

November 2020 Newsletter

Dear Friends,

We are keeping busy in the extension office with the upcoming SEPAC Field Day, our Drive-Thru Trick or Treat 4-H Enrollment Event, Mental Health First Aid programs, Master Gardener events and planning new programs.

Please enroll in 4-H on our new website v2.4honline.com soon. Enrolling now helps us update our mailing lists and support 4-H Leaders and new members by providing accurate member lists. 4-H Camp counselor applications are available in the extension office. If you aren't familiar with camp I encourage you to talk to some of our past campers or read on to find out more.

Now is a good time to consider testing your forages before winter. We have a lab we use for a nominal

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fee depending on the testing package. Pesticide applicators needing credits should consider coming to our virtual SEPAC Field day. It is free for anyone to watch but will cost \$15 if you are wishing to receive PARP or CCH credits. The flyer for the event is on the following page.

The next Extension Board meeting is December 10th at 6:30 pm in the Community Building. The board is currently planning a hybrid format annual meeting, details should be finalized soon.

The next 4-H Fair Board Meeting is November 5, 2020 at 7pm in the Community Building.

As always, call the office, stop by or email me, with any questions. Hope this letter finds you and yours well!

Sincerely,

Britt Copeland, Extension Educator

July

Staff Directory

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Purdue Extension is now offering Youth Mental Health First Aid virtually!

Virtual Youth Mental Health First Aid is 5 hour instructor led, program with 2 hours of online pre-work. The program is meant to give adults who work with youth a set of skills to support a youth experiencing a mental health crisis or to support them at any time. YMHFA will not teach you how to treat or diagnose mental health challenges but will give you the skillset needed to help youth much like traditional first aid. The next available train-



ing is November 18th and will be taught by Karla Kidwell and Britt Copeland. If you are interested in learning more you can contact the office or sign up at www.cvent.com/d/87g4mv.



Live Webcast November 30 from 6-8:30 pm

You are invited to join us virtually from the comfort of your home as Purdue Extension Specialists discuss the following topics as part of the 2020 Virtual SEPAC Field Day!

6:00: 35-year Tile Drainage Project Summary- Eileen Kladivko

6:30: Potassium Fertility- Jim Camberato & Alex Helms

7:00: Soybean Update- Shaun Casteel & Richard Smith

7:30: Crop Disease & Response to Foliar Fungicides -Darcy Telenko

8:00: Driftwatch- Dave Osborne

If Applicators/Producers are seeking PARP/CCH Credits:

Indicate "yes" when asked on the survey below and follow the link to complete cvent registration for PARP/CCH credit.

bit.ly/2020SEPACFieldday



Use the link above to register/participate

Questions about how to join? Contact your local Purdue Extension Office or Call (812) 926-1189



Extension - Agriculture and Natural Resources

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Agriculture & Natural Resources



CFAP 1 Participants Encouraged to Apply for Additional Assistance

Signup for the Coronavirus Food Assistance Program 2 (CFAP 2) began on Sept. 21, 2020 and will continue through Dec. 11, 2020. CFAP 2 provides eligible producers with direct financial assistance due to market disruptions and associated costs because of the COVID-19 pandemic. Check out a brief video about the program.

CFAP 2 is a separate program from the first round of the Coronavirus Food Assistance Program, now referred to as CFAP 1. Farmers and ranchers who participated in CFAP 1 will not be automatically enrolled and must complete a new application for CFAP 2. Details on how to apply can be found on farmers.gov/cfap/apply.

CFAP 2 Eligible Commodities Finder

Many more commodities are eligible for CFAP 2 than CFAP 1. Interested in finding the Coronavirus Food Assistance Program 2 payment rates for the eligible commodities you grow or raise? USDA's new, easy-to-use CFAP 2 Eligible Commodities Finder makes finding payment rates specific to your operation simple. From yam to alpaca farmers – and everyone in between – the payment rate information you need is just a few clicks away. Try it today on your desktop, tablet, or mobile device.

Call Center

A call center is available for producers who would like additional one-on-one support with the CFAP 2 application process. Please call 877-508-8364 to speak directly with a USDA employee ready to offer assistance. The call center can provide service to non-English speaking customers. Customers will select 1 for English and 2 to speak with a Spanish speaking employee. For other languages, customers select 1 and indicate their language to the call center staff.

2021 IBCA-Purdue Extension Area Beef Meeting



In light of the COVID- 19 pandemic, the Indiana Beef Cattle Association and the Purdue University Cooperative Extension Service Beef Team will be hosting a Virtual Seminar to provide both educational programming and an IBCA- IBC annual update. During the Virtual Seminar, we will enable you to share your ideas, exchange information on affiliate activities and offer Q&A for the educational videos.

Meeting link will be shared soon, for now save the date! Let the office know if you would like the link emailed to you when it's available.

<u>Meeting program:</u> IBCA-IBC Updates, Update from Indiana State Board of Animal Health, NCBA Public Policy Update, Update on Black Vulture Predation from USDA APHIS Wildlife Services, Update from Indiana Junior Beef Cattle.

Agriculture & Natural Resources

Yard & Garden Calendar November 2020

By Rosie Learner, Purdue Extension Horticulture Specialist **HOME (Indoor plants and activities)**

- As houseplant growth slows, apply less fertilizer and water.
- If plants are dropping many leaves, move them closer to sunny exposures, such as west- and south-facing windows.
 Artificial lights may be needed to supplement particularly dark rooms.
- Pot spring-flowering bulbs with tips exposed to force into bloom indoors. Moisten soil and refrigerate 10 to 13 weeks.
 Transfer to a cool, sunny location, and allow an additional three to four weeks for blooming.

YARD (Lawns, woody ornamentals and fruits)

- Prevent rabbit and rodent feeding damage by erecting physical barriers, such as metal mesh (one-fourth inch) hardware cloth. Pull mulch a few inches away from the trunk, as the mulch provides a warm winter home for rodents. Chemical repellents also are available, but their effectiveness is temporary and not foolproof.
- Prevent frost cracking (or sunscald) by wrapping trunks with commercial tree wrap or painting the south- and southwest -facing sides of the trunk with white latex outdoor paint.
 Young, thin-barked trees such as maples and many fruit trees are especially susceptible. Be sure to remove the tree wrap by early spring to prevent overheating of the bark.
- Remove dead, diseased or damaged branches.
- Clean up and discard fallen leaves and fruits around fruit plants to reduce disease carryover.
- Continue mowing lawn as needed. As tree leaves fall, run them through your mower (remove bagger), allowing the shredded leaves to remain on the lawn. Be sure to mow only when grass and leaves are dry.
- A November application of fertilizer can help keep lawns green into winter and boost early spring recovery. Apply one-half to 1 pound actual nitrogen, per 1,000 square feet of lawn. See "Turfgrass Management: Fertilizing Established Cool-Season Lawns" for more information on lawn fertilization.

GARDEN (Flowers, vegetables and small fruits)

- Remove crop and weed plant debris from the garden and add to the compost pile. This will help reduce the carryover of diseases, insects and weeds to next year's garden.
 See Managing Yard Wastes: Clippings and Compost for more information on composting.
- Fall tilling, except in erosion-prone areas, helps improve soil structure and usually leads to soils warming and drying faster in the spring. This allows crops to be planted earlier.
- Dig and store tender flowering bulbs, and keep in a protected location.
- Complete planting of spring-flowering bulbs.

Calendar was edited for length, read more <u>here</u>.



Jefferson/Switzerland County Master Gardener Association Holiday Wreath Making Workshop

Monday, December 7th, at 6:00 pm Community Building - Jeff County Fairgrounds





Pre-registration required, limited to 25 participants, mandatory masks per state and Purdue Extension Covid-19 safety plan \$10 fee, pay at door, call 812 265-8919 to reserve spot

Supplies & Refreshments Provided

Want More Gardening Info?

Our latest ANR program Putting your Garden to Bed is available on YouTube. Access it here: https://youtu.be/pAPui3Agt9Y

A new Master Gardener course is being planned for spring 2021. Email copelanb@purdue.edu if interested.



Follow the <u>Jefferson and Switzerland</u>
<u>County Master Gardener Association on Face-book</u> in the meantime for timely tips.

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4-H Youth Development





Enroll in 4-H Now!

A big thanks to all those who have completed their 4-H enrollment. As a reminder, all current 4-H Members and 4-H volunteers will need to re enroll in by <u>January 15, 2021.</u>

The new and improved 4-H Online 2.0 can be accessed here:

V2.4honline.com

Log in credentials remain the same as used on in.4honline.com. Login using the username and password you would normally use to enroll. Forgot your password? Use the "reset password" option below the login portal or call the extension office for help at (812) 265-8919.

As with any new system there has been some bugs arise that the State 4-H Office is working diligently to correct. If you experience delays in receiving approvals please know we will be in contact soon.

There has been no change to the 4-H Enrollment cost this year; \$15 State Fee per child, waived after the fourth child in a family and \$2.50 County Fee per project.

Please help spread the word about this update so we can all stay up to date with everything Jefferson County 4-H! As always the extension office is here to help with any questions have, call (812) 265-8919, email or stop by!



4-H Fall Crops Show

November 14, 2020 in the Community Bldg.

8:30–9:15 am—Registration

9:15 am – Judging Begins

The Fall Crops Show will take place in-person with social distancing. Please contact the extension office for a copy of our COVID-19 safety plan. Members can review your 4-H handbook and 4-H 970-W (fall vegetables) for project and exhibit requirements. More copies of these resources are at the Extension Office. Record sheets must be included with your exhibit. If you have any questions about properly exhibiting your Fall Crops project, please call the Extension Office at 812-265-8919.

Exhibit Requirements

Alfalfa &/or Mixed Hay – exhibit 1-12-inch (12") thick wafer of hay or about 2 pounds.

Corn – exhibit 1 gallon of shelled corn in a clear container and/or 10 uniform ears.

Small Grains – exhibit 1 gallon (each) of Wheat and/or Oats in a clear container.

Soybeans – exhibit 1 gallon in a clear container.

Fall Vegetables -

5 - Potatoes 5 - Turnips 5 - Sweet Potatoes 1 - Pumpkin 1 - Squash 1 - Fall Cabbage

Tobacco – Exhibit hands of tobacco on a short stick (16-18 inches long) and in all 4 classes. This means that you will need at least 5 hands of each grade.

Flying's (or trash) – 3 hands on 1 stick Lugs (lugs or leaf) - 3 hands on 1 stick

Tips – 3 hands on 1 stick *Crop* – 2 hands of each (Flying's, Lugs, and Tips)



In-Person Events/ 4-H Club Meetings

In-person 4-H club meetings and events are able to take place <u>after</u> a COVID Safety plan has been submitted to the extension office and approved by Purdue. This process should be completed 3 weeks before any scheduled Extension/4-H event. If our county cases continue to rise we will make the decision to cancel in person events for the coming month. At this time, we are still operating under existing, approved safety plans for in person events.

The extension office is here to help you with your safety plans. Email copelanb@purdue.edu, call or stop by to start the process.



Indiana 4-H LEADERSHIP Indiana 4-H is excited to invite youth and adult volunteers to **SUMMIT**

Saturday November 21, 2020

Virtual and In-Person

join us for the 2020 Indiana 4-H Leadership Summit! This year's Summit will be a combination of a virtual and in-person experi-

ence. The Summit will continue to offer high quality educational sessions presented virtually by experts from around the state. Purdue Extension-Ohio County is hosting a free, in person viewing

party or you can watch the live stream at www.youtube.com/c/PUExtension. If you would like to attend and celebrate Jefferson County's Award winners in person please contact Jill Andrew-Richards at 812 438-3656 or jmrichards@purdue.edu.

We are extremely proud to announce a State-Level Volunteer Award Winner and a 50-year Volunteer Tenure Milestone Recipient from Jefferson County this year! Please help us in congratulating them!

2020 Salute to Excellence- Outstanding Lifetime Volunteer **Trina Copeland**

Trina Copeland was nominated by Angela Rathert in 2019 for her outstanding service as the Southpaws 4-H Dog Club Leader & Superintendent. She has been a volunteer in 4-H for 21 years.

"It is not the 20 years that makes her resume so impressive but the amount of time she spends organizing activities for 4-H members to hone their skills in Dog Obedience and Agility. Officially our 4-H Obedience classes start in March but for Trina, this is a year round vocation" -Angela Rathert, Former HHS/4-H Extension Educator

Trina and the Southpaw Leaders have grown the club from 28 members in 2014 to 59 members

in 2020. The exposure of the 4-H Dog Club is broad as members regularly promote 4-H and the skills they have learned through parades, nursing home visits, booths at Tractor Supply, Farmers Markets, and even therapy dog reading sessions at the library. Her individualized mentorship has led several of her former students to return to the program as leaders. One went on to lead the 4-H Dog Program in Switzerland County. In the last ten years Jefferson County had eight First Place Wins at the Indiana State Fair. In 2018 the club held Jefferson County's first AKC Dog Show and raised enough money to purchase a storage trailer for their agility equipment. Since 2014 she has personally wrote and received grants of over eight thousand dollars to purchase Agility, Showmanship, and Obedience equipment for her club. She continues to hone her skills by attending state leadership trainings and judging dog shows across the state. Trina will receive her award at the Indiana 4-H Leadership Summit on November 21st at 12 pm.

The 4-H Dog Club meets Mondays starting in March in the Community Building. Contact Trina or the office to learn more.



Volunteer Tenure Milestone Judy Smith-50 years

Judy Smith comes from a dedicated 4-H family. Her father was a county 4-H leader and sheep judge in the fifties & sixties as well as an Indiana State 4-H Fair Board member. Judy followed in her family's 4-H footsteps and has helped Jefferson County grow immensely over the last 50 years. Judy is currently a 4-H Foods Project and 4-H Sheep Project Superintendent for Jefferson County.

Among some of Judy's accomplishments are her honors as a Purdue Friend of Extension and a National 4-H Achievement Winner. Judy currently serves our community on the Jefferson County Council and as the secretary of our county Farm Bureau. In the past, she served as county representative to the Indiana 4-H

Foundation and several terms on the Jefferson County Extension Board. Judy was one of the founding members of the Jefferson County 4-H Scholarship through the Community Foundation. Judy and her husband, Dave, created the Susie Smith Sheep Scholarship for Jefferson County sheep members in remembrance of their daughter, Susie. Judy judges' foods along with other projects at county fairs across southern Indiana. She is an active member of the Southdown Sheep Association and the Southern Indiana Sheep Association. Please help us celebrate Judy's dedication and generosity to Jefferson County 4-H the next time you see her. Judy will receive her award at the Indiana 4-H Leadership Summit on November 21st at 12 pm.

Suzie's Sheep Scholarship forms are available in the extension office and due the first Monday of Fair.



Indiana 4-H Leadership Summit: Volunteer Tenure Milestones

The below volunteers are also reaching Indiana 4-H Milestones and will receive awards via mail from the State 4-H Office. County level recognition for all our leaders will take place at the annual extension board meeting in January. There could not be a 4-H program without the support of our volunteer leaders. Thank you for your continued service!

Linda Shimfessel– 35 years Clarence Marshall– 35 years Emmy Coles– 20 years

Tammy Sedam– 35 years Amy Wheeler– 20 years
Larry Sedam– 35 years Larry Ferguson– 20 years



Southeastern Indiana 4-H Camp Counselor Applications

Calling all 8th graders and above! 4-H Camp Counselor Applications for the 2021 Southeastern Indiana 4-H Camp are now available!



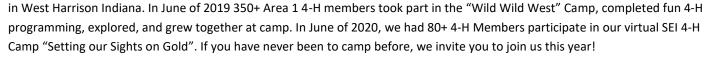
Camp Counselors and Junior Staff are responsible for planning camp which is a process that starts now, even though camp is June 7-10, 2021. While we still do not know exactly how camp will look with social distancing, we are still planning for fun, safe, and in-person counselor training events and camp experiences. Camp is open to all 4-H members (grades 3-12) but youth in grades 8 and above are expected to take leadership roles as either counselors in training, counselors, group leaders or

junior directors. Applications for campers (grades

3-7) will be available in May 2021.

We are also excited to share that a generous donation has been made to offset the cost of camp for Jefferson County 4-H Members. More information about this price offset will be shared in May.

4-H camp is a great way to meet new friends from the surrounding 8 counties in Area 1, have fun and learn life skills. Camp takes place in at Camp HigherGround



<u>Counselor Applications are due to the Jefferson County office by November 20th.</u> Counselor Applications are available in the Extension office or online at bit.ly/counselorapp2021. Return a printed copy to the office or email to copelanb@purdue.edu.



Next Meeting:

November 17, 2020 @ 6:30 pm In the Community Bldg.

We had a good turnout at our Junior Leader Callout Meeting. Everyone was able to make it out of the "4-H Escape Room," refreshments were had and elections were held. Minutes of the meeting are posted in the Facebook group. Contact the office if you need added to that group. Congrats to our new 4-H Junior Leader officer team!

The next meeting is scheduled for <u>Tuesday</u>, <u>November 17</u>, <u>@ 6:30 pm in the Fairgrounds Community Building</u>. We will be practicing social distancing during the meeting, contact the extension office for a copy of our COVID safety plan. We will be doing doing a planning activity to determine the scope of this years club. All 4-H members in grades 7-12 are welcome to join Junior Leaders throughout the year.

Questions about Junior Leaders?

Contact Bess Adams or Britt at (812) 265-8919 or by emailing copelanb@purdue.edu.

2020-2021 Officers

President — Caroline Bechman

Vice-President – Shelby Morton

Secretary - Lily Sloan

Treasurer - Maeci Marshall

Fair Board Representatives -

Caroline Bechman and Jackson Stockdale

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Health & Human Sciences

HOMEMAKER COUNCIL MEETING

Date: Thursday, Nov. 5

Time: 9:15 a.m.

Location: Jefferson County Extension Office

CLUBS: Please have a representative attend.

Please enter back door of Extension Office. Everyone in attendance is asked to wear a

face mask.

HOMEMAKER CUTLERY SALES

The Extension Homemakers are still taking orders for cutlery. Proceeds from the sales will benefit the scholarship fund. Please contact an extension homemaker for more information or call the Extension Office.

2021 ANNUAL BITS & PIECES QUILT SHOW

Jefferson County Extension Homemakers have tickets available for donations toward a hand-made quilt, stitched by the Extension Homemakers. The Homemakers will be set up at local businesses and stores with event fliers and quilt tickets for the public to purchase. The winning quilt ticket will be drawn at the Bits & Pieces Show at the Jefferson County 4-H Fairgrounds located at 3852 W. SR 256, Madison, Indiana. You do not want to miss this event to enter your antique quilts, hand-stitched or machines stitched quilt, wearable arts or family favorites!

Registration to enter your quilt(s) or other items is April 8th, 3:00-6:00 p.m.

The Quilt Show is April 9th and 10th, 10:00 a.m. till 5:00 p.m. both days.

Public is invited to enter and/or attend.

\$5.00 admission fee- door prizes.

TRACKING FAT FROM DIGESTION TO DELIVERY FAT FUNDAMENTALS Story by Eric Bender

Our bodies are truly excellent at holding onto fat. "We absorb more than 95% of what we consume," says Kimberly Buhman, professor of nutrition science.

She studies how the body processes lipids, a class of organic compounds that includes fats (such as triglycerides) and cholesterol, in animal models. More specifically, she examines how lipids are digested and processed in the small intestine and how these processes change with different levels of fat consumption and varied body weights.

Normally, cells in the small intestine called enterocytes package triglycerides and cholesterol together with proteins into "lipoproteins." The lipoproteins then travel through the blood and are dropped off to provide energy or material to build cells as needed. But if we eat too much, the extra lipids end up stored in fatty tissue.

Until recently, biologists thought that enterocytes functioned simply as thoroughfares — nutrients come in, nutrients go out. But work by Buhman and her colleagues has examined how these cells also can store the lipids in droplet form, helping to handle sudden bursts of fat.

"After you eat a large milkshake, with 50 grams of fat, you don't want all of that fat in your blood immediately, since that would be a big shock to your system," she says. "These cells take it up, and only let out a certain amount at a time, while the rest backs up in the cell."

Alyssa Zembroski, a graduate student in Buhman's lab, is looking at how lipid droplets in different regions along the length of the small intestine may influence fat absorption — for instance, what happens when high-fat diets move more fat into the lower reaches of the small intestine. "It's really interesting to be involved in research that might affect how we treat obesity or other lipid metabolism disorders in the future," Zembroski says. "Understanding these processes at the cellular level is fundamental for understanding how these disorders affect a whole body."

"People who are chronically eating high-fat diets and are obese are processing dietary fat and delivering it in a different way than a lean person," Buhman says. "If we can modify that process, it might help in reducing obesity and its associated health problems."

November Recipe: Cider-Braised Brussels Sprouts with Bacon

Source: Eatingwell.com

Everyone loves Brussels sprouts when they're drizzled in a tangy-sweet sauce. Plus, bacon!! Serve with chicken, pork or steak and roasted potatoes.

- * 4 pieces center-cut bacon, sliced
- * 1 cup sliced shallots
- * 1 ½ pounds Brussels sprouts, trimmed and halved (quartered, if large)
- * 2 cups apple cider

- * 1/4 teaspoon salt
- * 1/4 teaspoon ground pepper
- * 1 tablespoon cider vinegar
- * 1 tablespoon butter

Directions

- 1. Cook bacon in a large skillet over medium heat until browned and crisp, 5 to 7 minutes. Remove with a slotted spoon and drainon a paper-towel-lined plate.
- 2. Add shallots to the bacon drippings and cook on medium-high, stirring often, until lightly browned, 2 to 3 minutes. Add Brussels sprouts and cook, stirring for 1 minute. Add cider, salt and pepper; simmer often, until tender, 8 to 10 minutes. Transfer the vegetables to a serving bowl with a slotted spoon.
- 3. Increase heat to high. Add vinegar to the pan, bring to a boil and cook until the liquid is syrupy, 5 to 7 minutes. Remove from heat and stir in butter. Drizzle the sauce over the vegetables and sprinkle with bacon.

Nutrition Facts

Serving Size: about 2/3 cup

Per Serving:

144 calories; protein 5.7g 11% DV; carbohydrates 23.8g 8% DV; exchange other carbs 1.5; dietary fiber 4.8g 19% DV; sugars 14g; fat 4g 6% DV; saturated fat 1.8g 9% DV; cholesterol 9.7mg 3% DV; vitamin a iu 831.8IU 17% DV; vitamin c 90.1mg 150% DV; folate 71.5mcg 18% DV; calcium 54.4mg 5% DV; iron 1.8mg 10% DV; magnesium 30.8mg 11% DV; potassium 513.6mg 14% DV; sodium 198.5mg 8% DV. Exchanges:

1/2 fruit, 2 1/2 vegetable, 1/2 fat

Upcoming Dates

<u>Date</u>	Event	<u>Place</u>	<u>Time</u>
Nov 5	Fair Board Mtg.	Community Building	7:00 p.m.
Nov 5	Homemaker Council Mtg.	Extension Office	9:15 a.m.
Nov 14	Fall Crops Show	Community Building	9:00 a.m.
Nov 17	4-H Junior Leader Mtg.	Community Building	6:30 p.m.
Nov 20	Camp Counselor App Due!	Extension Office	
Nov 21	Indiana 4-H Leadership Summit	Ohio County Ext. Office	9:00 a.m.
Nov 30	SEPAC Field Day	bit.ly/2020SEPACFieldday	6:30 p.m.
Dec 7	MG Wreath Making Workshop	Community Building	6:00 p.m.
Dec 10	Extension Board Mtg.	Community Building	6:30 p.m.

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