

Jill Andrew-Richards
Agriculture & Natural Resource/4-H
Youth Development
jmrichards@purdue.edu

Shannon Chipman
County Extension Director
Health & Human Sciences/4-H Youth
Development
chipmans@purdue.edu

Trenna Jossart,
Family Nutrition Program Advisor
tjossart@purdue.edu

Alyssa Devers
Office Manager
cook308@purdue.edu



Office Hours M-F 9:00 - 4:00
412 Main Street
Rising Sun, IN 47040



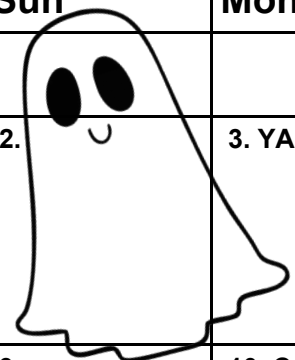
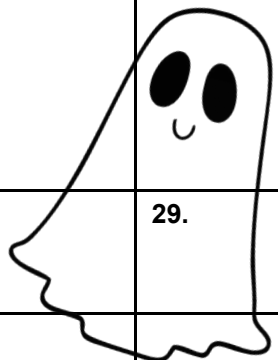

Check this out



<https://extension.purdue.edu/county/ohio/>

Check Facebook for a Spooktacular Challenge



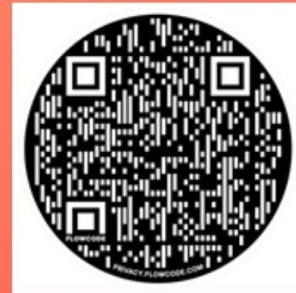
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. 						1.
2.	3. YAB 6:30	4 At Home Heroes 9:30-3:30	5. Junior Leader Cookie Assembly 1pm Lumberjacks @ 6pm	6.	7. Jazzy Jesters meeting	8.
National 4-H Week						
9.	10. Columbus Day- Office Closed	11.	12. Let's Get Cookin! Pumpkin vs. Apple, 10am Classy clovers meeting 6pm	13	14.	15. Ohio County Beef Show Area 1 Consumer Decision Making Contest - 9:30
16.	17. Fairboard 6:30	18. OCEMS Mini 4-H After School- 3:15pm	19.	20.	21.	22. 
IEHA Make A Difference Week						
23	24.	25.	26.	27.	28.	29.
30	31 					



ATTENTION!

ENROLLMENT IS
NOW OPEN FOR
OHIO COUNTY
4HERS

SCAN THE QR CODE OR VISIT
V2.4HONLINE.COM TO GET SIGNED UP
TODAY. ENROLLMENT MUST BE
COMPLETED BEFORE ATTENDING
PROGRAMS.



CLUBS AND LEADERS

Classy Clovers- Senja Southard
Jazzy Jesters- Mary Zeiser, Kathy Steele, Ashley Castle
4-H Lumberjacks- Katie Schulz
Ohio County Trailblazers- Jenny Ohlmansiek



THE GOOSE IS ON THE LOOSE...AGAIN!



ARE YOU UP FOR A CHALLENGE IN HONOR OF NATIONAL 4-H WEEK??

1. DOWNLOAD THE
GOOSECHASE AP.
2. USE CODE 9157V9
3. CHALLENGES START
OCTOBER 2ND

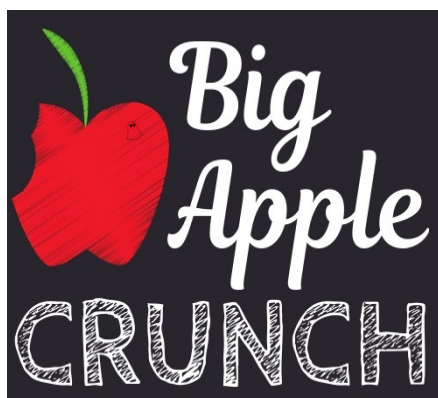


**National
4-H Week**
October 2-8, 2022



In celebration of National Farm to School Month, the annual Great Lakes Apple Crunch will be celebrated throughout October.

This event provides hundreds of thousands of students, teachers and others across the Midwest with a chance to try local apples and learn more about agriculture. On October 18th Ohio County Schools will participate in the Great Apple Crunch!



**OHIO COUNTY
4-H
TRUNK OR
TREAT**



OHIO COUNTY 4-H CLUBS WILL BE HOSTING
TRUNK OR TREAT HALLOWEEN NIGHT FROM
FROM 6 TO 8PM DURING TRICK OR TREAT IN
FRONT OF THE EXTENSION OFFICE.



OHIO COUNTY PREVIEW SHOW



Ohio County Fairgrounds
1414 Fairgrounds Rd Rising Sun IN
Sponsored by the Ohio County Fair Board
Judge:

Saturday
OCTOBER 15TH,
2022
@ 11:30 AM



Show order: Showmanship-Heifers-Steers



Entry Fee: \$35

Showmanship Fee: \$5

Weigh in & registration: 8:00-10:00am

The fairgrounds will be open at 6:00am and all animals must be on the grounds by 10:00am the day of show.

Class payouts to be determined day of show.

Prizes

Grand Champion Prospect Steer	\$400
Reserve Grand Champion Prospect Steer	\$200
Grand Champion Prospect Heifer	\$400
Reserve Grand Champion Prospect Heifer	\$200

Top 5 Steers & Heifers Will Receive Banners



General Rules:

1. The show is open to exhibitors of all ages.
2. Generators are encouraged.
3. Not responsible for accidents.
4. All entry money is nonrefundable.
5. Committee's decisions are final.
6. Bedding will NOT be provided and exhibitors must clean up stall area.
7. No Alcohol is permitted on the grounds.

Questions:

Michael Kirkpatrick 812-655-2056

Matt Markland 812-584-9996

Purdue Extension - Ohio County 812-438-3656



Concession stand
will be available
on the grounds
the day of show.

Prospect steers &
heifers MUST be
born after
January 1, 2022.
Exhibited animals
may be offered for
private sale.

Show Rules:

1. All steers and market heifers will show together by weight.
2. Any heifer breed over 3 head will be offered a breed class. Any heifers without a breed class will move to AOB or commercial.
3. Commercial heifers will show by weight.
4. Health papers are required for out of state animals.
5. Registration papers are required.

HOTEL ACCOMMODATIONS:
RISING STAR CASINO RESORT (812)-438-1234
OR
ANDERSON'S RIVIERA INN (812)-438-2121



October Tips for Better Pasture & Grazing Management

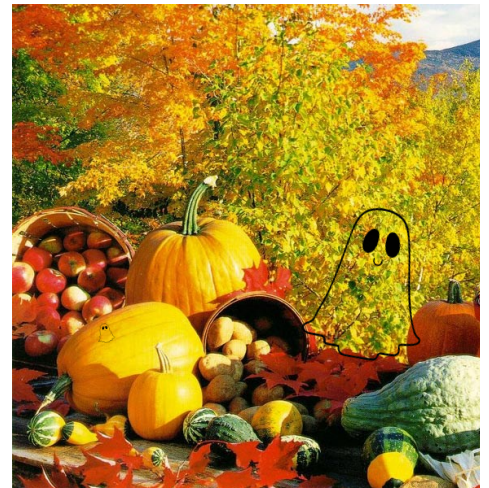
- **Feed hay to allow cool-season pastures to accumulate forage growth for winter grazing.**
- **Do NOT harvest or graze alfalfa fields.**
- **Inventory and test each hay lot for nutritive value and consult a nutritionist to design a supplementation program as needed.**
- **Remove livestock from pastures that contain sorghum species (sorghum-sudangrass, sudangrass, and johnsongrass) when frost is expected to prevent cyanide poisoning.**
- **Fall seeded small grains and brassicas can provide late winter and spring grazing.**

Source: 2020 UK Grazing Calendar



October Gardening Tips

1. Plant Trees, Shrubs, and Roses
2. Divide Perennials
3. Add Bulbs to Your Landscape
4. Clean and Store Pots in October
5. Mulch in October
6. Compost
7. Remove Weeds
8. Extend the Season
9. Improve Soil Health
10. Prune Perennials after First Frost



Don't get caught overestimating the quality of your forage this winter!



Now is prime hay time making it a great time to take advantage of the forage probe available at the Ohio County Extension Office. Contact the office for more information on getting your hay tested so you are ready when it's time to start feeding it later this year.



90th IBEP PT Bull Sale

Saturday - October 15, 2022
2 PM EST

Held in conjunction with:
**Springville Feeder Auction
Heifer and Cow Sale**

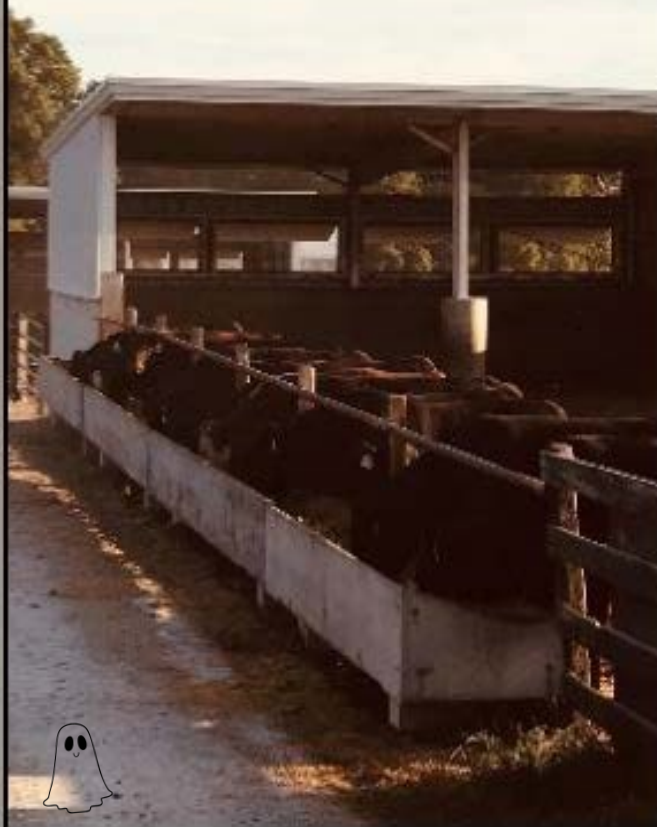
Sale Location:
Springville Feeder Auction
Springville, IN

Broadcast Live on
CattleUSA.com



Bull Data & Information

<https://ag.purdue.edu/departments/ansc/ibep/2022-summer-test.html>



**Indiana Beef Evaluation Program
1117 State Road 458
Bedford, IN 47421
812-279-4330**

Come see the bulls at anytime!

<https://ag.purdue.edu/departments/ansc/ibep/index.html>



HEALTH & HUMAN SCIENCES



Did you know that approximately 21% of the US's fresh water supply is used to produce food that goes to waste? Uneaten food is the largest contributor to solid waste in our landfills. Food Waste. We are all guilty of it and with how much food is costing today, we need to be better about how we manage the food we purchase. Here are some steps that you can share with your family in order to stretch your food dollars and not be wasteful.

1. Shop from your pantry and refrigerator so that you can cook and eat what you already have on hand versus buying more items that may not get used.
2. Make a grocery list and stick to it. Planning out meals can help with this because you can look through items you already have and then only have to purchase the ingredients needed. It may take some time to plan those meals but it saves money.
3. Store food properly by using the FIFO method or First In First Out method. Produce like apples, potatoes and onions will last longer if they are stored in a cool, dark and dry place.

Information courtesy: <https://rutherford.ces.ncsu.edu/2022/08/preventing-food-waste-2022/>



Make a Difference Week is October 17-22nd, 2022. this year we will be collecting the following items for the schools: snacks, leggings for girls of all sizes even like S,M,L adult because we have middle schoolers who sometimes need a change of clothes, sweatpants for boys but we typically only use small sizes for those no bigger than size 12.

Please have all items to the Extension Office by Friday, October 21st at 9am so that they can be delivered to the school.

Butternut Squash Mac N Cheese

Recipe Courtesy: <https://food.unl.edu/recipe/butternut-squash-mac-n-cheese>

1 small butternut squash
1 1/2 tsp. olive oil
1 tsp. black pepper
1 tsp. garlic powder
2 cups uncooked whole wheat pasta
1/4 white onion, chopped
1/2 tsp. salt
3/4 c. low fat milk
1 c. cheddar cheese, shredded
1/2 c. mozzarella cheese, shredded
Parmesan cheese, optional garnish
Green onion, optional for garnish
Directions: Wash hands with warm water and soap for 20 seconds. Preheat oven to 375°F. Cut squash in half and remove skin/seeds. Cube squash and place on a sheet pan sprayed with nonstick cooking spray. Brush squash with olive oil and sprinkle with salt and pepper. Roast in oven for about 25 minutes or until soft.

While squash is roasting, cook pasta according to package directions, drain and set aside. In a small skillet, heat a 1/2 tablespoon of olive oil and add onion and sauté until soft. Place squash, onion, milk and optional spices into a blender and process until smooth. Pour the squash mixture over the noodles and mix evenly. Stir in shredded cheeses adding milk until desired consistency. Top with parmesan cheese or green onions if desired. Store leftovers in the fridge for up to 4 days.

** if squash is hard to cut, microwave for 2-3 minutes

until it



Be sure to take the time to celebrate Chocolate Day on Friday, October 28th!

The darker the chocolate, the healthier it is for you because it contains less fat and sugar.

- ◇ 3/4 oz. of dark chocolate provides the same amount of antioxidants as a glass of red wine.
- ◇ Rich in flavonols- the same healthy antioxidants found in fruit, vegetables, green tea and red wine.
- ◇ Lowers blood pressure among people with hypertension.
- ◇ Increases levels of HDL (the good cholesterol).
- ◇ Decreases the oxidation rate of LDL (bad cholesterol) which can cause plaque buildup in arteries
- ◇ Increases the time it takes for blood to clot.
- ◇ Improves elasticity of blood vessels leading to healthy blood flow.
- ◇ Improves insulin resistance which helps regulate blood sugar.
- ◇ Improves your mood thanks to boost in serotonin and endorphin levels.

http://www.clemson.edu/extension/hgic/food/nutrition/nutrition/dietary_guide/hgic4090.html





Let's Get Cookin! IT'S FALL ABOUT THE FOOD TEAM PUMPKIN & TEAM APPLE UNITE!

Wednesday, October 12th at 10am
at Purdue Extension Ohio County Office
412 Main St. Rising Sun, IN

Did you know?

3 apples are equal to about 1lb?

Pumpkins are 90% water?

Both are fruits that come from a seed
and harvested by hand?

VS



Pick your team and join us for
recipe ideas and samples!

Cost: \$5- includes recipe packet and samples
Please RSVP to Purdue Extension Ohio County at
812-438-3656 by Friday, October 7th!

Purdue University is an equal opportunity/equal access/affirmative action institution.



Meal Kits? Are they worth the money?

Meal kits are all the rage! The food arrives and you just have to prepare it BUT are they worth the money?

Join us on November 8th at 1pm as we look at the pros and cons of Meal Kits!
RSVP to Purdue Extension Ohio County at 812-438-3656 by Monday, November 7th!

Purdue Extension is an Equal opportunity/equal access/affirmative action institution.