

Jill Andrew-Richards
Agriculture & Natural Resource/4-H
Youth Development
jmrichards@purdue.edu

Alyssa Devers
Office Manager
cook308@purdue.edu

Shannon Chipman
County Extension Director
Health & Human Sciences/4-H Youth
Development
chipmans@purdue.edu

Meg Slack
Summer Assistant
slack8@purdue.edu



Office Hours M-F 9:00 - 4:00
412 Main Street
Rising Sun, IN 47040

Trenna Jossart,
Family Nutrition Program Assistant
tjossart@purdue.edu

<https://extension.purdue.edu/Ohio/>



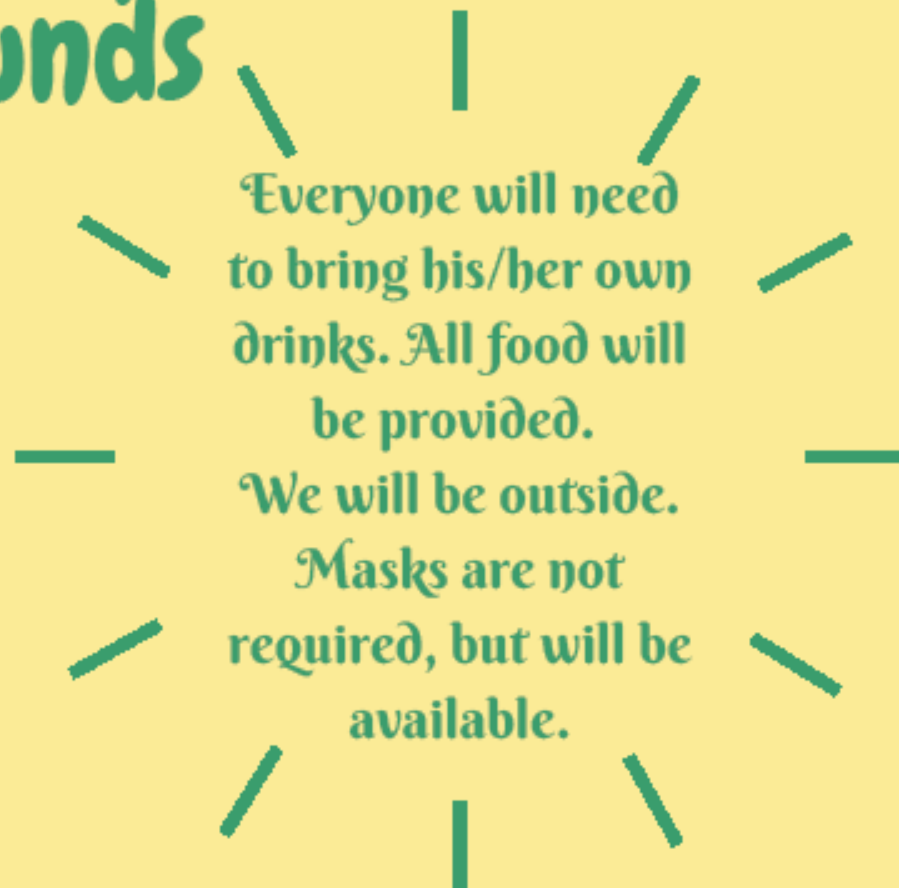
ATTENTION ALL LEADERS: All meetings will require a safety plan submitted 3 weeks prior to the meeting. Contact the office for more information.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1.	2.	3.	4.
5.	6.	7.	8.	9.	10.	11.
12.	13	14.	15.	16.	17.	18.
19.	20.	21.	22. Achievement Celebration 6-8pm Fairgrounds	23.	24. Nature Camp on the Go Pick Up	25.
26.	27.	28.	29.	30.	31.	



2020 OHIO COUNTY ACHIEVEMENT CELEBRATION

July 22
6:00-8:00pm
Fairgrounds



Everyone will need
to bring his/her own
drinks. All food will
be provided.

We will be outside.
Masks are not
required, but will be
available.

Nature Camp on the Go

Discover Nature's Playground

Who: 3rd through 6th grade students and their families/child care providers.

What: A grab and go all inclusive self guided camp. This family nature program is designed to give families ways to explore the outdoors, connect families with nature, and strengthen family relationships. The materials will come in a ready made kit only requiring a few simple items that most households have in stock.



When: Registration due by July 23.

Where: In your home at your convenience.

Pick up camp materials at the Ohio County Extension Office on July 24th

Why: Natural environments have a positive impact on people's mental health & well being. To reduce the average 7 hours/day American child spends on electronic media. Nature play can support creativity, problem solving, increase ability to focus and enhance cognitive abilities.

Activities:

Chirp Chirp: Families will learn about local birds through observation at the family made bird feeder.

Garden Surprise: Families will learn about how their food grows and eating the food once harvested.

Tree Talk: Families will learn about the trees in their environment.

Explore Your Habitat: Families explore basic survival needs of humans and wildlife.

Let's Go Outside: Provides information, resources and a scavenger hunt to help families connect with nature.

Incentives: Each completed camp with returned survey will receive a nature gift.



Agriculture & Natural Resources

Purdue Yard & Garden Calendar : JULY

By Rosie Lerner

HOME (Houseplants and indoor activities)

Closely watch houseplants that have been set outdoors. They need more water than they did indoors. They can dry out rapidly in hot, summer breezes.

Propagate houseplants by taking cuttings from vigorously growing plants. Place the cut end in rooting media (such as perlite, vermiculite, or peat moss soil mix). Enclose in plastic and keep out of direct sunlight.

YARD (Lawns, woody ornamentals, and fruits)

Keep newly established plants watered during dry weather. Allow water to penetrate deeply into soil rather than sprinkling frequently and lightly.

Apply mulch around young plants to help conserve soil moisture and control weeds.

Do not plant bare-root or ball-and-burlap stock at this time of year. Container-grown plants still may be planted, but only if you can keep them well watered.

Continue a fruit tree spray program to keep diseases and insects under control.

Remove water sprouts (sprouts from the trunk) and suckers (sprouts from the roots) from fruit trees.

For those fortunate fruit tree growers who have a good crop this year, prop up tree branches that are heavily loaded with fruit.

Pinch off faded rose blossoms. Continue rose spray program to control insects and diseases.

Many Indiana trees are plagued by "lawnmower blight." Be careful to avoid nicking tree trunks while mowing.

When watering lawns, apply 1 to 1.5 inches of water in a single application per week. Frequent, light sprinklings will encourage roots to stay shallow, making them more susceptible to drought.

Bluegrass is a cool-season plant and is under great stress during hot, dry summers. If water is not applied, the bluegrass will become dormant and will turn brown, until more favorable conditions arrive in autumn.

For extreme dry conditions, rescue watering is required to keep the plants alive, while still dormant. Apply one-half inch of water every 2-4 weeks.

Mow grass one-half inch higher than usual during the dry, summer months to help conserve soil moisture.

Do not mow when the lawn is under severe drought stress.

No need to remove clippings from the lawn unless grass is excessively tall or weedy. Clippings return some nutrients to the soil and do not add to thatch buildup.

GARDEN (Vegetables, small fruits, and flowers)

Supplement natural rainfall, if any, to supply 1 to 1.5 inches of water per week in a single application.

Start seeds of broccoli, cabbage, and Brussels sprouts to transplant later for a fall harvest.

Harvest crops such as tomatoes, squash, okra, peppers, beans, and cucumbers frequently to encourage further production.

Complete succession planting of bush beans and sweet corn.

Harvest summer squash while small and tender for best quality.

Standard sweet corn is at its peak for only a day or so. Supersweet corn varieties maintain their peak quality for a longer period. Harvest when silks begin to dry and kernels exude a milky, rather than watery or doughy, juice when punctured.

Broccoli will form edible side shoots after the main head is removed.

Mulch garden to control weeds and conserve soil moisture.

Make sure potato tubers, carrot shoulders, and onion bulbs are covered with soil to prevent them from developing a green color and off flavors. Applying a layer of mulch will help keep them covered.

Allow blossoms on newly planted everbearing strawberry plants to develop for a fall crop.

July is a good time to fertilize strawberries with 0.5 pound of actual nitrogen per 100 feet of row.

Harvest raspberries when fully colored and easily separated from stem. After harvest is complete, prune out the fruiting canes to make room for new growth.

Remove faded blossoms from annual and perennial flowers to prevent seeds from forming.

Condition flowers cut from the garden for arranging by removing the lower leaves, placing cut stem ends in warm water, and storing them overnight in a cool location.

The foliage of spring-flowering bulbs can be removed safely after it fades. This also is a good time to lift the bulbs for transplanting or propagation.

Monthly Tips for Better Pasture & Grazing Management

July



- Continue grazing available summer annuals.**
- Identify fescue pastures for stockpiling. Choose pastures that are well drained, have a strong sod and have not been overgrazed.**
- Soil test pastures to determine fertility needs.**
- Select varieties to plant in the fall and order seed.**
- If drought conditions limit pasture growth, close off pastures and feed hay in a sacrifice area.**

Source: 2020 UK Grazing Calendar

Watering the Garden Just Right

By: [Rosie Lerner](#)

Although recent rains have relieved some gardeners from their watering chores, the respite is sure to be temporary. Seasonal thunderstorms may deluge some gardens with water while other areas, even those close by, may stay fairly dry.

Most garden plants will need 1-1.5 inches of water per week to maintain healthy leaves, flowers and fruit. When Mother Nature does not provide enough, it's up to the gardener to supply the rest. Not too little, not too much, but just right!

When you do need to water, it's best to do a thorough deep application, and then put the hose away for the rest of the week. The worst thing you can do to your garden is to sprinkle lightly every day. Frequent, shallow watering only moistens the upper layer of soil, which encourages plant roots to stay shallow. In turn, that top layer of soil dries out quickly, making shallow-rooted plants more susceptible to drying. This holds true for lawns as well as garden and landscape plants.

It is also possible to kill your plants with kindness. Overwatering occurs when soil is kept too wet for too long, forcing valuable oxygen out of the soil. Oxygen is just as crucial to plant health as water. When heavy rains fall, or thorough irrigation is applied, don't water again until the soil begins to dry. While you don't want the soil to become so dry that plants begin to wilt, it is important to allow air to occupy some of the pore spaces in the soil between watering.

Newly set plants will need to be watered more frequently until they have a chance to establish new roots. Young vegetable or flower transplants may need to be watered every day or two, especially if the weather is sunny, hot and/or windy. Newly planted trees and shrubs may also need to be watered more frequently. But as the new plants become established, try to cut back on the frequency of watering.

Many plant fungal diseases are spread by splashing water during rain or irrigation. Drip or trickle irrigation will deposit the water low to the ground, keeping foliage dry; this is the most efficient way to deliver water only where needed. If watering must be overhead, try to water in the morning to promote quick drying and reduce loss due to evaporation.

HEALTH & HUMAN SCIENCES

Summer Safety- with the intense heat and humidity we have been experiencing, its important that you take care of yourself, loved ones and neighbors by following these simple steps:

1. Stay in an air-conditioned location as much as you can.
 2. Drink plenty of fluids even if you don't feel thirst- avoid caffeine and try to drink water and other sugar free beverages.
 3. Take cooler showers.
 4. Switch off the lights.
 5. Wear loose fitting clothing.
- Don't exert yourself- if walking is part of your routine, try to walk early in the morning prior to the heat setting in or walk later in the evening.

July is National Blueberry Month! Enjoy some Blueberry 101 Facts (Insert blueberry clip art)

Blueberries contain vitamin C- one serving of blueberries provides almost 16% of your body's daily requirement of Vitamin C. Vitamin C is promotes growth and development of tissues while also helping to strengthen our immune systems.



Blueberries are a good source of Fiber- Just a handful of blueberries can help you meet your daily need for fiber. A diet rich in fiber helps reduce the risk of heart disease and adds sustenance to your diet thus helping you feel fuller for longer.

3. Blueberries are high in manganese which helps the body process cholesterol and nutrients like carbohydrates and protein. A serving of blueberries only contains 80 calories are a super easy snack as they don't need to be peeled, chopped or pitted.
4. To freeze your blueberries, make sure they are completely dry before placing them in the freezer. Don't worry about rinsing- just place in a sealed bag and freeze and then rinse before using. If you prefer to rinse them, just dry them well with paper towels then transfer them to freezer containers.

Did you know that blueberries only take 4 minutes to freeze? Frozen blueberries go great with oatmeal, yogurt, salads, and can be made into delicious sauces for pancakes, dressings or ice cream topping.

Info courtesy: https://www.blueberrycouncil.org/wp-content/uploads/2013/04/USH-177835_Update-Frozen-BBs-Infographic_.jpg

Diet Friendly Blueberry Cheesecake

Ingredients:

- 3 T. graham cracker crumbs
- 2 containers Vanilla Greek Yogurt
- 1 c. fat free cottage cheese
- 4 oz. reduced fat cream cheese
- 1 T. cornstarch
- ½ c. egg substitute



Preheat oven to 350. Prepare a 9 inch pie plate with cooking spray. Sprinkle with graham cracker crumbs to coat evenly. Place a coffee filter or two layers of paper towels in a strainer. Stir 1 container yogurt and spoon it into the filter. Set aside to drain, stirring occasionally or ever 30 minutes.

In a food processor, blend remaining container of yogurt, cottage cheese, cream cheese and cornstarch until smooth. Add egg substitute and pulse till combined. Carefully pour over crumb coated pie plate. Bake until the center is set or about 30 minutes.

When pie is set, spread the drained yogurt over the top and bake 5 minutes longer. Cool to room temperature on wire rack Chill until cold and serve with blueberry sauce.

Blue Berry Sauce- Stir 2 c. fresh or frozen blueberries with 2 T. sugar or sugar substitute and 1 Tablespoon each lemon juice and water. Stir until berries are soft over medium heat- about 5 minutes.

Recipe courtesy: <https://www.blueberrycouncil.org/blueberry-recipe/blueberry-cheesecake-for-calorie-counters-2/>

