

## Nutrients We Need at Every Age

The U.S. Dietary Guidelines provide recommendations for healthy eating patterns. A healthy eating routine includes a variety of foods from each of the food groups. This helps us to get the nutrients we need at each stage of life. But when we aren't meeting targets for different food groups, we might be at risk of missing out on certain nutrients and this can affect our health. Here's a quick look at Calcium & Vitamin D:

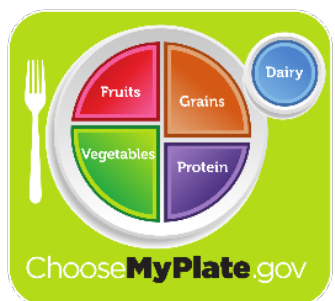
**Calcium and Vitamin D** do more than help with healthy bones. Calcium plays a role in heart health and both calcium and vitamin D are involved with nerve function.

Dairy products, like milk, yogurt and cheese are good sources of calcium. Fortified foods and beverages, including soymilk and calcium-set tofu also provide this important nutrient, as do fish with edible bones, such as sardines and canned salmon, and some types of leafy, green vegetables.

Food sources of vitamin D include certain types of fish, such as salmon, herring, mackerel and tuna and fortified foods and beverages like milk, soymilk, yogurt and breakfast cereals.

Your body converts sunlight into vitamin D when it hits unprotected skin. No single recommendation for adequate sunlight exposure can be made for people, because the amount of vitamin D<sub>3</sub> produced from sun exposure varies based on skin type, use of skin protection, length of sun exposure, season of the year, and time of day. Limit extended exposure to sunlight without sunscreen as this can lead to skin cancer. For more information on Vitamin D, check out this Purdue publication:

<https://www.extension.purdue.edu/extmedia/HHS/HHS-759-W.pdf>



## Recipe: Strawberry Yogurt Pops

### Ingredients (4 servings)

- 1 cup strawberry yogurt  
(you can use any flavor)
- 6 strawberries (you can use any fruit)
- 1 ice cube tray (or use paper cups)

### Directions

- Cut the fruit into small pieces
- Mix the cut fruit with the yogurt
- Pour the mixture into the ice cube tray (or paper cups)
- Place a popsicle stick (or cut paper straws) into the mixture.
- Freeze the mixture inside the ice tray (or paper cups)

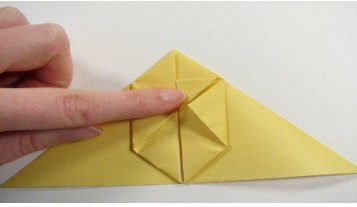
Source:

<https://www.myplate.gov/recipes/myplate-cnpp/strawberry-yogurt-pops>.



# Family Time: Follow My Instructions

Good communication involves both talking and listening. This activity is relatively simple. Choose one member of your family to be the instructor and then rotate until each person has had a chance to give instructions.



The instructor will choose an activity that the rest of the group must do with their eyes closed or blindfolded, such as folding a piece of paper. The instructor gives each family member a piece of paper. With their eyes closed, they listen for instructions on folding the paper (fold in half, fold diagonally, fold the right edge, etc.).

Give at least seven different instructions. When done, tell everyone to open their eyes and look at their creations. Everyone will have different results- showing you that each person perceives instructions differently.

---

## Stress Busters

Practice each of these Stress-Busters until they become easy to do and you can immediately de-stress and self-soothe.

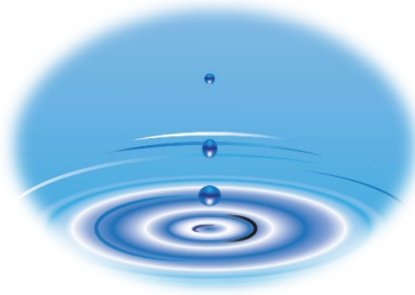


### Calm Breaths

Take three slow, deep breaths through your nose; hold each breath for a second; and then very slowly release the air. As you take slow, deep breaths through your nose, tiny cells high up in your nasal passage are stimulated, giving off nitric oxide. Nitric oxide is a relaxing, short-lived brain neurotransmitter. It causes our blood vessels to relax and dilate so they carry more oxygen to the brain, and we feel more calm and alert.

Source:

[https://strengtheningfamiliesprogram.org/wp-content/uploads/2019/03/All-SFP\\_ENGLISH\\_Handouts\\_3-3-18.pdf](https://strengtheningfamiliesprogram.org/wp-content/uploads/2019/03/All-SFP_ENGLISH_Handouts_3-3-18.pdf)



### Warm Waterfall (Progressive Muscle Relaxation)

- Close your eyes and tighten all your muscles, even those in your face.
- Imagine a gentle, warm relaxing waterfall that begins to pour softly over your head, run down your face, and flow all the way to your feet. As the soft, warm water touches each part of you, relax that set of muscles.
- When the imaginary warm water reaches your feet, flick the water off your fingertips, open your eyes, step out of the "puddle" and you are completely relaxed, de-stressed, and alert.



### Positive "C" Talk ("Self-Talk")

- I am Calm and in Control.
- I Can make this moment better.
- I Can smile.

As you repeat each of these three statements to yourself, take a slow, deep cleansing breath through your nose. Hold it for two seconds, and then let the air out slowly through your lips. On the last "C" statement—after you breathe out, SMILE! Smiling triggers "feel-good" brain chemicals. You'll feel a happy difference.

Welcome!

Congratulations on enrolling in the Newton County 4-H program! We are so excited to have new and returning members! Your family will receive a newsletter from the Extension Office bi-monthly to keep you up to date on all the things happening through Purdue Extension.



If you haven't enrolled yet, it's not too late. You still have time to re-enroll on 4HOnline at [v2.4honline.com](http://v2.4honline.com). We are looking forward to a promising year of 4-H activities and opportunities. If you have any questions or need assistance, please stop by the Extension Office or call us at 219-285-8620 x 2800.

We encourage you to stay connected by visiting our website, [www.extension.purdue.edu/newton](http://www.extension.purdue.edu/newton) and/or our Facebook page, [www.facebook.com/newtoncountyextension](http://www.facebook.com/newtoncountyextension) for updates and last minute information.

### **Geranium Sales**

Newton County 4-H members are again selling geraniums to raise funds for clubs and 4-H Council-sponsored activities. 4-Hers need to attend their local 4-H club meeting to get a geranium order form. (Forms can be emailed out in case your club hasn't met yet.) **Plants will be sold for \$1.50 each. Hanging baskets will be \$17. Turn in your orders with payment to your leader by April 17.**



### **Shooting Sports Training**

To complete the 4-H project and be eligible to participate in live fire events, first year members must attend the safety training session. Dates are Saturday, April 30 & Sunday, May 1, 9 am-4 pm both days. Be on the lookout for more information to be mailed and emailed out soon.

The Hunter Education course is not required for your participation in the 4-H Shooting Sports project, but it is encouraged.

## **Spring STEM Activity**

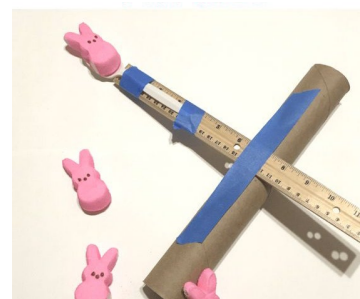
### **Peeps Launcher**

Can you make a peeps launcher out of common household items and peeps?  
Try this fun experiment!

**Materials:** Paper Towel Tube, Ruler, Masking Tape, Plastic Spoons, Peeps

**Directions:** You need a flat surface like a tabletop. Tape the plastic spoon to one end of your ruler so the bowl part of the spoon is at the end of the ruler. Tape your paper towel tube to the table. Tape the ruler to the paper towel tube so that they are perpendicular to each other. Time to make your peeps fly! Place a peep in the bowl part of the spoon, push down on it, and launch! You could make this into a competition with friends for extra fun!

Resource: <https://team-cartwright.com/peeps-stem-experiment/>



## **Beef & Dairy Check-In Date**

The Beef & Dairy check-in date for beef steers, commercial heifers, and dairy market steers will be Saturday, April 2 from 9-11 a.m. at the Newton County Fairgrounds. If you have any questions, please contact Mandi Vanderwall, Dairy Superintendent, at 219.616.1521 or Wade Berenda, Beef Superintendent, at 219.474.9406 (home) or 765.426.4951 (cell). Information will be mailed to eligible 4-Hers.



The Beef & Dairy Barn Fundraiser Dinner is planned for May 1 at the 4-H Building at the Fairgrounds.

## **Sheep, Goat, Calf, and Rabbit ID**

Sheep, Goat, Beef and Dairy Feeder Calf and Rabbit ID Day will be held tentatively on Thursday, **May 5**, from 5:30-7:00 PM at the Newton County Fairgrounds. Information will be mailed to 4-Hers.



## **YQCA Certification Required for All Livestock Members**

All youth planning to exhibit Beef, Dairy, Goat, Sheep, Swine, Poultry and Rabbits (except Mini's) at the Newton County Fair must complete the Youth for the Quality Care of Animals course. In person courses will be offered on:

- April 7 at 6:00pm at the Newton County Government Center, Morocco
- June 6 at 6:00 p.m. at the Newton County Government Center, Morocco

Registration is required prior to the training at <http://yqca.org> and you will need to pay the \$3 fee. Livestock members should watch for a mailing with additional details. Online courses are also available at <http://yqca.org> for \$12.00. Use your 4HOnline login information when registering. Training must be complete prior to the exhibiting at the fair.

## **Register Your Premises**

Do you have your livestock premises registered? Registering your premises may be done online, at no charge, and takes only about 5 minutes. Visit the Indiana State Board of Animal Health's BOAH website: [www.in.gov/boah](http://www.in.gov/boah) and click on "Premises Registration". Be sure to allow enough time to receive your premises number before your state or local 4-H deadline.

Do you need to verify your premises identification number? Contact BOAH at: 317-544-2400 or email [animalhealth@boah.in.gov](mailto:animalhealth@boah.in.gov). Be sure to note the name and premises' physical address listed on the registration.

All Indiana premises associated with the purchase, sale and/or exhibition of cattle, swine, sheep, goats and farmed cervids must be registered by state law. Registration allows BOAH to be more effective tracing animal movements in a major animal health emergency investigation.

## **Animal Enrollment Process**

This year, you will register all animals (except Poultry) through the Indiana 4HOnline system: <https://v2.4honline.com> **Again this year you will need to register your breed class rabbits in 4HOnline as well.** You will use the same username and password as you did to enroll in 4-H. Instructional worksheets will be mailed to members. Please adhere to all deadlines and ID requirements as our office will not be required to sign off on your livestock enrollment. Please contact our office if you have any questions.







## Get Ready to Garden!

Gardening season is quickly approaching, are you ready? If you haven't started planning your garden, now is the time to do so! Below you will find some tips and tricks to help you with your garden!

### Location

When looking for a place to start a garden, look for a location that is open (away from shady spots) and level that will receive at least 6 hours of direct sunlight. It's also important to choose a spot that has loose, rich soil that is well-drained. Avoid locations that have heavy clay or sandy soil and areas that are near trees or shrubs.

### March/April Activities

In late March, it is time to plant cool-season vegetables. This includes vegetables such as asparagus, cabbage, carrots, lettuce, onions, radishes, chives, broccoli, turnips, and more. Be sure that the ground is dry enough to work. One common mistake made is planting when the soil is too wet. If the soil creates a ball when squeezed in your hand, the soil is still too wet. If planting transplants that were started indoors, gradually harden off these transplants by setting them outdoors during the day one week before planting. It is also time to start the seeds for your warm-season vegetables around the end of March/early April if doing indoors.

### Other Tips

Be sure to plant what you know you will eat/preserve. Keep cool-season vegetables together in the garden as well as your warm-season vegetables. Plant tall crops at the North end of the field. Extend the harvest time of your garden by planning to plant vegetables in smaller groups at different times of the growing season!

## Management Considerations for Tar Spot in Indiana

By: Darcy Telenko

In Indiana, tar spot has been an annual concern since 2018 when growers experienced 20-60 bu/A loss. This past season favorable weather conditions led to another severe epidemic where there are reports of fields experiencing 50% reduction in yields across the Midwest. Tar spot has continued to spread and has now been confirmed in 82 of 92 Indiana counties, 14 states, and Ontario Canada. As to say tar spot is a disease has become the number one topic in corn during our winter meetings.

Therefore, I am going to share some points on what we have learned and how to plan for this disease in 2022 and beyond.

To continue reading this article, visit:

<https://extension.entm.purdue.edu/newsletters/pestandcrop/article/management-considerations-for-tar-spot-in-indiana/>



## Featured Bug: Corn Flea Beetle

**Description:** Minute, shiny black beetles with large hind legs. They jump like fleas when disturbed

**Time of attack:** April to early June (Stages VE – V4).

**Damage:** Feeds on leaf surface, leaving narrow “tracks”. Corn flea beetles can transmit Stewart’s disease to susceptible hybrids by feeding on the leaves. Often most severe along field edges where beetles enter field.

**Sampling:** Examine 20 plants in 5 areas of a field for damage. Count beetles per plant, percent of plants damaged, and severity.

**Economic Threshold:** Treatment may be needed when there are 5 or more beetles per plant, 50% of seedlings are severely damaged (silver cast), and plants are under additional stress(es). Disease-susceptible corn may need protection from beetle feeding.

**Reference:** Purdue Field Crops IPM, <https://extension.entm.purdue.edu/fieldcropsipm/insects/corn-flea-beetle.php>

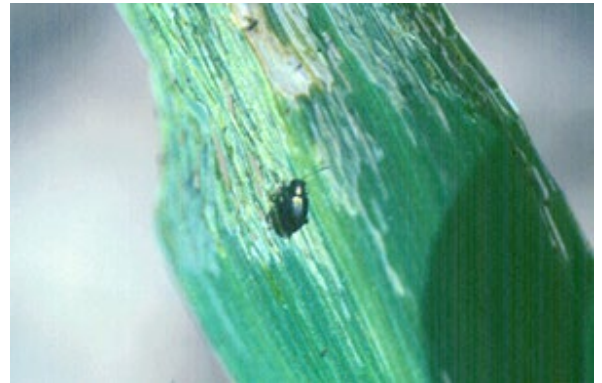
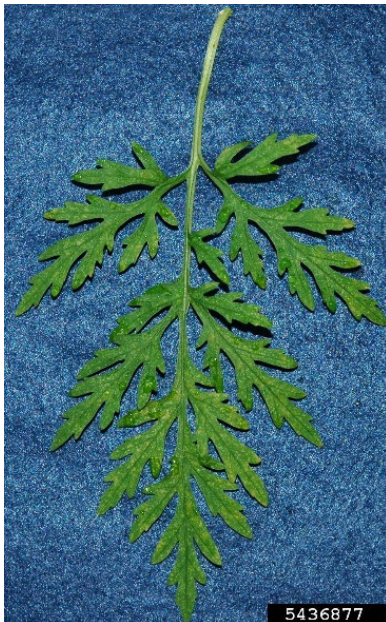


Photo by J. Obermeyer



Cornell University

## Featured Weed: Common Ragweed

**Seedlings:** Common ragweed emerges from May-June. Cotyledons are dark green, thick, and spatula-shaped, and may have tiny purple spots on the edge. The first true leaves are opposite, may be hairy, and have a fern-like form of adult leaves.

**Leaves:** Leaves are once or twice compound. Lower leaves have longer petioles, but upper leaves sometimes seem to have no petiole at all.

**Mature plant:** Older plants are upright and bushy. May be up to 6 feet tall. The stems are hairy and have alternate leaves. The root systems are fibrous and shallow.

**Flowers and Fruit:** The flowers are tiny, inconspicuous, and green. Produce pollen that causes most of the late-season allergies in the eastern US. Male flowers are on spikes at the top of the plant. Female flowers are tucked into the joint points between stems and upper leaves.

For more information, visit: [Cornell Weed Identification](#)