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<https://extension.purdue.edu/Ohio/>



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1. 4-H Legisla- tive Day Beef Basics 6-8	2. Lumberjacks meeting 6pm@EO	3.	4. Jazzy Jesters Meeting	5. Tag Day 8-9am @Fairgrounds
6.	7. Be Heart Smart 12pm- Zoom Early Season Gar- dening 5:30 pm @EO YAB @ 6:30	8.Beef Basics 6-8	9. Classy Clovers Meeting 6pm@EO	10. Madison District Extension Homemakers Spring Meeting 9am- Switzerland County	11.	12.
13. Shamrock Shin- ers Meeting 3pm @EO	14. Be Heart Smart 12pm- Zoom	15. Nature Camp 9-4 @EO Beef Basics	16.	17. 	18.	19.
20. Shooting Sports Safety meeting 4pm @EO Mini 4H Power- hour 4pm @EO Jr. Leaders 5-6	21. Be Heart Smart 12pm- Zoom Livestock Com @ 6:00pm Fair Board @ 6:30pm	22. Beef Basics 6-8	23.	24.	25. Shooting Sports Safety Meeting 5:30 @EO	26.
27. Trailblazers Meet- ing 2pm @EO	28. Be Heart Smart 12pm- Zoom	29. Beef Basics 6-8	30.	31.		

Attention ALL Youth Grades 7-12!

Are you looking for volunteer hours?

We are looking for youth to come to board meetings to help with planning programs and the fair.

If you are interested please contact the office. Each meeting is approximately an hour. Come to as many or as few as you would like to attend.

Mark Your Calendar!

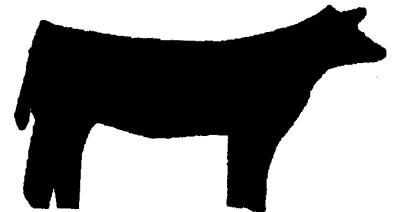
- March 5, 2022 - Winter ID (Beef & Dairy) 8:00-9:00am
- April 30, 2022 - Spring ID Day (Sheep, Goat, & Swine) 8:00-10:00am
- May 15, 2022 - Livestock Entered into 4-H Online Deadline
- June 4, 2022 - Summer ID Day (Rabbit) 9:00-10:00am
- June 4, 2022 - Fair Entry Deadline
- June 6-10, 2022 - 4-H Camp
- June 24-July 2, 2022 - Ohio County 4-H Fair



4-H GROWS HERE

Beef & Dairy Identification Day

**March 5th from 8 - 9AM
Ohio County Fairgrounds**



- ◇ All animals must be haltered with lead.
- ◇ Steers will be tagged and weighed.
- ◇ All steers and all heifers will be RFID tagged. 4-H members MUST provide Premise ID numbers in 4-H Online by May 15th.
- ◇ All commercial heifers will be tagged (unless they already have a tattoo) and weighed. Registered heifers will be tagged with RFID tags and must present registration form at tag day and complete livestock enrollment in 4HOnline. All heifers must be permanently identified with a tattoo or 5-digit county tag, in order to meet federal health requirements.
- ◇ Cows for the cow/calf project must be enrolled in 4HOnline by May 15. The calf will be tagged at the fair prior to unloading.
- ◇ Dairy heifers must be tattooed if not previously done and entered in 4HOnline by May 15.
- ◇ All livestock will need to be entered online by the deadline information will be distributed at the ID Day.
- ◇ Any beef cattle going to the Indiana State Fair will need DNA samples taken contact the extension office for more information.

MARCH

SAVE THE DATE

20

4PM

MINI 4-H POWER
HOUR

Purdue University is an Equal Opportunity/Equal Access/Affirmative Action Institution.

Nature Camp

Date: March 15

Time: 9:00am-4:00pm

Location: Extension Office

Who: 3rd through 6th grade students

Why: Natural

environments have a positive impact on people's mental health & well being. To reduce the average 7 hours/day American child spends on electronic media. Nature play can support creativity, problem solving, increase ability to focus and enhance cognitive abilities.

Registration Due by:

March 10th.

Limited to 20 participants.

Cost:\$20

Free to 4-H members



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Area 1 Performing Arts Contest



April 30, 2022 | 6:30pm

**Southwestern Elementary Multi Purpose Room
273 S Main Cross St, Hanover, IN 47243**

Registration begins at 6:00pm

Who can participate?

- The contest is open to all 4-H members in Area 1 (Bartholomew, Brown, Dearborn, Decatur, Jefferson, Jennings, Ohio, Ripley, & Switzerland Counties).

What are the categories?

- Curtain Acts: Musical
 - 1-4 performers, 3-5 minutes
 - Types of Acts: Instrumental (piano, guitar, flute, drums, etc.), vocal, bands (rock, country, jazz)
- Curtain Acts: Non-Musical
 - 1-4 performers, 3-5 minutes
 - Skits or sketches, magic, clowning, rhythmic gymnastics, reading, 4-H cheerleading routines, choral speaking/reading, dance (ballet, tap, modern, etc.) lip sync, juggling, acrobatic feats, ballads, puppetry.
- Group Acts:
 - 5 or more performers, 5-8 minutes.
 - Skits or sketches, choral number, dance routines, lip sync, etc.

How to register?

- Register for the event by following the link or scanning the QR code at the top of the flyer. <https://bit.ly/3rxnThQ>

Registration Deadline: April 22, 2022

Call the Jefferson County Extension Office at (812) 265-8919 if you have any questions

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CALLING ALL WHO LIKE
CAKE! AND ICING!

*Baking Basics
Class 3*

Cake Decorating WITH PASTRY CHEF LAURIE BRANDT

April 9th, 2022

412 Main St.
Rising Sun, IN 47040

Register at:

<https://event.me/5aR3GD>



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March Garden Tips

By: Rosie Lerner

HOME (Indoor plants and activities)

Begin fertilizing houseplants as new growth appears. Remove spent leaves and flowers to improve appearance and encourage more blooms. Start garden seeds indoors for transplanting outdoors later in spring. Check stored bulbs and produce for decay; discard damaged items. Prune, repot, and clean houseplants as needed.

YARD (Lawns, woody ornamentals, and fruits)

Prune trees and shrubs (except those that bloom early in spring) while plants are still dormant. If you are concerned about winter injury, delay pruning until after dieback; you can assess desiccation injury as plants come out of dormancy. Plant new trees and shrubs as soon as the soil dries enough to be worked. Plant bare-root plants before they leaf out. Soils may be exceptionally wet as winter snows thaw. Fertilize woody plants if needed before new growth begins but after soil temperatures reach 40 degrees. Remove winter coverings from roses as soon as new growth begins. Prune out dead canes and fertilize as needed. Delay pruning into live canes until after you can assess winter injury. Apply superior oil spray to control scale insects and mites when the tips of leaves start to protrude from buds.

GARDEN (Flowers, vegetables, and small fruits)

Plant cool-season vegetables and flowers as soon as the ground has dried enough to work. Do not work the soil while it is wet; wait until it crumbles in your hand. If the soil forms a solid ball when you squeeze it, it's still too wet. Gradually harden-off transplants by setting them outdoors during the daytime for about a week before planting. Follow last fall's soil test recommendations for fertilizer and pH adjustment. It's not too late to test soil if you missed last year.

Start the seeds of warm-season vegetables and flowers indoors. In northern and central Indiana, wait until the end of March or early April. Transplant seedlings to the garden after the danger of frost has passed. To find the average date of a frost in your area, consult maps provided by the [Indiana State Climate Office](#). Remove old foliage from ornamental grasses and perennial flowers. Watch for blooms of early spring bulbs, such as daffodils,

squill, crocus, dwarf iris, and snowdrops. Remove old asparagus and rhubarb tops, and side-dress the plants with nitrogen or manure. Plant or transplant asparagus, rhubarb, and small-fruit plants. Remove winter mulch from strawberry beds as soon as new growth begins but keep the mulch nearby to protect against frost and freezes. Remove weak, diseased, or damaged canes from raspberry plants before new growth begins. Remove old fruiting canes if you did not remove them last year, and shorten remaining canes if necessary. Prune grapevines after you can assess winter injury.

Early Season Gardening



Are you ready to get a jump on your garden this year? If so this is the class you don't want to miss.



March 7th @ 5:30pm
Extension Office
Reserve your spot today by calling
812-438-3656.

Be Careful on When to Start Grazing

Don't rush when to start grazing. Growth could be a little slow in the spring and pastures may have sustained damage from the winter conditions. If fields were not grazed in late fall or over the winter and are in good shape, you may be able to do a fast rotation through them when growth allows it and the livestock do not cause damage. However, if fields are not in good shape, allowing animals to graze it could stress the plant. Waiting is a better option for long term grazing. Grass starts growing from the roots and needs enough leaf surface to start putting energy back into the roots, and if it is grazed off before this can happen, it will weaken or kill the plant. This could also cause summer annual weeds to germinate and grow in the next few months.

If you do plan on doing early grazing when growth starts with the hope that by the time that is done the spring growth will have started, don't keep livestock in paddocks too long. A fast rotation will reduce the chances that animals will graze too close. If you have damage to paddocks, there are a several options: do nothing or smooth up and re-seed. If damage is not too bad, you can simply do nothing. Production may be limited for the year and you may need to monitor weed issues. Fortunately, if you have sheep and goats, damage is likely to be less than with cattle. There are a lot of variables in each producer's operation. Everyone's situation is a little different, but resist the temptation if hay is running short to put your animals out on fields that are just starting to grow that have been under any stress from close grazing or winter damage.

(Source: Forages: Ohio State University Extension)

GOAT MANAGEMENT 101

Did you enjoy the Facebook Live sessions, but you still have questions? This is your chance to come in person to speak to Ashly Green, DMV. Come learn what it takes to raise productive goats year round!



**Join us on April 4th
@ 5:30pm @ the
Purdue Extension-Ohio
County Office
412 Main Street
Rising Sun IN 47040
RSVP: 812-438-3656**



Extension

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HEALTH & HUMAN SCIENCES



Celebrate Spinach on March 26th!

This leafy green super food is delicious and nutritious any way that you prepare it!

Spinach is high in Vitamin A which is good for eye health and for skin health too. Spinach is also a good source of vitamin C which helps our immune system and for cuts/wounds to heal. Vitamin C also helps our blood cells move oxygen through the body and it's a great source of fiber which helps us to stay regular and feel fuller for longer.

When shopping for spinach be sure to look for leaves that are a dull green on top and a bright green on the underside making sure to avoid leaves that are limp, have spots or are not in tact. Spinach is best stored when its wrapped loosely in a damp paper towel and placed in a plastic bag. It can be refrigerated for up to 5 days and when ready to use, just rinse and dry with a paper towel.

Spinach can be added to pretty much any entrée and can easily boost the nutritional value of your morning smoothie. And by mixing it in a smoothie, it's a great way to get the littles in your life a serving of vegetables!

Check out the University of Idaho's Raspberry Mango Spinach Smoothie

2/3 c. frozen raspberries

1 c. frozen mango

1/2 c. frozen chopped spinach

6 oz. vanilla yogurt**

1 c. milk

Directions: Wash hands with warm water and soap for 20 seconds. Using a blender, combine all ingredients, blending until smooth. Serve immediately and enjoy!

For more protein, try using vanilla Greek yogurt.

* You can also add 2 tablespoons of ground flax or chia seeds for an additional 3 to 5 grams of fiber.*

Salt Awareness Week is March 14-March 20th. DYK....

It is recommended by the 2020-2025 Dietary Guidelines for Americans, that sodium should be limited to 2,300mg per day or no more than a teaspoon. Be sure to check the Nutrition Facts Label to see what the sodium content is. Foods like pizza, soups, pasta dishes and sauces can really take a toll on sodium consumption.



Information courtesy: <https://food.unl.edu/food-calendar/march/salt-awareness-week-0>



March is Colorectal Cancer Awareness Month

Information courtesy: <https://www.preventcancer.org/education/preventable-cancers/colorectal-cancer/>

When we think of colorectal cancer, we often think of people later in life having this disease. Sadly, that is not the case as more young people are being diagnosed. Check out these risk **factors** to see if you or a loved one are at risk.

- ⇒ Inflammatory bowel disease such as Crohn's disease or ulcerative colitis.
- ⇒ Family history of colorectal cancer or colorectal polyps.
- ⇒ Lack of physical activity.
- ⇒ A diet low in fruits, vegetables and whole grains.
- ⇒ A diet high in red meat or processed meat like bacon or hot dogs.
- ⇒ Overweight or obese or primarily carry fat around waistline.
- ⇒ Excessive alcohol consumption.
- ⇒ Smoking.

Symptoms for Colorectal Cancer include:

- ⇒ Blood in or on stool during a bowel movement.
- ⇒ Change in bowel movements.
- ⇒ Stools that are more narrow than usual.
- ⇒ Stomach pain, bloating, cramps that don't go away.
- ⇒ Weight loss for no reason.
- ⇒ Feeling tired all the time.
- ⇒ Vomiting.

Be preventative and get your colonoscopy done on a regular basis and if you have any of these symptoms, talk to your doctor.

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Eating Right and Reduce Food Waste

GO FURTHER with FOOD by incorporating these food, nutrition and physical activity tips



People rarely talk about the foods they toss out, yet the topic of food waste is getting a lot more attention these days.

It's been estimated that Americans throw away billions of pounds of food each year either at home or when eating out. And that amount doesn't even include the food that goes uneaten at the grocery store or the crops that are left in farmers' fields.

Not all food that is wasted can be saved and eaten, but it's been proven that a lot of food waste could be prevented, especially at home.

A good place to start is right in your own kitchen. Here are a few tips that will help.

Plan Meals Based on the Foods You Already Have on Hand.

- Look in the refrigerator, freezer and pantry for foods that need to be used up.
- Write a list of the ingredients you still need.
- Buy only the amount of perishable foods that can be eaten or frozen within a few days. This is especially true for foods, like fresh fruits, vegetables, meats, dairy products and seafood.

Get Creative with Leftovers

Transform meals into soups, salads or sandwiches by cutting up leftover veggies and cooked meats.

- Use as a topping for salads or cooked grains like rice or pasta.
- Wrap in a tortilla or stuff into a pita for a satisfying sandwich.
- Combine to make soup, then enjoy or freeze for future use.
- Eat as a leftover meal later in the week.
- Or simply brown bag the leftovers for lunch.



Grab your lunch and get ready to learn during these 1-hour virtual segments of Be Heart Smart!



TAKE OF CARE OF YOUR HEART



Looking for guidance on improving your heart health? Follow Purdue Extension as we explore ways to help prevent heart disease through healthy lifestyle changes via a Zoom lunch and learn.

March 7th @ 12:00pm

Know Your Risks

March 14th @ 12:00pm

Know Your Numbers

March 21st @ 12:00pm

Heart-Healthy Cooking

March 28th @ 12:00pm

Take Action

To register for the event, call the Jefferson County Extension Office at (812)265-8919

Deadline to Register: Wednesday, March 2nd

Your Zoom link will be emailed to you upon registration.



Extension - Jefferson County



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