

Extension Edge

An educational publication of Purdue Extension — DeKalb County



Extension - DeKalb County

September/October 2023

just a walk

This past week my son went back to school, like many kids across the region. I took Tuesday off work to just spend the day with him. Upon asking him what he wanted to do that day, his response was surprisingly simple: have Tom's Donuts for breakfast and go for a walk.

Once we secured our donuts and did a couple of other errands in town, we chose to visit the McClue

Nature Preserve just a few miles from our home. According to the IN.gov website: "Thirty acres (our of eighty total acres) of McClue are covered by some of the best old-growth forest in northeast Indiana, including large tulip trees and red and white oaks. Flowering dogwood adds color to the understory in the spring. The woods is rich in spring wildflowers, and a good area for spring birding. Nesting warblers include: Cerulean, Hooded, American Redstart, and Ovenbird. The remainder of the area is younger woods, or field succeeding toward woods. A small pine grove, planted in the mid-1950s, occurs along the east boundary. The entire preserve is very rolling with rounded hills and low, wet depressions."

There were three trail lengths we could choose from. Tulip Trail is the shortest, being just a little over six-tenths of a mile. Poplar Trail is the middle length being almost eight-tenths. And The Long Trail is longest being almost one and a half miles long. While it was mostly woody scenery, it was still quiet and peaceful and we scared up a few

deer and rabbits along the way.

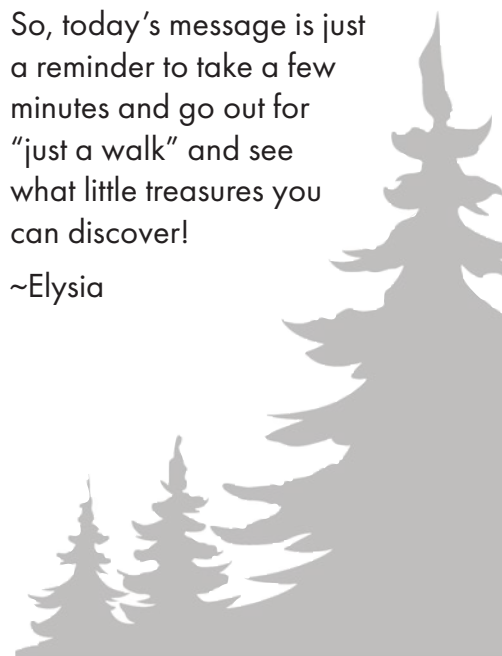
While my son saw our walk as an adventure, I saw it as a great reminder that small treasures are near us everyday, but we may not always see them. We have lived in Steuben County for 11 years now, and I have driven past this preserve many times, but have never taken the time to stop. But due to a simple request from my son, we made the time to explore and enjoy this little woody scene for a few minutes before our lives get busy with back-to-school and fall activities.

So, today's message is just a reminder to take a few minutes and go out for "just a walk" and see what little treasures you can discover!

~Elysia

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2023

AG/HORT OPEN CLASS EXHIBITS AT DEKALB FALL FAIR

If you plan to exhibit in the Open Class Agriculture/Horticulture Departments at the 2023 Fall Fair, please pay attention to the following:

Check-in for both departments will take place on

SATURDAY, SEPTEMBER 23 from 12 NOON-5 PM

in the Exhibit Hall (Fairgrounds)

Judging will take place at 2:00 PM on Sunday, September 25th.

To see what classes you can enter in each department, please visit: <https://dekalbcountyfair.org/premium-book/>

UPCOMING EVENTS AG IMPORTANT DATES 2023

SEPT 4	Labor Day—Extension Office closed
SEPT 13	Northeast Purdue Ag Center Field Day—Columbia City, IN
SEPT 19-21	Farm Science Review—London, OH
SEPT 24-30	DeKalb County Fall Fair

LOOKING AHEAD:

JAN 16-18, 2024	Fort Wayne Farm Show
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Late-Season Bloomers

By: Rosie Lerner, retired Purdue University Horticulture Specialist

Just when the colors of summer flowers are fading, late-blooming perennials are ready to take center stage. In addition to the usual fare of coneflowers, mums and ornamental grasses, many lesser-known characters are ready to perform.

Agastache foeniculum, also known as Blue Giant Hyssop, packs 4-5 inch long dense spikes of bright blue flowers on 3 foot tall, upright plants. Butterflies and hummingbirds love this plant, as do bees.

Japanese Anemone (*Anemone x hybrida*) offers 2-3 inch blooms in various shades of pink or white atop a 2-4 foot mound of foliage. Anemone performs best in morning sun/afternoon shade with rich, moist soil. Grapeleaf Anemone (*A. vitifolia*) also blooms in early fall and is a bit more stress tolerant.

There are several Asters that bloom in the fall, most notable being *Aster x frikartii*, featuring lavender blue, daisy-like blooms with yellow centers on 3-foot stems. The Michaelmas Daisy (*A. novi-belgii*), is taller and has a more violet-purple bloom, though there are white-, red- and pink-blooming and compact cultivars available.

Butterfly Bush (*Buddleia davidii*) is a woody shrub, but in our area it is best maintained as if it were an herbaceous perennial, meaning to remove all of the above-ground foliage in winter. If left from year to year, the wood tends to be open and weak. But, since it flowers on current season's growth, forcing new stems to develop each spring will still result in blooms in late summer and early fall. Butterfly bush is lavender to purple in color, but many selections are available in white, pink and even yellow.

Bluebeard (*Caryopteris x clandonensis*) should also be treated as if an herbaceous perennial by cutting it to the ground each winter. The lovely, blue flowers are accompanied by grey-green fragrant foliage and, though it flowers best in full sun, will perform reasonably well even in part shade.



Bluebeard (*Caryopteris x clandonensis*)

The bugbanes sound a bit better when called by their botanical name of *Cimicifuga*. *C. ramosa* flowers in early fall with fragrant white to pinkish-white blooms on bronze to blackish-purple foliage. Closely related Kamchatka bugbane (*C. simplex*) bears white bottle-brush type flower spikes on arching sprigs of green foliage. Both species are sure to chase away your end-of-summer blues. The bugbanes prefer cool, moist locations and should be sited with afternoon shade.

Joe-Pye Weed (*Eupatorium purpureum*) commands attention with 5-7-foot tall plants crowned by huge clusters of fine-textured purple blooms. Closely related *E. maculatum* has purple mottling on the stems.

There are many species and cultivars of Sedum that strut their stuff in late summer, 'Autumn Joy' being the most widely planted for its pink flower buds that burst into a rosy red spray of color.

Goldenrod (*Solidago hybrids*) has many fine selections ranging from 1.5-6 feet

in height. The various shades of clear to golden-yellow blooms provide excellent contrast to the many blue-flowered fall species. Goldenrod has gotten a bad rap for aggravating hay fever allergies, but, in fact, their pollen is heavy and sticky and not likely to be airborne. Ragweed also happens to be in bloom at about the same time and is far more likely to be the culprit.



Joe-Pye Weed (*Eupatorium purpureum*)

Autumn, Time to Plant Spring Flowering Bulbs

By: Rosie Lerner

If thinking about the end of summer is getting you down, it's time to plan and plant your spring flowering bulb show. Autumn is the time to plant crocus, daffodils, tulips and many other spring bloomers.

Spring flowering bulbs are planted in the fall to allow them to establish roots before top growth begins in spring. Planting too early may cause the bulbs to sprout this fall, only to be killed back by winter weather. Planting too late may not give the bulbs adequate time to root before winter. Bulbs should be planted in late September through mid-October throughout most of Indiana.

Fall planting also ensures adequate chilling of the bulbs to promote flower bud initiation. Most species require 10-12 weeks of storage at 40-50° F.

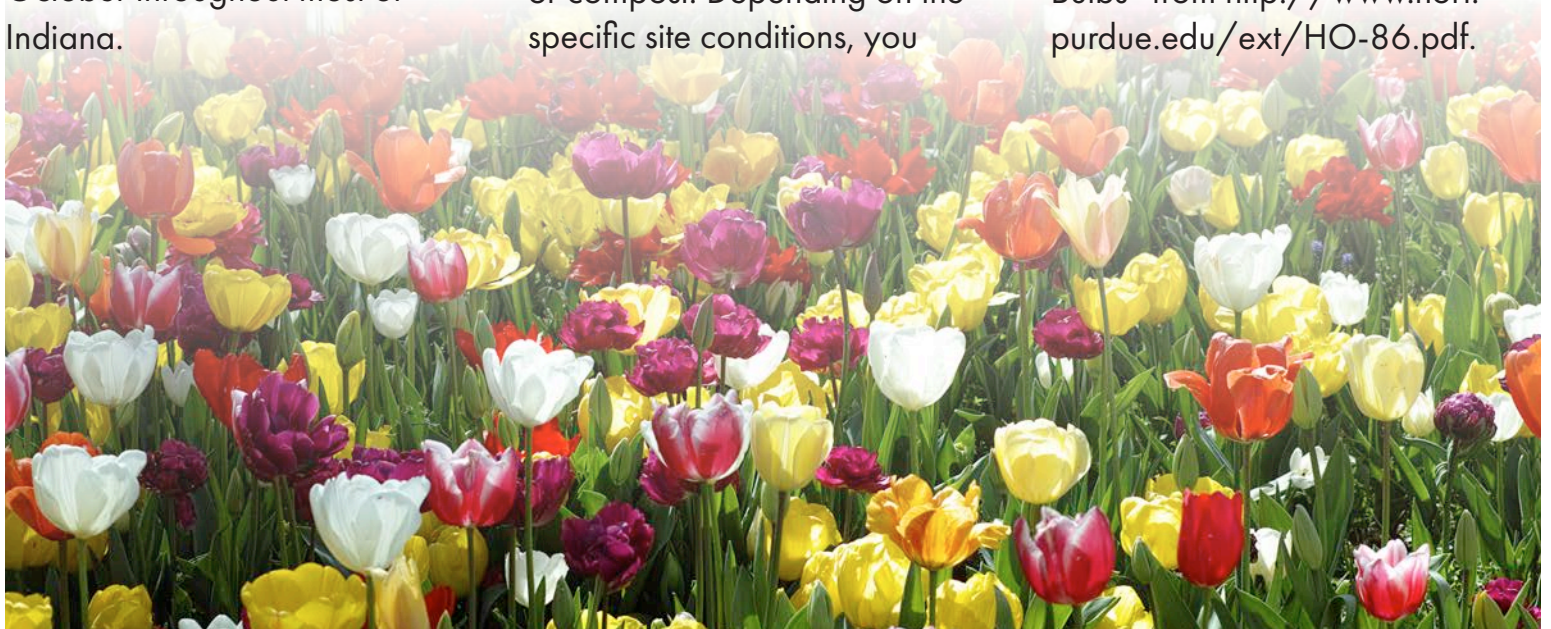
Start your bulb garden out on the right path by planting only quality bulbs available from local garden centers or reputable online/mail order sources. It's best to shop early to ensure the best selection of variety and quality. Select large, firm bulbs, and avoid those that are sprouting or molding.

While many bulbs can adapt to a wide range of soil types, none can tolerate poorly drained soil. Prepare the planting bed by adding organic matter, such as peat moss, well-rotted manure or compost. Depending on the specific site conditions, you

may or may not need to add additional fertilizer. A soil test ahead of planting will determine needs for that site. Mix all amendments thoroughly with the soil in the bed before you plant the bulbs.

The size of the bulb and the species will dictate the proper planting depth and spacing, generally the depth should be approximately 2.5-3 times the diameter of the bulb at its widest. Purchased bulbs should come with planting instructions specific to that particular species.

For more information on the many types of bulbs that can be grown in Indiana, you can download a copy of HO-86 "Flowering Bulbs" from <http://www.hort.purdue.edu/ext/HO-86.pdf>.





SEPTEMBER IS NATIONAL PREPAREDNESS MONTH

Is your livestock farm ready if there is a disaster? Here are a few things to keep in mind from the University of Maine.

Remember: A disaster that directly affects livestock may occur whether or not the owners are there.

The ability to manage livestock in a disaster will vary considerably. Nearly all these farms will shelter-in-place in a disaster or move livestock onsite to safer areas. Some will require a moderate level of assistance for the care, feeding, and watering of the livestock if their own resources become overwhelmed.

Many livestock owners will easily network with other owners if communications are available in an emergency. The most common animal response situations will be:

- Owner not present nor

available before, during, or after a disaster.

- Escaped or stranded livestock emergencies.
- Owner unable to manage basic animal husbandry due to loss of power, inability to travel, or mass livestock injuries or fatalities.

Tips for livestock owners:

- Write your contact information in a conspicuous place outside livestock holding areas, such as a placard near a barn entrance or a pasture gate. If you at an off farm job, make it easier for the emergency personnel to get in touch. Designate a back-up contact person and include their phone number in addition to your own. The minutes saved can make a big difference for your farm.
- Survey your property for the best location for animal confinement during deep snow,

flooding, hazardous travel, or power outage. Identify food (hay, bagged feed) and water sources (pond, stream) that do not rely on electricity, which could be lost during an emergency.

- Identify all of your livestock clearly (brands, ear tags, nose prints, tattoos) and make your inventory is current. You can designate which of your animals are of higher priority if your resources become stretched too thin. Unnecessary animals may need to be culled in an emergency and it is better if this choice has been made ahead of time.
- Stock up with extra supplies as winter starts —extra water, extra feed, and if possible, extra bedding. You can always use these supplies after a few months once the threat of winter stranding is over.

Fall Harvest Safety Tips

With the urgency felt by farm families during the fall season, here are some safety reminders.

EQUIPMENT

Unfortunately, many farmers use older equipment during the harvest season that does not have recommended safety features such as tractors without a rollover protective structure (ROPS). Always use a tractor equipped with a ROPS when possible. Keep your equipment in good condition and check to ensure all guards are properly positioned. Check to make sure that you have the recommended lighting on your tractor and implements especially when traveling in the early mornings or evenings.

TURN OFF THE MACHINE

Everyone is rushing to get that last field harvested and then the corn harvester gets plugged. Even though you are in a hurry to get done, you must always turn off the tractor before you get off the tractor to check or unclog any piece of equipment.

REST AND BREAKS

During the harvest time, it is very easy for farm family members to not get adequate rest, take breaks, and even eat meals. In order for you to remain alert during harvest, you cannot sacrifice rest and nutrition. When doing fieldwork, take short breaks throughout the day to get out of the tractor to stretch. Stay hydrated and pack nutritious snacks or meals so that you have energy to complete the day's work.

EXTRA WORKERS

When it is crunch time during harvest, a person may sometimes accept help from a neighbor, family member, or friend. However, it is important for you to provide that

person with farm safety training related to the task that they will be helping with on the farm.

YOUTH SAFETY IN FARMING

If you have youth (either your own, hired, or volunteers) working for you during the harvest season, evaluate the job they are doing to ensure they are not taking on more responsibility than they are mentally, cognitively, and physically able to accomplish. Always provide training for youth workers prior to doing any work and check in with them on regular intervals to check on their progress and safety.

BODY MECHANICS

Not all harvesting is done with tractors and combines. Some fall crops require hand harvesting and heavy lifting. Remember it is better to make multiple trips with lighter loads than to strain your body by lifting or carrying too much. When carrying an object, hold the object as close to your body as possible and lift with your knees rather than your back.

SLEEP

Do not ignore your health during the harvest season. As hard as it might be, try to get adequate sleep which will help you rejuvenate from a hard day and prepare you for the next busy day.

ACCESSING THE TRACTOR

During chopping, a person can get on and off the tractor numerous times to hitch and unhitch wagons. Consider using a hitching system to reduce the number of time you need to get on and off the tractor. If it is unavoidable, maintain 3 points of contact when getting on or off the



tractor and avoid jumping off of the tractor or tractor steps to improve your safety and to protect your joints over time.

PERSONAL PROTECTIVE EQUIPMENT

Use personal protective equipment such as ear plugs, gloves, and safety glasses when appropriate.

TRAVELING ON ROADWAYS

Check to make sure that you have the recommended lighting on your tractor and implements especially when traveling in the early mornings or evenings. When possible, avoid traveling on roadways during the busy morning and evening commute times. Use an escort vehicle when necessary.

DO YOUR PART TO MAKE THIS A SAFE AND HEALTHY HARVEST SEASON!

Congratulations!

In 2023 DeKalb County had 128 non-livestock exhibits at the State Fair!

Here are the results:

2 State 4-H Leaders Choice Award

1 Sweepstakes

19 Orange

77 Blue

25 Red

3 White

To view all of the results from State Fair, visit:

<https://extension.purdue.edu/4-H/fair/fair-results.html>

State Fair Projects can be picked up in the

Extension Office after August 22nd.

Please try to get your project picked up before Fair.

Club Leaders!

If you would like a table and space in the Exhibit Hall for Fall Fair to display Club information, please contact Effie to reserve your space by September 17th.

HANDBOOK INFORMATION

Every family will receive a printed copy of the Handbook this year. Make sure to watch your email and the Facebook page in the coming weeks for more information on to claim your families Handbook. Until then the 2023 4-H Handbook can be accessed online at <https://bit.ly/4HDeKalbHandbook>

September 8 Deadline Breakdown

If you are planning to exhibit Beef Feeders at Fall Fair:

1. Make entries into 4-H Online for those animals using the “DeKalb Co ONLY: Beef Feeder Calves” animal types. Link: <https://v2.4honline.com/>
 - o Instructions are available on the Hub in your species folder: <https://bit.ly/DeKalb4HHub>
2. Go to FairEntry and make class selections in the system. Link: <http://dekalbcountyindiana.fairentry.com/> (Log on with 4-H Online information)
 - o Animals will carry over from 4-H Online
 - o Instructions are available on the Hub: <https://bit.ly/DeKalb4HHub>

If you are planning to exhibit livestock at the Fall Fair:

1. Go to FairEntry and make class selections in the system. This can be done as soon as you know what you will be exhibiting. Changes can be made to entries at check-in using the animals you have nominated in 4-H Online. However, please make your best guess on what you are bringing, so fewer changes need to be made later. Any animal nominated in 4-H Online can be brought to the fair as long as it meets qualifications. Link: <http://dekalbcountyindiana.fairentry.com/> (Log on with 4-H Online information)
 - a. Instructions are available on the Hub: <https://bit.ly/DeKalb4HHub>

If you are planning to exhibit Crops Exhibits at Fall Fair:

1. Go to FairEntry and make class selections in the system. Link: <http://dekalbcountyindiana.fairentry.com/>

[fairentry.com/](http://dekalbcountyindiana.fairentry.com/) (Log on with 4-H Online information)

- o Instructions are available on the Hub: <https://bit.ly/DeKalb4HHub>

If you are exhibiting Poultry at the Fall Fair:

1. Go to FairEntry and make class selections in the system. Link: <http://dekalbcountyindiana.fairentry.com/> (Log on with 4-H Online information)
 - o Instructions are available on the Hub: <https://bit.ly/DeKalb4HHub>

QLC/YQCA and Workshop/ Worksheets are also due on September 8!

- Check the Fall Checklist on the Hub to see if you have completed the requirements. Link: <https://bit.ly/DeKalb4HHub>
 - o Need a worksheet? Go to your species folder on the Hub to find the worksheet or your grade level
 - To complete the online YQCA training, go to <https://yqcaprogram.org/>, and email me (campb314@purdue.edu) a copy of your completion certificate.

If you have any questions, need help making entries, need access to a computer, or want me to check your entries, please contact the Extension Office at (260)-925-2562 or by emailing me at campb314@purdue.edu.

Battle of the Barns

MINI 4-H MEMBER SIGN UP

Sunday, September 24th

6:30pm



Did you know that any project brought to Summer Judging can be displayed during Fall Fair? Check out project drop-off times below!

- SUNDAY, SEPTEMBER 17 - 1:00-4:00 PM
- THURSDAY, SEPTEMBER 21 - 6:00-8:00 PM
- SATURDAY, SEPTEMBER 23 - 12:00 PM -3:00 PM

Ribbons are not Necessary! Please make sure your name is on the project when dropped off

Projects can be picked up after Fall Fair on October 1 from 8-10 am at the Exhibit Hall or from the Extension Office starting October 2

Any projects that have not been picked up by October 9 will be discarded

10-YEAR Member Spotlight

Over the next several months, we will take the opportunity to highlight our 10-year 4-H members. These youth have completed ten consecutive years in the 4-H program. Thank you for your leadership, service and qualities that each of you have added to our 4-H program.

Kaitlyn Blair

Attended DeKalb High School

Attending University of St. Francis pursuing a degree as a ultra sound technician

Favorite 4-H memory: Being in the grand drive with my first & only steer

Advise: Spend time & create a bond with your animal



Cody Collins

High School: Eastside High-school

After graduation plans: Attending Purdue University to study Nutrition/Dietetics, Fitness, and Health

Favorite 4-H memory: The relationships made during opportunities created by 4-H like 4-H camp, Battle of the Barns, and the Washington D.C Citizenship trip

Advice: Take advantage of the opportunities provided by 4-H and enjoy the time during fair week. Show as many and do as many projects as you get the chance to and put hard work into all of them.



Gabe Barton

High School: DeKalb High School 2023 graduate

After graduation plans: I will attend Ball State University and study architecture.

Favorite 4-H memory: Hanging out with my brother and cousin in the barns at the fair each summer.

Advice: Don't procrastinate!



10-YEAR Member Spotlight

Evelyn Pepple

High School: DeKalb High School

After graduation plans: I will be attending Purdue University to study pharmaceutical sciences and pursue a doctorate degree in pharmacy.

Favorite 4-H memory: My favorite 4-H memory is cleaning the pens and animals and hanging out in the barn late at night as a family before fair week.



Briar Munsey

High School: Eastside High School

After graduation plans: Gaining experience in Excavating and eventually starting my own business

Favorite 4-H memory: Going on the Washington DC trip. Experience, education and making new friends.

Advice: Never give up, keep working hard and you'll be proud of yourself in the end.



2024 4-H ENROLLMENT

October 1, 2023 thru January 15, 2024

Re-enroll at v2.4honline.com

COST: \$25 4-H Fee* (Grades 3-12) paid at time of enrollment.

\$25* each for up to three children, **\$10*** for each additional child.

*\$25 each for up to three children, \$10 for each additional child.

\$5 for Mini 4-H (Grades K-2) paid at first meeting in May

4-H Fees are non-refundable and paid at the time of registration.

The fee can be paid online with credit or debit card

OR at the Extension Office with cash or check.

(Extension Office cannot take credit cards).

CLOVER HUNT



Sample only



Find the black & white 4-H clover logo hidden somewhere within this newsletter. To win the 2023 prize (Support Local Farmers Bag & Sticker, 4-H Tumbler, 4-H Agriculture Puzzle Cube, and 4-H Pencil), email Effie (campb314@purdue.edu) with the correct description of its location and have the chance to win this month's prize. Winner will be announced on September 15.

Contest open to Mini 4-H and regular 4-H members ONLY. Prize will be available for pick-up at the Extension Office once winner has been notified.

Want a chance to win Free Enrollment for 2024? 34 Clovers will be hidden each day across the Fairgrounds during Fall Fair. If you find one and bring it to Effie, you will win free enrollment for the next year! Check out the Facebook page each day of the Fair for hints!



DeKalb 4-H Hub

New and Improved for 2023!



WHAT IS ON THE HUB?

- FALL FAIR CHECKLIST- SEE WHAT YOU STILL NEED TO COMPLETE TO BE ELIGIBLE TO EXHIBIT
- LIST OF IMPORTANT DATES/WORKSHOPS
- MONTHLY NEWSLETTER
- GENERAL RECORD SHEET
- 4-H HANDBOOK
- APPLICATIONS FOR EVENTS/TRIPS
- 4-H FAMILY GUIDE, 4-H CLUB GUIDE
- INSTRUCTIONS FOR 4-H ONLINE AND FAIR ENTRY

WHAT IS NEW IN 2023?

- SUMMER JUDGING CHECKLIST - SEE WHAT YOU STILL NEED TO COMPLETE TO BE ELIGIBLE TO EXHIBIT
- LIST OF IMPORTANT WEBSITES
- ALL LIVESTOCK WORKSHEETS!



USE THE LINK OR SCAN THE QR CODE WITH YOUR PHONE CAMERA



(Replacement for in-person YQCA Classes)

Missed out on your chance to take QLC in-person? Your only option to meet the requirement to show is to complete YQCA online!

**All 4-H youth enrolled in a LIVESTOCK PROJECT (Beef, Dairy Beef, Dairy, Goat, Poultry, Rabbit, Sheep and Swine) must be QLC/YQCA certified
BY SEPTEMBER 8**

Failure to complete the training will result in the loss of the ability to show.

[Thttps://yqcaprogram.org/](https://yqcaprogram.org/)

You must create or login to a YQCA account, complete the course, and email Effie your completion certificate to gain credit for attending.

4-H livestock members may take the ONLINE training at any time, at the cost of \$12 per 4-H member.



Beef Feeder ID & Enrollment

August 26 • 8:00-10:00 am

at the Beef Barn, DeKalb Co. Fairgrounds.

COST: \$4 for tags

Computers will be there to do
4-H Online and FairEntry

**4HOnline & FairEntry Deadline:
SEPTEMBER 8**

Make sure you get them
enrolled in **BOTH WEBSITES**,
or you will not be able to exhibit! Do 4-H Online first!

Exhibition ≠ Completion

To **COMPLETE** an animal project, you need to attend a workshop
or complete a worksheet!

Livestock Worksheets

Worksheets are due on **Sept. 8** to the Extension Office!
If you are unable to attend a specie workshop,
you need to complete a worksheet.

You can find them at

DeKalb 4-H Hub: <https://bit.ly/DeKalb4HHub>
or visit the Extension Office.



MINI 4-H NEWS

Sat., Sept. 16 – Mini 4-H Project Judging, 10 am

It will be held in the Exhibit Hall (Fairgrounds)

Completed projects will be brought to our final meeting on **Saturday, Sept 16 at 10 am at the Exhibit Hall**. Our mini kiddos will get to show off their work to a “judge” just like regular 4-H. However, we do not compete at this level. All members who complete a project will be given a participation ribbon. We then ask our

members to leave their projects with us that day so that they can be displayed at the DeKalb County Free Fall Fair! This event usually lasts about 60-90 min from start to finish and you are welcome to leave as soon as your projects have been “judged” and checked in! (Projects will need to be picked up on Sunday morning after the fair 10/1)

2023 4-H IMPORTANT DATES

August 26	8:00-10:00 am, Beef Prospect ID - Beef Barn
August 27	12:00 noon (cleaning the barn), 1:00 pm (workshop), 2:00-4:00 pm (Show Remark Cards) - Rabbit ID & Workshop (FairEntry help, meat pen, litter, fryer ID) - Exhibit Hall
September 8 Deadline	4HOnline Entry for Beef Feeders https://v2.4honline.com/ FairEntry Class Selections for Fall Fair Animals and Crop Exhibits, Battle of the Barns Worksheets due to Extension Office, YQCA Due
September 21	6:00-8:00 pm - Summer Project Drop-Off , - Exhibit Hall
September 23	12 noon -3:00 pm, Summer Projects Drop-Off - Exhibit Hall
September 23	2:00-4:00 pm, 4-H Rabbit Check-in - Rabbit Barn
September 24	<ul style="list-style-type: none"> • 8 am - 1 pm, ALL Large Animals' Check-in • 1:30 pm - 3:30 pm, 4-H Poultry Check-in • 3 pm, Crops Exhibit Judging • 6:30 pm, Battle of the Barns
September 25-30	DeKalb County Fall Fair (please check your 2023 Handbook or Fall Fair Newsletter for judging/ event times)
October 1	Load-out of Livestock and Exhibit Hall projects released
October 1	Exhibit Hall & Fairgrounds Clean-up
October 1	4-H Enrollment opens for 2024!!! v2.4honline.com

Basics of Home Canning

Canning can be a fun and economical way to make fresh foods available year-round. Don't take chances with canning recipes handed down over the years. Use procedures that have been scientifically tested to ensure safe and high-quality canned products and optimized for prolonged storage. Use this fact sheet to understand the correct procedures for canning foods at home.

Introduction

The two safe methods of canning food at home are boiling water bath canning and pressure canning. Whether a food is high acid or low acid indicates what type of processing method should be used (Table 1). Generally, high-acid foods can be safely canned in a boiling water bath. Low-acid foods must be processed in a pressure canner.



Table 1. Examples of low-acid and high-acid foods and required processing methods.

Low-Acid Foods <i>Pressure Canning</i>	High-Acid Foods <i>Boiling Water Bath Canning</i>
Most vegetables	Most fruits
Asparagus	Apples and apple sauce
Beets	Apricots
Carrots	Berries
Green and dried beans	Cherries
Okra	Grapes
Peas	Jams and jellies (fruit only)
Peppers	Peaches and nectarines
Potatoes	Pears
Pumpkin	Pie fillings (fruit only)
Sweet corn	Plums
Meats	Acidified and fermented foods
Beef and Poultry	Chutneys
Mincemeat pie filling	Pickled vegetables
Seafood	Pickles (cucumbers)
Wild game	Relishes
Combination Foods	Salsa
Meat sauces	Sauerkraut
Soups and stews	Tomatoes (acidified)*

*Directions are available for boiling water bath and pressure canning methods.



Acidity in Foods

Low-Acid Foods

Low-acid foods include meats and vegetables (except for acidified tomatoes and pickled products). Low-acid foods lack the acidity needed to inhibit the growth of bacteria and spores that can survive the temperature of boiling water (212°F). The bacterium of greatest concern in home canning is *Clostridium botulinum* because it can produce spores that generate a dangerous toxin that causes food poisoning. Botulism spores thrive on low-acid foods in the absence of air, in the presence of moisture, and at room temperature—the conditions inside a jar of home-canned meat or vegetables. While spores of *Clostridium botulinum* may survive a boiling water bath, they are destroyed when processed in a pressure canner where the temperature can reach 240°F or higher.

High-Acid Foods

Most fruits have naturally high levels of acid. While tomatoes have some natural acids, they are borderline between high and low acid and need bottled lemon juice, citric acid, or vinegar (labeled 5 percent acidity) to increase their acidity for safe food processing. Fermented foods, such as sauerkraut, and foods to which a sufficient amount of vinegar is added, as in pickled vegetables, are also canned as high-acid foods. Jams and jellies are high-acid foods unless low-acid vegetables, such as peppers, are added. Foods in the high-acid category can be safely processed by the boiling water method. Consult other Let's Preserve fact sheets for details about canning specific foods.

Boiling Water Processing

Heat is transferred to the food by the boiling water that surrounds the jar. Maintaining a temperature of 212°F for the time specified in an approved recipe is adequate to destroy molds, yeasts, enzymes, and some bacteria. Processing times are usually given for altitudes under 1,000 feet above sea level. At higher altitudes water boils at lower temperatures, making it necessary to process foods longer.

Steam Pressure Processing

When heat is applied to a sealed canner, pressure builds up inside that canner. Water inside the canner forms steam, which replaces air. When the vents are closed, only pressurized steam hotter than boiling water remains in the canner.

Canning Procedures

Selecting Jars and Lids

Mason jars are recommended for home canning.

Commercial single-use jars are less likely to seal and may break, especially in a pressure canner. Lids may not fit single-use jars. Canning jars come in a variety of sizes. Most recipes have been developed for pint and quart jars. If processing times are not specified for smaller jars, process them the same as the next larger size that is specified. Half-gallon jars are recommended only for canning apple and grape juices. If properly used, jars may be reused.

Recipes have been research tested using standard Mason jars. Many specialty shops sell novelty jars in different sizes and shapes. Unusual jar shapes may not work with process times and temperatures given in the Let's Preserve fact sheets.

The recommended lid consists of a flat metal disc that has a sealing compound around the outer edge and a separate metal screw band. The lid should not be reused; the bands may be reused as long as they don't rust. Never reuse lids from commercially canned foods for home food preservation. Zinc lids or bail-type jars with rubber rings are no longer recommended for home canning.

Hot Pack or Raw Pack

When foods are raw packed the jars are filled with freshly prepared, unheated food. Raw-packed foods will often float in the jars, and the air trapped in and around the food may cause discoloration within 2 to 3 months of storage. Hot packing involves heating freshly prepared food to boiling, simmering it briefly, and promptly filling the jars loosely with the boiled food and liquid. Hot packing helps remove air from inside the food tissues, shrinks the food, and helps keep the food from floating in the jars. Preshrinking that occurs in hot packing allows more food to fit into each jar.

General Canning Guidelines

- Use tested recipes from Penn State Extension's Let's Preserve fact sheets, the *USDA Complete Guide to Home Canning*, *So Easy to Preserve* (University of Georgia), or the *Ball Blue Book*. All these contain research based recipes. All should be 1994 or more recent editions. Older recipes may not have adequate processing times or pressure for safety.
- Use Mason jars because they withstand the higher temperatures of a pressure canner better than single-use jars.
- Use proper headspace: ¼ inch for juices, jams and jellies, and relishes; ½ inch for fruits, tomatoes, and pickles; 1 to 1½ inches for meats and vegetables. Refer to a tested recipe. Too much headspace results in a lower vacuum and a weak seal. Too little headspace may force food under the lid, causing siphoning

or breaking of the seal.

- Remove air bubbles with a plastic utensil.
- Wipe edge of jar with a clean, damp paper towel.
- Use two-piece lids (a new flat disk and a screw band).
- Only tighten lids finger-tip tight.
- Use a jar lifter to place jars into canner and to remove jars. Be careful not to tilt jars.
- Process according to the boiling water bath or pressure canning procedures that follow.
- Adjust process times or pressure for altitudes that are 1,000 feet or more above sea level.
- After processing, set jars at least 2 inches apart to cool.
- Do not retighten bands.
- Do not turn jars upside down.

Boiling Water Bath Procedures

- Follow all the practices listed under “General Canning Guidelines” above.
- Fill the canner about half full with water.
- Preheat water to 140°F for raw-packed foods and to 180°F for hot-packed foods.
- Place jars on a rack in canner.
- Add more water if necessary to cover jars with at least 1 inch of water.
- Place the lid on the canner and keep covered during processing.
- Turn heat to its highest position until water boils vigorously; then lower heat setting to maintain a gentle boil while processing.
- After processing for the designated time, turn heat off, set off burner, remove lid, and let jars rest in the canner for five minutes before removing from the canner—this will reduce siphoning (loss of liquid from the jar).

Pressure Canning Procedures

- Follow all the practices listed under “General Canning Guidelines” above.
- Put 2 to 3 inches of water in the bottom of the pressure canner.
- Place filled jars on a rack at bottom of the canner.
- Heat to boiling to exhaust steam from the canner for 10 minutes before adding the weight or closing the petcock.
- Add weight or pressure regulator.
- Allow pressure to rise and maintain at level called for

in the tested recipe by adjusting the heat. If pressure goes below recommended pressure at any time during processing, reset your timer to zero and restart the process time.

- After processing, remove canner from heat and allow canner to cool naturally to 0 pounds pressure. Wait 2 minutes and remove weighted gauge or pressure regulator. Wait 10 more minutes before removing lid—this will reduce siphoning (loss of liquid from the jar).

Testing for a Vacuum Seal

Allow jars to cool 12 to 24 hours. Press the center of the lid to see if it is concave. If the center does not flex up and down and you cannot lift the lid off, the lid has a good vacuum seal.

Storing Canned Goods

- Remove screw bands from jars and wash jars before storing. Properly sealed jars do not need the bands on to hold the lids in place. Screw bands can rust if left on the jars in storage, causing the seals to break.
- Label with contents, date, and lot number if you canned several canner loads that day.
- Store in a cool, dry place; 50 to 70°F is an ideal temperature for storing canned goods.
- Store in a dark place. Place cooled jars in boxes if closed cupboards are not available.

Food Spoilage

When good-quality produce is used and correct canning procedures are followed, canned foods should be safe and of high quality. However, sometimes there are canning failures. A common reason for food spoilage is inadequate processing times or temperatures needed to destroy or control microorganisms. These microorganisms are molds, yeasts, and bacteria.

Molds and yeasts are easily destroyed by the heat used in processing. However, if the product is underprocessed or the lid seal is broken during storage, fuzzy masses of mold may grow inside the jar. Yeasts may react with sugars in the food, causing fermentation. You can recognize yeast activity by slime, scum, murkiness, or gas bubbles.

While some bacteria can be beneficial, as in making sauerkraut, others can be extremely dangerous, as in botulism poisoning as discussed earlier. Bacteria can multiply rapidly with millions growing on a gram of food in just a few hours. Bacteria are too small to see with the human eye. Food can be spoiled without any visual evidence. Therefore, use proper canning procedures. Never taste a food you suspect is spoiled. If in doubt, throw it out.



Enzymes are naturally occurring substances in foods that promote the normal ripening process. If they continue to work after the fruit or vegetable is harvested, they can cause undesirable changes in color, texture, flavor, and nutrition. Adding ascorbic acid or commercially available antibrowning products to the holding water reduces color changes when peeling light-colored fruits. Enzymes are quickly inactivated when heated to between 170 and 190°F. For this reason, heat process foods as soon as possible after preparing them for canning.

*Never taste a food you suspect is spoiled.
If in doubt, throw it out.*

Preventing Spoilage

- Use top-quality produce that is free of disease and mold.
- Can immediately after harvest.
- Wash produce thoroughly.
- Discard overripe produce.
- Use proper canning methods and equipment.
- Use clean equipment and work surfaces.
- Sterilize jars that will be processed less than 10 minutes.
- Pressure can low-acid vegetables and meats.
- Acidify tomatoes.
- Follow a scientifically tested recipe and process for specified time.
- Adjust time and pressure for higher altitudes.



Pressure Canner Dial Gauge Testing

Pressure canner dial gauges should be tested for accuracy each year. Contact your local Purdue Extension office to determine locations and times for testing.

Important Temperatures:	
240°F	Temperature needed in a pressure canner to destroy bacterial spores in low-acid foods
212°F	Boiling point of water and processing temperature for acid foods in boiling water bath
180–212°F	Temperature at which molds, yeasts, and some bacterial cells are destroyed
170–190°F	Temperature needed to inactivate enzymes
140–180°F	Temperature at which growth of bacteria, molds, and yeasts is slowed, but some microorganisms can survive
40–140°F	Active growing range of molds, yeasts, and bacteria
50–70°F	Best storage temperature for home-canned and home-dehydrated foods

For additional information about food preservation, contact the Purdue Extension office in your county, or call 888-EXT-INFO (888-398-4636; toll free).

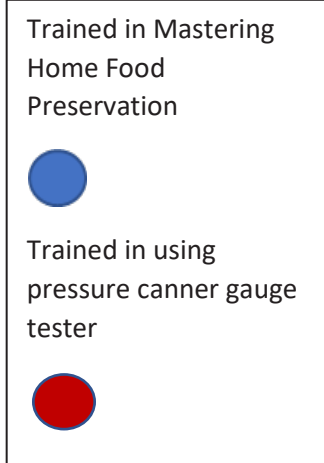
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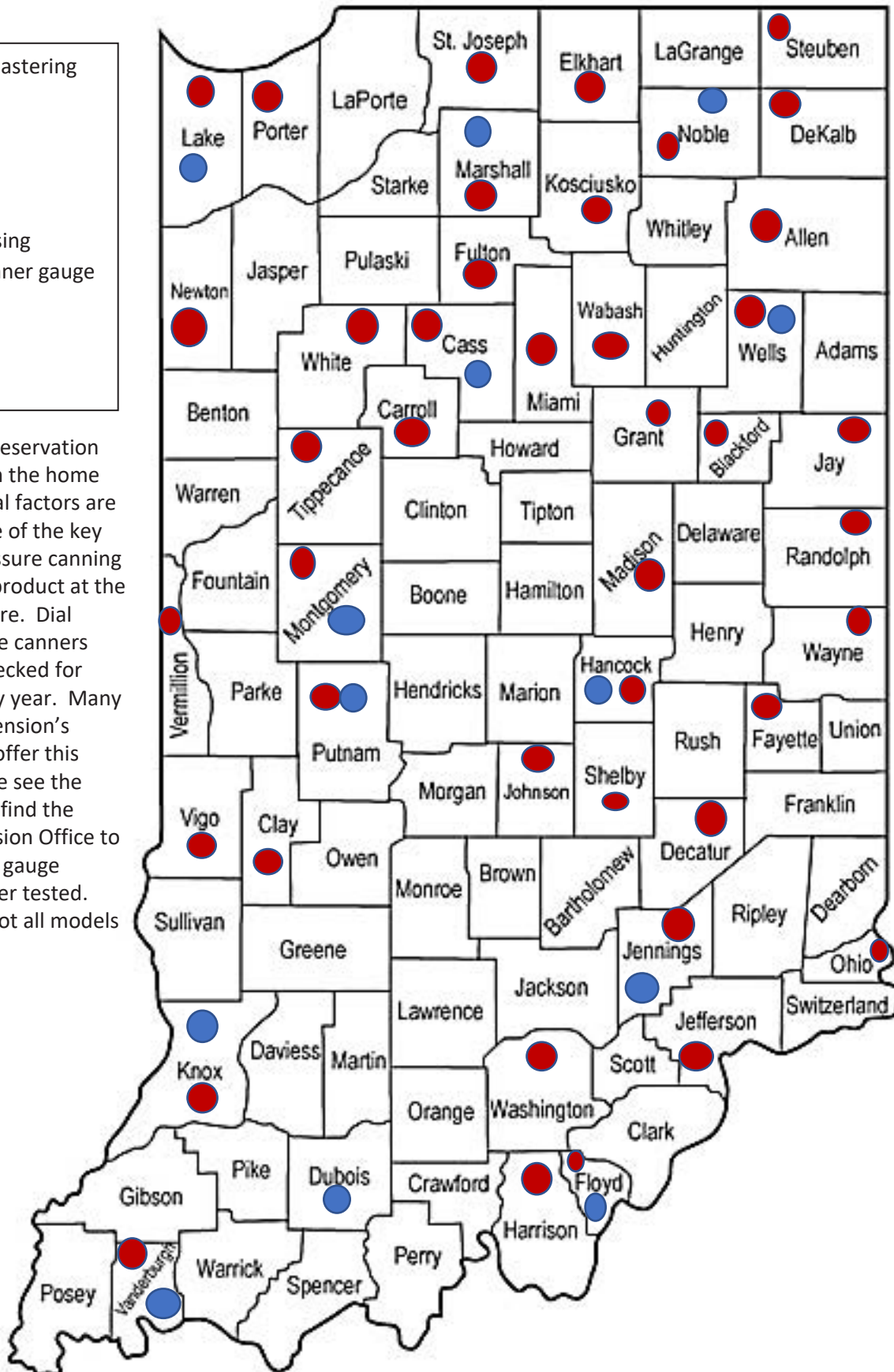
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May 2015

Mastering Home Food Preservation Educators and Gauge Testers: May 9, 2023



Home Food Preservation can be done in the home safely if several factors are followed. One of the key factors to pressure canning is processing product at the correct pressure. Dial gauge pressure canners need to be checked for accuracy every year. Many of Purdue Extension's county office offer this service. Please see the below map to find the nearest Extension Office to have your dial gauge pressure canner tested. Please note, not all models can be tested.





Fresh Vegetable Storage and Cleaning Guide

Consult this guide for specific food safety steps for each type of vegetable.
Remember to refrigerate leftovers immediately after any vegetable has been cut or peeled.

Vegetable	Storage	Rub with fingertips or scrub with a produce brush?	Additional tips
Avocado	Refrigerate after ripening	Scrub	
Broccoli	Refrigerate	Rub	
Carrots	Refrigerate	Scrub	
Chilies/ Other Peppers	Storage in cool place (such as basement or garage) preferred; can be refrigerated	Rub	Keep hands away from face when handling hot peppers.
Corn	Refrigerate	Rub	
Cucumbers	Storage in cool place preferred; can be refrigerated	Scrub	Rinse and scrub well to remove waxy surface. Remaining waxes are safe to eat. Rinse before peeling.
Garlic	Do not refrigerate	Scrub	
Green Beans	Refrigerate	Rub	Rinse and rub before snapping the end of the beans off.
Lettuce	Refrigerate	Rub, moving leaves	Remove outer leaves of non-bagged lettuce. Bagged lettuce labeled “pre-washed” does not need to be washed again prior to using.
Onions	Can be refrigerated but not necessary	Scrub	Store in a well-ventilated place so that air can get to onions. Do not freeze whole onions.
Potatoes	Do not refrigerate	Scrub	Remove eyes with a knife or peeler.
Radishes	Refrigerate	Scrub	
Spinach	Refrigerate	Rub, moving leaves	Bagged spinach labeled “pre-washed” does not need to be washed again prior to using.
Squash	Do not refrigerate	Scrub	
Tomatoes	Refrigerate after ripening	Rub	
Zucchini / Summer Squash	Refrigerate after ripening	Scrub	Rinse before peeling.

Sources:

University of Rhode Island Extension (2007). Garden to table: Storing fresh garden produce. Retrieved from www.uri.edu/ce/ceec/food/documents/fruitAndVegetableStorageChartFactSheet.pdf.
Tong, C. (2012). Harvesting and storing home garden vegetables. University of Minnesota Extension. Retrieved from www.extension.umn.edu/distribution/horticulture/DG1424.html.
Zander, A., and M. Bunning (2010). Guide to washing fresh produce. Colorado State University Extension. Retrieved from www.ext.colostate.edu/pubs/foodnut/09380.html.

Oct. 2014

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HOMEMAKERS DAY AT THE FAIR

September 28, 2023

ALL EVENTS HELD AT THE EXHIBIT HALL (FAIRGROUNDS)

9:00-9:30 am	Enter "BUNDT CAKE" Contest
9:45-10:15 am	Essential Oils
10:15-10:45 am	Sour Dough Baking
10:45-11:00 am	Short Break
11:00-12	Noon Craft
12 Noon	Announce Contest Winners

"BUNDT CAKE" Contest Guidelines

1. Any resident of DeKalb County is eligible. One entry per category/per person.
2. Recipe to accompany the homemade entry (legibly handwritten or typed).
3. Two divisions: Adults - 19 years & older; Youth - 10-18 years
4. Entry must be made from scratch.
5. Display "Bundt Cake" on a disposable plate or board, covered with plastic wrap.
6. Entry will be judged on appearance and taste.
7. Must be entered between 9:00-9:30am on Thursday of the Fair, at the Exhibit Hall.
8. Winners announced at 12 Noon. Pictures taken right after announcement.
9. Cash prizes for Adult division: 1st Place-\$30; 2nd Place-\$20; 3rd Place-\$10.
10. Cash prizes for Youth division: 1st Place-\$25; 2nd Place-\$15; 3rd Place-\$10.

Hello Ladies,

Hope you all are doing fine. Up to your elbows in vegetables... I sure am. This little squirrel has got to get her shelves filled for winter.

Sew day has picked up some. I want to thank those ladies who have been coming. Game night we had 8 people there and I hope to have a lot more for the next one.

Remember to sign up for the Canning and Food preservation class on August 30th at 6:00 at the Exhibit hall. It is free and open to the public. This date is different than what is in the book.

Then don't forget NOODLE making on August 24th. These noodles are to sell at the spaghetti dinner on October 25th from 4:30 to 7:00 pm. Please start

spreading the word about the spaghetti dinner. Dinner will include spaghetti, salad, garlic bread, pie and a drink.

Hope "ALL" of you are signed up for the district meeting to be held at the Exhibit Hall on September 11th, 2023. Let's show the other counties how strong we are!

Next Sew Day is September 19th at the C.O.B. I hope to see lots of you there.

Don't forget the Bundt Cake contest during Homemaker's Day at the Fair. It must be from scratch-no cake mixes.

"Why be MOODY when you can shake your BOOTY"

President Martha Close

Sewing Day Update

Over 30 baby blankets were made at July and August Sew Days. Marcella & Beverly have been sewing blankets at home as well.

We are also starting to make adult bibs for the nursing home. We will be working with Sewing Club on this project for the next several months.

Come and join us Tuesday, September 19 all day or a few hours to sew and have fun.

HOMEMAKERS 2023 IMPORTANT DATES

Sept 4	Labor Day - Extension Office Closed
Sept 7	EH Council 6 pm, COB (lower level)
Sept 9	Past Presidents Luncheon
Sept 11	Fall District Meeting
Sept 13-15	NE Indiana Homemaker's Camp - Shiloh Park (Marion IN)
Sept 19	Sew Day - 9 am - 3 pm bring a covered dish to share
Sept 28	Homemakers Day at the Fair.
Oct 10	Recycled dress shirts aprons - 6 pm COB (lower level) Cost TBD
Oct 17	Sew Day - 9 am - 3 pm bring a covered dish to share
Oct 23-27	IEHA Week
Oct 25	Spaghetti Dinner - 4:30-7pm , Exhibit Hall
Nov 2	EH Council 6 pm, COB (lower level)
Nov 9	Gnome Craft, Cost TBD - 6 pm, COB (Lower level)
Nov 14	Sew Day - 9 am - 3 pm bring a covered dish to share
Nov 17-18	Cookie/Candy Stroll , Exhibit Hall
Nov 23-24	Thanksgiving - Extension office is closed
Nov 27	Learn to knit and crochet - 6 pm, COB (Lower level)

*COB - Lower Level of County Office Bldg., 215 E. 9th St., Auburn.

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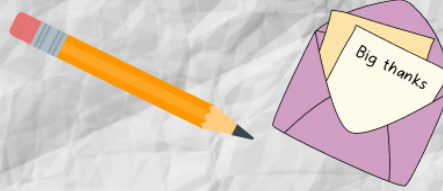


Extension - DeKalb County

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Don't forget to send a **THANK YOU** note to your award sponsors. Your appreciation may encourage them to contribute again next year. Your notes can make a difference!

Award sponsors' information is attached to the award that you received.



7 STEPS TO A GREAT THANK YOU NOTE

- 1** A greeting to the thank you note recipient
- 2** Specific reason you are thanking them
- 3** The reason you appreciate them
- 4** How you plan to use the gift or why the gift was important to you
- 5** A comment or detail about yourself
- 6** A repeat of your thank you
- 7** A closing and signature of your name



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September 8
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