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Fall is a great time for many festivals and a time to visit farm stands to get apples, pumpkins and other produce.

Fall is also a great time to do lawn and garden maintenance. You can find articles in this newsletter about reseeding turf and soil sampling.

4-H enrollment will begin October 1st so if you have youth K-12 interested, now is the time to register.

ServSafe and mental health classes are also available.

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

Valerie Clingerman Extension Educator

Agriculture and Natural Resources/County Extension Director

**The Science of Food Preservation**

This past summer Knox County was host to a 4-day food preservation workshop led by our area Purdue Extension Master Food Preservers. This intensive workshop takes a deep dive into the science behind food preservation techniques complete with demonstrations and hands-on activities. Topics covered include: boiling water bath canning, pressure canning, freezing, pickling, fermentation, and jams & jellies.

The purpose of food preservation is to ensure that food remains safe to eat, while maintaining peak quality and nutrient content. This class teaches participants the different methods of safe food preservation while allowing them to experiment with different variations to learn what technique might be optimal for a particular food.

Participants prepared and preserved 10 different products that allowed experimentation and comparison of different techniques. Some examples include: hot pack vs raw pack tomatoes, the effects of blanching on frozen vegetables, the quality difference of freezing fruit in sugar vs syrup, and how jams made with sugar vs sugar substitutes compare.

To learn more about this or other food preservation programs, call the office or email Tonya at short43@purdue.edu

**4-H & Youth Development**

Mitch Wagoner

Extension Educator – 4-H Youth Development

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**4-H Enrollment for 2024-2025**

**Parents** can go into 4Honline (https://v2.4honline.com) to enroll/re-enroll their children in 4-H for 2024

**Starts: October 1, 2024 Ends: January 15, 2025**

**Certificated adult volunteers** need to go into 4hOnline (https://v2.4honline.com) to re-enroll as an adult volunteer and to sign your 2025 Adult Behavior Expectations by **Nov. 1**!

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

**Knox County Fair: TBA for 2025**

**Indiana State Fair: TBA for 2025**



As the 2023-2024 4-H program year comes to a close, we reflect on the past year as we plan for the 2024-2025 4-H program year.

Youth reported they spent 21,861 hours learning by doing and contributed $383,810 to the local economy.

The future still looks bright to continue to develop youth.

**Knox County 4-H Exhibitors at State Fair:**

Althoff, Jayna

Althoff, Jon

Anderson, Ali

Anderson, Andi

Anderson, Hayden

Beard, Caroline

Bilskie, Isabelle

Blubaum, Ellie

Blubaum, Taylor

Candler, Lauren

Cardinal, Bennett

Cardinal, Bryson

Cardinal, Dallas

Cardinal, Kix

Carter, Morgan

Cockerham, Kallie

Cockerham, Katelyn

Davis, Brinxley

Deckard, Amie

Decker, Adron

Decker, Chloe

DeCoursey, Jenna

Dellinger, Baxter

Dellinger, Lee Emma

Duckworth, Caleb

Dunn, Abigail

Dunn, Brantley

Dunn, Landon

Dyer, Jocelyn

Ferguson, Samantha

Fields, Sirkka

Fuller, Addison

Garner, Coleman

Garretson, Avery

Hammelman, Jeremiah

Hammelman, Moxon

Hansen, Kolton

Hatcher, Angel

Johnson, Rylee

Kahre, Briar

Kahre, Sidney

Kaiser, Cora

Kerns, Harrison

Khurana, Arjun

Kixmiller, Gavin

Klem-Kixmiller, Kali

Lafferty, Myra

Loudermilk, Braydon

Loudermilk, Ella

Loudermilk, Levi

Mason, Brynlee

Misiniec, Alexis

Nettles, Brooklynn

Nettles, Caleb

Noland, Abby

Nowaskie, Sarah

Parsley, Jessica

Quarterman, Brynnlee

Reynolds, Phebe

Rickard, Natalee

Risley, Alexa

Risley, Mitchell

Roark, Avery

Roberts, Haley

Rode, Kambric

Setser, Elijah

Slaven, Reid

Small, Dillon

Smith, Cole

Smith, Malcolm

Summers, Iva

Thomas, Layla

Tiek, Brennen

Toney, Miles

Vieke, Maggie

Vieke, William

Wagoner, Abigail

Wells, Regan

Wolters, Adalin

Wolters, Hope

Wonning, Brady

Worland, Tucker

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| **Reserve Grand Champion: Wether Dam** |
| Kahre, Sidney |

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| **Top 10 Honor Group for Suit or Coat** |
| Rode, Kambric |

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| **Junior Barrow & Junior Gilt Overall Showmanship** |
| Blubaum, Ellie |

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| **Special Merit: Building Project** | |
| Beard, Caroline | Lafferty, Myra |
| Bilskie, Isabelle | Smith, Cole |
| Carter, Morgan | Smith, Malcolm |
| Davis, Brinxley | Wolters, Adalin |
| Ferguson, Samantha | Wolters, Hope |
| Garretson, Avery |  |

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| **Top 10 Honor Group for Formal Wear** |
| Candler, Lauren |

**Congratulations to all those who competed at State Fair!**

**Upcoming Dates**

* Area 3 4-H/FFA Livestock Skill-a-thon CDE at Daviess Co 4-H Fairgrounds: September 12
* Area 3 4-H/FFA Soils CDE in Daviess Co: September 25
* **4-H Enrollment Begins: October 1!!**
* Tractor Supply Paper Clover: October 2 – 13
* National 4-H Week: October 6 – 12
* Indiana 4-H Leadership Summit: TBA
* Area 3 4-H/FFA Crops, Forestry, & Entomology CDE: November 13
* 4-H Enrollment push ENDS: January 15, 2025
* 4-H Scholarships “Senior Year & Accomplishment” DUE: January 25, 2025

**Call out for 4-H Volunteers!!**

Volunteers and parents are valuable partners in the 4-H program, and their contributions can have a profound impact on the lives of 4-H members long after they reach adulthood. Volunteers have a vital role to play in 4-H clubs, after-school programs, community service, civic engagement and camping programs.

There are many ways to volunteer, including volunteering short-term in a special interest club, as a **trip chaperone**, or longer-term volunteering such as leading an after-school or **traditional club**.

**Club Leaders needed for**

**Livestock Club “2”, Tractor Club “2”, & Vincennes Club “1”**

**Social Media**

Facebook: “KnoxCountyIN4H”

Instagram: “@knoxcountyin4h”

## **Health & Human Sciences**

Tonya Short, Extension Educator – Health & Human Sciences

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# Extension Homemakers—Updates

Next **County Council** meeting is September 2, 2024 at 10:30AM. This meeting is for county officers, club presidents, and anyone else who cares about Knox County Extension Homemakers.

**Club Presidents:** if you have activities or announcements to include in the newsletter, get that information to Tonya by the 15th of even numbered months. E.g. Information to Tonya by June 15 for printing in the July-August newsletter.

**Fall District Meeting**, October 2, 2024 Gibson County

# IYI Youth Worker Café

De-Escalating Agitated Youth

**Who:** Anyone who works with or interacts with youth. You do not have to be a youth worker to attend.

**When:** November 12, 2024, 11A-1P ET

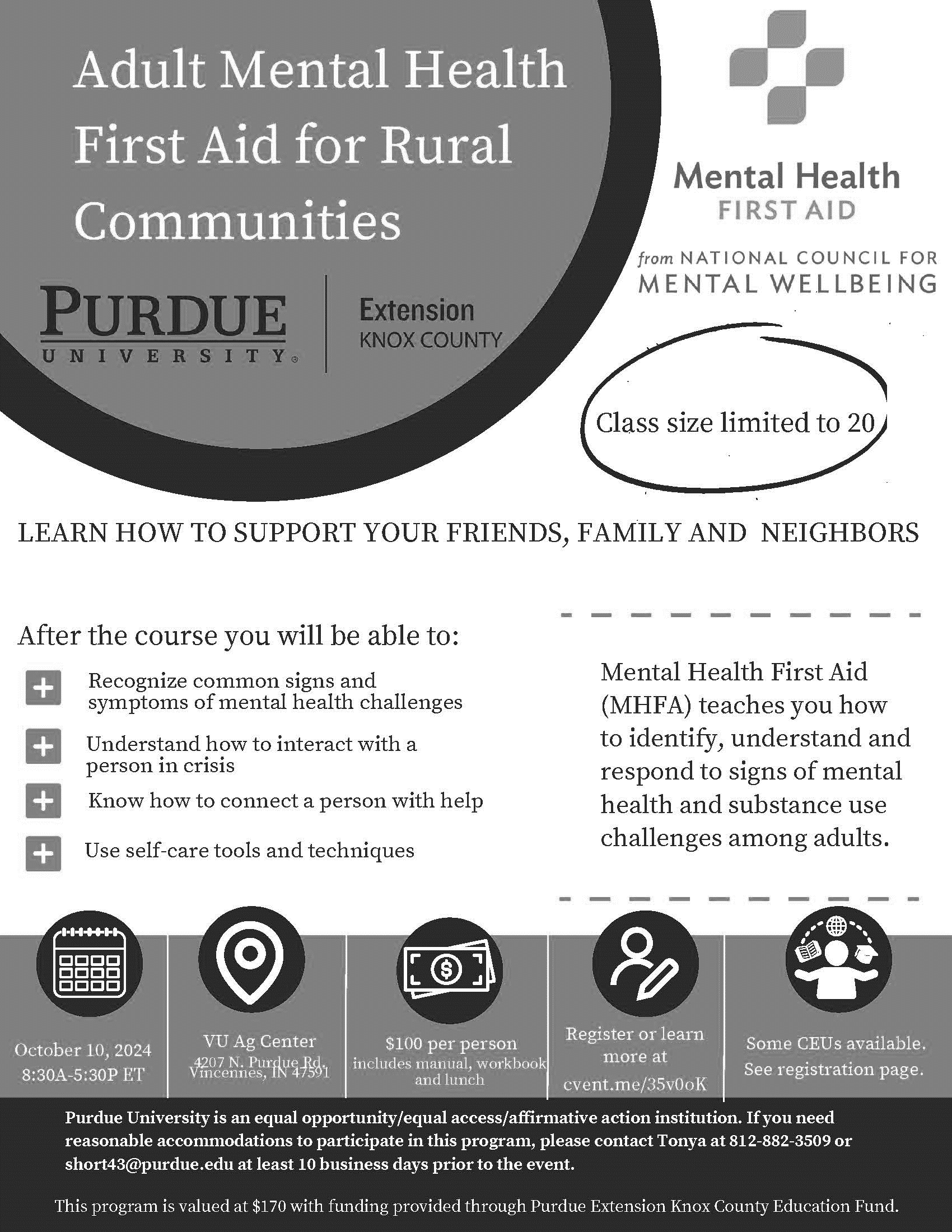
**Where:** KCARC 1972, Vincennes

**Description:** In your work as a youth-serving professional, you may encounter agitated people. De-escalation can be challenging as you care for the young person, others, and yourself, all at the same time. And the intensity of the moment when a young person’s behavior is escalated may feel hard to handle. Knowing how to respond quickly with calming de-escalation skills is the key. This workshop will focus on prevention, intervention, and postvention of de-escalation.

Presented by: Kent Leslie, Assistant Director of Programs, Youth First, Inc.

Lunch will be provided and CEUs may be available through the IU School of Social Work.

Learn more and register at: <https://iyi.org/events/>

[](https://cvent.me/35v0oK)

# Mental Health First Aid for Rural Communities

October 10, 2024, 8:30A-5:30P

VU Ag Center

Register or learn more at <https://cvent.me/35v0oK>

# ServSafe Manager and Food Handler courses

ServSafe Manager Certification is an approved training in the state of Indiana to become a certified food protection manager.

ServSafe Food Handler is for anyone else who needs basic food safety and food handling training, including home-based vendors, food service workers, volunteers, or others who work with food who only need the basic training. This course is NOT intended for food service managers.

Here are upcoming classes scheduled in our area. For more information including registration links visit [www.purdue.edu/servsafe/workshops](http://www.purdue.edu/servsafe/workshops) or <https://extension.purdue.edu/county/knox/ServSafe.html>

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| **ServSafe Manager Classes** | |
| When | Where |
| October 22, 2024 | Washington, IN contact Jennifer 812-254-8668 |
| February 19, 2025 | Dubois County contact Chelsea 812-482-1782 |
| July 22, 2025 | Vincennes, IN contact Tonya 812-882-3509 |

# Bite by Bite: Nutrition for Life

# Podcast

Anywhere you look you can find a magic pill or formula promising to protect your health and transform your body in three easy steps. And, many of these claims do have (or at least started with) a speck of valid science. So, how to you cut through all the hype and separate truth from false marketing claims? The truth is, it doesn’t have to be that complicated! Join us as we explore and dissect different fads and trends to discover the real science behind food and nutrition.

Find us on Apple and Google podcasts, Radio Public and Spotify. Follow us on Facebook and Instagram @BiteByBiteNutritionForLife

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## **Agriculture & Natural Resources**

Valerie Clingerman-Extension Educator

Agriculture & Natural Resources

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

**\***\*To receive monthly e-newsletters call 812-882-3509 or e-mail me to be added.

**Upcoming Events**

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| Date | Event | Time (Eastern) | Location | Contact info. |
| Sept. 4 | Microirrigation Workshop | 3:00-8:00pm | Southwest Purdue Agriculture Center, Vincennes | Register at <https://tinyurl.com/24VegIrrigationWksp> |
| Sept. 7 | Hunter Education Course | 8:00am-6:00pm | Bruceville Rod & Gun Club, Bruceville | Register at: <https://www.register-ed.com/events/view/217090> |
| Sept. 17, 24, Oct. 1, 8, 15, 22, 29 | Becoming the Employer of Choice (see below for details) | 12:00-1:00pm | Virtual | <https://tinyurl.com/BTEOC2024lunchnlearn> |
| Sept. 21 | Monarch Madness | 11:00am-2:00pm | Fox Ridge Park, Vincennes | 812-882-3509 |
| Sept. 28 | Fishing 101 | 4:00-6:00pm | Fox Ridge Park, Vincennes | 812-882-3509 |
| Nov. 12 | Knox Co. PARP\*/CCH\*\* | 10:00-12:00pm | TBD | 812-882-3509 |
| Dec. 13 | Agriculture Outlook/PARP\* | Morning | Knights of Columbus, Vincennes | 812-882-3509 |

\*PARP=Private Applicator Recertification Program \*\*CCH=Commercial Applicator Credits

**Becoming the Employer of Choice**

Becoming the Employer of Choice is a program geared toward current and future farm and other business manager/owners looking to improve their human resource management skills. This program includes hands-on activities to engage managers to increase awareness and ability. Topics include: from manager to leader, developing a motivated workforce, hiring the right people, farm and business culture, strategic leadership and on-boarding, keeping good employees, and managing conflict.

Our next class will meet virtually on Tuesdays from Sept. 17-Oct 29 from 12-1pm eastern. Register at [https://tinyurl.com/BTEOC2024lunchnlearn](https://tinyurl.com/BTEOC2024lunchnlearn?fbclid=IwZXh0bgNhZW0CMTAAAR1Y7qFPMKLxdsN8iKZQLfVGjQorPtd94LMsb64PTxdqAFWr5qFq7S6qy_o_aem_kDKtG9BMLTYT47TX6prXkg). If you have questions call 812-882-3509.

# **Rootworm Beetles Are Pollen Feeders…More Than Just Corn!**

##### By: [Christian Krupke](https://extension.entm.purdue.edu/newsletters/pestandcrop/author/christian-krupke/) and [John Obermeyer](https://extension.entm.purdue.edu/newsletters/pestandcrop/author/john-obermeyer/), Purdue University

The vast majority of corn has long ago completed pollination.  There are the late-planted fields that have yet to do so. Those are the fields that potentially act as a “trap crop” for various insect pests as they look for their main protein source…pollen. One particular insect, known by some producers as silk beetles, is the western corn rootworm beetle. In previous years, this was the time for the peak number of beetles present in the state. In fact, for research trials we deliberately plant corn late the year before in an attempt to lure pollen-feeding female beetles into the crop so there will be plenty of eggs in second year corn. However, beetle numbers are much lower than they once were in general. Still, it is worth a look to see whether rootworm protection (typically a Bt corn hybrid) is a worthwhile option for your operation.

It goes without saying, fewer beetles will lay fewer eggs. Of course, the only way to know risk for next year, is to assess rootworm beetle populations NOW, on a field-by-field basis. Unlike some other pest insects, rootworm beetles do a lot of feeding as adults. Rootworm beetles, are pollen feeders, and while corn pollen may be a staple, it’s far from the only food source. So, whether in weedy soybean or wheat stubble fields, pollen from a multitude of weeds (e.g., foxtail, volunteer corn, ragweed, lambs-quarters, pigweed, mustards, etc.) will draw them in to feed. These too are “trap crops” and will likely encourage significant egg laying for next year’s corn roots leading to unexpected lodging. In other words, another reason to keep weed control in mind. Especially if one wants to plant corn without Bt-rootworm traits.

To view this full article visit: <https://extension.entm.purdue.edu/newsletters/pestandcrop/>

**Microirrigation Workshop for Small-Scale Farms**

Join us for an informative workshop designed specifically for small-scale vegetable producers. This event will be held at the Southwest Purdue Ag Center (4369 N Purdue Rd, Vincennes, IN 47591), on September 4th, 2024, from 3:00 to 8:00 PM EST. Dinner will be provided.

### **Workshop Highlights**

### **Understanding Irrigation:** Learn the importance of proper irrigation management for vegetable production.

### **NRCS EQIP Programs:** Discover available programs and how to apply for them.

* **Expert Speakers:**
  + Cara Bergschneider, NRCS Urban Conservationist
  + Wenjing Guan, Purdue Extension Specialist
  + Scott Wagner, NRCS Agricultural Engineer

### **Topics Covered**

### Plant Response to Water

* Irrigation Scheduling
* Automatic Irrigation Control
* Estimating Soil Moisture and Soil Moisture Sensors
* Irrigation Water Quality
* Water and Soil Health

The workshop includes both indoor presentations and field tours. This program is free but limited to 50 participants. If you are interested, please register at tinyurl.com/24VegIrrigationWksp. For questions about registration, contact Valerie Clingerman at [**clingerman@purdue.edu**](mailto:clingerman@purdue.edu) or (812) 882-3509. For sponsorship inquiries, contact Barb Joyner at [**joynerb@purdue.edu**](mailto:joynerb@purdue.edu) or (812) 886-0198.

**Fall is a great time for soil sampling**

This year has been an interesting year of various garden issues but one thing you can do now to prevent issues for next year is soil sample. Soil sampling gardens and landscape beds is important for many reasons. One big reason is that fertilizer is expensive so why spend money on something that you may not need, also over application of nutrients can cause more harm than good for both your plants and the environment.

Common soil test reports have pH, phosporous, potassium, calcium, magnesium, organic matter, and cation exchange capacity. Typically these reports will give you the amount of these in your sample and if that is a low or high number. Some reports will also give you suggested fertilizers and application rates.

Before you sample you need to understand how to collect a good sample. A soil probe is ideal to take samples but you can also use a trowel, long knife, or spade. Just make sure you get samples that are similar depths and amounts. A nice thing about soil testing is that you only have to do it once every 3-5 years unless you are trying to change a number then you may need to sample more often. Keep in mind it could take many months to change some of these numbers, that is why fall is a great time to sample so you have time to make any necessary adjustments.

First, make a diagram of your property and determine areas you would like to soil sample. If you have a landscape bed and a garden you will need to submit two different samples to a lab to get accurate recommendations. For a large area you will want to collect 10-15 cores and for a smaller area you will want to collect 4-6 cores. For gardens and landscapes you will want to take samples 6-8 inches deep, turf 3 inches deep, and trees 8-12 inches deep. Collect samples from areas that will representative of your area. Make sure to remove plant debris from your samples. Put all the cores for one sample in a clean plastic bucket. Break up any clumps, dry soil at room temperature, and mix the sample. You will then remove one pint of soil to send to the soil testing lab. There are many testing labs to choose from so feel free to call the Extension Office (812-882-3509) to get a list or more information. More information about soil sampling can also be found at <https://www.extension.purdue.edu/extmedia/HO/HO-71-W.pdf>.

**Reseeding turfgrass**

If you have bare spots in your lawn now is the time to re-seed cool-season turfgrass like fescue, bluegrass, and ryegrass. The optimum time to do this is from Sept. 1-30th. Seeding earlier is better as it gives the grass more time to emerge and develop roots before spring. Seeding in the fall also allows grass to be more competitive with weeds next year. Having a soil test can also help determine if a starter fertilizer is needed to enhance seed germination. Prepare the seedbed by cultivating the soil to a depth of 4-6 inches and at this time fertilizer can also be incorporated into the soil. Seed should be applied using a drop spreader to get uniform dispersal. The area can be lightly raked followed by a light rolling to get good seed-soil contact. A light covering with straw to prevent erosion and conserve water. One bale of straw can cover 1,000 sq. ft., make sure to not get the straw too thick as it can shade seedlings. A newly seeded area will need watered 2-4 times per day.

If you want more information about seeding turfgrass contact the Extension Office or visit <https://www.extension.purdue.edu/extmedia/ay/ay-3-w.pdf>

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