

Sweet Potatoes: A Classic Fall Favorite

Quick! What comes to mind when you think of sweet potatoes? Their expansive nutritional value? Or how tasty they are topped with marshmallows during the holidays? I'd have to say, topped with marshmallows but did you know, sweet potatoes are high in fiber and antioxidants, which protect your body from free radical damage and promote a healthy gut and brain. They're also very rich in beta-carotene, which is converted to vitamin A to support your vision and immune system. Sweet potatoes are versatile and can be prepared in both sweet and savory dishes or just comfort food, like nachos.

Recipes to Inspire

BBQ Sweet Potato Nachos

Servings: 4 servings

Nutrition Facts Per Serving: Calories 300, Total Fat 12 g Saturated Fat 2.5 g, Cholesterol 5mg, Sodium 710 mg, Total Carbohydrate 40 g, Dietary Fiber 9 g, Sugars 8 g, Protein 10 g

Ingredients

- 2 sweet potatoes washed & sliced into ¼ inch rounds
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 red onion, diced
- 1 (15 oz.) can black beans, drained and rinsed
- 1/2 bell pepper, diced
- 1/2 avocado, pit removed and diced

Dressing

- 1-1/2 teaspoons lemon juice
- 1-1/2 tablespoons barbeque sauce
- 1/2 cup plain Greek yogurt
- 1/2 teaspoon chili powder

Directions

Preheat oven to 425 degrees F. Spread sweet potato rounds on a large sheet pan and toss with olive oil, salt and pepper. Roast potatoes for 10-15 minutes, toss and continue roasting for another 10-15 minutes. Meanwhile, combine ingredients for dressing in a small bowl. Remove sweet potatoes from oven. Sprinkle onion, black beans, bell pepper and avocado (if using) over the sweet potatoes and let cool. Drizzle with dressing or use dressing to dip.

Source: Shoultz, Katie. *BBQ Sweet Potato Nachos*. 2019, [grayson.ca.uky.edu › files › october-bbq_sweet_potato_nachos](http://grayson.ca.uky.edu/files/october-bbq_sweet_potato_nachos).

6 steps to help a middle or high schooler budget

Your child may not have a full-time job or a mortgage. But basic budgeting skills can help them plan spending and set them up for long-term success handling money. Here are six steps to get you started.

1. Help your child determine their income

The first step in building a budget is figuring out how much money comes in. For tweens and teens that means regular income, such as paychecks from jobs and allowances, as well as money given to them on birthdays or holidays. Have your child add up what they receive in a month—that's their total monthly income.



2. Calculate required expenses

Required expenses are necessary costs you must pay regularly—they're the must-haves. For a middle or high schooler this could be a monthly cell phone bill, or gas and car insurance if your child drives. Total these costs over a month to determine a baseline set of expenses.

3. Do a little math

Once you have a total for the required expenses, have your child subtract that number from their income. This reveals whether they have enough to cover their necessities, as well as how much money is left over.

4. Talk about the fun stuff

Once you've covered necessary expenditures, explain that what's left can go into your teen or tween's savings account. They also could use extra funds for discretionary purchases such as going to the movies or buying concert tickets—the nice-to-haves. But remind them that money is finite, and sometimes that means making trade-offs. For example, explain that buying an expensive piece of clothing now may mean postponing a bigger purchase.

5. Help him get what he wants

Tweens and teens may not be able to afford some big-ticket items right away, such as a bicycle or even a car. In this case you can help your child set a savings goal and then plan how to achieve it.

6. Balance the budget

You can teach your child that spending should not exceed income. If your tween or teen overspends, you can help them look for ways to cut back spending or increase income. For example, they may decide to carpool one month to save on gas and use the extra funds to buy a concert ticket. Teens can boost income by taking on extra jobs, perhaps mowing a neighbor's lawn or babysitting.

Adapted from: Better Money Habits. (2019, February 01). Budgeting Tips for Teens in 6 Easy Steps. Retrieved from <https://bettermoneyhabits.bankofamerica.com/en/personal-banking/teaching-children-how-to-budget>

Upcoming Health and Human Sciences Programs

September

- 2 Labor Day; Office Closed
- 17 Clark County Extension Showcase; Clark County Courthouse, 11 am - 1 pm
- 20 Block Party; Jeffersonville Township Library; 10:30 - 11:30 am
Block Party events are times of free play with blocks of all sizes for families and their children ages 8 months to 8 years.
- 19 The History and Etiquette of Afternoon Tea; Jeffersonville Library, 6 pm
- 20 I'm Moving, I'm Learning; Community Action of Southern Indiana, 3 - 5 pm
- 24 Mental Health First Aid; Jennings County Public Library, TIME
- 25 ServSafe; Clark Co. 4-H Fairgrounds Food Stand; 8 am - 5 pm
ServSafe is a food safety training and certificate program. The program is accredited by ANSI and the Conference for Food Protection.

October

- 11 Block Party; Jeffersonville Library, 10:30 - 11:30 am
- 11 Recover Celebration & Walk; Big 4 Walking Bridge, 6 - 9 pm
An event bringing those together in recovery, their families, counselors, treatment centers, and friends - anyone dedicated to recovery & helping others get on the path.
- 21 Extension Board/Corporation Board Annual Meeting; Clark Co. 4-H Fairgrounds Food Stand, 6 pm
- 22 PCARET Meeting; Purdue Extension-Washington County Office, 7 pm
- 25 Knowledge to Go; Purdue Extension-Harrison County Office, 9 am - 12:30 pm
- 30 Mental Health First Aid; Martin County, 8 am - 5 pm
Participants will learn how to help someone who is developing a mental health problem or experiencing a mental health crisis. REGISTRATION REQUIRED.

Do you have an idea or know of a need for a program to benefit local families with nutrition or fitness? Or to make our community better? If so, make plans to attend the next Health and Human Sciences advisory meeting and share your ideas. All residents of Clark County are welcome to attend.

October 16, 2019 @ 10 AM
Clark County Extension Office

Can't make the meeting but still want to share your ideas, no worries!

Contact Marilyn @ 812-256-4591 or msink@purdue.edu

Clark County Extension Homemakers

September – October 2019

Coming Events

- September 6 Fall District Meeting, Brownstown Christian Church
703 West Spring St
Program begins at 9:30am
- September 20 Cultural Arts Day 10:00am
Community Building – sack lunch
Family Memorabilia
- October 8 Council Meeting, 9:30 Extension Office
- October 13-19 IEHA Week
- October 25 Knowledge to Go, 8:00 – 12:00
Harrison County – Corydon Extension Office
\$5.00 pre-register and pre-pay by October 18
- October 26 Make a Difference Day

Dear Homemakers,

Welcome to the Dog Days of Summer! I want to thank you ladies and gentlemen for the wonderful participation you gave us at the 4-H Fair. The Door Watchers kept the 4-H projects safe and the Booth Sitters kept the goody tray supplied with cookies to sell. We also sold a record number of quilt tickets. Thanks, for a job well done.

Our next exciting event is the Homemakers Cultural Arts Day on September 20 at 10:00 at the Community Building. Bring a sack lunch and enjoy a look into our own individual culture within our own families. Bring a piece of family memorabilia to share with us all. Wanda Vandevanter will be sharing a new craft with us. See you there.

Since the Dog Days of Summer are upon us, don't forget to water your flower beds, your hanging baskets, and your container plants. They look forward to the cooler weather and they will revive, just as we will.

Bye, bye for now,

Orelyn





Clark County 4-H Important Dates September/October 2019



September

- 2nd – Office Closed- Labor Day**
- 5th – Livestock Skill-a-thon and Dairy Foods Area II Contest- Orange County 1pm-6pm**
- 12th – Volunteer Appreciation Dinner-4-H Food Stand-6:30pm**
- 14th – Area II Robotics Encounter- Purdue Polytechnic-2pm-6pm**
- 17th- Purdue Extension Clark County Luncheon- Clark County Court House-11am-1pm**
- 18th – Corporation Board Meeting-Conference Room-7pm**
- 19th – Adult Leader Meeting- Conference Room-7pm**
- 30th – Clark County 4-H Expansion and Review Committee Meeting-Conference Room-7pm**

October

- 1st- 4-H Enrollment Starts**
- 1st- Area II Soils Contest- Orange County**
- 2nd- Livestock Committee Meeting-Conference Room-7pm**
- 7th -Junior Leader Call-Out Meeting-Strike and Spare-6:30pm-8:30pm**
- 9th- Beginner's Guide to Grant Writing Workshop-Conference Room-9am-4pm**
- 15th – Clarksville Parks and Recreation-Game Changers-Clarksville Middle School-6:30pm**
- 16th – Corporation Board Meeting- Conference Room-7pm**
- 17th- Adult Leader Meeting- Conference Room -7pm**
- 21st- Extension Board/ Corporation Board Annual Meeting-4-H Food Stand**
- 24th- Clark County 4-H Open House- Community Building-6pm-8pm**
- 28th - National Youth Science Day-Food Stand-7pm**

4-H Online Enrollment Begins



October 1st – January 15th

in.4honline.com



2020 Clark County 4-H Fair



July 10th-18th





Clark County 4-H National Youth Science Day

October 28th 6:30pm

4-H Food Stand

Join the 2019 National Science Challenge where we've partnered with Google and West Virginia University Extension Service to create activities that explore the topic of computer science, or CS, in a way that's fun for kids and accessible for educators everywhere — regardless of your level of access to the internet or technology. Game Changers consists of three activities, each of which make connections between CS topics and a different 4-H pillar — agriculture, healthy living or civic engagement — to help make CS more approachable and to help kids understand the many ways it can be applied to the world around us.

2019 CLARK COUNTY 4-H OPEN HOUSE

October 24th
6:00pm-8:00pm
Clark County 4-H Fairgrounds
9608 Highway 62
Charlestown, IN 47111

JOIN US FOR BOUNCE HOUSES, GIVEAWAYS AND GAMES!

GET REGISTERED TODAY FOR 4-H!

VISIT WITH CLUBS AND SEE WHAT THEY HAVE TO OFFER

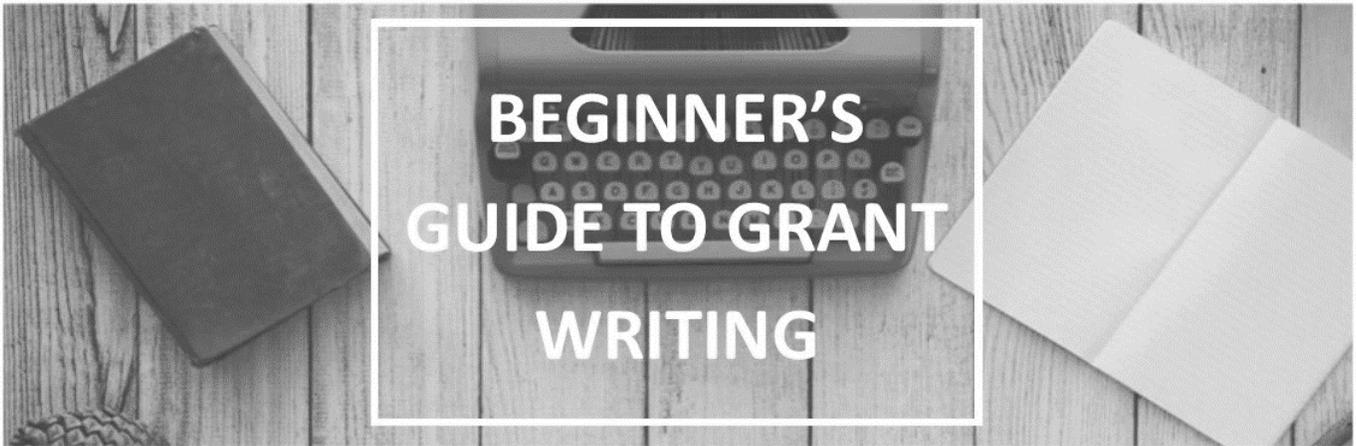
GET YOUR QUESTIONS ANSWERED AND SEE WHAT
4-H CAN DO FOR YOU!

PURDUE
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Extension
CLARK COUNTY



4-H 
GROWS HERE

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



The two-day **Beginner's Guide to Grant Writing** program is a great skill builder for the beginner or intermediate grant writer. Whatever your skill level, come with an idea and be ready to write. At the end of Day One, you will have a proposal outline and all of the resources you need to expand your outline into a full proposal.

Return on Day Two with your full proposal and we will put you into the role of a reviewer, teach you strategies for finding funding, and provide you with an opportunity to polish your proposal and send it in for a strong professional review.

When: Wednesday, **October 9** and Wednesday, **November 13, 2019** at 9:00 am to 4:30 pm Eastern

Where: Purdue Extension-Clark County, Conference Room, 9608 Highway 62, Suite 1, Charlestown, IN 47111

Cost: The workshop is \$175.00, which includes all materials and lunch on both days.

Registration: Registration is available by visiting <http://bit.ly/BGGWFall2019>. For more information, contact Kym Schwinkendorf at kschwink@purdue.edu or 219-386-5232 or Katie Whiteford at 812-256-4591 or kcarunch@purdue.edu.



Please register by Wednesday, October 2, 2019.

Whether your project is big or small, this workshop will give you the information you need to submit proposals confidently.

NOTE: If you need a reasonable accommodation to participate in this program, contact Katie Whiteford at 812-256-4591 prior to the workshop.

CLARK COUNTY 4-H VOLUNTEER APPRECIATION DINNER

September 12th

6:30pm

Clark County 4-H Food Stand

Free Dinner

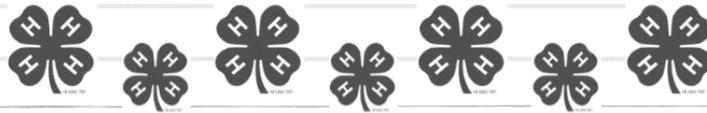
Awards

Raffles and More!

Please RSVP by September 6th

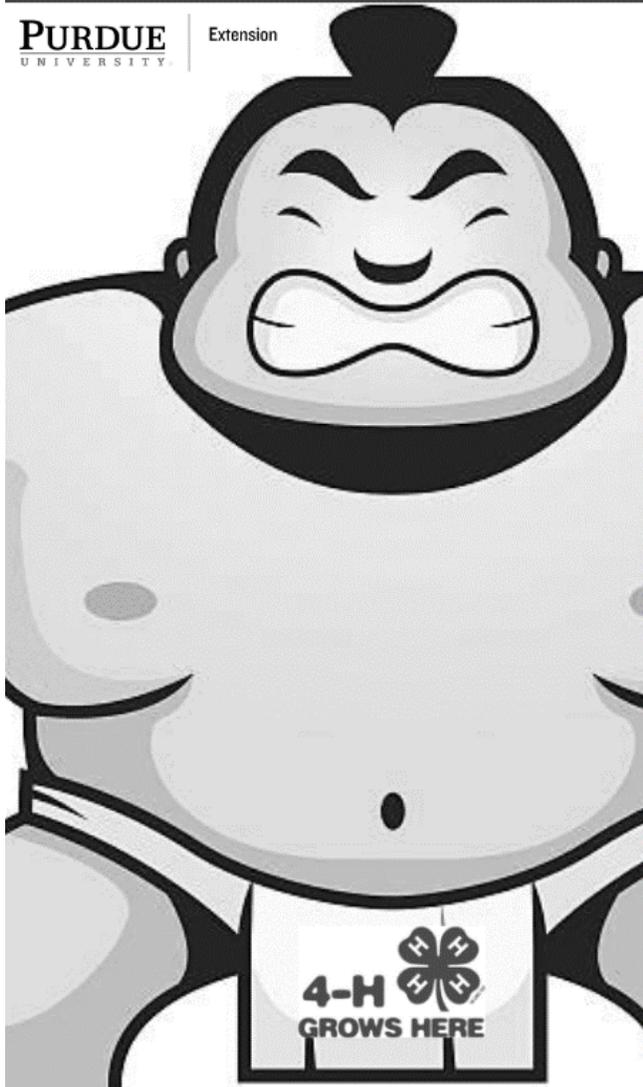
812-256-4591; lorrice@purdue.edu

WE APPRECIATE YOU!



PURDUE
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Extension



*Area II 4-H
Robotics Encounter*

SUMO CHALLENGE

Do you have what it takes to be the king of the ring?

SEPTEMBER 14, 2019

2PM-6PM

REGISTRATION 1:30PM-2PM

COST: \$5.00 PAY AT EVENT

TEAMS SHOULD CONSIST OF 3-4 YOUTH

****INDIVIDUALS ARE WELCOME****

PURDUE POLYTECHNIC SCHOOL

3000 TECHNOLOGY AVE

NEW ALBANY, IN 47150

ALL PARTICIPANTS WILL RECEIVE A T-SHIRT

SNACKS AND DRINKS WILL BE PROVIDED

REGISTER VIA 4HONLINE BY SEPTEMBER 6TH

GRADES 3-12TH AS OF JAN. 1ST 2019

812-948-5470; MCCOLLUJ@PURDUE.EDU

JOIN US FOR

CLARK COUNTY 4-H JUNIOR LEADER OPENING EVENT

PURDUE
UNIVERSITY

Extension
CLARK COUNTY



October 7th @ 6:30pm
Strike and Spare
511 Little League Blvd.
Clarksville, IN 47129

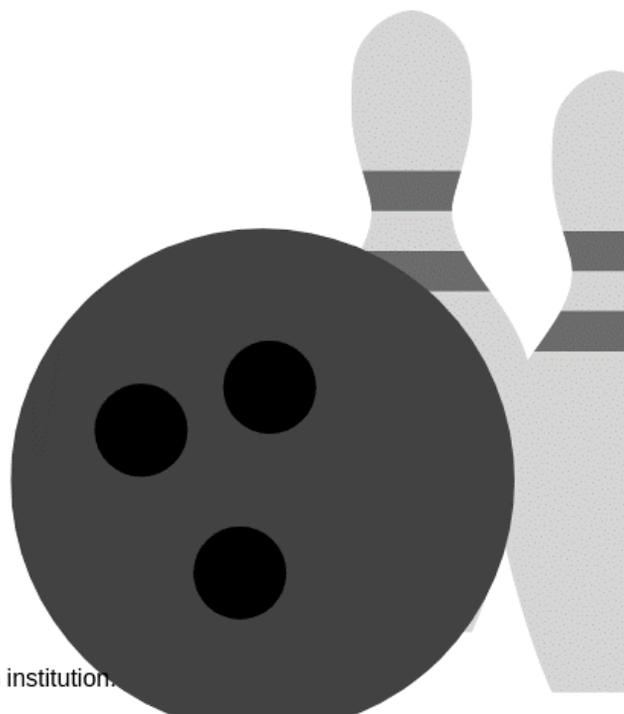
Open to all 7th-12th Graders

Bring Your T-shirt Designs!

Questions?

812-256-4591; kcarunch@purdue.edu

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Indiana 4-H LEADERSHIP SUMMIT

The Indiana 4-H Leadership Summit is a one-day opportunity intended to energize 4-H members, volunteers, and staff. The event will provide education and resources focused on leadership in 4-H programming. Participants will be inspired to pursue excellence in their local communities.

Saturday, November 16, 2019

9:00 a.m. - 4:45 p.m.

502 East Event Centre, Carmel



Do you want to Design the Next 4-H T-Shirt?

Send your t-shirt designs to the Extension Office by September 18th.

The winning design will have free 4-H Enrollment and your design will be used for the 2020 Clark County 4-H T-shirt!

If you have any questions please contact the office

812-256-4591; kcarunch@purdue.edu

Clark County Ag News Sept/Oct 2019

ANR Newsletter - A newsletter for homeowners and producers in Clark County about education opportunities and information regarding agricultural production from the Purdue Extension Service.

To register to participate in any event or if you have questions, please call the Clark County Extension office. You may also register or have your questions answered by sending an e-mail to Skafari@purdue.edu.

Put together by Simon Kafari, ANR Educator, Clark County, 9608 Hwy. 62, Suite 1 Charlestown, IN 47111 Phone: (812) 256-4591 skafari@purdue.edu

CONGRATULATIONS TO THE 2019 CLARK COUNTY EXTENSION ANNUAL FARMERS AWARD RECIPIENTS



Meet the 2019 Clark County Best Farmer Award winners

From Top (left to right):

Charles F. Dean – Heritage Farmer of the Year

Andrew Huttzell – Heritage Farmer of the Year

Lawrence Schafer Jr. – Next Generation Farmer of the Year

Adam Allgeier – Young Farmer of the Year

Leah Popp – Urban Farmer of the Year

Deservingly so, the editorial column of this news letter is devoted to the winners of this year's Clark County Best Farmer awards. Please join me in congratulating Leah Popp, Adam Allgeier, Lawrence Schafer Jr., Andrew Huttzell and Charles F. Dean on their award wins – AND GOD MADE A FARMER.

This year's Clark County Annual Farmers Appreciation Day celebration like other years took place during the Clark County 4-H Fair, on July 14. To climax the celebration, well-deserved Clark County farmers were given best farmer awards in 5 categories as listed above.

Charles F. Dean won this year's Heritage Farm award. The family farm at Camp Creek, also known as East Hollow, is at least a 4-generation farm. Charles' great Grandfather John Athen Dean was there in the 1800's and passed the farm down to the family. Charles is the 4th generation farmer on this family farm. He now farms around 600 acres and runs a small cow/calf operation. Even though Charles says he plans to cut back from working so hard (it hasn't happened yet), he doesn't see himself ever retiring completely because he loves what he is doing – FARMING!

Andrew Huttzell won the Heritage Farmer of the year award. His parents worked several farms over the years. Andy also worked on many of the farms in the Ohio River Valley from Jeffersonville to Bethlehem. Around 1964, Andy bought his first farm located in Hibernia, where he still resides today. Together with his wife Billie and 5 children they raised hogs, cattle, chicken, soybeans, corn, hay and tobacco. Over the years he transitioned to only cattle, hay and soybeans.

Lawrence Schafer Jr. was this year's Best Next Generation Farmer of the year. Larry's love for animals and the land drew him to work on the family farm from childhood. He has always enjoyed tinkering with machinery and after high school he attended Ivy Tech and graduated with a degree in Industrial Maintenance. When Larry's father passed away in 2012 he accepted the difficult task of taking over the family farm. Although he had never ran the farm on his own he made it look easy. He still works his regular job while managing crops, hay and a cow/calf operation.

Adam Allgeier, this year's best Young Farmer of the year winner grew up in Dearborn County. Before becoming a farmer, he worked in industrial pressure washing and excavation. Adam's new found love and commitment to farming happened when he married his wife, Denise whose family had a farm. In nominating her husband for this award, Denise had this to say about Adam - "If it wasn't for my husband Adam, Galligan Family Farm would be nothing more than a name of a farm that used to be. He is what has kept our farming dream alive. We are so lucky to have him continue on Mike Galligan's farming legacy".

Leah Popp won the Urban Farmer of the Year award. Leah was raised in upstate New York and developed a love of horses after years of extensive riding lessons. When Leah married into the Popp family in 2010 she had only one horse. Within 2 years she converted the garage into a 4-horse stall barn and began searching for horses to train. After only 5 years she added 20 more stalls, and an indoor/outdoor arena. Her business, Cedar Creek Drafts was established after she expanded into breeding as well as lessons. Her lessons have been so successful that there is currently a waiting list for new applicants.

On behalf of Purdue Extension, its Ag Advisory Council and the Farmers Appreciation committee members, I wish to extend our heart-felt congratulatory message to these well-deserved best farmer award winners.

Mark your calendar – Agricultural Events		
Date	Event	Time of Event
September 10 th	Hay quality Analysis and utilization Workshop	6:30pm
September 19 th	“The After-dinner Garden Conversation” - Fall gardening at the Hidden Hills Nursery	7-9pm
Sept-December	Partnership with Clarksville Parks and Recreation	6:30-8:30pm

Hay quality Analysis and utilization Workshop – September 10 (6:30pm)

Location: Clark County 4-H Fairgrounds (Food Stand)

The health and productivity of livestock depends on feeding them properly. It is not just enough having adequate forage and hay inventory to feed the animals all through the year. The nutritional value of the forage is also important. Animal malnourishment, especially in the winter, can be avoided if animals are fed hay and silage with proper nutritional value. Knowing the nutritional value of the hay and silage can help develop rations that will ensure better productivity of livestock and, therefore, better profit margins.

The yield, quality and persistence of pastures and the forage mixes required to meet the full nutritional needs of your animals cannot be guaranteed without the knowledge required to properly sample forages, submitted to a laboratory and how to correctly interpret forage quality test results.

The Clark County Extension office, in collaboration with Purdue University’s Departments of Agronomy and Animal Sciences will host a forage quality and animal nutrition management workshop titled **“Managing animal feed quality and nutritional value improves livestock health and increases productivity”** on September 10th, 2019 at 6:30 p.m. (Registration starts at 6:00p.m.).

This workshop will have value to anyone that feeds hay and/or silage to livestock and horses.

The workshop will be moderated by Dr. Keith Johnson and Dr. Nicholas Minton. Keith will discuss factors that affect forage quality, will have attendees learn how to do a sensory analysis of hay, demonstrate how to properly take a hay sample for laboratory analysis, and discuss forage quality parameters on a forage test report. Nick will talk on livestock nutrition needs and how to utilize forage quality results to feed livestock.

Although the workshop is free and open to everyone, registration is required to attend as a minimum number is required to conduct the program. To register, or if you have questions about the workshop, please call the Clark County Extension office (812-256-4591). You may also register by sending an e-mail to Skafari@purdue.edu

“The After Dinner Garden Conversation”- Fall gardening at the Hidden Hills Nursery

Location: Hidden Hill Nursery (1011 Utica Charlestown Rd, 47130 Jeffersonville)

All registrants for this year’s Clark County Extension Annual Gardening classes should note of this change in venue. This class was originally planned to take place at the 4-H Fairgrounds.

Clark County Extension is teaming up with Bob Hill’s Hidden Hill Nursery in Jeffersonville to offer a programming activity on September 19th titled “Gardening with Bob Hill - Fall Plantings”.

This class takes the place of the Clark County Extension gardening class that was previously scheduled for the same day. Please note that as a result, participants to the Clark County class will meet at the Hidden Hills Nursery instead. The event starts at 6:30pm.

Bob Hill and his wife Janet will give participants a tour of their nursery and sculpture garden, and discuss Fall plantings in the process. They will also have your gardening questions answered. A lucky participant will go home with a free plant from a raffle draw.

The event is free and opened to all. It is to give plant lovers, both indoor and outdoor the opportunity to combine theory with practice. Simon Kafari, the ANR Extension Educator for Clark County will be on hand that evening to answer questions on butterfly and bird gardening, the topic that was originally planned for this class.

If you have questions about the event, please contact the Hidden Hill Nursery (Tel: 812- 282-0524; Email: farmerbob@hiddenhillnursery.com) or Simon Kafari, Purdue Extension, Clark County (Tel: 812-256-4591; Email: skafari@purdue.edu).

Partnership with Clarksville Parks and Recreation

Location: Clarksville Middle School (101 Ettels Lane, Clarksville)

Clark County Extension is collaborating with Clarksville Parks and Recreation Department on their adult education classes starting September to December 2019. As part of this program, Clark County Extension will teach gardening/natural resource management classes at the Clarksville middle school. The schedule is as below:

Date	Topic	Time
September 24	All about composting – Making a nutrient rich compost for your garden	6:30-8:30pm
October 15	Growing vegetables anywhere and anytime without soil – The basics of Home hydroponics	6:30-8:30pm
November 12	Making your indoor plants look as beautiful as your outdoor plants is not rocket science - "Managing House Plants"	6:30-8:30pm
December 10	Enjoying butterflies and birds from the comfort of your home – Basics of Butterfly and Bird gardening	6:30-8:30pm

There is a nominal fee of \$5 for each class to meet the cost of presentation handouts.

If you are a home gardener who wants to learn how to grow vegetables for “healthy eating” or want to learn how to grow flowers in your garden or indoors or manage the natural resources available to you for growing plants, these classes are for you. Alternatively, if you want to use gardening as a means to exercise and/or bond with your children and grandchildren, or use gardening for therapeutic purposes, now is the opportunity to acquire the skills you need. You only attend the class(es) that meet your needs.

If you are interested in registering to participate in any of these classes, please visit the Clarksville Parks and Recreation programs website at

<https://webtrac.clarksvilleparks.com/wbwsc/webtrac.wsc/search.html?module=AR&type=HMGA&SessionID=43881b4ab7da479878bd8eb8449133e254f5d757cc3584662c626ea30476983996fca66aac854080217f7a4ab7987324fdbf95e81e5ec2b5fea2642450606b9c>

If you have questions about these classes or need a reasonable accommodation to participate, you may contact Nathan Kane (Tel: 812-283-1423; Email: nkane@clarksvilleparks.com) with Clarksville Parks and Recreation or Simon Kafari (Tel: 812-256-4591; Email: skafari@Purdue.edu) with Clark County Extension