

812-354-6838 <a href="http://extension.purdue.edu/Pike">http://extension.purdue.edu/Pike</a> Courthouse, 801 E Main Street, Petersburg, IN 47567

#### **Brooke Goble**

4-H Youth Development and Health & Human Science Educator email: <a href="mailto:bgoble5@purdue.edu">bgoble5@purdue.edu</a>

#### Alex Mahrenholz

County Extension Director,
Agriculture and Natural Resources
and 4-H Youth Development Educator
email: <a href="mailto:amahrenh@purdue.edu">amahrenh@purdue.edu</a>

#### **Erin Meyer**

Community Wellness Coordinator Email: <a href="mailto:meyer258@purdue.edu">meyer258@purdue.edu</a>

#### Jenny Ridao

Nutrition Education Program email: <u>jridao@purdue.edu</u>

#### Lisa Clark

Office Manager email: clark428@purdue.edu

# Newsletter March April 2022

### **4-H Enrollment**

4HOnline (v2.4HOnline.com) is open to enroll/re-enroll youth for the 2021-2022 program year!

Please contact the Extension Office if we can help in any way!

All 4-Her's MUST BE ENROLLED in all projects before May 15.

4-H Project Update:

Any 4-Her (except Mini 4-H) who exhibits a project at Fair, please make sure to check out the 2022 4-H Scoop. All county and state projects were updated this year. As you start working on your projects, make sure you check the guidelines. If you have any questions, call the office at 812-354-6838.

#### Pike County 4-H Spring Break Day Camp

Looking for a great way to spend a couple days of Spring Break? Join in on our Spring Break Day Camp on March 22–23, open to all 4-H members grades 3-12! We have two fun-filled days jam-packed with interactive games, 4-H projects, outdoor activities, science experiments, and so much more!

Want to come with friends who aren't 4-H Members? \$20/youth gets them in on the Spring Break Camp and other activities all year round!

Call the Extension Office before March 11 to get registered!

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action institution. This material may be available in alternative formats.





#### Fair Season

Spencer County- June 25 - 28

Perry County- July 9- July 12

Gibson County Fair: July 10 - 16

Daviess County Fair: July 12 - 23

Dubois County Fair: July 12 - 17

Martin County- July 15 - 19

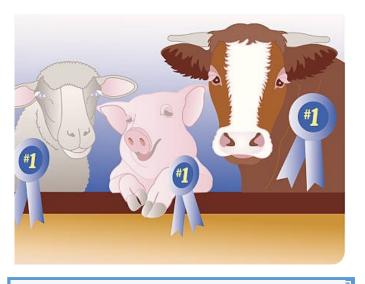
Knox County Fair: July 18 - 23

Posey County-July 18 - 23

Warrick County-July 19 - 24

Vanderburgh County Fair: July 26 - 31

Pike County Fair: July 24 - 30







At 4-H Academy, high school students visit Purdue University to interact with faculty and industry professionals and meet new friends from across Indiana.

Contact your county's Purdue Extension 4-H Educator before May 15 to register.

To learn more, visit



Plant Science



















Careers

An equal access/equal opportunity university.

#### County & State 4-H Trips

4-H Camp with Pike, Daviess, Dubois, Martin, Perry, & Spencer Counties: June 13 - 15, 2022

4-H Academy: June 8 – 10, 2022

State Jr. Leader Conference: June 14-17, 2022

4-H Round-Up: June 20 – 22, 2022

More information to come!





#### **Clover Gaming Connection**

The Clover Gaming Connection SPARK Club finished their meetings last month and had a spectacular time learning what all goes into the making and production of a game and using those skills to create their own board games! We look forward to hosting this program again next fall and seeing more new faces as the club grows. This SPARK Club was made possible in part by a grant from the Pike County Community Foundation.



From L to R: Clover Gamers, Kameron Schwindt, Nathan Deffendoll and Noah Berry calculate the different scores available to them through the strategy of Scrab-

#### Vanderburgh County 4-H Poultry Workshop

Any 4-H member interested or enrolled Poultry should make plans to join this workshop being held at the Vanderburgh County 4-H Center. 4-HYouth Development Extension Educator, Alex Mahrenholz, has room for six passengers to attend this event! Call the Extension Office or email Alex before March 9 to reserve your spot. (see flyer)



#### TIMELINE

Application Live January 1st, 2022

Application Due March 15th, 2022

Grants Selected April 1st, 2022

Final Reports Due Dec 31st, 2022

#### 2022

### Youth Engaged Service Indiana 4-H Foundation Grants

Do you have a community service project you would like to implement in your hometown? Apply for a YES Grant today through the Indiana 4-H Foundation to help fund your idea!

YES Grants offer funds for youth across Indiana to complete a service project in their community. The purpose of these grants is to assess the need, then create and execute a youth led project.

You can also invite your friends to join in on your project!

In 2021, the Indiana 4-H Foundation had 16 community service projects funded by this grant. Visit our webpage to learn about these projects! **www.in4h.org/grants** 

QUESTIONS? email: in4hfoundationyesgrant@gmail.com

#### 4-H Grants

4-H provides opportunities for youth to take the lead in making their own communities a better place for all. The YES Grant is intended to give youth-led projects the financial boost they need to get off the ground and start making a difference.

Funds for this initiative were made available from the Nola Gentry Charitable Trust and Corteva Agriscience.



Saturday, April 16; 1:00 - 3:00 PM Pike County 4-H Exhibit Building

This SWEET workshop will help youth gain basic cake decorating skills and ideas that will make your next dessert (or 4-H Fair project!) be delicious inside & out!

Space is limited to first 15, so be sure to register ASAP by calling (812) 354-6838 or emailing Alex at amahrenh@purdue.edu





Date	Event	Time EST	Location	Contact		
March 12	Vanderburgh Poultry Workshop	10:00 AM – 12:00 F	Vanderburgh 4-H C	Cen- Alex Mahrenholz		
March 21	YQCA Training #2	6:00 – 7:15 PM	4-H Exhibit Bldg.	Alex Mahrenholz		
March 22 – 23	4-H Spring Break Day Camp	9:00 AM – 4:00 PM	4-H Fairgrounds	Brooke or Alex		
April 16	YQCA Training #3	9:00 – 10:15 AM	4-H Exhibit Bldg.	Alex Mahrenholz		
April 16	Cake Decorating Workshop	1:00 – 3:00 PM	4-H Exhibit Bldg.	Alex Mahrenholz		
April 16	Performing Arts & Verbal Com- munications Contest	5:00 PM	4-H Exhibit Bldg.	Alex Mahrenholz		
May 9	YQCA Training #4	6:00 – 7:15 PM	4-H Exhibit Bldg.	Alex Mahrenholz		
May 15	4-H ENROLLMENT, LIVESTOCK ID, YQCA DEADLINE to participate in 2022 4-H Fair!!!					
June 8-10	4-H Academy	I Academy Pr		Angie Frost @ al- frost@purdue.edu		
June 13 – 15	4-H Camp with Pike, Daviess, Dubois, Martin, Perry, & Spencer Counties					









#### **YQCA**

The Youth for the Quality Care of Animals (YQCA) is an exhibit requirement for any 4-H member in the following projects: Cattle, Goats, Poultry, Rabbits, Sheep, and Swine. Members may attend any YQCA Training or complete the training online.

In-person YQCA Trainings for Pike County 4-Her's are generously sponsored by the Pike County 4-H Livestock Committee. Online trainings are available at a cost of \$12/exhibitor.

Pike County 4-H Youth should register for the training of their choice via Events in 4-H Online at least one week prior to the date of the training.

Call the Extension Office or e-mail Alex with any questions you might have!

ALL PIKE COUNTY 4-H YOUTH MUST HAVE COMPELTED THEIR YQCA TRAINING BEFORE MAY 15.



February 9, 2022: 6 PM

March 21, 2022: 6 PM

April 16, 2022: 9 AM

May 9, 2022: 6 PM

The Youth for the Quality Care of Animals (YQCA) is an exhibit requirement for any 4-H member in the following projects: Beef Cattle, Dairy Cattle, Goats, Poultry, Rabbits, Sheep, and Swine. Members may attend any of the above meetings OR a YQCA training in another county OR complete the training online.



In-person or Online YQCA Training is REQUIRED for 4-H livestock exhibitors each year!
In-person trainings are
sponsored by your
Pike County 4-H
Livestock Committee
(Online trainings are \$12)











#### **Junior Leaders**

The next Jr. Leader meetings will be on March 15<sup>th</sup> and April 19<sup>th</sup> at 6pm at the Pike County 4-H Exhibit Building.

This is open to all 7<sup>th</sup>-12<sup>th</sup> graders interested in being a leader, getting involved in the community, and helping grow our 4-H program! Contact Brooke Goble at 812-354-6838 or <a href="mailto:bgoble5@purdue.edu">bgoble5@purdue.edu</a> with any questions.



#### Volunteers

All new first year 4-H Volunteers, please make sure to return your personal reference form to our office and remind your references to return their reference forms as soon as possible. You should have received a packet with this information. If you did not receive this packet, please let our office know so we can mail you a new one. You will not be considered an approve volunteer until we have received this information.

Any volunteers who have not completed the required training, needs to go back into 4-H Online and complete the trainings as soon as possible. We will have one last in-person training for those who were unable to attend the in-person trainings we had in the fall. This training will be held on March 31st at 6pm in the 4-H exhibit building. If you are unable to attend this training, you will need to complete the trainings online. If you need any assistance, please call the office and we will assist you in any way we can.





For the most up-to-date information and some fun surprises in between, please like our pages on Facebook!

Purdue Extension Pike County Pike County Indiana 4-H



#### **Agriculture & Natural Resources**

Alex Mahrenholz
Agriculture & Natural Resources Educator
email: <a href="mailto:amahrenh@purdue.edu">amahrenh@purdue.edu</a>

#### Agriculture & Natural Resources Up coming Events

Date	Event	Time EST	Location	Contact
March 3-4	Indiana Small Farm Conference	ТВА	Danville, IN	https://www.purdue.edu/dffs/smallfarms/
March 10	Knox County Ag Day Supper	5:30 – 7:30 PM	Vincennes University P.E. Complex	Knox County Purdue Extension
March 12	Ohio Valley Small Farm Conference	9:00 AM	Henderson, KY	(812) 897-6100 or http:// henderson.ca.uky.edu
March 12	Vermiculture Workshop	11:00 AM – 1:00 PM	Vanderburgh 4-H Center	Posey SWCD at (812) 838-4191
March 14-28	Purdue DIY Lawncare Series	11:00 AM – 1:00 PM	Virtual	Kelsey Holt @ quinn41@purdue.edu
March 15-18	UAV Technology Program	1:00 – 5:00 PM	Vanderburgh 4-H Center	Valerie Clingerman @ clingerman@purdue.edu or (812) 882-3509
April 17	Tick Talk - An Update on Tick Research	11:00 AM	Virtual	http://www.emeraldashborer.info/ eabu.php

#### **Keeping Your Grain Safe in Fluctuating Temperatures**

If you don't like the weather, stick around, it'll change. Many residents of southern Indiana have muttered these words at one point or another. Inconsistent temperatures seem to be a staple of this region, including those temperatures bouncing above and below the 32-degree freezing mark. The fruits of last year's crop may not be actively growing, but they are still retaining and even gaining value, being stored in grain bins across the area. Checking the status of stored grain is vital to maintaining that value.

Crusting, wet or sticky kernels can be telltale signs of trouble that require a swift reaction. Grain temperature should remain below 40 degrees for optimal long-term storage. Solar radiation can cause issues in the winter when it comes to grain temperature as the daily total of solar energy on the south side of a grain bin is double on Feb. 21 than it is on June 21. Grain against the nearest two feet of bin walls may be warmer than the average air temperature and can help provide input on when to utilize fans. Fans should not be operated during rain or snow to minimize introducing additional moisture into the grain stored and bin vents should be monitored for ice and frost as damage can occur to the bin roof.

As the last few weeks of a difficult winter pass, continuing to check stored grain will ensure the viability of last year's work as we move into a planting season that is certain to require more of your immediate attention.



### **Agriculture & Natural Resources**

Alex Mahrenholz
Agriculture & Natural Resources Educator
email: amahrenh@purdue.edu

#### What Hobby Poultry Owners Should Know About Preventing Avian Influenza

INDIANAPOLIS — Avian influenza can be devasting to all poultry—even small, hobby flocks. The virus can cause reduced egg production, general illness or even sudden death to chickens, turkeys and other poultry species. With cases cropping up in three states in the last week, hobby flock owners should take steps to keep their flocks safe.

Poultry owners should practice good biosecurity by blocking possible sources of the virus. This includes minimizing foot traffic from visitors into the chicken coops and pasture areas. The avian influenza (AI) virus (and other disease-causing agents) can be carried in on clothing and shoes. Avoid visiting other flocks and handling other people's birds.

Anyone entering a chicken coop or pasture area should wear boot covers or shoes dedicated to that space only. Change shoes, boots or clothing after wearing them in public.

Equipment, such as feed buckets, hoses and waterers, can be contaminated. Therefore, equipment should be cleaned and disinfected before use—especially if it has contact with birds from outside the home flock. Vehicles can transport germs on tires, too.

Prevent contact with wild birds. Migratory waterfowl (ducks, geese, etc.) are known to carry AI without becoming ill or dying. Because they shed the virus in their droppings, bodies of water and other spaces where they congregate can pose a higher risk. Keeping poultry confined to a coop or a fenced space can help to reduce possible exposure.

Watch for signs of illness in your flock. Birds affected with HPAI may show one or more of the following signs:

- Sudden death without clinical signs
- Lack of energy and appetite
- Decreased egg production
- Soft-shelled or misshapen eggs
- Swelling of the head, eyelids, comb, wattles, and hocks
- Purple discoloration of the wattles, combs, and legs
- Nasal discharge
- Coughing, sneezing
- Incoordination
  - Diarrhea

At the first signs of any of these, call the USDA Healthy Birds Hotline: 866-536-7593. Callers will be routed to a federal or state veterinarian in Indiana for case assessment. Dead birds should be double-bagged and refrigerated for possible testing.

Essential points to note about the current ongoing avian influenza situation:

- 1. The food supply is safe. All shipments of poultry and eggs are tested to ensure the absence of avian influenza (Al) before moving into the food supply.
- 2. No cases of human illness have been reported for the strains of HPAI that are currently circulating in the United States; however, poultry owners should practice good hygiene/handwashing after handling birds.

Learn more about biosecurity practices and keeping poultry safe online at: <a href="https://www.aphis.usda.gov/aphis/ourfocus/animalhealth/animal-disease-information/avian/defend-the-flock-program

#### Need to check your PARP records?

Visit <a href="https://www.oisc.purdue.edu/">https://www.oisc.purdue.edu/</a>

- Click on "My Records" in orange
- Click on "Applicator Login"
- Enter the information required
- Click on the different tabs to see where you attended meetings, how many credits you have, how many you need, and when your license expires.

If you have any questions about your PARP credits/sessions, please e-mail or call Alex at the Extension Office.



#### **Agriculture & Natural Resources**

#### Impending Global Food Experiment

The pandemic has changed a lot of things, but one thing Americans continue to enjoy is one of the world's most abundant and safe food supplies. While prices fluctuate, and in some cases, skyrocket, the United States has seen food prices remain relatively stable in retail markets. In 2020, American consumers spent an average of 8.6 percent of their disposable personal income on food. The COVID-19 pandemic resulted in the sharpest annual decline in the share of disposable income spent on total food since USDA began tracking these expenditures. In part, this decline was the result of the largest annual increase in disposable personal income since 2000 and the sharpest decrease in food-away-from-home spending.

To keep up with growing demand and a growing population, agricultural production of the globe's four primary crops, corn, rice, wheat, and sugar can, has increased by approximately 50% since the early 2000s. New technology, crop-protection tools, genetically modified crops, and regenerative soil initiatives have helped American farmers meet these production needs. One vital tool that has been utilized for decades, but is commonly forgotten, is nitrogen fertilizer. The developed world has enjoyed easy access to nitrogen for many decades, but that's about to change.

While food prices have remained stable, agricultural fertilizer prices have most certainly not. Anhydrous ammonia is averaging \$1,412.88 per ton and urea around \$889 per ton with the likely possibility of continued increases as we continue into the spring season. 2022 will mark the first year in most active farmer's careers that they will be reducing their reliance on fertilizer. The risk of a reduced harvest has the potential to impact the global food supply. Less money means less product and less fertilizer means lesser food production, almost any farmer would say so.

The demand for food is rising with every infant born and the population requires year-on-year record harvests to continue feeding the world as farmers have always done. See the issue here? This experiment farmers are unwillingly conducting has almost a certain outcome ahead. Even with opportunities to make up for the less than favorable conditions this economic environment will provide to our agricultural one, crops will likely face declines in yield. Farmers will presumably try to take advantage of precision techniques and various cropping approaches to encourage maximum yield potentials, which could prove to be positive for non-traditional and conservation-minded farming practices in the future. However, the end result of a lesser yield for a growing population remains.

The process and results of this high-stakes experiment are undeniably impending and will be experienced worldwide. Preparing for the worst is more important now than ever, because if we fail to prepare now, everyone will lose out on more than nitrogen prices or yields. Everyone in the food supply chain from farmers to each person with a dinner plate and especially those with low incomes who depend on the abundant food supply more than anyone else will be forced to make choices that will lessen their quality of life. A difficult year lies ahead, but famed agriculturist Benjamin Franklin's words still hold true, "Those who fail to plan, plan to fail."

#### **Keeping Your Grain Safe in Fluctuating Temperatures**

If you don't like the weather, stick around, it'll change. Many residents of southern Indiana have muttered these words at one point or another. Inconsistent temperatures seem to be a staple of this region, including those temperatures bouncing above and below the 32-degree freezing mark. The fruits of last year's crop may not be actively growing, but they are still retaining and even gaining value, being stored in grain bins across the area. Checking the status of stored grain is vital to maintaining that value.

Crusting, wet or sticky kernels can be telltale signs of trouble that require a swift reaction. Grain temperature should remain below 40 degrees for optimal long-term storage. Solar radiation can cause issues in the winter when it comes to grain temperature as the daily total of solar energy on the south side of a grain bin is double on Feb. 21 than it is on June 21. Grain against the nearest two feet of bin walls may be warmer than the average air temperature and can help provide input on when to utilize fans. Fans should not be operated during rain or snow to minimize introducing additional moisture into the grain stored and bin vents should be monitored for ice and frost as damage can occur to the bin roof.

As the last few weeks of a difficult winter pass, continuing to check stored grain will ensure the viability of last year's work as we move into a planting season that is certain to require more of your immediate attention.



#### **Health & Human Sciences**

Brooke Goble
Health and Human Sciences Educator
email: bgoble5@purdue.edu



Purdue Extension Presents Bite By Bite: Nutrition for Life Bite by Bite-Nutrition for life is a new Purdue Extension podcast covering the latest fads in food and nutrition where we cut through the hype, explore the science behind food and nutrition, and provide practical tips for incorporating healthful strategies into everyday life. Follow us on social media to stay connected and suggest topics for us to cover!

BiteByBiteNutritionForLife Facebook and Instagram

Subscribe and listen for FREE!

Listen on Spotify

Listen on Google Podcasts

Listen on Breaker

Listen on RadioPublic

#### **Lemon Pepper Chicken & Potatoes Sheet Pan**

This recipe is perfect dinner recipe when you need something quick and easy, especially when you have potatoes that need to be used up. Makes 4 Servings

#### **Ingredients:**

1 1/2 pound Chicken Breasts- boneless, skinless, diced into 1.5 x 1.5 inch cubes

3 1/2 cups Broccoli- Fresh or frozen

1 pound baby potatoes or regular potatoes cubed

3 tablespoon lemon juice

1 tablespoon course ground or stone ground mustard

1 teaspoon minced garlic

1 teaspoon honey

3 tablespoon olive oil

1 tablespoon lemon pepper seasoning

1/4 teaspoon salt pepper to taste

#### **Directions:**

- 1. Preheat oven to 400 degrees and place wax paper on baking sheet. In a small bowl, whisk together 1.5 tablespoon lemon juice, mustard, garlic, honey, salt, and 2 tablespoons of the olive oi. Set aside.
- 2. Place the potatoes and broccoli on the pan. Drizzle with the remaining olive oil and about half of the lemon-mustard mixture. Toss to coat. Season generously with salt, pepper, and 1/2 tablespoon lemon pepper seasoning. Spread evenly on the pan.
- 3. Cut your chicken breasts into roughly 1.5x1.5 inch cubes. Season each of your chicken with lemon pepper seasoning and place on the pan also. Drizzle the remaining lemon/mustard mixture over your cubed chicken.
- 4. Bake for 25 minutes, tossing halfway through. Cook until the potatoes are tender and the chicken is cooked



PURDUE EXTENSION — PIKE COUNTY COURTHOUSE 801 E MAIN STREET PETERSBURG INDIANA 47567-1249

Address Service Requested

NONPROFIT ORG.
U.S. POSTAGE

**PAID** 

PETERSBURG, INDIANA
PERMIT NO. 50

The 2022 4-H Scoop will be in the mail next week.

# Please check out the Scoop carefully!

All county and state projects were updated this year. As you start working on your projects, make sure you check the guidelines.

If you have any questions, call the office at 812-354-6838.



#### **Equal Opportunity Statement**

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action institution. This material may be available in alternative formats.