

September/October Newsletter



Follow us on
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<https://extension.purdue.edu/county/ohio/>



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Facebook

Congrats to all of our youth who exhibited at the Indiana State Fair. Scan the code to view Fair Results



Open enrollment begins October 1st
Anyone planning to attend any events MUST be enrolled by that program date



<https://v2.4honline.com>



Staff Directory

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Extension - Ohio County

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Upcoming Dates

DATE	EVENTS	TIME	LOCATION
September 4th	Area Livestock Skillathon	5:00PM	South Ripley High School
September 9th	YAB Meeting	6:30PM	Extension Office
September 14th	Navy Ben Parade	10AM	
September 16th	Fair Board Meeting	6:30pm	Extension Office
September 17	Homemaker Craft Day	10am	Extension Office
September 25th	Area Soils CDE	9:00am	SEPAC
September 26th	ServSafe Handler	10am	Extension Office
October 6th-12th	National 4-H Week		
October 7th	YAB Meeting	6:30pm	Extension Office
October 8th	Madison District Homemakers Fall Meeting	9am	Schroeder Building- Ohio County Fairgrounds
October 14th	Harvest Celebration	6:00pm	RSCC Community Garden
October 19th	Ohio County Open Show	11:30	Ohio County Fairgrounds
October 21st	Fair Board Meeting	6:30pm	Extension Office
October 26th	Haunted House	6-8 pm	Extension Office
October 21-26th IEHA Make a Difference Week	Make a Difference Day on 10/26/2024		
October 31st	Haunted House		

4-H Youth Development



Once again we will be participating in the Navy Bean Parade. Our theme is 4-H Encounter Jurassic Park Edition.

The parade will take place Sept 14th. We ask that those who plan to participate arrive by 10am at the boat docks (closest to paddy wagon)

OHIO COUNTY PREVIEW SHOW



HOOSIER ELITE BEEF CIRCUIT (HEBC) SHOW

Judge: Justin Stierwalt

**Saturday
OCTOBER 19TH,
2024
@ 11:30 AM**

Show order: Showmanship-Heifers-Steers

Register via Showman.App

Entry Fee: \$35

Showmanship Fee: \$10

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.

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

**Prospect steers
MUST be born after
January 1, 2024.**

**Prospect heifers
MUST be born on or
after September 1,
2023.**

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.

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

Show Rules:

1. Follow all HEBC Show Rules.
2. All steers and market heifers will show together by breed and weight.
3. Breed heifers must have registration papers and will show by age.
4. Crossbred heifers will show by weight.
5. Health papers are required for out of state animals.
6. Registration papers are required.
7. Exhibitors ages 7 through 21.

Questions:

Michael Kirkpatrick 812-655-2056

Matt Markland 812-584-9996

Purdue Extension - Ohio County 812-438-3656

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

**Jr.
Leaders
meeting
October
20th
5pm @
EO**



4-H Youth Development

NATIONAL 4-H WEEK 2024

OCTOBER 6TH-12TH



Extension - Ohio County



Sunday

Rock Challenge Kick- Off
There are FOUR 4-H rocks hidden in the community. Find one and post a picture of it and tell why 4-H rocks for you. Return rock extension office once found

Monday

Make it Monday
Make a 4-H Clover! Use whatever materials you can find at home- ask for help from an adult if needed. take a pictures and share it with us on social media

Tuesday

Swag Day
Wear your 4-H apparel today to show your pride! Whether its's school, soccer practice, the grocery store, or home, **ROCK YOUR GREEN!**

Wednesday

Appreciation
Stop by the Extension Office between 11am-1pm to put together and help deliver cookie trays to show our appreciation to community supporters. **BRING YOUR FAVORITE COOKIES TO SHARE**

Thursday

Thankfulness
Thank a 4-H Volunteer, or someone who has made a positive impact on your 4-H experience. Send them a letter, give them a phone call or say it in person!

Friday

Paint the Town GREEN
Make Posters, share pictures, or use window markers to paint the town green with 4-H all around town!
*Remember to always get permission from a business to decorated their window/property

THANKS!

Thank you to all of the fantastic Ohio County 4-H Volunteers for your time and efforts this past year

In addition to the haunted house we will once again be having club set up outside to hand out candy- Clubs in charge of collecting candy

Last years Haunted House was a HIT! It's definitely going to be hard to beat, but we are determined to come back bigger and better this year, but we NEED your help.

We will be sending out a sign up sheet for those willing to help with setup and run the event this year. Call the office to find out ways you can help make these two evenings happen.

Purdue Extension Ohio County **HAUNTED HOUSE**

OCTOBER 26TH AND OCTOBER 31ST

6-8PM

\$1 ENTRY FEE

LIGHTS ON 5:30-6 HALLOWEEN NIGHT ONLY



ALL PROCEEDS GO TO OHIO COUNTY 4-H PROGRAMS



Agriculture & Natural Resources

September/October Garden Tips

By: Rosie Lerner

YARD (Lawns, woody ornamentals and fruits)

Fall is a good time to plant many container-grown or balled-and-burlapped nursery stock. Prepare a good-size planting hole wider than the ball, but plant at the same depth it grew in the nursery and water thoroughly. Mulching will help protect against large fluctuations in soil temperature and moisture. Do not be alarmed if your evergreens, particularly white pine and arborvitae, drop some older needles. All evergreens shed needles at some time, but not all at once as deciduous plants do.

Harvest apples, pears, grapes, and everbearing strawberries and raspberries. For most fruits, flavor is the best indicator of ripeness, although color change also can be a good indicator. However, pears are best ripened off the tree, and grapes change color long before they are fully flavored, so sample the fruit to be sure. Remove raspberry canes after they bear fruit.

Clean up fallen fruits, twigs and leaves around apple (including crabapple) and other fruit trees to reduce disease and insect carryover. To promote the lawn's recovery from summer stress, apply high-nitrogen fertilizer at the rate of 0.5 to 1 pound actual nitrogen per 1,000 square feet.

Reseed bare spots or new lawns using a good-quality seed mixture. Seeding in late summer allows the turf to maximize its establishment and rooting prior to the next summer's heat and drought.

September and October are appropriate months to apply broadleaf weed killers to the lawn. Be sure to follow all label directions, and choose a calm day to prevent spray drift.

GARDEN (Flowers, vegetables and small fruits)

Dig onions and garlic after tops fall over naturally and necks begin to dry. Plant radishes, green onion sets, lettuce and spinach for fall harvest. Thin fall crops, such as lettuce and carrots, that were planted earlier.

Harvest crops such as tomatoes, peppers, eggplants, melons and sweet potatoes before frost, or cover plants with blankets, newspaper, etc., (but not plastic) to protect them from light frost. Mature green tomatoes can be ripened indoors. Individually wrap fruits in newspaper, or leave them on the vine, pulling the entire plant out of the garden. Store in a cool location – about 55-60°F. Harvest winter squash when mature (skin is tough) with deep, solid color, but before hard frost. Some cultivars will show an orange blush when mature. Plant, transplant or divide peonies, daylilies, iris and phlox only if you can apply irrigation during dry spells. Save plants such as coleus, wax begonias, impatiens or fuchsia for indoor growing over winter. Dig plants and cut them back about halfway, or take cuttings of shoot tips, and root them in moist vermiculite, soil mix or perlite. Watch for garden chrysanthemums to bloom as days grow shorter. Some may have bloomed earlier this summer, which will decrease the number of fall blooms. Plant spring-flowering bulbs beginning in late September. Planting too early can cause bulbs to sprout top growth before winter. However, allow at least four to six weeks before the ground freezes for good root formation. Dig tender bulbs, such as cannas, caladiums, tuberous begonias and gladiolus, before frost. Allow to air dry, and store in dry peat moss or vermiculite.

Why Should I Test Forages for Quality?

Greater net profit is the primary reason livestock producers need to know the quality of forages they are feeding. Not knowing the forage's exact quality acts as a two-edged sword that can cut into profits. Not knowing the quality of the forages and feeding extra protein is one way to cut into profits. Another way is by overestimating the quality of the forage that can be detrimental to your herd.

Animals on a poor quality forage can decrease a body condition score in a month. 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.



Agriculture & Natural Resources

What's wrong with stacking round bales?

By Amber Friedrichsen, Associate Editor

Moving round bales out of a field and under cover may seem like one more item on the to-do list of a busy hay season, but rushing to complete this step may result in improper storage that can squander the forage yield and quality farmers worked so hard to achieve.

In a recent article from the Midwest Forage Association's Clippings newsletter, Sarah Bauder with South Dakota State University encourages best storage practices to conserve dry matter and quality in round bales. The forage field specialist suggests bale storage is just as important to product value as plant maturity, harvest management, and pest control.

Dry matter and quality losses occur when water is trapped in hay and causes spoilage. This can be exacerbated by several factors, including hay binding, storage structures, bale stacking, and time. Densely made bales are better equipped to exclude excess moisture, and the shape of a round bale is more conducive to shedding water compared to a square one. Bauder added that different forage species have different water-shedding capabilities. For example, grasses have broad, flat leaf blades that can prevent water from penetrating bales better than smaller alfalfa leaves.

Field day findings

At a field day in 2019, Bauder conducted a demonstration with an electric probe to measure moisture levels in bales that were stored on various sites at a farm that received over 20 inches of rainfall throughout the season. Approximately 50 samples were taken at an 8-inch depth from the flat face of each bale and used to create spatial maps of moisture.

For bales stored under an open shed, approximately 98% of the sampling area measured 20% moisture or less. Conversely, more than two-thirds of the sampling area of bales stored outside in tightly packed rows exceeded 22% moisture. Bales stored in the middle and bottom tiers of a stacked pyramid shape retained even more moisture, with over 35% of the sampling areas exceeding 30%.

"Water tends to shed from upper bales into the lower layer where limited air movement and sun exposure deteriorate the bales," Bauder explains. "The bottom bales also tend to squat, creating more contact with the ground and increasing moisture wicking."

Mushroom stacking — or placing one bale on its flat side and placing a second bale on its round side on top — caused the most spoilage. In fact, data showed more than 45% of the sampling area of the bottom bale in a mushroom stack was over 35% moisture.

Overall, Bauder said the results from the field day aligned with typical storage recommendations. Protecting round bales under a roof is the best option; however, there are ways to prevent spoilage if bales must be stored outside.

- Avoid stacking bales. If bales must be stacked due to limited storage space, cover the pile with plastic.
- Utilize net wrap instead of twine to help bales shed excess water and maintain integrity and shape.
- Do not place bales in a shaded area; keep them in the sun as much as possible. This allows for better drying after bales have been exposed to precipitation.
- Locate a south-facing slope for bale storage to promote water drainage. Additionally, establish a well-drained surface, such as gravel or a rock pad, to further reduce water wicking.
- Orient bales in rows from north to south with 3 to 4 feet in between rows. Bauder notes that butting bales together tightly protects the flat faces from rain and snow accumulation, whereas a 12- to 18-inch gap between individual bales allows for better airflow. With that said, there is no research consensus on the ideal distance between bales.



Health & Human Science

DID YOU KNOW?

September is National Childhood Obesity Awareness Month

According to the CDC, from 2017-2020 data, approximately **14.7 million youth ages 2-19 are considered obese**. This is equal to **1 in 5 children in the US**.

Risk Factors for childhood obesity include:

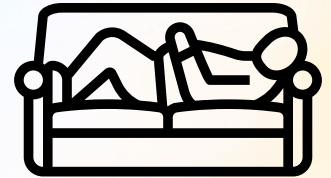
Lack of physical activity- youth should get at least 30-60 minutes a day of physical activity.

Unhealth eating patterns: eating too many highly processed foods with added sugars and too many sugar sweetened beverages. Consuming too little fiber along with fruits and vegetables.

Not enough sleep or poor quality sleep due to too much screen time.

Childhood obesity can be associated with youth having high blood pressure and high cholesterol which are key factors for heart disease. Youth are also at risk for Type2 diabetes, breathing problems, joint issues and gallbladder disease. Not only are youth exposed to physical risks by being obese but they are also more likely to have psychological problems like anxiety and depression, low self-esteem, social problems or being bullied and obesity as an adult.

Information courtesy: <https://www.cdc.gov/obesity/basics/consequences.html>



October is Breast Cancer Awareness Month

Breast cancer is the second leading cause of death from cancer in American women.

Women in the US get breast cancer more than any other type of cancers except for skin cancer. **Risk factors for breast cancer include being older, a personal history with breast cancer or benign breast disease, genetics, dense breast tissue, taking hormone therapy to ease menopause symptoms, obesity and alcohol consumption.**

Information courtesy: <https://www.cancer.gov/types/breast/patient/breast-prevention-pdq>

October 12th-20th, 2024 Bone and Joint Health National Action Week

Taking the time to **prevent injury to our joints** is important. Bone and Joint Health National Action Week focus on the prevention, disease management and treatment for joint issues regarding arthritis, back pain, trauma injury, pediatric conditions and osteoporosis.

Having a diet that is rich in Vitamin D will help with calcium absorption as a diet rich in calcium can improve your bone health when combined with physical activity.

When it comes to taking care of joints we may need to take a bone density test or a DXA scan. This is especially important for women ages 50 and older as this test result can help determine your bone health and your risk for joint issues or osteoporosis.

Peanut Butter Energy Bites

3/4 cup peanut butter
1 1/2 cups oats (quick or old-fashioned)
1/3 cup honey or maple syrup
1/3 cup mini chocolate chips
2 Tablespoons ground flax seed

Directions. Wash hands with warm soap and water. Add peanut butter to a microwave safe mixing bowl and microwave 20 seconds until just soft. Add oats, honey/syrup, chocolate chips and flax seeds to peanut butter until thoroughly combined. Using a teaspoon to measure, scoop out 1 teaspoon of mixture and roll into a ball. Repeat with remaining mixture. Store in an airtight container in the refrigerator.

Recipe courtesy:

<https://food.unl.edu/recipe/peanut-butter-energy-bites>

Health & Human Science

JOIN US FOR A MAGICAL TIME!

MADISON DISTRICT HOMEMAKERS FALL MEETING

TUESDAY, OCTOBER 8TH AT THE
SCHROEDER BUILDING ON THE OHIO
COUNTY 4-H FAIR GROUNDS



9AM REGISTRATION

MEETING STARTS AT 9:30

COST IS \$16/PERSON WITH CHECKS

MADE OUT TO OHIO COUNTY

EXTENSION HOMEMAKERS. PLEASE

MAIL CHECKS TO OUR EHC

TREASURER LORI SCHRICHEN

9597 JEWETT DR. DILLSBORO, IN

47018

DEADLINE TO REGISTER IS

SEPTEMBER 27TH. NO REFUNDS.

Purdue University is an equal opportunity/equal access institution.

**As hosts for the
meeting we need the
following breakfast
items:**

Breads/Coffee Cakes
Fruit
Cream cheese
Butter
Breakfast Casserole
Sugar/Alternate
Sweeteners
Coffee Creamer
Juice

If you can supply any of
these items please call
the EO at 812-438-3656.
Items can be dropped
off by 4pm on 10/7 at
the EO or after 8am on
10/8 at the Exhibit Hall.

The Homemakers will be making
decorative pumpkins for the Madison
District Meeting. This craft day will take
place on Tuesday, September 17th at
10am at the Extension Office.



Reminder

Dates to Remember

Navy Bean Festival- September 13th and
14th

Tuesday, October 8th- Madison District
Homemakers Fall Meeting

Make a Difference Week October 21st-26th!

Stay tuned for a list of needs!