PURDUE UNIVERSITY | Extension - Newton County

Health & Human Sciences

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USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Celebrations and Gatherings

Healthy eating is important at every stage of life, including celebrations and gatherings. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

Serve up variety

At your next event, create a colorful buffet table that includes a variety of foods from all the food groups.

Cheers to good health

Serve water or unsweetened iced tea with fresh mint leaves. Offer seltzer water with a splash of 100% fruit juice or a wedge of lemon or lime.

Make activity part of the fun

Laugh, mingle, dance, and play games. Have fun walking and talking with family and friends after a special meal.

Rethink dessert

Offer a combination of fresh and dried fruit. Put out fixings for guests to make their own trail mix with a combination of peanuts, dark chocolate chips, and dried fruits.

Reduce food waste

Manage leftovers by packing them for guests to take home, adding them to soups or salads, and including extra veggies in omelets, sandwiches, or stews.

Try a twist on your favorite dish

Substitute unsweetened applesauce for butter when baking, or use low-fat milk when a recipe calls for cream. Experiment with low-salt herbs and spices.

DGA Dietary Guidelines for Americans

Go to **MyPlate**.gov for more information.
USDA is an equal opportunity provider, employer, and lender.

The benefits of healthy eating add up over time, bite by bite.

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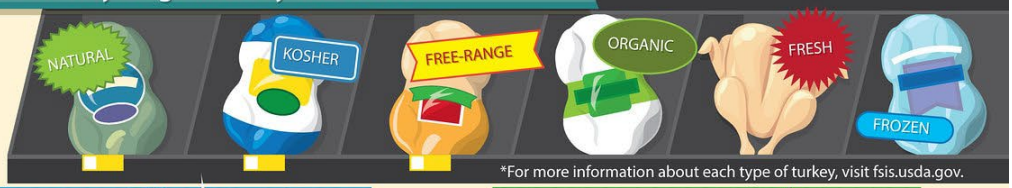
LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:



*For more information about each type of turkey, visit fsis.usda.gov.

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

Refrigerator:
Safe to store the turkey for another 1 – 2 days in the refrigerator.

This is the USDA recommended thawing method.

How to thaw:
Allow approximately 24 hrs. for every 4-5lbs of bird.

Cold water:
Cook immediately after thawing.

How to thaw:
Submerge the bird in cold water & change every 30 mins.

Microwave:
Cook immediately after thawing.

How to thaw:
Use defrost function based on weight

For more information on safe thawing methods, visit fsis.usda.gov

DID YOU KNOW?

It's safe to cook a frozen turkey though cooking time will be 50% longer!

Clean

Wash your hands for 20 seconds with soap and warm water.

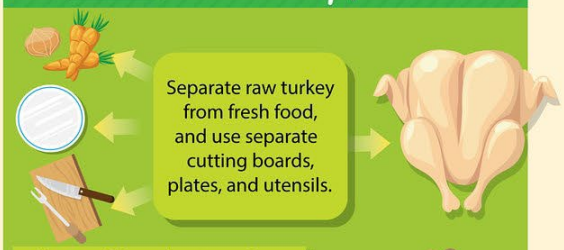
Utensils
Plates
Countertops
Cutting boards

SHOULD ALSO BE WASHED

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

SO DON'T WASH YOUR TURKEY!!

SEPARATE



Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge
3-4 days

Safe frozen,
but use within 2-6 months for best quality.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:

Visit foodsafety.gov

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskKaren.gov. Visit PreguntaleaKaren.gov for questions in Spanish.

USDA

Ad Council

PURDUE UNIVERSITY | Extension - Newton County

4-H Youth Development

Mercedes Brunton – brunton@purdue.edu

2024-2025 4-H Online Enrollment

It is that time again! 4-H Online enrollment is now open and free to all youth. This year the Newton County Government has graciously covered the enrollment fee for all 4-H members. Families will be able to access the online system to enroll their youth in the Newton County 4-H program. New families will create a family profile and add youth into 4-H, returning families will use the same login information as 2024. Please make sure to select cash/check and do not make a payment!

Website: v2.4honline.com

JOIN THE CLUB

Club Annual Reports and Financial Info

In January, the required annual Club Report and Financial Info forms will be mailed to one leader per club or project. The club secretary can complete the Club Report, which is a summary of the year's accomplishments. The Treasurer can help complete the 2-page Financial Report. All reports MUST be returned to the Extension Office **February 1st**

4-H Camp Counselor Application

Have you had a positive experience in 4-H and want to help young members enjoy their involvement in the program? Consider being a 4-H Camp Counselor! Counselors must be enrolled in grades 9-12 and be willing to help 3rd-6th graders have a fun and safe stay at 4-H Camp. This year's camp will be held June 4th-6th at Camp Tecumseh. Camp Counselor applications are due by January 8th. Contact the Extension Office for an application!

Volunteer Training

Volunteer enrollment is now open! If you are a returning volunteer, please follow the process on 4-H Online. If you are interested in becoming a volunteer, please email brunton@purdue.edu to start the enrollment process!

Volunteer Training **MUST** be completed before attending any 4-H meetings and events!

Training

4-H Scholarships

Looking for a way to pay for college? There are many scholarships available through the Indiana 4-H Program:

- 4-H Accomplishment (Grades 10th-12th): **YOU DO NOT NEED TO BE A SENIOR TO APPLY!** This scholarship seeks to recognize youth who have excelled in life skills development through their 4-H activities and involvement.
- 4-H Club (Senior in High School): Awarded based on scholastic ability, financial need, and achievement in 4-H club work.
- Indiana 4-H Foundation Senior Year: This scholarship is for individuals seeking post high school study or training (i.e., college, trade school, or short course).
- Newton County 4-H Council Scholarships: This scholarship looks at 4-H achievement and community service.

Want more information call the Extension Office or email brunton@purdue.edu!

Need help/assistance with filling out an application? Want to learn how to create a quality application?

Mark your calendars for the annual Newton County 4-H Scholarship workshop on November 13th at 6:00pm at the Beaver Township Community Center.

thank you

A **huge thank you** to those who took part in the 2024 Livestock Auction. We could not be more thankful for your continuous support and investment into the future of our Newton County Youth!

Alex & Stephanie
Alex Harris
Alsop Kentland Chevrolet
Bahler Repair
Berenda Ag Solutions
Berenda Farms
Bernie & Kyra McGraw
Birkey's
Bob Duis
Brian & Karen Jordan
Brian & Nicole Warren
Brian Hoskins
Bryan Warne
Burk Family Ranches
Castongia Tractor
Chris & Heather Wilson
Circle S
Cluster Busters
Cody & Amber Sprayberry
Cody Musser Beck's Hybrid
Community State Bank
Creekside Animal Hospital
Curtis Creek Dairy
Darrel & Paige Allen
Dave & Kim Padgett
Dave & Mary Glassburn
Dave Cobb
Dave Pluimer
Dawson Angus
DBA Transportation
DeMotte State Bank-Morocco & Roselawn
Diener, Integra-Ag/Kybren Foster & Jeff West
Donaldson Equipment
Doug Dorton
Drake Babcock
Dreamview Farms
Etter Tire Service
First Trust and Savings Bank
Frank Terrell & Dr. Kay Boyd
Harper Livestock Removal
Gail Hoskins
Gutwein Seed Service-Lance Strange
Gutwein Seed Services/Specialty Hybrids
GW Quilting
Hanford Packing
Harper Livestock
Harper Tire
Hartman Family
Helena-DeMotte
Hoosier Associates
Infinity Grain Systems
Jeff & Heather Light Farms
Jeff West
Jeff West & Carla Dawson
Jim & Kelli Hoskins
Jim Schoen
John & Kristi Kretzmeier
John Styck- J&C Farms Inc
Justin & Stacy Beseke
Kentland Elevator
Kentland Vet Clinic, LLC
Kevin Durham
Keystone
Kollman Farms
Kore Insurance Agency
Landon Hawkins
Lawrence Farms
Legacy Wealth Management
Logan Kollman
Lump Insurance
Marjon Farms
Mark & Erin & Harper
Mark & Megan Strasburger
Matt & Cyndi Wiseman
Matt & Jennifer Carlson
McCool Auto & Diesel
McDermitt Family
Mike & Kristi Rowe
Mike & Sandy Cahill
Mowrey Auction Company
Nathan Schleman Family
Newton County Friends of 4-H
Newton County Highway Crew
Newton County Republican Central
Norm & Carol Light
Nutrien Ag
Paul & Kathy Donalson
Peterson Ag
Quality Motors
R Farms Enterprise Inc
Republic Services
Rich & Amy Wynn
Ron & Nancy Kollman
Schrader Real Estate & Auction Co
Schulte Farms, LLC
Scott & Carol Carlson
Shannon Cothran, Newton Co. Sheriff
Sheets Family Dentistry
Smith Show Stock
Steve & Kendra Hoskins
Stockland Grain Company
Stockland Service
Stockvets
Streitmatter Show Cattle
Swaim
Tim Burks
Tom Gretencord
Brian & Debbie
Village Motors
Washburn Law/Washburn Farms
Wayne Beth Turnpaugh
Wes & Morgan
Whaley Farms Partnership
Wilson Fertilizer
Windy Ridge Dairy
WTI
Yoder Drainage

PURDUE UNIVERSITY | Extension - Newton County

Ag & Natural Resources

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For this newsletter we are going to focus on rot; root rot, footrot, and insects that eat rotting material! The major function of the root is to absorb water and nutrients while anchoring the plant to the soil. Unfortunately, roots are rarely observed even though the structure of the root system impacts plant health aboveground. As a result, root problems are frequently under- and misdiagnosed, when it is too late to save the plant.

A blown over tree on Jamestown Island shows what a lack of well-established roots can lead to.

It hasn't been an issue yet this year, but unusually wet weather can result in poor root growth (as well as excessive heat), which leaves the plant vulnerable to other issues. We've all seen it, house plants tend to suffer the most. Essentially, the plant fails to develop and extensive root system because water was too easily acquired. This means that trees can tip over more easily, tissue can turn necrotic, or the roots can leak, which attracts opportunistic fungi and water molds, ultimately causing root rot.

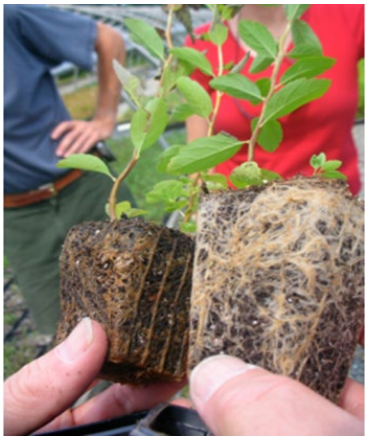
These infections may be completely asymptomatic aboveground for a time until precipitation changes into summer heat, dry spells or drought. The poorly developed and/or infected roots that grew during the wet periods can no longer support the aboveground plant in dry times. As the leaves and branches start to die, the plant produces less food for the roots. As the roots starve, they are unable to provide the water needed for photosynthesis. As this decline progresses, secondary insects and opportunistic fungi attack these plants, and are blamed for the overall poor health. At this point, a negative feedback loop where dying leaves fail to support dying roots can result in plant death.

A diagnosis of the root rot is necessary to develop a management plan, including fungicides, cultural control, and considering what other plants may be susceptible. Diagnosing a root rot requires observing the affected plant for symptoms, and collecting the infected tissue at the right time to culture out the pathogen or pathogens causing the problem. This can be difficult, so here are some signs that you can look for above the soil level.

<u>Above-Ground Symptoms</u>

- May appear healthy, diseased, and/or dead branches
- Slower growth compared to healthy plants. Shoot length is reduced compared to neighbors or dead shoots
- Yellow and/or wilted leaves
- Leaf Scorch (when margins of leaf turn brown)
- Cankering and dieback of shoots, branches, and stem

Some root rots are treatable if caught early enough but prevention is the best approach to managing root rot. For susceptible known host plants avoid heavy clay, poorly draining, soil, downspouts, and low spots that collect water. In some cases, saving the plant isn't possible or cost effective, so consider this in your management plan.



Root Rot (Left) vs. Healthy Roots (Right)

https://www.extension.purdue.edu/extmedia/BP/BP-206-W.pdf

https://npgallery.nps.gov/AssetDetail/69da15df-48f2-4bb1-b596-8dba8cd9fc9a

Featured Insect: Pillbug or Roly-Poly

Description: Pillbugs or roly-poly are the most common names for the isopod genus *Armadillidium* spp. As the scientific name suggests, they resemble mini armadillos but are actually crustaceans. They're more closely related to lobsters than insects. They play an important role on land breaking down decaying material to speed up decomposition. Pillbugs feed on fruits, vegetables, young shoots/roots, or lower leaves at the soil level, sometimes causing damage.

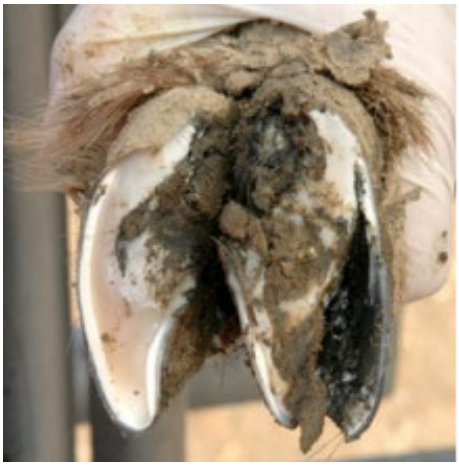
Life Cycle: Females lay eggs that they carry in a pouch underneath the body. Eggs hatch into young pillbugs that resemble adults. They remain in the pouch up to 2 months after hatching. They mature into adults over a year and breed mainly in the spring.

Damage: Feeding damage by pillbugs can resemble nibbling from mice, caterpillars, or slugs. Most of this damage occurs at night and is concentrated at the soil level. They are also most common during springtime when the weather is cool and damp. There are also suspicions that pillbugs climb plants at night, when they are most active, to feed on above-ground plant tissue.

Management: Pillbugs are more of a nuisance than a problem if found in undesirable areas. Cultural control is the best option. Reduce the amount of organics and hiding spots; remove dead plants, debris, weeds, unnecessary rocks, etc... Increasing plant spacing will reduce canopy cover and therefore hiding spots. You can also place wooden boards on the ground to consolidate pillbugs, and then relocate them to another area via the board, such as a compost pile. Soaking in soapy water will kill the pillbugs.

Link: https://vegcropshotline.org/article/are-pillbugs-pests-how-can-they-be-managed/

Featured Animal Disease: Footrot (In Small Ruminants)



Description: Footrot is a contagious disease that affects hooved animals and occurs most in wet conditions with temperatures between 50F and 70F, lameness is the first sign that most people will see in their herd.

Symptoms: Affected animals often carry the affected leg or lie down for extended periods. Lameness, reduced weight gain, decreased milk and wool production, and lower reproduction are signs of severe infection. Depending on the strain and stage of infection, there will also be an odor associated with infection.

Causes: Footrot is caused by the coexistence of two bacteria, Fusobacterium necrophorum and Dichelobacter nodosus.. F. necrophorum is a natural inhabitant of the large intestine of small ruminants and is found normally in the soil and manure of pastures or feedlots. Cold, wet conditions where manure can accumulate between toes causes irritation and subsequent infection. F. necrophorum can't cause footrot by itself; D. nodosus only lives in soil for 10-14 days, but has to infect the foot at the same time.

Prevention and Control: Animals that have been exposed do not develop resistance or immunity. Footrot is most commonly spread by the introduction of an infected animal to a herd or flock. New additions to the herd should be quarantined and have their feet trimmed before entering the general population. Footbaths, cleaning, trimming feet, antibiotics, and vaccination are all ways to help prevent and control the spread of footrot.

Link: https://www.extension.purdue.edu/extmedia/As/As-596-footrot.pdf