

March/April Newsletter

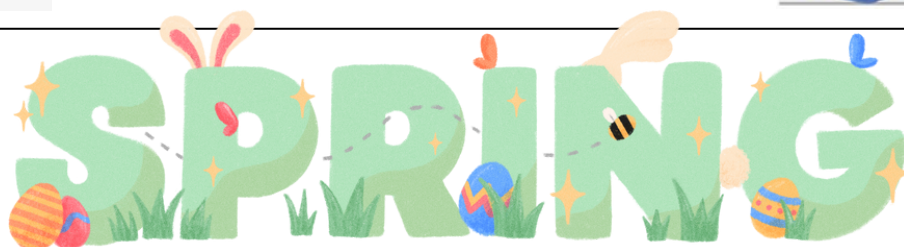


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DROP ADD DEADLINE MAY 15TH
REMINDER LIVESTOCK EXHIBITORS MUST ATTEND 3
MEETINGS AS WELL AS QLC TRAINING

CLUBS MEET ON A MONTHLY BASIS.



CLASSY CLOVERS- 2ND WEDNESDAY 6PM @ EXTENSION OFFICE

LUMBERJACKS- 1ST WEDNESDAY 6PM @ EXTENSION OFFICE

TRAILBLAZERS- 4TH SUNDAY 2PM @ EXTENSION OFFICE

JAZZY JESTERS- 1ST FRIDAY @ LEADERS HOUSE



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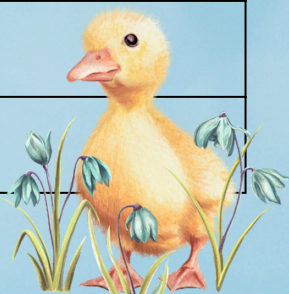
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Extension - Ohio County

Upcoming Dates

DATE	EVENTS	TIME	LOCATION
March 1st	Beef ID	8–9AM	Fairgrounds
March 3rd	YAB Meeting	6:30PM	Extension Office
March 8th	Area Volunteer Conference	10am–2pm	Hopewell Baptist Church
March 17th	Livestock Committee Meeting	6pm	Extension Office
March 17th	Fair Board Meeting	6:30pm	Extension Office
March 25th	QLC	10am	Extension Office
March 26th	Nature Camp	9am–3pm	Extension Office
March 29	Beyond Ready Showmanship	10am–3pm	Jefferson County Fairgrounds
April 7th	YAB Meetng	6:30pm	Extension Office
April 10th	Regional Livestock Contest	9am	Decatur County Fairgrounds
April 12th	Camp Counselor Training	10am	Jefferson County Fairgrounds
April 18th	OFFICE CLOSED		
April 21st	Fair Board Meeting	6:30pm	Extension Office
April 21–23	AI School		Cox Livestock Osgood, IN
April 26th	Spring ID Day	8–10am	Fairgrounds
April 30th	Purdue Day of Giving		



4-H Youth Development

Area 14-H 

Beyond Ready to Show Livestock

March 29, 2025 10:00am - 3:00pm

Jefferson County 4-H Fairgrounds 3767 W SR 256 Madison, IN 47250

Want to perfect your showmanship skills with advice from Livestock Judges? Need to get your Quality Care training done for fair? If so, we invite you out for a day long Animal Science and Showmanship Workshop! The event will be separated into 2 age-appropriate traveling groups.

\$10 Registration Includes

- Catered Lunch
- Door Prizes
- Indiana 4-H Quality Livestock Care Registration
- Educational Resources

Agenda

	Junior 4-H Members	Senior & Int. 4-H Members
10:00	Animal Nutrition Learning Laboratory	
10:40	Beef Showmanship	Swine Showmanship
11:20	Swine Showmanship	Beef Showmanship
Noon	Lunch	
12:40	Goat Showmanship	Sheep Showmanship
1:20	Sheep Showmanship	Goat Showmanship
2:00	Indiana 4-H Livestock Quality Care Training	

- Presenters will include Livestock Judges, 4-H Volunteers and Extension Educators.
- Demonstration animals on sight for each species.
- Opportunity to complete required IN 4-H Quality Livestock Care Training at no extra cost.

Registration Required on 4-H Online Events by March 21st

Register at: <https://beyondreadytoshowlivestock.4honline.com>

Event costs \$10. Families encourage to stay on fairgrounds with members, hospitality room will be available.

Contact Purdue Extension Jefferson County with questions at (812) 265-8919



Beef & Dairy Identification Day



March 1st from 8 - 9AM @ Fairgrounds

- All animals must be haltered with lead.
- All steers and all heifers will be RFID tagged. 4-H members MUST provide Premise ID numbers in 4-H Online by May 15th. Steers will be tagged and weighed.
- 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.
- Any beef cattle going to the Indiana State Fair will need DNA samples taken contact the extension office for more information.



INDIANA 4-H QUALITY LIVESTOCK CARE



To exhibit BEEF CATTLE, DAIRY CATTLE, SWINE, SHEEP, MEAT GOATS, DAIRY GOATS, POULTRY, and RABBITS, 4-H members must be certified through the Indiana 4-H Quality Livestock Care training OR the online Youth for the Quality Care of Animals program (YQCA) (\$12).

- This certification must be done on an annual basis
- Members must be registered in 4-HOnline BEFORE attending a training
- Members may attend any training dates listed on this flyer



To register for the Indiana 4-H Quality Livestock Care program, please use <https://v2.4honline.com>. Those planning to be certified through the YQCA program, will register at www.yqcaprogram.org and will present their completion certificate to their 4-H Educator. If you need to request special accommodations, please contact the Extension office @ 812-438-3656.

Training Dates & Times

February 3 @ 5pm
February 17 @ 5pm
March 25 @ 10am
May 5 @ 5pm

Training Locations

Extension Office
Extension Office
Extension Office
Extension Office

2025 Important Dates

- March 1 - Beef ID Day @ 8am
- March 8 - Area Volunteer Training
- March 29 - Area Livestock Showmanship
- April 5 - Livestock Clinic
- April 26 - Goat, Sheep, & Swine ID Day 8am
- June 2-6 - 4-H Camp
- June 7 - Poultry & Rabbit ID Day
- June 20-28 - Ohio County 4-H Fair

4-H Youth Development

Nature Camp

Date: March 26

Time: 9:00am-3:00pm

Location: Ohio Co Extension Office

Who: 3rd through 6th grade students

Register at:

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

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 Deadline

March 20, 2025

Limited to 15 participants.

Cost of Camp

included with 4-H

Enrollment



Extension

PURDUE COOPERATIVE EXTENSION SERVICE IS AN EQUAL OPPORTUNITY/EQUAL ACCESS INSTITUTION

Area 1- Southeastern Indiana

4-H Volunteer Conference



March 8, 2025 Hopewell Baptist Church 2319 N County Rd 850 W, Holton, IN

Area 1 4-H Extension Educators aim to enhance the 4-H experience by bringing together volunteers from multiple counties to share best practices and learn from each other. This event is of no charge to 4-H volunteers and includes lunch, door prizes and 4-H curriculum resources. Registration is collected on 4-H Online.

Schedule of Events

10 am Thrive Session

11 am First Session

Choose a topic relevant to your role.

12 noon Catered Lunch

1 pm Second Session

Choose a topic relevant to your role.



Registration Required on 4-H Online Events by February 28th v2.4honline.com

First Session Options

4-H Camps & State Fair

Explore the opportunities in our area and at Purdue for youth to learn on a higher level.

Engaging 4-H Club Meetings

Play games, learn Parli and get ideas you can bring back to your club meetings.

Area Fair Board Roundtable

Collaborate with area board members to publicize events and share best practices.

Second Session Options

A Year of Club Meetings

Use a template provided in this workshop to schedule your year of club meetings with suggestions for learning, guest speakers, community service and fun.

Livestock Leader Panel

Discuss hosting Animal Science Workshops members want to attend, planning shows and best practices from fellow volunteers.

4-H Judges Panel

Talk with frequently hired 4-H judges about what they are looking for in the exhibit hall and how standards compare to state fair.

This event is free to all 4-H Volunteers Call (812) 265-8919 or email copelanb@purdue.edu with questions



Extension - 4-H Youth Development



EAE/OU

NEW 4-H MEMBER MEETING

Extension Office

1pm

April 27th

CALLING ALL MEMBERS WITH 2 YEARS OR LESS EXPERIENCE!!

NAVIGATING ALL THINGS 4-H AS A NEW MEMBER OR A NEW PARENT CAN BE OVERWHELMING! THIS MEETING WILL HELP BUILD CONNECTIONS WITH JUNIOR LIVESTOCK COMMITTEE MEMBERS, ANSWER ALL THE QUESTIONS ABOUT 4-H ONLINE AND FAIR ENTRY. LET US HELP YOU HAVE A FUN AND SUCCESSFUL FAIR SEASON!



PURDUE COOPERATIVE EXTENSION SERVICE IS AN EQUAL OPPORTUNITY/EQUAL ACCESS INSTITUTION

Attention Commercial Chicken Exhibitors!!!

Again this year, for the 2025 Ohio County 4-H Fair we are offering to order commercial chicks in bulk for any Ohio County 4-H families if you so choose. We are placing two orders for commercial chickens from Mt Healthy Hatchery.

The first deadline to order is 4pm on April 12th. The second deadline to order is 4pm on April 26th.

Birds will be available for pick up approximately 2 weeks after order deadline.

If you have questions or to place your order please contact the office.



4-H Youth Development

You are invited to The Wonderful World of 4-H CAMP

You are invited to join us at the Wonderful World of 4-H for the 2025 Southeastern Indiana 4-H Camp June 3rd-6th at Camp Higher Ground! Join 4-H members from across southern Indiana as we roast marshmallows, defeat others in 9-square and learn along the way. The camper application for grades 3-7 is now live on 4-H Online under the Events tab!

If you have any questions, concerns or need accommodations at camp let us know by emailing jmrichards@purdue.edu or calling the office at 812-438-3656.

When: June 3rd thru June 6th 2025

Where: Camp Higher Ground

Who: 4-H Campers are Youth in 3rd-7th grade

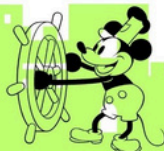
Register via 4-H Online: v2.4honline.com

Event name: 2025 Southeastern Indiana 4-H Camp

Registration Due May 1st



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



Spring ID Day: All Sheep, Goat, & Swine

**April 26, 8 - 10A.M. at the
Ohio County Fairgrounds**

- Sheep and Goats will need to be tagged with a 5 Digit tag unless they already have one from the county or are tattooed. Swine will receive a 5 digit tag and an RFID tag. Scrapie tags will not be excepted for identification.
- All animals MUST be enrolled online by May 15th to be eligible to exhibit!!
- Swine, Goats and Sheep planning on going to the State Fair must be tagged with RFID tag and must have DNA sample collected and turned into the Extension Office by May 15th.
- Females that have been previously shown or that are registered do not need to be brought to ID day, the 4-H member needs to complete the enrollment information online.

Please contact Jill at the Extension Office if you have any questions, 438-3656.

LIVESTOCK CLINIC

10AM-2PM

**OHIO COUNTY
FAIRGROUNDS**

APRIL 5, 2025

SCHEDULE & TOPICS:

- **10AM: SWINE DAILY CARE - GRACIE FLASHPOLER**
- **11AM: BEEF DAILY CARE - ANDREW LANGE**
- **1PM: SHEEP/GOAT DAILY CARE**



Agriculture & Natural Resources

April 21-23, 2025



ARTIFICIAL INSEMINATION CERTIFICATION SCHOOL

About This Course:

Purdue Extension is partnering with Select Sires to hold an Artificial Insemination (AI) class for beef and dairy producers interested in learning about: Anatomy/Physiology, AI Technique, Semen Handling, Estrus Detection/Timing and Estrus Synchronization program into their herd. The cost for the certification is \$450.

Location & Info:

Cox Livestock
1014 W County Rd 150 N
Osgood IN 47037



SAVE THE DATE!

Purdue University is an equal opportunity/equal access/affirmative action university. If you require special accommodations to attend this event or have any questions about this event, please email Jill Andrew-Richards jmrichards@purdue.edu or call 812-438-3656

MARCH GARDEN TIPS

By: Rosie Lerner



- 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.

Spring Pasture To-Do's

By: Evie Smith-OSU

Soil test

If you didn't test it last fall, test the soil in your pasture this spring (or plan to do it this coming fall). OSU Extension recommends you test the soil in your pasture every one to two years to know how to amend your soil to get the most out of your pasture.

Manage weeds

Walk pastures to determine weed presence and manage as needed.

Mow or graze

Reducing your pastures to 3–4 inches of stubble height encourages new growth.

When your pasture conditions allow for it (it's not too wet and muddy), rotate your animals through your pasture or mow with the mower blade set at 3–4 inches.

Plan for making hay or silage

If silage or hay production is part of your management plan, plan to remove livestock from identified fields in early April. Fertilize as needed.

Prep for renovation

Pastures can be renovated in the spring or fall. Sufficient preparation is required no matter when you plan on planting new seed in your pasture.

This will involve:

- Implementing a weed management plan
- Testing soil to determine if lime or other fertilizers may be needed
- Finding equipment
- Determining seed species and cultivars and seeding rates



Health & Human Science

MARCH IS COLORECTAL AWARENESS MONTH

6 Ways to Help Protect Your Colorectal Health

1. **Get screened for Colorectal Cancer**- the American Cancer Society recommends testing starting at age 45 for people at average risk. Some colorectal screening tests can also find and remove precancerous growths aka polyps in the colon or rectum.
2. **Eat lots of vegetables, fruits and whole grains**- Diets that include lots of vegetables, fruits and whole grains have been linked with a decreased risk of colon or rectal cancer.
3. **Get Regular Exercise**- Lack of physical activity can increase your chance of having colorectal cancer. Try to get at least 150 minutes of physical activity each week.
4. **Take control of your weight**- Being overweight or obese increases your risk of getting and dying from colon or rectal cancer. By eating healthier and increasing your physical activity, you can help control your weight.
5. **Don't Smoke**- People who have been smoking for a long time are more likely to develop and die from colon or rectal cancer.
6. **Avoid Alcohol**- Alcohol has been linked with a higher risk of colorectal cancer. For men, try to limit alcohol consumption to no more than 2 drinks per day and women should try to limit to 1 drink/day.

Info courtesy: <https://www.cancer.org/cancer/latest-news/six-ways-to-lower-your-risk-for-colon-cancer.html>

Food Waste and Your Money

Every year, between 30-40 % of the United States food supply goes uneaten. Each year, the average American family of 4 loses/wastes \$1,500 to uneaten food.

Here are several ways that you reduce the amount of food wasted in your household.

1. Shop your refrigerator before heading to the store- make sure you use up what you have and try having a once/week catch all meal where you use up leftovers, fruits and veggies.
2. In the pantry and fridge, go with the FIFO method of First In First Out by moving older products to the front to be used first. This process helps to ensure that older foods will be used before going bad.
3. Keep your refrigerator at 40 degrees or colder to prolong the life of foods.
4. Freeze, can or dry surplus fresh foods by using safe and up to date food preservation methods. Give the Extension Office a call if you have questions about food processing.
5. Take your restaurant leftovers home and refrigerate within two hours of being served. Eat within 3-4 days or freeze for best quality.
6. Dish up reasonable amounts of food at a buffet but go back for more, using a clean plate, if needed.
7. Compost food scraps for use in the garden.
8. Check products dates on food- confusion over date labeling accounts for more than an estimated 20 % of consumer food waste.
9. Look for recipes that can be searched for by ingredients to use up food at home.
10. Buy misshapen fruits and vegetables at farmers markets and elsewhere. Many times, if a fruit or veggie doesn't have the "perfect" shape, it is thrown away.
11. Rather than buy a food for use in only one recipe, check if there might be a suitable substitute already in the home.
12. Check your garbage can- if the same foods are being repeatedly tossed either eat them sooner, buy less of them, or incorporate them into more recipes or freeze them to use in a recipe at a later time.
13. Donate safe, nutritious food to food banks, food pantries and food rescue programs.
14. If you have several foods that might go to waste at the same time, try adding them to such adaptable recipes like salads or soups. Try roasting your veggies and snacking on them for a quick lunch on the go.

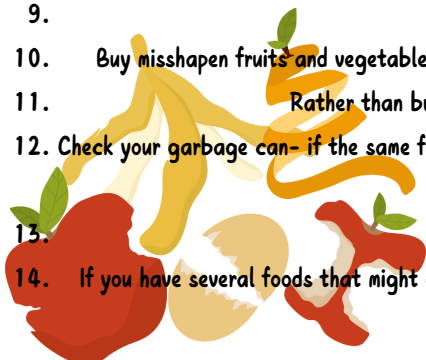
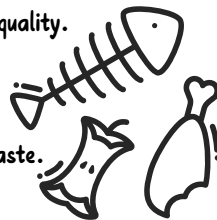
Info courtesy: <https://food.unl.edu/article/preventing-food-waste/>

March 7th- Ohio EHC Council meeting at 1pm

Madison District Spring Meeting- Tuesday, March 25th, 2025, Greensburg, IN

Ohio County Extension Homemakers Achievement Night- April 22nd

Ohio County 4-H Fair, June 20th - 27th, 2025



Health & Human Science

Madison Spring

District Day

"Hoppin' on the IEHA Trail"

Hosted by: Decatur County Extension Homemakers

TUESDAY, MARCH 25, 2025

9:30 am Registration and President's Meeting

10:00 am Meeting Starts

St. Mary's Catholic Church—Door 7

1331 East Hunter Robbins Way

Greensburg, IN 47240

COST—\$16.00 per person

\$10 Door Prize Money per County

RSVP by March 12, 2025

Questions—call 812-663-8388 or 812-614-1902



Lightening Safety Reminders

- Stay off corded phones, computers or the electrical equipment that put you in direct contact with electricity.
 - Avoid plumbing including sinks, bath and faucets.
 - Stay away from windows and doors and stay off the porch!
 - Do not lie on concrete floors or lean against concrete walls.
 - If you hear thunder, lightning is close enough to strike you.
 - Immediately get out and away from ponds, lakes and other bodies of water.
 - Stay away from objects that can conduct electricity like barbed wire fences, windmills, etc.
- **Always Remember**** When lightning roars, go indoors! Stay there for 30 minutes after the LAST clap of thunder.

Info courtesy: <https://www.noaa.gov/jetstream/lightning/lightning-safety>

Did you know that Wednesday, March 26 is National Spinach Day?

Celebrate by making some Spinach Lasagna!

1 (10 oz) package spinach, frozen, chopped

2 eggs

1 (15 oz) package ricotta cheese

1 T. Italian seasoning

1 (6 oz) container Parmesan Cheese, grated, divided

1 (3 lb.) jar spaghetti sauce

12 lasagna noodles, uncooked

1 (6 oz) package Mozzarella cheese, shredded and divided

1/2 c. water



Directions: Wash hands with soap and water for 20 seconds. Preheat oven to 350 degrees and spray a 9x13 inch baking pan with non-stick cooking spray. Thaw spinach, draining liquid. Use paper towels to pat dry. Break eggs into large bowl and beat with fork. Add spinach, ricotta cheese, Italian seasoning and 2 tablespoons of the Parmesan cheese. Mix well.

Spread 3/4 of the spaghetti sauce in baking pan. Place 3 uncooked noodles on top of the sauce and then spread 1/3 of the spinach mixture over the noodles. Sprinkle with mozzarella cheese. Spread 3/4 cup of sauce over spinach mixture and repeat layers. Top with remaining 3 noodles and spaghetti sauce. Add 1/2 cup of water to jar of spaghetti sauce and dump over lasagna. Sprinkle mozzarella cheese and remaining Parmesan cheese on top. Cover tightly with foil. Bake about 1 hour and 15 minutes until cheese is bubbly and slightly browned on top. Bake uncovered for the last 10 minutes. Store leftovers within 2 hours in an air tight container for up to 4 days.

Recipe courtesy: <https://food.unl.edu/recipe/spinach-lasagna/>