

KNOX COUNTY EXTENSION NEWSLETTER

VOLUME 10 ISSUE 5

SEPTEMBER/OCTOBER 2021

Fair season is once again over and the school year has started.

4-H enrollment for the 2022 year will open October first, you can find details in this newsletter. Also, if you did not pick up your county or state fair projects please do so as soon as possible. Congratulations to all youth and thank you for all the hard work of the volunteers.

We also want to thank the Extension Homemakers for sponsoring this newsletter. To learn more about this organization and how to join you can find details in this newsletter. If you are interested in fall prevention, ServSafe, or Mental Health First Aid programming you can also find more details inside. Programming coming up in ag and natural

resources include farm marketing, venison processing, and rainscaping details are inside.

If you have any 4-H, health, human science, agriculture, natural resource, or gardening questions feel free to call us at 812-882-3509.

Valerie Clingerman
Extension Educator-
County Extension
Director /Agriculture
and Natural Resources

INSIDE THIS ISSUE:

4-H NEWS	2-4
HHS	5-8
AG NEWS	9-10
HORTICULTURE	11



PURDUE
UNIVERSITY®

Extension

As the 2020-2021 4-H program year comes to a close. We reflect on the past year as we plan for the 2021-2022 4-H program year.

In 2020-2021, we saw both increase and decrease in the 4-H program numbers.

Youth reported they spent 44,842 hours learning by doing and contributed \$413,256 to the local economy.

The future still looks bright to continue to develop youth.

	2021	2020
4-H'ers	521	583
Volunteers	47	105
Animals Exhibited		
Beef	43	52
Cat	11	6
Dairy	5	4
Dog	21	20
Goat	83	72
Horse & Pony	50	43
Llama & Alpaca	13	9
Poultry	202	142
Rabbit	220	220
Sheep	81	65
Swine	187	175
Building Projects Exhibited		
State Projects	370	316
County Only Projects	288	251

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action institution. This material may be available in alternative formats.

4-H & Youth Development News

Mitch Wagoner,
Extension Educator
4-H Youth Development
mwagone@purdue.edu

VOLUME 10 ISSUE 5

SEPTEMBER/OCTOBER 2021

INDEX

- 4-H Enrollment
- Fair Dates
- Thank You 4-H Volunteers
- State Fair Exhibitors
- Robotics Club
- Upcoming Dates



"Fall 2021
Paper Clover
Fundraiser is
scheduled for
October 6-17,
2021.

Invite friends
and family to
support 4-H by
donating \$1 at
check out."



4-H ENROLLMENT!

Parents can go into 4HOnline
(<https://in.4honline.com>) to
enroll/re-enroll their children in 4-H for 2022

Starts: October 1, 2021

Ends: January 15, 2022

Certificated adult volunteers need to go into 4hOnline
(<https://in.4honline.com>) to re-enroll as an adult
volunteer and to sign your

2022 Adult Behavior Expectations by **Jan. 15!**

If you do not have internet access please contact the Extension Office
(812-882-3509) so we can help!

Knox County Fair: July 18-23, 2022

Indiana State Fair: July 29-Aug 21, 2022

**A BIG THANK YOU TO
ALL 4-H VOLUNTEERS
FOR MAKING THIS
YEAR A SUCCESS!**

4-H Exhibitors at State Fair

Abel, Aaliyah	Dellinger, Eliza	Kaiser, Cora	Ricketts, Colton
Abel, Brylee	Dellinger, Salena	Kaiser, Hazel	Robinson, Paris
Althoff, Jayna	Detweiler, Grace	Kaiser, Kyle	Rode, Kaelyn
Anthis, Lillian	Dillon, Jacob	Kaiser, Madeleine	Rode, Kambric
Baldwin, Kieran	Dunn, Caleb	Keller, Harlee	Rusch, Adrienne
Beard, Caroline	Dunn, Danica	King, Jacob	Schmidt, Zac
Beard, Kaitlyn	Dunn, Landon	Knoy, Hannah	Shaw, Shelby
Berryman-Pigg, Jada	Evans, Brooklyn	Knoy, Jacob	Sheren, Kolby
Black, Kevi	Ferguson, Samantha	Lafferty, Myra	Sheren, Lucy
Bland, Maggie	Fields, Sirkka	Lane, Mason	Small, Dillon
Blubaum, Taylor	Gardner, Jordan	Lane, Owen	Smith, Cole
Bolger, Allison	Garretson, Avery	Loudermilk, Braydon	Smith, Hazel
Candler, Alyssa	Gilmore, Payton	Loudermilk, Colin	Smith Kadee
Candler, Lauren	Gilmore, Zoe	Loudermilk, Lauren	Smith, Riley
Candler, Tori	Gladish, Braelyn	Loudermilk, Levi	Sparks, Landon
Cardinal, Bryson	Gladish, Taylor	Marchino, Addyson	Sprague, Joshua
Cardinal, Daisee	Haggard, Bradyn	Marsh, Abbi	Summers, Iva
Cardinal, Dallas	Haggard, Michael	Martinez, Mariah	Sutton, Geralt
Cardinal, Jonathan	Hammelman, Jackson	McCormick, Zoey	Telligman, Emma
Cardinal, Quaid	Hammelman, Taylor	Minnich, Trey	Thompson, Tori
Carrie, Alice	Hatcher, Angel	Misiniec, Alexis	Vieke, William
Carter, Morgan	Hatfield, Hattie	Misiniec, Jacob	Westfall, Hope
Chattin, Cameron	Hayden, Marcus	Newton, Clayton	Will, John
Claycomb, Eva	Hayden, Noah	Nowaskie, Holt	Will, Madison
Cockerham, Katelyn	Hayes, Gwentyth	Nowaskie, Sarah	Williams, Kaitlyn
Daugherty, Laura	Hedge, Katelyn	Peterson, Braydon	Williams, Luke
Decker, Adron	Hedge, Madison	Peterson, Landon	Wilson, Trenton
Decker, Chloe	Hammelman, Reece	Pieper, Henry	Wolfe, Kyla
DeCoursey, Dylan	Holscher, Carson	Piper, Hadley	Wonning, Alli
DeCoursey, Jenna	Johnson, Rylee	Reel, Caroline	
DeCoursey, Jonathan	Kahre, Briar	Reynolds, Phebe	
DeLisle, Addyson	Kahre, Sidney	Rickard, Natalee	

**Congratulation to
all the exhibitors!**

**Interested in learning about
Computer Coding and
Robotics?**

Knox County 4-H Robotics Club Call Out Meeting

At the meeting, we will discuss
Club expectations & Club
meeting schedule.

**The Club is looking for Adult
Volunteers!! Just need an
interest in Computer Coding**

Who: 4-H'er in Grades 3 – 12

When: Monday, October 25 at
6:30 pm EST

Where: Knox County
Fairgrounds

Contact: Mitch Wagoner,
4-H Educator at
812-882-3509 or
mwagone@purdue.edu

Upcoming Dates

- Area 3 4-H/FFA Soils CDE at Warrick Co Fairgrounds: September 27
- **4-H Enrollment Begins: October 1 !!**
- National 4-H Week: October 3-9
- Tractor Supply Company Paper Clover Fund: October 6-16
- State Livestock Skill-a-thon CDE at Hendricks Co Fairgrounds: October 2
- Indiana 4-H Leadership Summit: October 23
- Area 3 4-H/FFA Crops, Forestry, & Entomology CDE: November 10
- 4-H Enrollment ENDS: January 15
- 4-H Scholarships DUE: January 25

Like us on Twitter at:

“@knox_in4h”



Find us on Facebook at:

“KnoxCountyIN4H”



Like us on Instagram at:

“@knoxcountyin4h”



HEALTH & HUMAN SCIENCES



Purdue Extension Presents Bite By Bite: Nutrition For Life

A podcast covering the latest fads in food and nutrition where we cut through the hype, explore the science behind food and nutrition, and provide practical tips for incorporating healthful strategies into everyday life. Find our podcast at **anchor.fm/BitebyBite** and be sure to follow us on social media to stay connected and suggest topics for us to cover! (This is brand new so we'll distribute to more sites as we launch new episodes!)



Facebook: @BitebyBiteNutritionForLife



Instagram: @BitebyBiteNutritionForLife



Matter of Balance Fall Prevention Class

Learn how to improve your balance and reduce your risk for falls. For anyone who has fallen or is afraid of falling. For more information or to register call 812-882-3509. Class size limited to 15.

WHEN: Fridays September 17-Nov 5; 1-3PM

WHERE: 4-H Exhibit Hall, Knox County Fairgrounds

COST: Free, but you must register by calling 812-882-3509

Extension Homemakers—Dates

- Sept 1: County Council Meeting, 10AM
- October 18-23 IEHA Week; Oct 23 Make a difference day
- Nov 3: County Council Meeting, 10AM
- Jan 5: County Council Meeting, 10AM
- March: various scholarships due—see program book or state website
- March 2: County Council Meeting, 10AM
- March 8: Spring District Meeting, Daviess County



ServSafe Manager Class and Certification Exam

This class and exam fulfills Indiana requirements to become a “Certified Food Protection Manager” (formerly called Certified Food Handlers).

This class and proctored examination is offered at a variety of dates and locations. For more information contact Tonya @ 812-882-3509 or short43@purdue.edu. For a list of upcoming class dates visit:

www.purdue.edu/servsafe/workshops



A Pandemic? Still?!

So, this time last year I wrote an article entitled “Are we Post-COVID yet?” How little did I know that a full year later we would still be asking the same question! We have learned a lot about this new virus since then. As a society and as a globe, we have made amazing progress. There is still a long road ahead of us though. Here is what we know:



1. Coronavirus has no political affiliation. It doesn't care if you voted or how you voted. It's only goal is to infect as many people as possible, because that is how it thrives and survives.
2. The longer it thrives and survives, the more chances it has to develop into a new and different variant.
3. Only the strong survive, right? So the variant that is able to infect more people and make them sicker is naturally going to be the one that survives.
4. Our vaccines are working, but only for those who choose to get one (or two).
5. Ok, wait. Bullet #4 is not exactly true. When someone is protected by vaccine, they are reducing the likelihood the virus will spread. So, a vaccinated person is protecting themselves and everyone they interact with.
6. The more we can slow the virus, the sooner this can be over with. We can go back to normal. Our kids can go back to normal.
7. Here is how you can help slow the virus.
 - a. Continue to practice good hand hygiene
 - b. Continue to maintain social distancing, especially around others who are not vaccinated.
 - c. Wear a face covering, especially in crowded situations or when around others who are not vaccinated.
 - d. Ask your medical provider about the vaccine and get answers to your specific concerns.

The best choice is the informed choice. Talk to your doctor or learn more at www.cdc.gov/coronavirus/vaccines

Who are Extension Homemakers

The Indiana Extension Homemakers Association (IEHA) was organized in 1913 and boasts a rich history of upholding and strengthening individuals, families and communities through outreach, partnership, education, and social support. We are leaders. We are educators. We are community. Knox County currently has four active Extension Homemaker clubs. If you are looking for ways to connect and learn, Extension Homemakers might be for you. From crafting to cooking, making friends, and having fun. Extension Homemakers has something for everyone. And let's not forget developing leadership skills, scholarship opportunities, and other health and safety education to make your life strong and prosperous. Learn more at www.ieha-families.org or contact Knox County Extension Homemakers County President, Pat Summers at 812-881-7710.



"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."
John Quincy Adams

"Leadership and learning are indispensable to each other." -John F. Kennedy

2021 Open Class Deemed Success

WOW!!! That was a great fair this year. We were in our new building and had a fun time decorating with our aprons. We had over 200 exhibits which was good because we were not sure what to expect after cancelling last year. Everyone expressed a joy to be back and loved the new building. The picture with the Grand Champions was in the newspaper; I hope you saw it. We also had some new sponsors this year. Thanks to our Superintendents and my assistant Barb Holscher and for all our volunteers. Thanks to your hard work I believe we got a good showing. A big thanks to Dennis for his donation and for the Best of Show Award. I hope everyone who came to view the exhibits will be back next year with their exhibits. I know its a long way to drive to Bicknell but we really need more help next year. Please contact Myself or Barb if you would like to be involved.

Patricia Summers, County Pres. 812-881-7710

September is fall prevention month

Over half of all falls happen at home. Follow these tips to fall-proof your home.

- Remove or correct trip hazards like rugs, extension cords, loose carpeting, furniture, or clutter that may obstruct walk ways.
- Make sure stairways have sturdy handrails on both sides and have light switches at the bottom and top of stairs. Always keep one hand free to hold on, even if it means making more trips.
- Keep nightlights in the bed and bathroom; keep a lamp or flashlight within easy reach of bed.
- Use only non-skid mats in areas that get wet like by the tub or kitchen sink. Consider installing grab bars by the tub and toilet and adding a textured non-slip surface to the tub and shower.
- Situate telephones where they are easy to reach and the cord is not a trip hazard.
- Keep items you use often within reach. If you have a step ladder make sure it is sturdy with a handrail on top. Do not climb or stand on chairs; use a reach stick or, better yet, ask for help.

For a home checklist visit: www.cdc.gov/steady/pdf/check_for_safety_brochure-a.pdf or contact Tonya at 812-882-3509. (see ad for Matter of Balance fall prevention class on page 5.)

Mental Health First Aid

Be the Difference

Upcoming in-person classes—Evansville

Mental Health First Aid is an evidence-based course that teaches participants how to recognize when someone might be experiencing a mental health challenge and how to reach out to offer help and find other resources. By raising awareness and understanding of these disorders we can reduce the stigma often associated with seeking resources and care. The course is currently offered in both virtual and in-person formats. Both formats include:

- approximately two hours of self-paced online learning, and
- six hours of live instruction led by Purdue Extension staff (either in-person or via Zoom depending on the course you choose)

Participants must attend and participate in all course content and activities in order to receive their certification. (Self-paced section must be completed at least 48 hours prior to your “live” class date.)

The registration deadline is approximately two weeks in advance of your chosen class date, and advance registration is required. If you have questions about the Adult Mental Health First Aid course content or schedule, please contact Purdue Extension by e-mail at mhfa@purdue.edu.

Purdue University is an equal opportunity/equal access/affirmative action university. If you require special accommodations to attend this event, please contact Tessa Garrow, Purdue Extension, at 765-496-6849 or by e-mail at tgarrow@purdue.edu at least 2 weeks prior to your preferred course date.



**Mental Health
FIRST AID**

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Upcoming area in-person courses: (some online pre-work required)

The live instruction will be held from 9:00 AM until 4:00 PM CT on class dates listed below.

Adult Mental Health First Aid:

For adults who interact with other adults

- September 14, 2021, Evansville, 9-4 CT
- For more details or to register, visit: <https://cvent.me/L45YMk>

Youth Mental Health First Aid:

For adults who interact with adolescents

- September 15, 2021, Evansville, 9-4 CT
- For more details or to register, visit <http://cvent.me/34XAQ7>

To find other in-person or virtual class offerings, visit extension.purdue.edu/mhfa

Purdue University is a pre-approved provider of Category 1 Continuing Education for all of the following: - Mental Health Counselors and Associates - Marriage and Family Therapists and Associates - Social Workers, Clinical Social Workers and Associates - Addiction Counselors, Clinical Addiction Counselors and Associates. Participants receive a certificate upon completion of the entire course attesting to contact hours, though it is participant responsibility to verify continuing education eligibility for their profession.

AG & NATURAL RESOURCES



Like **Purdue Extension Knox County Ag and Natural Resources** on Facebook.



If you would like to receive monthly e-newsletters call 812-882-3509 or e-mail me to be added.

Upcoming Events

Date	Event	Time (Eastern)	Location	Contact info.
Aug. 31	Women in Ag Lunch n' Learn-Marketing Workshop (see article below)	6:00pm	Knox County Fairgrounds, Bicknell	Register by calling: 812-882-3509
Sept. 7	Venison Processing Workshop (see page 10)	6:00pm-9:00pm	VU Ag Center, Vincennes	812-882-3509
Sept. 8-9	Indiana Land Use Summit	9:30am-12:30pm	Virtual	Register at: http://www.purdue.edu/conferences/INLandUseSummit2021
Sept. 10	Grain Dust Explosion Prevention Workshop	1:00pm-2:00pm	Southern IN Purdue Ag Center, Dubois	812-678-3411
Sept. 11	Invasive Plant Control Training for Landowners	9:00am-5:00pm	Southern IN Purdue Ag Center, Dubois	Register by Sept. 3 by calling 812-482-1171 Ext 3
Sept. 18	Small Ruminant Field Day	1:00pm-5:00pm	Southern IN Purdue Ag Center, Dubois	Register by calling: 812-338-5466
Sept. 25	Monarch Madness	11:00am-2:00pm	Fox Ridge Nature Park, Vincennes	812-882-8210 Ext 3
Oct. 13, 20, 27 Nov. 3, 10	Rain Gardening Webinar Series	6:00pm	Virtual	812-882-3509

Women in Agriculture Lunch 'n Learns to Focus on Current Agriculture Issues

The Purdue Extension Women in Ag Team has seven Lunch n' Learn sessions planned for August and September. Each session will offer an enlightening educational program, meal, and networking opportunity.

There is no charge for these sessions due to the generous support of Farm Credit Mid-America, the Indiana Soybean Alliance, and the Indiana Corn Marketing Council. Register by contacting a host site directly or at this link: <https://tinyurl.com/WIALunch2021>.

The nearest host sites include the following:

*Knox Co. Fairgrounds, Bicknell, IN, August 31 @ 6 p.m. Topic is marketing. Contact # is 812-882-3509.

*Monroe Co. Fairgrounds, Bloomington, IN, September 8 @ 10:00 a.m. Topic is land leasing. Contact # is 812-349-2575.

*Vermillion Co. 4-H Community Building, Cayuga, IN, September 21 @ 6:00 p.m. Topic is succession planning. Contact # is 765-492-5330

Please register a week in advance of the event that you wish to attend.

AG & NATURAL RESOURCES

Scout late planted crops for fall armyworm

Fall armyworms have been causing major damage to soybean and forage crops in Kentucky and they could move into southern Indiana. Typically, we see infestations in corn and other grass crops but they can feed on most plants.

In Knox County, late planted crops such as forages, cover crops, double-crop soybean, and alfalfa could be at risk. Fall armyworm move in large numbers and consume large amounts of foliage. The key is to scout fields and spot this pest before the worms get greater than an inch long. At that point they are very difficult to control.

Proper identification is critical the moth has dark gray mottled forewings and a white spot near the end of each. Larvae when newly hatched are green and move in a looping motion. As they grow their color varies from light tan or green to nearly black. They also have three yellow lines that go down their backs. Next to these yellow lines is a wider dark stripe, followed by a wavy yellow stripe with red splotches. There is also a white inverted Y-shape between their eyes.

Typically management is not necessary however if 50% of plants show fresh feeding and the larvae are small there are numerous insecticides available. To learn more you can call the Purdue Extension-Knox County Office 812-882-3509 or you can visit:

<https://extension.entm.purdue.edu/fieldcropsipm/insects/fall-armyworm.php>

Venison processing workshop teaches skinning, butchering, food safety, and preparation

The Purdue Cooperative Extension Service, in partnership with the Indiana Department of Natural Resources' Division of Fish & Wildlife is once again sponsoring its' award-winning series of September venison processing workshops.

During each workshop, a deer will be skinned, butchered, and prepared in a variety of ways for the participants to taste. Food safety and handling procedures, as well as an update on deer health issues will be presented.

These highly-acclaimed programs are designed to provide hands-on opportunities for participants to practice what they have been taught. The personable and experienced instructors ensure that there is an informal atmosphere during the programs, and pledge to stay afterwards until all questions have been answered.

The overall goal of our instructors is to equip participants with the skills and knowledge necessary to safely process their own deer and end up with a delicious, high quality product that they will be proud to share with family and friends.

Adult registration is \$10, however children are admitted free of charge. All programs are 6-9pm local time.

Pre-registration is appreciated. To reserve your spot for the Vincennes location, please call Valerie Clingerman in the Knox County Extension Office at 812-882-3509, and for the Farmland location please call Jonathan Ferris at (765) 973-9281.

Date/Location

9/7 – Purdue Extension Food Safety Training Hub, Located in the Vincennes University Ag Center, 4207 Purdue Rd, Vincennes, Ind. 47591

9/17 – Davis Purdue Ag Center, 6230 North State Road 1, Farmland, Ind. 47340

HORTICULTURE

Summer tree care can help keep them healthy

Tree growth can slow during the summer months especially as water becomes limited. When water is lacking a tree will experience a reduction in food reserves and energy. This reduction will make the tree more vulnerable to health issues and reduce its defense against pests. These pests include both insects and disease. A few things you can do to help keep your tree healthy include:

- 1) Water trees if rainfall is not at least one inch per week. Mature and young trees both need supplemental watering during these times. For young trees one method for watering is the 5+5 rule where you apply five gallons of water plus five gallons for every diameter inch of the tree trunk. For a mature tree supplement one inch of water every week. Irrigate the area in the drip line and use a catch device to measure one inch of water. Watering should continue until the ground is frozen.
- 2) Refresh mulch and expand mulch rings. This helps reduce water needs and reduces competition from weeds. Expanding mulch to the dripline is a great idea, it also helps with surface roots issues. Remember mulch should be no more than three inches deep and it should be 6-12 inches away from the trunk of the tree to prevent trunk rotting and insect and vole damage.
- 3) Mite and scale insects can also be problematic when hot dry conditions prevail. These insects can cause major damage to young or sick trees. Depending on infestations and the overall tree health insecticides may be needed. Remember to read and follow all labelled directions.
- 4) Proper pruning can also help the tree. Pruning out injured, dead, rubbing, and diseased limbs can not only help the tree health but also reduce human risk. Remember though not to take too much green tissue because this produces food for the tree.
- 5) If you have a tree in question it is always good to consult with an ISA Certified Arborist. A reputable arborist can help provide the best solutions to keep trees healthy and reduce potential risk for damage due to storms.

For more information contact the Purdue Extension-Knox County Office by calling 812-882-3509 or visit: <https://www.purduelandscapereport.org/article/summer-tree-care/>

Storing left over garden seed properly ensures future success

If you didn't use all of your garden seed this year much of it can be stored for next year. It will be important however to store it properly for the best success.

Seeds need to be kept in a cool, dry, and dark location. This helps to minimize fungal infection. You can keep seed in original packaging or transfer seed to another container. Make sure to label with plant name and year purchased. For small amounts of seed you can also put it in sealable jars and store in the refrigerator. You can place a layer of powdered milk or uncooked rice at the bottom of the container to absorb any moisture. Use a paper towel to keep the seed separated from the absorptive material.

Next, spring you can perform a germination test on a few seed to decide how well it stored over winter. This can help you determine if you will need to purchase new seed or if you will have enough for the 2022 season.

To help with your 2022 garden planning here is the expected storage life (years) of some common vegetable plants: bean (3), beet (4), sweet corn (2), cucumber (5), onion (1), pea (3), pepper (2), squash (3), tomato (4), and watermelon (4).

To see more flower and vegetable expected storage life spans contact the Purdue Extension-Knox County Office or visit:

<https://www.purdue.edu/hla/sites/yardandgarden/storing-leftover-garden-seed-3/>



Extension

Purdue University Cooperative Extension Service
Knox County
4259 North Purdue Rd.
Vincennes, IN 47591

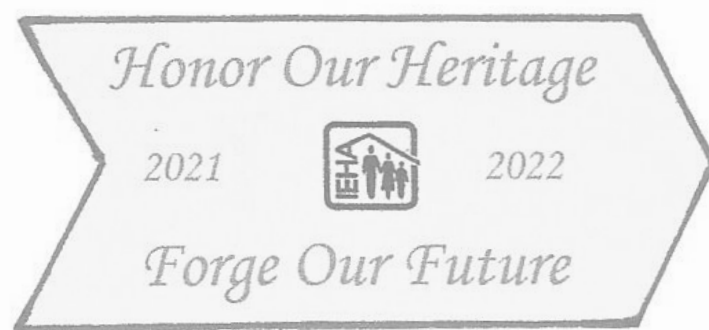
Nonprofit Organization
U.S. Postage
PAID
Vincennes, IN
Permit No. 39

**This Purdue Extension-Knox County newsletter is sponsored by the
Knox County Extension Homemakers**

Look inside for agriculture & natural resource, health and human science, and 4-H updates.

Who are the Knox County
Extension Homemakers?
See page 7 to learn more
and find out how to connect.

Sincerely,
Pat Summers, President



“Strengthening families through continuing
education, leadership development and
volunteer community support.”

