailto:towerj@purdue.edu) or 812-678-4427

Register Online under the events tab

[www.indianabeef.org](http://www.indianabeef.org)

[www.indianasheep.com](http://www.indianasheep.com)

[www.indianaforage.org](http://www.indianaforage.org)



Mail-in Registration: IBCA 8425 Keystone Crossing, Suite 240 Indianapolis, IN 46240

Full Name: \_\_\_\_\_ Circle if member of - IBCA ISA IFC  
Email: \_\_\_\_\_ Registration Type: (Day 1, Day 2, or Both)  
Phone Number: \_\_\_\_\_ Payment Type: Credit Card or Check **\$30/day/person**  
Address: \_\_\_\_\_ Credit Card Type (Visa, Mastercard, Discover)  
City: \_\_\_\_\_ Total enclosed \_\_\_\_\_ Credit Card # \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_ Expiration Date \_\_\_/\_\_\_/\_\_\_ CV Code \_\_\_\_\_

Please make checks payable to **Indiana Beef Cattle Association**  
8425 Keystone Crossing, Suite 240 Indianapolis, IN 46240  
If accommodations are needed please contact 812-678-4427.

**Registration closes Sept 21st**



PURDUE EXTENSION — PIKE COUNTY  
 COURTHOUSE  
 801 E MAIN STREET  
 PETERSBURG INDIANA 47567-1249

Address Service Requested

# UPCOMING EVENTS

**SEP 30** ACHIEVEMENT DINNER  
6 PM

**OCT 01** 4-H ENROLLMENT  
OPENS [V2.4HONLINE.COM](http://V2.4HONLINE.COM)

**OCT 01-07** NATIONAL 4-H WEEK

**OCT 28** TRACTOR TREAT  
5 PM

**NOV 18** DUMPLING DAY

**DEC 02** 4-H NORTH POLE



Enjoy activities like this?  
**Join 4-H today!**  
 Call our office at (812) 354-6838  
 for more information!



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