

PURDUE EXTENSION - WASHINGTON COUNTY

NEWS

October/November 2025



FEATURED TOPICS IN THIS ISSUE:

- 4-H Enrollment Opens October 1st!
- 4-H Carnival of Fun October 27th
- Extension Annual Meeting
- Area 2 Pesticide Applicator Program
- Green Cloverworm Moths
- Harvesting and Roasting Sunflower Seeds
- Cooking With an Air Fryer
- Cooking Ahead for the Holidays



4-H YOUTH NEWS



Upcoming Dates

- **Oct 14 - Canton Clovers @ 3:30-4:30 PM**
- **Oct 16 - Jr. Leaders @ 6:00-8:00 PM**
- **Oct 19-26 - Wash Co 4-H Week**
- **Oct 20 - Extension Board Annual Meeting @ 6:00 PM**
 - **Please RSVP by October 13!**
- **Oct 27 - Carnival of Fun @ 6:00-7:30 PM**
- **Nov 3 - Jr. Leaders @ 5:15-6:15 PM**
- **Nov 11 - Canton Clovers @ 3:30-4:30 PM**



Enrollment NOW Open!

Thanks to generous individuals & businesses in Washington County and the Washington County 4-H Council, enrollment for 2025-2026 is FREE!

Be sure to select “pay by cash/check” when enrolling in 4-Honline.

All 4-H members and adult volunteers must be enrolled in 4-Honline to participate in any upcoming events or club meetings.

Note: We CANNOT reimburse credit card payments online. Please pay attention!



Junior Leaders

Who can join Junior Leaders?

Any Washington County 4-H
member in grades 7-12

Upcoming Meetings:

- October 16 @ Cornucopia Farms 6-8 PM
 - (whole family welcome)
 - Agritourism
- November 3 @ The Extension Office 5:15-6:15 PM
 - Lessons in Leadership
- December 9 @ The Extension Office 6-8 PM
 - Gingerbread Budgets & service learning
- January 15 @ The Extension Office 5-7 PM
 - Bread Making
- February 9 @ The Extension Office 5:15-6:15 PM
 - Achievement Trip Planning
- March 11 @ The Extension Office 3:30-6 PM
 - Open House meeting - assemble health kits
- April 6 @ The Extension Office 4-6 PM
 - Maker Space Project Night
- June 2 @ the Fairgrounds 9 AM-2PM **(Triple Points)**

Cheeseball Dates (DOUBLE POINTS):

November 24 3:30-8 PM

December 22 9:00 AM - 2:00 PM

April 2 3:30-8 PM

Carnival of Fun (TRIPLE POINTS):

October 27 @ the Fairgrounds 5-8 PM



stay up to date!

**Junior
Leaders**
INDIANA 4-H



CDE Teams

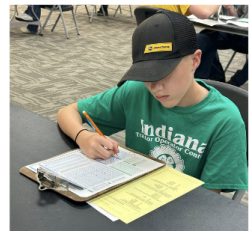
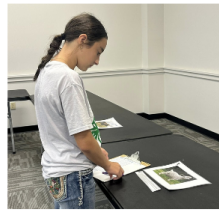
On September 11, we had two CDE teams compete at the Area 2 Livestock Skill-a-Thon Invitational and they all performed exceptionally well!

Competitors were challenged to:

- Identify feedstuffs, livestock equipment, and cuts of meat
- Recognize breeds of sheep, goats, swine, and cattle
- Complete an industry and quality assurance exam

We're proud to share that the team of Kent Gettelfinger, Kason Blankenbaker, and Ella Geutig placed 5th overall in the contest.

We are extremely proud of all of our participants for their hard work and dedication!



Get Involved

We are always looking for coaches and volunteers to help prepare students for upcoming contests.

Our next competition will be Forestry & Entomology.

If you are interested in competing, coaching or volunteering, please email Taylor Chastain at tsabens@purdue.edu.

4-H Opportunities

Washington County 4-H Week 2025:

October 19-26

Watch our social media page for fun updates throughout the week!



Extension Board Annual Meeting and 4-H Recognition Banquet



Extension - Washington County

6:00 P.M.

**Cornerstone Chapel &
Celebration Center**

1500 RC Morris Drive
Salem, Indiana 47167

2025 Annual Meeting

**October
20 2025**

**We kindly ask that
you R.S.V.P. no later
than October 13th by
scanning the QR code
or calling
812-883-4601.**



Join us for an evening of good food and great company! We'll enjoy a delicious buffet together and celebrate the heart of 4-H with special recognitions - including our amazing volunteers, the "Friend of 4-H Award", the "Volunteer of the Year Award", and youth awards. We'll also share updates from Purdue Extension and take a moment to welcome our new Extension Board members while thanking those who are retiring from their service.



Purdue University is an Equal Opportunity/Equal Access University. If you are in need of accommodations to attend this program, please contact Taylor Chastain prior to the meeting at 812-883-4601 or tsabens@purdue.edu by 10/1/2025. For special dietary needs contact Taylor Chastain at 812-883-4601 or tsabens@purdue.edu by 10/1/2025. If you need an interpreter or translator, please contact Taylor Chastain prior to the meeting at 812-883-4601 or tsabens@purdue.edu by 10/1/2025.

4-H Beyond Ready Initiative

How has 4-H helped you become “Beyond Ready” for your future?



"I knew back in 7th grade that I wanted to be a 4-H Educator. 4-H helped me become #BeyondReady by giving me the tools to succeed — through hands-on workshops, unique experiences, and introducing me to statewide trips to Purdue University. My journey led me to pursue higher education at Purdue, spend a few years teaching, and ultimately return home to serve the program that shaped me the most. I'm proud to give back to the organization that gave me so many opportunities to grow and thrive."

- Taylor Chastain

4-H is on a mission to reach 10 million youth. For our youth the road ahead may be challenging, yet 4-H'ers are succeeding.

Data shows that compared to their peers they're:

- 2x more likely to have the goal of being a leader**
- 3x more likely to participate in community service**
- 2x more likely to report living life with intentionality and purpose**



Beyond Ready



AG NEWS



Upcoming Dates



Midwest Hair Sheep Sale, October 4

The 19th Midwest Hair Sheep Sale is Saturday, October 4, 2025 at 1:00 pm at the Washington County Fairgrounds (118 Fair St., Salem). Sheep will be penned for viewing by 11:00 am. 18 rams and 67 ewes from Indiana, Illinois, and Virginia are consigned and include registered/commercial Katahdins. A complete listing of consignments is available on our website.

Your Land, Your Legacy, October 10

The Washington Co. Conservation Partnership and Washington Co. Community Foundation invite Washington Co. women landowners and managers to the 2025 Your Land, Your Legacy program on Friday, October 10, 2025 at the Awareness Washington County Building (198 W. Joseph St., Salem) from 9:00 am – 3:30 pm. Participation is free, but RSVPs are limited to 25. Program topics and field visit are related to crop farming, land leases, and conservation programs. For more information and to RSVP, contact the Wash. Co. SWCD office at 812-883-3006 ext. 3.

Indiana Beef Evaluation Program (IBEP) Bull Sale, October 18

The 96th Annual IBEP Bull Sale in, conjunction with the Springville Feeder Auction Heifer & Cow Sale, is Saturday, October 18, 2025 at the Springville Feeder Auction in Springville, IN. More information will be available soon at the IBEP website: <https://ag.purdue.edu/departments/ansc/ibep/index.html>.

Extension Annual Meeting & 4-H Recognition Banquet, October 20

See invitation on page 6.

Pumpkin Walk, October 25

The annual Pumpkin Walk sponsored by the Wash. Co. Tourism Commission is Saturday, October 25, 2025. Pumpkins will be available at the YMCA at 3:00 pm on Wednesday, October 22, 2025 until 3:00 pm on Friday, October 24, 2025. Decorated or carved pumpkins can be entered from 9:00 am - 12:00 pm at the Depot (206 College St., Salem) on Saturday, October 25, 2025, and pumpkins will be displayed from 3:00-8:00 pm. Watch the Washington County Tourism Commission Facebook page for more information.

Area 2 Pesticide Applicator Recertification Program, November 6

See program flyer on page 9.



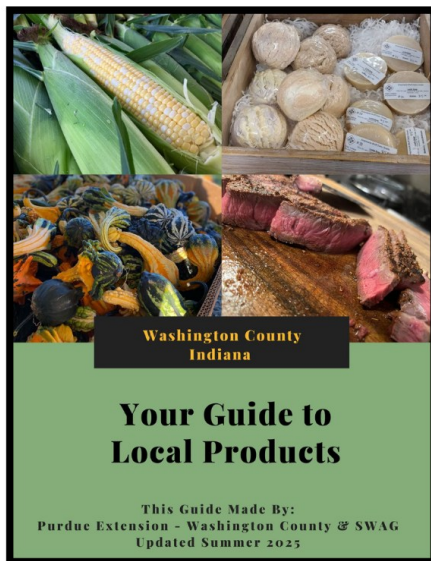
Save-The-Date


- **Area 2 All CCH Credit Program** - November 20, 2025 - Clark Co. - More information coming soon.

CHECK THIS OUT

The updated Washington County Local Products Guide is now available from the Extension office. The guide features 20 Washington County farms and businesses that grow and/or make products for sale direct to consumers. The free guide can be downloaded from the Extension website or a print copy is available to pick-up at the Extension office.

Want to be included in the next Local Products Guide? Contact Danielle Walker at dhowellw@purdue.edu or 812-883-4601.




Extension

AREA 2 PESTICIDE APPLICATOR PROGRAM

Thursday, November 6, 2025



Obtain Private (PARP) and Commercial Applicator Credits:
 CAT RT - 3 CCH Credits
 CAT 1, 11 - 2 CCH Credits
 CAT 2, 3A, 3B, 4, 5, 6, 7A, 7B, 7D, 8 - 1 CCH Credit

- OISC Update and Regulatory Topic - Nathan Davis & Mitch Trimble, OISC employees
- Row Crop Weed Management and Optimizing Spray Drones - Tommy Butts, Purdue Weed Science Specialist

PURDUE EXTENSION CRAWFORD COUNTY 9:00 - 11:00 am Crawford County Fairgrounds 1095 IN-66 Marengo, IN 47140 Info or RSVP: Molley Hasenour 812-338-5466 or scott422@purdue.edu	PURDUE EXTENSION WASHINGTON COUNTY 1:00 - 3:00 pm Washington County Extension Office 806 Martinsburg Rd, Suite 104 Salem, IN 47167 Info or RSVP: Danielle Walker 812-883-4601 or dhowellw@purdue.edu	PURDUE EXTENSION SCOTT COUNTY 6:00 - 8:00 pm Scott County Fairgrounds 710 Fairgrounds Rd Scottsburg, IN 47170 Info or RSVP: Tom Springstun 812-752-8450 or tsprings@purdue.edu
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Program Reminders:

- Participants earn PARP & CCH credit by attending one program only.
- Program is free due to sponsorship by the IN Corn Marketing Council and IN Soybean Alliance
- RSVP's are appreciated by Monday, November 3, 2025, but not required.

Purdue University is an equal opportunity/equal access/affirmative action institution. If you are in need of accommodations to attend this program, please contact Tom Springstun, ANR Educator, prior to the meeting at 812-752-8450 or tsprings@purdue.edu by Monday, November 3, 2025.

Attention!

WASHINGTON CO. APPLICATORS

Letters will be mailed soon to private and commercial applicators with information regarding the renewal of licenses and credits obtained. The Indiana Office of the State Chemist is also sending renewal letters to both commercial and private applicators. Please watch for these in the mail and return as soon as possible. If you have questions about the information, you received or are in need of credits, contact the Extension office. We are happy to help!

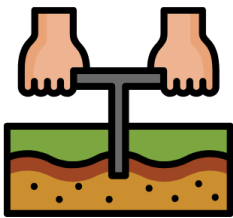
Soil Sampling for Indiana Producers

The Indiana State Department of Agriculture (ISDA) and partners throughout the state have worked with the Gulf Hypoxia Program (GHP) to develop a no-cost program with a focus on increasing the knowledge and use of soil sampling as a nutrient management practice to benefit farm operations. The program, titled Indiana's Mississippi River Basin Soil Sampling Program, is open now for applicants.

This program focuses on soil sampling and testing as it is a key component, and first step, of developing a plan for nutrient management. Soil sampling provides an assessment of the soil's fertility which can be used for making fertilizer application recommendations, assessing available nutrients over time, increase farmer profitability and enhance environmental protection by reducing the risk of nutrient loss. This project was developed to help further Indiana's State Nutrient Reduction Strategy efforts.

This program includes row crop fields, pastures, hay and specialty crops located within Indiana's portion of the Mississippi River Basin. Eligible landowners will be prioritized by acreage enrolled (i.e., 100 acres or less), fields that have never been soil sampled and fields that haven't been sampled regularly (i.e., within the last four years). Further prioritization may be implemented based on ISDA's workload capacity. This program excludes hobby gardens and private lawns.

Interested landowners can sign-up online at <https://www.in.gov/isda/divisions/soil-conservation/indiana-soil-sampling-program/> or by contacting Nutrient Stewardship Program Manager, Ophelia Norman at soilsampling@isda.in.gov. Sign-ups begin Tuesday, September 2, 2025, and ISDA is accepting registrations until Friday, October 17, 2025, or until funds are exhausted.





Leasing Pasture & Hay Ground

Due to low response rates, the Purdue Cash Rent and Land Value Survey has not included questions on pasture and hay ground leases since 2021. Dr. Michael Langemeier from the Purdue Center for Commercial Ag. has written an article that provides guidance on setting lease rates for pasture and hay ground.

Due to land quality differences, pasture and hay ground lease rates vary substantially among farms. For pasture leases, it is very important to consider stocking rates, the lease period, and services provided by the landlord. For hay ground, hay quality and hay price are important considerations. An accompanying spreadsheet is available on the website for the Center for Commercial Agriculture at <https://purdue.ag/pastureorhaylease>. This spreadsheet enables the user to change the parameters presented in the article's examples.



The article is available at:
https://ag.purdue.edu/commercialag/home/wp-content/uploads/2025/07/20250725_Langemeier_LeasingPastureandHayGround.pdf.

Green Cloverworm Moths are Everywhere

Most likely you have seen some darkly colored moths flying around farms, homes, and yards, especially to lights at night. They pop up from lawns during mowing and from both corn and (especially) soybean fields during harvest. These moths are actually mottled grayish-black with some dark brown mixed in. When at rest they have the triangular shape of a fighter jet. These are likely the adult green cloverworm (Noctuidae: *Hypena scabra*).

The slender green caterpillars feed on soybean foliage, as well as alfalfa, clover, and other leguminous plants – and there are a lot of those plants around the Indiana countryside. They can be found in every soybean field, every year, but are not considered a pest since they don't do enough defoliation to cause yield loss. The caterpillars will rapidly arch their back and “freak out” when disturbed.

These insects are affected by a wide range of natural enemies. Normally, fungal pathogens, as well as insect parasites and predators, keep green cloverworm populations at relatively low levels in soybeans and we don't notice the moths much. But every so often (roughly once every 5-7 years), we have a “big year” and an outbreak of the moths is noticed. This is one of those years; for unknown reasons, those natural controls were not as effective this year and allowed cloverworms to increase in number. The result is lots (and lots) of the adult moths flying around lights and residences.

These moths are a nuisance but will not harm anything. They will pass the winter in leaf litter and/or other sheltered areas and next spring the survivors will emerge and begin egg laying.



Close-up of green cloverworm moths on a window screen, showing variation in color.



Green cloverworm caterpillar on soybean leaf.

*Christian Krupke, Purdue Extension Entomology Specialist,
Printed Pest & Crop Newsletter, September 19, 2025*

Todd Kuethe and Michael Langemeier, from the Purdue Center for Commercial Ag., share the latest insights from the 2025 Farmland Values & Cash Rental Rates Survey in two short videos available at the website:

<https://ag.purdue.edu/commercialag/home/paer-publication/2025-08-paer-purdue-farmland-values-and-cash-rents-survey-results/>



HORTICULTURE NEWS



Upcoming Dates



Extension Annual Meeting & 4-H Recognition Banquet, October 20
See invitation on page 6.

Pumpkin Walk, October 26
See information on page 8.

How Dry Seasons Affect Woody Plants

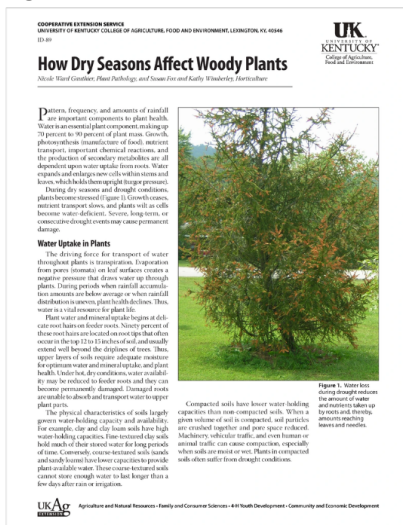
Dry seasons and drought conditions not only have a short-term impact on woody plants in the form of wilting, but dry conditions can also result in long-term damage evident over subsequent years. Moreover, periods of extreme or repeated drought conditions can cause permanent damage, resulting in plant decline and death.

University of Kentucky Extension has a publication that provides a summary of the process of water uptake in plants and then presents the types of symptoms that are often evident on drought-stressed plants.

The long- and short-term effects of drought, plant care during dry seasons, and selecting drought-tolerant plants are also discussed. The publication is called, *How Dry Seasons Affect Woody Plants (ID-89)* and is available online at:

<https://publications.ca.uky.edu/sites/publications.ca.uky.edu/files/id89.pdf>

*Cheryl Kaiser, Plant Pathology Extension Support, & Nicole Gauthier,
Plant Pathology Extension Specialist
Printed Kentucky Pest News, September 16, 2025*





Harvesting and Roasting Sunflower Seeds

Sunflowers are usually ready to be harvested beginning in mid-September and into October. Seed heads can ripen on the plant, but they will need protection from birds. Try covering the heads with a paper sack or cheesecloth once the petals start turning brown. Use a twist tie or rubber band to secure the covering. This will not only help keep birds out but will prevent ripened seeds from dropping out of the head. Check for maturity by looking for the following signs:

- Florets in the brown center of the flower disk should be shriveled.
- Heads should have turned down.
- The backside of the head should be lemon yellow.

The ultimate check, of course, is to pull a few seeds to see if they have turned black with white stripes, the typical color. Empty shells usually indicate a lack of pollination earlier in the year. If heads are to remain uncovered, harvest when a few seeds start turning black and white. The flavor will not be as good as when seeds are allowed to ripen on the plants, but fewer seeds will be lost.

Cut the heads and place in a paper sack. Some people prefer to cut the heads with about a foot of stem attached and hang them upside down in a dry, well-ventilated area. A paper bag or cheesecloth can be placed over the heads to prevent seeds from dropping as they dry. Seeds can be easily removed from dry heads by rubbing gently.

Roasting Seeds - Raw, mature seeds may be prepared at home by covering unshelled seeds with salted water (2 quarts of water to 1/4 to 2 cup salt). Bring to a boil and simmer 2 hours, or soak in the salt solution overnight. Drain and dry on absorbent paper.

Put sunflower seeds in a shallow pan in a 300-degree F oven for 30 to 40 minutes or until golden brown, stirring occasionally. Take seeds out of the oven and add 1 teaspoon of melted butter or margarine, or cooking oil per 1 cup of seeds if they are to be eaten immediately. Stir to coat. Put on an absorbent towel. Salt to taste.

Ward Upham, Retired, Kansas State University Horticulture Department





HHS NEWS



Upcoming Dates

- **“Full Circle” will not meet in October or November.**
- **Community Assistance Providers meeting, October 21 and November 18, 10:00 am to Noon, Washington County Government Building Meeting Room**
- **Substance Abuse Council, October 2, 4:00pm to 5:00pm, Washington County Government Building Meeting Room**
- **“Here’s To Our Health!” Reunion Sessions**
 - **Thursday’s class - November 13 at 2:00pm, LifeSpring**
 - **Tuesday’s class - November 18 at 1:00pm, Washington County Government Building Meeting Room**

Words of Reflection:

When we take the time to wrestle with the difficult emotions inside of us, we are doing great work within our souls.

APURPOSEINPAIN.COM

Why Cook with an Air Fryer?

Air fryers have emerged as a popular kitchen appliance, due to their ability to cook foods that are crispy and flavorful, yet significantly lower in fat, compared to traditional frying methods. The primary health benefit lies in their minimal use of oil. Traditional deep-frying submerges food in hot oil, which dramatically increases fat and calorie content. In contrast, air fryers use hot air circulation to achieve a similar texture, often requiring only a tablespoon or less of oil—or none at all.



Research shows that air frying can reduce calorie intake by up to 70–80% compared to deep frying. This can lead to better weight management and lower risk of chronic conditions such as obesity, heart disease, and type 2 diabetes. The American Heart Association recommends reducing saturated fat intake to protect heart health - something air frying supports by using less oil.



Fried zucchini, yum!!!!

While not a magic bullet, using an air fryer can be a practical step toward healthier eating habits. It allows individuals to enjoy traditionally fried foods with fewer health risks, making it a beneficial addition to any modern kitchen.

Want to learn more about cooking with an air fryer? Join us for our upcoming Air Fryer Basics class! See information below.



Extension - Washington County

AIR FRYER

basics



JOIN US TO LEARN:

- SAFETY TIPS & TRICKS
- CARING FOR YOUR AIR FRYER
- BENEFITS OF THE AIR FRYER
- COMPARING SIZES & MODELS AVAILABLE

LIVE DEMONSTRATIONS!

Tuesday, December 9th
1:00 p.m.

Washington Co. Government Building
Meeting Room

812-883-4601

RSVP's are required prior to 12/1/25

Purdue University prohibits discrimination against any member of the University community on the basis of race, religion, color, sex, age, national origin or ancestry, genetic information, marital status, parental status, sexual orientation, gender identity and expression, disability, or status as a veteran. If you are in need of accommodations to attend this program, please contact Sonya Mitchell prior to the meeting at 812-883-4601 or shmitche@purdue.edu by 12/1/25. If you need an interpreter or translator, please contact Sonya Mitchell prior to the meeting at 812-883-4601 or shmitche@purdue.edu by 12/1/25.

The Importance of Handwashing as Kids Return to School and Flu Season Begins

As children head back to school and flu season ramps up, one simple yet powerful habit can help keep them healthy: handwashing. With classrooms bustling and shared surfaces abundant, germs spread quickly among students. Regular handwashing is one of the most effective ways to prevent the spread of illnesses like the flu, common colds, and even more serious infections.

According to the Centers for Disease Control and Prevention (CDC), handwashing benefits the entire community by:

- Reducing respiratory illnesses, like colds, by 21%
- Reducing the number of people who get sick with diarrhea by 31%
- Reducing diarrheal illness in people with weakened immune systems by 58%

Source: <https://www.cdc.gov/clean-hands/prevention>

For school-aged children, who often interact closely and may forget to cover sneezes or avoid touching their faces, consistent hand hygiene is especially crucial.



Teaching kids to wash their hands thoroughly—especially before eating, after using the restroom, and after coughing or sneezing—can dramatically lower their risk of getting sick or spreading germs to classmates. Schools



and parents should work together to reinforce this behavior by providing accessible handwashing stations, using visual reminders, and modeling proper technique.

As flu season coincides with the return to the classroom, good hygiene habits like handwashing not only protect individual children but also help maintain healthier school environments. Fewer illnesses mean fewer absences, better academic performance, and less stress for families.

This school year, a simple 20-second habit could be one of the strongest defenses against illness. Encouraging handwashing is a small step with big benefits for the entire community.

Do you feel SAD?



As daylight hours shorten and temperatures drop, many people experience a noticeable shift in mood and energy. For some, this change is more than just the “winter blues”—it’s a condition known as Seasonal Affective Disorder (SAD), a form of depression that typically occurs during the fall and winter months.

SAD is believed to be linked to reduced sunlight exposure, which can disrupt the body’s internal clock, lower serotonin levels (affecting mood), and alter melatonin production (impacting sleep). Common symptoms include fatigue, sadness, difficulty concentrating, changes in appetite, and loss of interest in activities once enjoyed.

Strategies to combat SAD:

- Light therapy - Using a lightbox that mimics natural sunlight for 20–30 minutes each morning can help regulate mood and sleep cycles.
- Spending time outdoors, even on cloudy days, and keeping windows open to let in natural light can also make a difference.
- Exercise is another powerful tool. Regular physical activity boosts mood and energy levels by increasing endorphins and serotonin.
- Maintaining a consistent sleep schedule, eating a balanced diet, and staying socially connected—even virtually—can also help manage symptoms.

In more severe cases, talk therapy (especially cognitive-behavioral therapy) and medication may be recommended by healthcare providers.



Cooking Ahead for the Holidays: Save Time and Reduce Stress



The holiday season is a time for family, celebration, and, of course, delicious food. But trying to cook everything on the day of your gathering can be overwhelming. That's why cooking ahead is one of the best strategies to save time, reduce stress, and enjoy the holidays more fully.

Many holiday favorites, like casseroles, roasted vegetables, desserts, and even entire main dishes, can be prepared days in advance and stored in the fridge or freezer. Dishes like stuffing, cranberry sauce, mashed potatoes, and pies can be made up to a week early and reheated easily.

Planning your menu in advance is key. Once you've picked your recipes, create a schedule for shopping, prepping, and cooking. Label everything clearly and make space in your fridge and freezer. Use disposable containers if storage space is tight.

There are plenty of great online resources for make-ahead holiday recipes. Here are a few of my favorites (tip: you can use the search box to enter "make ahead" as a shortcut):

- NYT Cooking – Offers elegant and tested holiday recipes with tips on prep and storage. <https://cooking.nytimes.com/>
- AllRecipes – Great for user-rated, make-ahead classics like green bean casserole and sweet potato pie. <https://www.allrecipes.com/>
- The Kitchn – Features practical advice on meal planning and storage, perfect for busy cooks. thekitchn.com
- Serious Eats – For those looking for foolproof recipes with science-backed methods. <https://www.seriouseats.com/>

By cooking ahead, you free yourself up to focus on what really matters—spending quality time with loved ones!



Extension - Washington County

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Office Hours: 8:00 am - 4:00 pm

Monday-Friday



PurdueExtension-WashingtonCounty

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

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RETURN SERVICE REQUESTED