

Morrow County SCARLET & GRAY News

Volume 19 Issue 2 • June/July/August 2023

CFAES COLLEGE of FOOD, AGRICULTURAL, and ENVIRONMENTAL SCIENCES

Forages for Horses Webinar Series

The virtual Forages for Horses course will consist of four 60-minute webinars offering a variety of pasture and management topics. Once registered, attendees will be granted access to the course on the OSU digital platform- Scarlet Canvas within which webinar recordings and complementary resources will be available through August 30, 2024. Participants that attend all four webinars will have the opportunity to earn a certificate of completion.

Live Webinar Schedule & Topics:

1. Wednesday, August 30th 7:00 PM- Hay Day
2. Wednesday, September 13th 7:00 PM- Maximizing Pasture
3. Wednesday, September 27th 7:00 PM- Grazing for Health- Pasture Myth Busters
4. Wednesday, October 11th 7:00 PM- Heavy Stocking Rates & Associated Issues

"Straight from the Horse's Mouth" a Q&A session with experts will follow each webinar until 8:30 PM.

Cost of the course is \$75 which includes a digital copy of the Forages for Horses Manual. A physical copy may be added to cart at checkout. Current and new members of the Ohio Forages and Grasslands Council are eligible for a \$15 discount on registration. **Register by visiting:** <https://go.osu.edu/foragesforhorsesregistration>

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information visit: <http://go.osu.edu/cfaesdiversity>.



Scan to Register!







Drive-it-yourself Ag Tour June 17

The Morrow County Farm Bureau will host a drive-it-yourself Agricultural Tour of Morrow County on June 17. The tour begins at 12:30 p.m. at Fisher Ag Services and includes an aerial application service, plus reigning horse and cutting horse facilities.

The family-friendly event is free to attend and open to the public. Tours and demonstrations will give attendees insight on the local agricultural industry.

The tour stops include:

1. **Fisher Ag Services**
4579 Mt. Gilead-Cardington Road

126, Cardington

2. **Scott McFarland Performance Horses**

Jim and Linda Potts, Breez E Noll Farm

4297 County Road 98, Mt. Gilead

3. **JM Cutting Horses LLC**

4292 County Road 98, Mt. Gilead

More tour information and a map will be available at all locations.

The event is sponsored by the Morrow County Farm Bureau. For more information, please visit morrow.ofbf.org, email morrow@ofbf.org, or call 419-747-7488.



Ohio DOA announces free farm pesticide disposal collection events

The Ohio Department of Agriculture (ODA) will be sponsoring three collection events for farmers wishing to dispose of unwanted pesticides. This year, the collections are happening in Morgan, Putnam and Miami counties on the following days and locations:

- **August 9**, 9 a.m.–3 p.m.: Morgan County, Morgan County Fairgrounds 2760 South Riverside Drive, McConnelsville, Ohio 43756

- **August 10**, 9 a.m.–3 p.m.: Putnam County, Putnam County Fairgrounds, Gate 5 1206 East Second Street, Ottawa, Ohio 45856

- **August 22**, 9 a.m.–3 p.m.: Miami County, Miami County Fairgrounds, North Gate 650 North County Road 25A, Troy, Ohio 45373


The pesticide collection and disposal services are free of charge, but only farm chemicals will be accepted. Paint, antifreeze, solvents and household or non-farm pesticides will not be accepted.

The pesticide collections are sponsored by ODA in conjunction with the U.S. Environmental Protection Agency. To pre-register, or for more information, contact the Ohio Department of Agriculture at 614-728-6987.

Current Resident or

Ohio State University Extension
5362 US Highway 42
Suite 101
Mt. Gilead, OH 43338

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AGRICULTURE



Carri Jagger

Ag & Natural Resources Educator
(jagger.6@osu.edu)

"Farm On" Farm Financial Management Course is Now Online!

**By Peggy Kirk Hall, Attorney and Director,
Agricultural & Resource Law Program
Friday, April 7th, 2023**

We're excited to announce that our new farm financial management online course is now available. Named "Farm On," the self-paced, on-demand farm financial management course was created by our Farm Office team under the leadership of new Farm Management Field Specialist Eric Richer. It is offered through OSU Extension's new Farm Financial Management and Policy Institute.

We created the Farm On course to address the needs of Ohio's new and beginning farmers who want to better prepare themselves to operate a commercial farm in Ohio and do that with a high level of economic stability while remaining prof-

itable and responsible along the way. What's unique about the Farm On course is that, not only does it comply with the regulations of the new Ohio House Bill 95 Beginning Farmer Tax Credit program, it also meets the borrower training requirements for the U.S. Department of Agriculture Farm Service Agency's Beginning Farmer and Rancher Loan Program.

The 10-module Farm On course includes video lessons, quizzes, and opportunities to apply knowledge gained through graded course exercises. Students can engage with the lead course instructor through virtual office hours and scheduled appointments. The course covers the following topics:

- Farm Business Planning
- Balance Sheets
- Income Statements
- Cash Flow Projections
- Calculating Cost of Production
- Farm Record Keeping
- Farm Taxes
- Farm Financing
- Risk Management
- Farm Business Analysis

The Farm On course allows CFAES to serve the needs of all farmers through OSU Extension and our Farm Financial Management and Policy Institute, said Cathann A. Kress, Ohio State vice president for agricultural administration and dean of CFAES.

"We are excited to partner with ODA and USDA-FSA to address the farm financial training that is required for running a farm business," Kress said. "Currently, we are the only educational institution in Ohio with a course like 'Farm On' that qualifies for ODA's Beginning Farmer Tax Credit Program and FSA's Borrower Training Requirements.

"As part of our Land-Grant mission, CFAES educates not just college students but over two million individuals across the lifespan."

The Ohio House Bill 95 Beginning Farmer Tax Credit program went into effect in July 2022 and grants a 3.99% tax credit to landowners who sell or lease assets to a certified Ohio beginning farmer. The new law also allows an Ohio tax credit to the certified beginning farmer equal to the cost of the financial management course

completed. The Farm On course costs \$300 per person.

"OSU's Farm On course is a great way to help Ohio farmers qualify for Ohio Department of Agriculture's (ODA) new Beginning Farmer Tax Credit program, which is an important tool to help current beginning farmers and potential future farmers do what they do best," said ODA Director Brian Baldrige. "We are thankful for this partnership that is helping to keep Ohio's hard-working farmers at the forefront."

According to Darren Metzger, Ohio Farm Service Agency Loan Chief, "The course is in-depth financial management training that can assist our borrowers to obtain and/or improve their knowledge in this critical area of farm management. OSU's Farm On course is now 1 of 5 approved vendors for our borrowers in Ohio."

CFAES' new Farm Financial Management and Policy Institute was created last year with the goal of sharing resource-based knowledge and best practices to help Ohio farmers manage their businesses as the agricultural industry changes and evolves. Housed within OSU Extension, the goal of FFMPI is for the integration, translation, and communication of CFAES' farm management and ag policy presence that addresses critical farm management and policy issues affecting Ohioans.

"Farm On is meeting a need of today's modern crop farmers and it's packaged in a way that respects the busy schedules of family farmers. It's this type of tangible benefit that earns the support of Ohio's corn and small grains checkoff funds. We are proud to partner with OSU Extension on this important new institute," said Tadd Nicholson, executive Director of Ohio Corn and Wheat.

Farm On isn't just for new and beginning farmers. The course provides an opportunity for any farmer in Ohio, whether you're a new farmer, a seasoned farmer, a small farmer, or a large farmer. For a long time, we've needed to have this course in Ohio because farm management is so critical to ensuring the future of our farms.

To learn more, view our video and to sign up for Farm On, go to go.osu.edu/farmon.

Save the Dates!

• **August 22nd** at 6:00 p.m. at the AgCredit building conference room: **Establishing and using Perennial Warm Season Grasses for Livestock and Wildlife.** Jason Jones and Noah Cable from Ohio Pheasants and Quail Forever

• **August 23rd** from 10-3 p.m. at the Headwaters Outdoor Education Center: **Agronomy Field Day: Corn Nitrogen Trials, Biological Seed Treatment Trials** and research update, an update about Ohio State University Extensions

Corn Vomitoxin Research. Speakers for the day include: Jason Hartschuh – Extension Field Specialist, Agriculture and Natural Resources Dairy Farm Management and Precision Livestock, Osler Ortez – Corn and Emerging Crops, Department of Horticulture and Crop Science, Morrow Soil and Water Conservation District, OSU Extension – Morrow County. This is a free event, lunch will be provided and Pesticide applicator credits will be offered.

OSU EXTENSION – MORROW COUNTY MASTER GARDENER VOLUNTEERS PRESENT:

2023 Spring and Summer Horticulture Series

OSU Extension Morrow County Master Gardener Volunteers would like to invite you to join them for their 2023 Garden Series. They will be offering various garden topics for the community throughout the year.

Classes are open to anyone that wants to learn.

June 11th at 2:00 p.m. Headwaters Outdoor Education Center: Gardening to Attract Birds

June 14th at 6:00 p.m. Selover Library – Chesterville:
Hypertufa Container Make and Take RSVP with OSU Extension

June 21st at 11:00 p.m. Perry Cook Memorial Library – Johnsville: Creating Pollinator Friendly Yards

July 11th at 6:00 p.m. at Headwaters Outdoor Education Center: Summer Garden Care

July 13th at 10:00 a.m. Selover Library – Chesterville: Common Garden Insects

August 7th at 6:00 p.m. Headwaters Outdoor Education Center:
Growing a Cut Flower Garden and Arranging Cut Flowers

August 9th at 6:00 p.m. Selover Library – Chesterville: Harvesting Produce and Preserving It

September 26th at 6:00 p.m. Headwaters Outdoor Education Center: Horticulture Plant and Book Swap, bring plants from your yard to share and books or magazines you no longer use to share with others.

October 11th at 6:00 p.m. Selover Library – Chesterville: Concrete Pumpkin Make and Take

November 9th at 10:00 a.m. Selover Library – Chesterville: Poinsettia, Cut and Live Christmas Tree Care

November 9th at 2:00 p.m. Perry Cook Memorial Library – Johnsville: Poinsettia, Cut and Live Christmas Tree Care

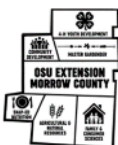
November 27th at 6:00 p.m. Mt. Gilead Library Annex: Wreath Decorate and Take Fee: \$45.00

November 28th at 6:00 p.m. Cardington Library: Wreath Decorate and Take Fee: \$45.00

November 29th at 2:00 p.m. and 6:00 p.m. AgCredit Building: Wreath Decorate and Take Fee: \$45.00

December 14th at 2:00 p.m. Perry Cook Memorial Library – Johnsville: Feeding Birds for Winter

December 20th at 6:00 p.m. Selover Library in Chesterville: Feeding Birds for Winter and Suet Make and Take



Follow us on Facebook: Ohio State University Extension—Morrow County
Watch us on Youtube: OSU Extension Morrow County
Scan the QR code to sign up for the weekly Ag and Horticulture Blog

Contact Information: Carri Jagger ANR Educator 419-947-1070 jagger.6@osu.edu





The Farmland Owner's Solar Leasing Checklist

By Peggy Kirk Hall,
Assoc. Professor & Field Specialist and
Evin Bachelor, Law Fellow, OSU Extension
Agricultural & Resource Law Program

Entering into a long term solar lease is a big decision. Whether you're just starting to think about leasing your land for solar energy development or already have a lease offer awaiting your signature, the best time to make sure that a solar lease is in your best interest is now, before you sign.

This law bulletin provides a number of things to do, issues to consider, people to consult, and questions to ask before and after signing a lease. The checklist is not an exclusive list. It's a starting point to help you get organized and to spark other questions about your situation. We've provided additional lines for you to add your own questions to the checklist.

Before Signing a Lease

1. Read the Farmland Owner's Guide to Solar Leasing. Our online guide is intended to help you understand solar energy development in Ohio, initial considerations for leasing, legal documents used in leasing, and common solar lease terms. It can help you have the conversations you need to have before deciding if you want a solar energy project on your land. The guide is available for viewing or downloading at no cost on the OSU Extension Farm Office website at <http://www.farmoffice.osu.edu/>.

2. Assemble your team of experts. You don't have to make an important decision like this on your own. Include the following on your team of experts who can help you make an informed decision: attorney, accountant, insurance provider, lenders, Extension educators, family members, business partners, neighbors.

3. Research the solar energy developer. It's always a good idea to know who you're dealing with in a business transaction. Research the developer who's contacted you about a solar lease. Does the developer have a good reputation with other leasing landowners, the Better Business Bureau, Public Utilities Commission, and Attorney General? Does it have other solar energy projects pending or in existence, and any problems with existing projects? Your own research and your team of experts can help you answer these questions.

4. Talk to your family. A solar lease can take a lot of land for a long period of time. Consider the following questions to make sure that you understand what this lease would do to your land, your family, and your plans for the future.

- How would the land and farm operation be impacted by this lease?
- What are the family's long term goals for the farm, and does this lease interfere with or support those goals?
- How does the family feel about not being able to use the land for a long period of time?
- How does the family feel about seeing and living with a large scale solar development on the farm?

5. Seek out Extension experts. OSU Extension

has expertise that can help guide you in the decision making process. Check out OSU Extension's Energize Ohio website, https://go.osu.edu/utility_solar, for information about solar energy. A few questions Extension experts might help with include:

- Is there any data on rental values and crop damage payments in my area for solar leases?
- Are you familiar with this solar energy developer or its reputation?
- Can you connect me with other landowners in the area who have or are considering solar leasing?

6. Read all documents carefully and with professional assistance. The documents a solar developer gives to you can be legally binding once you sign them. Don't sign anything you don't understand. Make sure your team of professionals know about these documents, and let them help you review them.

7. Consider the terms of the solar lease. On the first read through, you don't have to understand everything in the lease. Note anything you don't understand so that you can ask questions and gain a clear understanding of what the lease proposes. Specific terms in the lease to review include these, which we explain further in the Farmland Owner's Guide to Solar Leasing:

- ___ Accurate description of the property and parties
- ___ The term of each lease period, when each period begins and ends, and the total length of the lease
- ___ Whether renewal is permitted, how to renew, and length of renewal periods
- ___ Rental payments, inflation adjustments, and how each will be calculated
- ___ Whether farming and similar activities can continue prior to construction of the facility
- ___ Who pays for penalties for withdrawal of land from CAUV and government programs and termination of farmland leases
- ___ How to deal with existing mortgages
- ___ How damages to crops, improvements and drainage will be addressed
- ___ The types and extent of easements granted
- ___ Obligations of the landowner, such as non-interference and confidentiality requirements
- ___ Post-construction clean up obligations
- ___ Limitations on owner improvements such as new buildings, fences and tree plantings
- ___ Responsibility for maintaining vegetation, weeds, access points, driveways and fences
- ___ What happens if either party terminates early
- ___ Clean up and restoration of the property at lease end, including set aside funds for clean up
- ___ Landowner's hunting and recreation rights
- ___ Potential interferences with mineral rights
- ___ Indemnity and insurance provisions
- ___ How conflicts will be resolved, including

requirements for arbitration and waiver of jury trial

___ How weather and acts of God affect obligations

___ Handling of proceeds from eminent domain actions

___ Payment of attorney fees if disputes arise

8. Meet the solar energy developer. Entering into a solar lease means entering into a long term business relationship with a solar energy developer. It's important to determine early on what kind of business relationship you would have and to review important lease provisions with the developer. The following questions can help.

- How long has your company operated in Ohio?
- How many similar projects have you completed?
- Can you refer me to other landowners that your company has partnered with?
- What is your timeline for this project?
- Do you intend to sell the solar facility after it's constructed?
- Will your company cover my expenses to have an attorney review the lease?
- What ingress and egress paths will be needed for construction and post-construction?
- How frequently will your agent(s) be on site?
- What will my land look like after the project has ended and been cleaned up?
- What are your procedures for cleanup?
- How do you handle property maintenance, and are there opportunities for grazing or haying on the site?

• What happens if or when someone from your company causes damage to my crops?

• What happens if or when someone from your company causes damage to my drainage tile?

• Will you notify me and neighbors when construction will begin?

• Do you take precautions to protect nearby lands from harm during construction, such as organic farms and home businesses?

• How can I contact your company?

• How quickly can I expect a response to a question or concern?

• Will you add verbal promises to the written lease?

9. Review the lease with your attorney. An attorney can ensure that you understand the lease. An attorney with experience in advising agricultural clients may have additional insights into provisions farmland owners should negotiate to include in their leases, such as crop damages and land use rights.

• How many solar energy leases have you reviewed?

• How much do you charge to review and negotiate the lease?

• Are you familiar with this solar energy developer or its reputation?

• Can you answer these specific questions I have about the lease provisions?

• What protections for me, my family and my farm are missing from the lease?

• How does this lease affect my estate plan and farm transition plan?



Warm Season Annuals for Livestock and Wildlife

Do you need to extend your grazing season for your livestock?

Do you want to plant a wildlife food plot?

If you are asking yourself these questions, come and learn about using warm season annuals to extend your grazing season or to create a good plot to attract wildlife to your property.

WHEN: June 27th, 2023

TIME: 6:00 p.m.

WHERE: Ag Credit Building Conference Room, 5362 US Hwy 42, Mt. Gilead, OH 43338.

Presented by OSU Extension - Morrow County. For more information, call 419-947-1070.



AGRICULTURE



A Quick Look: Licenses for Selling Farm Food Direct to Consumers

By Peggy Kirk Hall, Assoc. Professor, OSU Agricultural & Resource Law Program, and Emily Marrison, Family and Consumer Sciences Educator, OSU Extension Coshocton County

We receive many questions from farm food entrepreneurs about when a license is necessary for selling meat, eggs, produce, baked goods, and similar foods directly to a consumer. This chart offers guidance for quick answers to food license questions, organized by food product. For more details, refer also to our law bulletin, Selling Farm-Based Foods at the Farm: Do You Need a



License? and other food law bulletins in the law library on farmoffice.osu.edu. Note that situations can vary, so review and confirm your specifics with the Ohio Department of Agriculture (ODA) and your local health department.

Selling frozen meat in individual portions. You may sell cuts of beef, pork, and other livestock if the meat is processed and labeled by a meat processor that meets federal regulations and is “fully inspected” by ODA.

- The meat must display the inspection symbol on the package along with an ODA approved label. The processor can use its approved label unless you want to make special marketing claims about the product, such as “certified angus.” In that case, the processor will need to submit your special label to ODA for approval.

- You don’t need a license to deliver frozen meat directly from the processor to a customer.

- If you bring the frozen meat back to the farm for storage and direct sales at the farm, ODA requires you to obtain a “warehouse license” from ODA. The license involves an inspection of the storage area, which must be clean, free of pests, and separate from the house in a barn or garage. Note that ODA waived this license requirement

during COVID emergencies.

- You might also need a Retail Food Establishment license from your county health department, so check in with the county. You’ll definitely need an RFE license to sell the meat at a farmer’s market or from a transported freezer, both of which require proper temperature control. Once you obtain the RFE license, you may use the same license to sell the meat in any Ohio county.

Selling animals for custom operator processing. You don’t need a license to sell a whole, half, or quarter of an animal (but no less than a quarter) to a customer who will have it processed by a custom operator. The law allows you to deliver the animal to the processor and deliver frozen meat from the processor to the customer. You cannot bring any individual portions back to the farm for sales to other customers who did not purchase all or part of the animal.

Selling chickens processed at the farm. Growers may be surprised to learn that no license is required to process and sell up to 1,000 birds per year at the farm where the birds are raised. But if a grower sells the birds along with other food items such as produce, then the grower must register as a farm market and be inspected by ODA.

Selling eggs. A grower does not need a license to sell eggs produced at the farm where sold, as long as the grower has 500 or fewer birds. But if a grower wants to sell eggs through a farmer’s market or sells other low risk foods along with eggs, either a Farm Market registration and inspection from ODA or a Retail Food Establishment license from the county health department is necessary.

Selling produce. Selling only fresh, unprocessed produce does not require any licensing. However, if selling other low risk foods along with produce, a grower must either register as a farm market through ODA or obtain a Retail Food Establishment license from the county health department.

Selling multiple food items. Regulation increases when a grower offers multiple types of

food items for sale. If those items are “low risk,” the grower must register as a farm market with ODA, which involves a site inspection. If higher risk foods are involved, such as meat, eggs from offsite or from more than 500 birds, or dressed poultry from offsite or from more than 1,000 birds, the grower must obtain a Retail Food Establishment license from the county health department.

Selling cottage foods and home bakery goods. Many home-prepared packaged foods such as cookies, breads, jams, granola, snack mixes and more fall under Ohio’s cottage food law and require no licensing, but there are labeling requirements. Refrigerated baked goods require a home bakery license and also have labeling requirements. For more information, see our law bulletins, Ohio’s Cottage Food Law and Ohio’s Home Bakery License: What’s Required? in the law library on farmoffice.osu.edu.

Where to find more information

- License and registration information from the Ohio Department of Agriculture is available on its website, <https://agri.ohio.gov>. Check the Food Safety Division and the Meat Inspection Division for additional information and FAQs.

- A list of federally inspected meat processors is available through an interactive county map at <https://agri.ohio.gov/divisions/meat-inspection/meat-district-coverage-map/>

- The warehouse registration is at <https://agri.ohio.gov/divisions/food-safety/licenses/Registration>

- The farm market registration is at <https://agri.ohio.gov/divisions/food-safety/forms/farm-market-registration-form>

- The home bakery registration is at <https://agri.ohio.gov/divisions/food-safety/licenses/Home-Bakery-Registration>

- Locate your local health department with this search tool from the Ohio Department of Health: <https://odh.ohio.gov/wps/portal/gov/odh/find-local-health-districts/find-local-health-districts>

- OSU’s food law bulletins are available on <http://farmoffice.osu.edu/our-library/foodlaw>.

Ohio Woodland Stewards Program

Are you a woodland owner who would like to produce an annual income from their property? It can be difficult to achieve an annual income but maple production may be the answer.

The Ohio Woodland Stewards Program will be held on Thursday, June 15, 2023 at Holden Arboretum, 9550 Sperry Road, Kirtland, OH 44094.

This class will introduce woodland owners to the ins and outs of maple syrup production. Is your woods suitable? How involved do you want to be? How much are you willing to invest into such an endeavor? We will start inside and finish the day outside looking at equipment options.

The class fee will be \$40 and includes lunch and materials. Deadline to register is June 8, 2023.

Class Agenda

9:30 am - Introductions
9:40 am - What maples do you have?
10:00 am - Healthy trees & healthy forests
10:30 am - Hobby vs Larger operations
11:00 am - ree to bottle: The syrup making process

12:00 pm - Lunch
12:45 pm - Site/woods assessment
1:45 pm - Sap Collection System demo
2:30 pm - Taps & tapping demo
2:45 pm - Sales, marketing and value added products

3:30 pm - Adjourn
Up to date class location information and registration is available on our website at <http://woodlandstewards.osu.edu> or email us at ohiowoods@osu.edu or 614-688-3421



Woodland Maple

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

Have you participated in an Ohio Woodland Stewards Program before? Yes No

Pre-Registration is Required

Deadline to Register is:

June 8, 2023

Online Registration with Payment is Available at:

<http://woodlandstewards.osu.edu>

Make check or money order for the full amount payable to:

The Ohio State University

attending x \$40 = _____

Send payment to:

Ohio Woodland Stewards Program

210 Kottman Hall
2021 Coffey Road
Columbus, OH 43210

Questions?
614-688-3421 or ohiowoods@osu.edu



Poison Hemlock: Time to Take Action!

By Stan Smith, PA, OSU Extension, Fairfield County

As we've discussed a couple of times in the past, poison hemlock is a biennial member of the carrot family that can be fatal to livestock if ingested in sufficient quantities. That said, while much of the poison hemlock we're seeing today has been alive but dormant much of the winter, those plants are now in the early stages of bolting across much of Ohio, and also positioned nicely to be controlled at this time.

While the taste of poison hemlock leaves to livestock is unpleasant and toxic quantities are seldom consumed, if grazing animals are turned out in early spring onto pastures with less than adequate forage, the risk of ingesting a lethal dose is greater. Cattle can usually survive poison hemlock if consumed in amounts less than 0.4% of their body weight (4 to 5 pounds for mature cows) although abortions are possible at lower rates. The toxicity of the plant changes little if fermented with silage or dried in hay later in the spring.

Crossbow, dicamba and 2,4-D are effective on small poison hemlock plants in rosette or the early stages of bolting. And, if planning to use a selective broad-leaf killing herbicide for control of this plant, there are a number of advantages to using it now. The volatility of products like dicamba presents less risk this time of year since few sensitive crops or landscape plants are up and growing. Herbicide pre-harvest intervals or any grazing restrictions are more easily managed now rather than later in the spring. And perhaps last but not least with Ohio weather presently allowing little if any field work to be done, the use of a backpack sprayer and ATV are ideal for scouting out and spot spraying poison hemlock right now while minimizing field damage.

Taller plants may need to be controlled with glyphosate, however the use of glyphosate can become a long term problem because it also



Poison hemlock plants in Seneca County, Ohio in January of 2017

eliminates desirable grass plants that provide competition for newly germinating hemlock and other weed species. This can be particularly problematic in early spring along road ditches and fence rows that border pasture fields by allowing early grazing livestock easy access to hemlock once desirable pasture forages have been consumed.

Mowing after the plants have bolted and before seed set is effective for preventing seed production. Hand pulling or cutting maturing plants is also an option. While all parts of the plant are poisonous including the leaves, stems, seeds and roots, simply handling the plant seldom causes a toxic reaction in humans, however, care should be taken when mowing or hand cutting the plants since ingesting it through the eyes, open wounds, or orally does cause poisoning.

You may recall that perhaps poison hemlock's most famous claim to fame was when it was used to execute Socrates in 399 B.C.



Early stages of bolt, in Fairfield County on April 2, 2017.



Photo above taken May 8, 2015. Photo below taken on April 3, 2017. The moral of the story: If poison hemlock is allowed to go to seed each year, it will continue to be found in that same place each year, and is likely to spread!




6th Annual
Midwest Mechanical Weed Control
FIELD DAY

Wednesday, Sept. 27, 2023
Ohio State University's Wooster Campus
1680 Madison Avenue, Wooster OH 44691

Weeding Machines for Vegetables & Row Crops

- Meet manufacturers and importers of cultivation tools at the trade show
- Field demos – all afternoon, see tools run in corn, cabbage, and beets
- Hear experts on weeding tools and techniques
- Meet with farmers from all over the Midwest and Canada
- All scales: From two-wheel tractors up to 12-row camera-guided cultivators

For questions, or to collaborate, please contact Crystal at 217-840-2128.
Scan the QR code to register or visit <https://www.thelandconnection.org/event/2023-mmwcfcd/>



SCAN ME





4-H NEWS



Becky Barker
4-H Youth Development Educator
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Amanda Staley
4-H Youth Development Educator
(staley.35@osu.edu)



Career Exploration Workshop – Construction Trades participants

Youth Explore the Construction Trades

By Amanda Staley,
OSU Extension 4-H Educator

Twenty youth attended the 5th annual Career Exploration Workshop – Construction Trades on April 29th at TriRivers Career Center.

Youth rolled-up their sleeves and got their hands dirty while learning about different kinds of construction trade occupations. According to many youth, the favorite session of the day was when they operated heavy equipment which included a backhoe, dozer, and boom lift.

Sessions two and three put their building skills to the test. They constructed a small framing project and built a sheep hay feeder.

The fourth session focused on electricity. Youth completed the steps to wire an electrical socket into an electrical box that was attached to a wood frame.

Eight teens from the Construction Trades Academy program at TriRivers helped to teach the participants what skills they need to know to complete their tasks at hand. Instructors David Willey and Jason Campbell determined what tasks were completed. They also provide information to the youth and their families about what occupations are available and how to get the training needed to have a successful career in the

construction trades.

On a workshop evaluation, participants commented that they LOVED IT!, IT'S AWESOME, and it was a good time, fun, and would like to come back. Workshop participants ranged from 5th to 10th grade and represented Crawford, Delaware, Knox, Morrow, and Richland Counties. This workshop was created and planned by Amanda Staley, OSU Extension 4-H Educator, and David Willey, TriRivers Construction Trades Academy instructor. They wanted youth to have a hands-on, day-long, opportunity to learn new skills while also being given the information needed to decide whether a job in the construction trades is or isn't right for them.

Since the first workshop was offered, six youth that got their start at the workshop have graduated from the TriRivers Construction Trades Program.

For more information about workshops like this or to suggest another career that we need youth to explore, contact Amanda Staley, staley.35@osu.edu.

If you are a business or school that would like to hold a workshop like this for welding, please contact Amanda Staley.

Training for the future

Interested in electrical line work? Youth in grades 7–12 can join their local co-op and the Ohio Farm Bureau for a free hands-on look at various careers within the electric industry at ExploreAg Day!

Friday, June 9, 2023
Central Ohio Lineworker Training Facility
5265 State Route 95
Mount Gilead, OH 43338



For information and to register, scan the QR code or email Jana Mussard jmussard@ofb.org.

OHIO'S ELECTRIC COOPERATIVES
The Teachers' Best! Cooperative
ohioeco.org/purpose



Youth were taught the basics of electricity and how to wire an electrical socket.



Being trained on heavy equipment was a workshop favorite of the youth.



4-H NEWS



4-H Teens Find Their Spark in Washington, DC



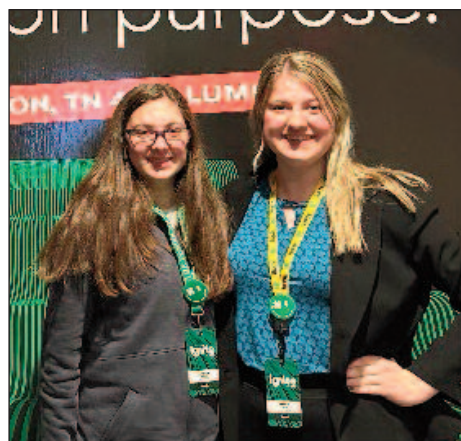
Emma Smith talking to a crowd of over 1,000 teens, volunteers, and agriscience professionals.

Emma Smith, 4-H member, and Amanda Staley, OSU Extension 4-H Educator, taught three sessions at the Ignite by 4-H Conference in Washington DC. The sessions were titled The Fowl Truth About Biosecurity (taught twice) and Navigating the Effects of Sugar Using Sphero Bolts. This was a great experience to teach nationally to teens.

By Amanda Staley,
OSU Extension 4-H Educator

Amelia Bender, Emma Smith, and Amanda Staley, OSU Extension 4-H Educator, traveled to Washington, DC to participate in the Ignite by 4-H conference on March 9-12.

The Summit included high impact program-



Amelia Bender (left) and Emma Smith (right) attended the Ignite by 4-H Summit held in Washington, D.C..

ming and speakers featuring national experts and leaders. There were opportunities for career exploration and building connections with teens and leaders from across the country.

This invaluable experience taught about trending topics in agriscience and you met some of the most forward-thinking leaders in agriculture. It opened the teen's eyes to career or volunteer opportunities that they may not have thought about before and what steps they need to take to obtain those opportunities.

According to Emma Smith, "Participating in ignite by 4H was a meaningful opportunity in my 4-H journey. I was able to meet and make connections with many businesses and agricultural professionals that I never would have had the chance to meet. I was also able to teach and share my knowledge of agriscience and health topics that I'm passionate about with other members in a fun, interactive way. Being able to travel, learn and make new friends along the way are just a few great things that 4-H has led me to do. I'm so excited to continue my 4H journey."

Amelia and Emma chose to participate in the agriscience track of the Summit but healthy living and S.T.E.M. tracks were also available.

Thank you to Ohio 4-H Foundation for helping to fund a portion of this experience.



Amelia Bender, Emma Smith, and Daniel Forquer ride bikes to create electricity.

Youth Experience Careers at the MoCo Career Expo

By Angela Powell and Amanda Staley

(Mount Gilead) Nearly 400 9th grade students attended the first MoCo Career Expo on Thursday, May 4 at the Morrow County Fairgrounds and the Mt. Gilead EMS Station.

The goal of this expo was to give youth experiences that will help them decide whether these career options may or may not be a good fit for them in the future.

This expo was designed to give Morrow County youth the opportunity to learn more about six of the 18 careers featured within the industries of agriculture, healthcare, and manufac-

turing. At each station they were given the opportunity to complete a task that usually occurs within the career field. For example, when learning about being a veterinarian they were asked to take the vital signs of a goat, or when learning about caring for a patient in cardiac arrest, students were taught to use an AED.

Evaluation surveys were conducted and 77% of students surveyed agreed that they learned about careers they didn't know about before the career expo. In addition, 95% of students attending the healthcare sessions agreed they increased their knowledge of healthcare careers, and 80% of Ag/Manufacturing session attendees agreed they increased their knowledge of Ag/Manufac-

turing Careers.

The MoCo Career Expo was spearheaded by the Mid-Ohio Educational Service Center Business Advisory Council's Morrow County Action Team. The Morrow County Action Team is made up of over 15 community partners and is led by Amy Wood, Director of Special Projects at Mid-Ohio Educational Service Center, Angela Powell, Morrow County Development Coordinator, and Amanda Staley, OSU Extension 4-H Educator.

This expo was held during Ohio's In-Demand Jobs Week.

Thank you to our lunch sponsors: E.D.S The Sauce Guys, Mid-Ohio Educational Service Center, and OSU Extension-Morrow County.



Wyatt Young learning about welding careers from a representative from Cardington Yutaka Technologies.

Thank You to our 16 Participating Businesses

- AgCredit
- Cardington Yutaka Technologies
- Goodman Farms
- Lincoln Center Manufacturing
- Lubrication Specialties Inc.
- Marion Technical College
- Mid-Ohio Education Service Center, Ready for Hire
- Morrow County Developmental Disabilities
- Morrow County EMS
- Morrow County Family Health Center
- Morrow County Hospital
- Ohio Farm Bureau
- OSU - Department of Food, Agriculture, and Biological Engineering
- OSU - Department of Veterinary Preventative Medicine
- OSU Extension - Morrow County
- Pioneer Career and Technology Center



Morrow County Hospital nurse, Emily Leonhard, teaches students to use an AED when caring for a patient in cardiac arrest.



Youth had the opportunity to take the vital signs of a goat while learning about veterinary medicine.



4-H NEWS



From the Junior Fair Office

Junior Fair News

Junior Fair Board Update

The Jr. Fair Board is working hard in preparation for the 2023 Morrow County Fair. We would like to remind exhibitors of the importance of completing their entries by June 7th and completing the necessary pre-fair check for livestock projects. Failing to complete the pre-fair check will result in your animal not being permitted to show.

Market Beef Steer and Heifer weigh-in was completed in December and Feeder Calves must come for weigh-in and tagging June 3rd between 8:00-11:00a.m. Market Lambs, Market Goats and Market Hogs must upload pictures in FairEntry by June 7th. Market Rabbit tattooing is August 3rd in the evening.

Entries: Registration is now Open at: morrow-countyjrfair.fairentry.com

No paper entries will be accepted this year. There will no longer be BBR Forms; information will need to be filled out electronically in FairEntry. Entries must be checked as "county raised" to be entered into BBR. There will no longer be paperwork for Family Animal/Identification. Information and pictures MUST be uploaded online through FairEntry.

Facebook – Please follow our Facebook page, *Morrow County Jr. Fair*. We will have updates and reminders posted about upcoming events and things you should know.



Tag Replacements and Project Scratches

If your animal loses their ear tag during the time before fair, please let us know ASAP. For Hogs and Cattle, we will provide a new ear tag and new ID papers will have to be turned in. Please bring the old tag to the Jr Fair office, if possible. If you must replace a scrapie tag for a sheep or goat, we will need the old scrapie number along with the new one. If you bring an animal to the fair with a scrapie tag that does not match our records or has no identification at all, it will be sent home. If you have decided not to bring an animal to the fair that was previously entered, we would appreciate it if you could call the Jr. Fair Office, Lindsey or Lisa, and let us know which animal will no longer be exhibited. This helps greatly with pen assignments and show programs.

Youth Building Display Booths – Sizes available are 4, 8, 12, 16, or 20 feet. If you need bigger than 20 feet, pick the two sizes you want to be put together (there will be a support divider between them). The last day to reserve your booth space is August 9th. You can make your reservation on the sign-up sheet in the Youth Building or call Russ Mayer at 419-560-3689.

Jr. Fair Premiums and Pick Up - All entries, including livestock, will be graded A, B, or C with premiums paid as indicated in the fair book. Junior Fair premiums will be paid out in cash, during set hours. **If premiums are not picked up by 12 pm Saturday, September 2nd, they will be forfeited** and turned back to the Sr. Fair Board.

Premiums for livestock projects will be determined by the Skill-a-thon score. If an exhibit is not deemed worthy by the judge, no premium or ribbons will be awarded. Any project that is judged before the fair (this includes pre-fair agricultural judging, home economics projects, Scouts etc.) must be exhibited at the Morrow County Fair to receive a premium.

Rate per Exhibit: Livestock projects: A - \$5.00, B - \$4.00, C - \$3.00 Still Projects: A - \$4.00, B - \$3.00, C - \$2.00

Premium Pick-Up and Hours: The exhibitor or parent may pick up the money with the exhibitor's valid fair pass in the Youth Building. An advisor will be able to pick up money for those who are unable to make it to the fair. Thursday, August 31st from 10 a.m. - 12 p.m. and 5 p.m. - 7 p.m. Friday, September 1st 10a.m. - 2 p.m. Saturday, September 2nd 10a.m. - 12 p.m.

Thank You Card Station at Fair for Award Donors - After receiving an award or rosette, please come to the Jr Fair Office in the Youth Building, between 9:00 a.m. - 4:30p.m. during the fair, to write the donor a thank you note. We will supply the cards, addresses, and stamps so there is no cost to the exhibitor. We couldn't have awards without generous sponsors and donors, so please send a thank you note!

Sale Cards - Must be turned in within 15 minutes after the completion of each market show. Exhibitors turning in a late sale card, but before 10 pm Saturday, will be charged a \$50 penalty. Late sale cards turned in after 10 pm Saturday,

or exhibitors not presenting their project to sell in the assigned order, will sell their project at the end of the species with a \$75 penalty. ***Any exhibitor wishing to sell an animal in the livestock sale on September 4th, must turn in a sale card.**

Important Dates

June 3rd - Feeder Calf Weigh-In

June 7th - Due Date for: All Entries: BBR information, Animal Identification for Market Goats, Market Lambs, and Market Swine, Living Arrangement Information for projects not located at place of residence.

July 18th - Still Project/Ag Misc Judging by Appointment July 19th - Judging for Food/Clothing Projects

July 23rd - King and Queen Interviews

August 3rd - Market Rabbit Check-In and Poultry Pullorum Testing

August 7th - Skillathon by Appointment

August 8th - Skillathon by Appointment

Office Hours and Contact Info

Normal Office Hours: Saturdays from 9am-2pm

Extra Office Hours to help with FairEntry: Saturday, June 3rd from 8am-11am Monday, June 5th from 5pm -7pm Wednesday, June 7th from 2pm-7pm

Contact Information: Lindsey Gallik: 419-571-7916 Lisa Duckworth: 419-566-3679 morrowcountyjrfair@gmail.com

4-H General Information

Did you miss Quality Assurance?????

Morrow County Rules: All youth project members taking livestock (market and breeding) and horses are required to attend a quality assurance session annually or test out when eligible. **Quality Assurance must be completed by July 13th to show at the Morrow County Fair. State Fair first deadline is earlier and will depend on the specie shown.**

You will NOT be able to show at the fair if

you have not completed QA!!!

Parents/Guardians are required to attend the first 2 years of a project member's required QA sessions.

Contact the Extension office if you did miss it ASAP!! You have one option of paying for an online program!!! You can go to another county QA program also if they are available.

Ohio State Fair entries due June 21st at 1 pm!!

Check out the many ways to get involved in the 2023 Ohio State Fair at

<https://www.ohiostatefair.com/>.

Livestock entries are due June 21st at 1 p.m.

4-H Marketing and Communications Contests

Don't miss out on the opportunity to win a \$50 Amazon gift card for 1st place and a \$40 Amazon gift card for 2nd place while showing-off your public speaking skills!

Don't know how to get started? No problem, contact Amanda Staley, staley.35@osu.edu, to

coach you through how to build your speech. It was her favorite competition as a teen and she'd be happy to help.

Register by June 6th at www.go.osu.edu/speakingcontest. The competition is June 12th in the AgCredit Building Conference Room.

Help Needed!! 4-H Dunking Booth at Fair!

Can your 4-H club or family spare a couple of hours to help raise dollars for 4-H camp scholarships???



Workers needed to raise funds for the Weiler 4-H Camp Scholarship Fund! A minimum of 3 people can run it with at least one adult!! Youth need to be 12 years old to participate in the tank (insurance reasons).

Days and Times:

Tuesday, August 29th – 3-5 PM or 7-9 PM
Wednesday, August 30th - 1st - 3 -5 PM or 5-7 PM or 7-9 PM

Thursday, August 31st - 3-5 PM or 5-7 PM
Friday, September 1st - 3-5 PM or 5-7 PM
Saturday, September 2nd - 1-3 PM or 3-5 PM or 5-7 PM or 7 to 9 PM

Sunday, September 3rd - 1-3 PM or 5-7 PM or 7-9 PM

Monday, September 4th – Any Time!

Or any day, any other time...we will take the help!!!

Those in the dunk tank should be very good swimmers/able to swim in deep water without assistance.

A parent permission form will need to be signed prior to helping.



4-H NEWS



4-H General Information

4-H Camp!! July 9-13!!!

Watch your email for the camp registration process the first of June. Registration will be due June 15th!



Writing Projects Due Before Judging

Creative Writing - #588 projects are due **June 30th** to the Extension Office.

After turning in your projects on June 30th Writing Project judging is scheduled for July

17th in the Youth Building at the Fairgrounds during Miscellaneous Judging. Watch your email for judging sign-up links.

Goat, Rabbit, & Poultry Ambassador Applications

Applications are due June 7th, for the Goat, Rabbit, & Poultry Ambassadors.

<https://morrow.osu.edu>, 4-H Youth Development, then Royalty and Scholarships

Livestock Sale Committee Volunteers

Interested in helping with the Morrow County Jr. Fair Livestock Sale? Opportunities are available for pre-sale volunteer help or day of sale

volunteer help. For more information or questions, contact Becky or any Sale Committee member.

Still Project Judging Dates!

Mark your calendar! We have set the following dates for still project judging. As like last year we will require youth to schedule an appointment for that day. Details to come, watch your email. State Fair Judging will begin July 28th (we are trying to give members more prep time). Thanks everyone!!

June 9th.

Agriculture, Small Animal, Family and Consumer Sciences and STEM Judging – Monday, July 17th -

Food and Nutrition Judging – Tuesday, July 18th, Afternoon

Clothing and Quilt Judging – Tuesday, July 18th, afternoon, style show at 7:00 p.m.

Early Judging (only if needed) – Monday, June 19th, 6 p.m., Extension Office. RSVP by

What's 4-H Still Project Judging Like?

1. Make sure you have all the requirements for your project(s). These requirements were inserted in your project book or can be found at the Morrow County website: <http://morrow.osu.edu>.

2. Dress and present yourself neatly and clean. Clothing projects are required to wear their clothing projects at judging.

3. Arrive to the judging location at least 15 minutes prior to your scheduled time.

4. After arriving, check in with the Jr. Fair Board and follow their directions.

5. Once to the judging table, introduce yourself to the judge. They will ask you questions about your project. Be prepared to tell the judge all the things you learned and did. The judge can't

read your mind! The more you can tell and show what you have learned the better.

6. Once the judge is done with your interview, they will give written comments and give you a grade of A, B, or C. You may be eligible for other awards, but they will not be announced until later in the newsletter.

7. Once you have been judged you are free to leave. Clothing projects will need to be judged as a project group for regular judging and attend the evening Style Review to be eligible for State Fair.

If you have any other questions about judging ask your club advisor or contact the Extension Office.

Morrow County Cattlemen Association & Morrow County Pork Producers Looking for Workers At This Year's Fair

Once again, the Morrow County Pork Producer's and The Morrow County Cattlemen's will be looking for groups who wish to work in their food stands during the Morrow County Fair. For more info and to sign up please call the fol-

lowing:

Mary Neviska - Pork Producers 419-656-7666

Dixie Shinaberry – Cattlemen's 419-512-5644

2023 Skillathon Information

2023 Skillathon Stations

Schedule by Club will be posted on our website at a later date

Schedule will happen August 7th or 8th – 6:00 p.m. – 9:00 p.m.

Participants will come one time according to a schedule list. In each specie, Junior Fair Participants will be required to be tested on their knowledge at 4 stations. One station will be an interview and project books will be evaluated. The other stations for each species are listed below. Awards will be given for top project book work. The Morrow

County Extension's website has practice sheets and more details for stations (www.morrow.osu.edu). Next to the station list were in your resource books to start studying. Junior Fair Board members and advisors choose the stations each year.

Swine: (Resource Book Page #)

A. Identify the parts of the hog (pg. 3-2)

B. Identify the different swine breeds (pg. 3-3 to 3-6)

C. Giving shots – proper location, reading medicine inserts (24.8 and 24.12)

Beef & Feeder Calves: (Resource Book Page #)

A. Identify the parts of the beef animal (pg. 2-2)

B. Identify the wholesale and retail cuts of meat (CP-15 and online)

C. Biosecurity (online resource)

Sheep: (Resource Book Page #)

A. Identify the different sheep breeds (pg. 111-115 and 164-166)

B. Reading a feed label (pg. 147)

C. Safe Handling/Flight Zone (online resource)

Dairy: (Resource Book Page #)

A. Identify the parts of a dairy cow (pg. 15)

B. Safe Handling (pag. 17-19 and posted online)

C. Biosecurity (pg. 92-93 and posted online)

Goats: (Resource Book Page #)

A. Identify the parts your goat (pg. 22)

B. Understand proper hoof trimming, the parts of the foot, and tools used (pg. 87)

C. Giving shots – proper location, reading medicine inserts (pg. 166 and 170)

Horses and Ponies: (All resources posted online)

A. Identify the parts of a horse

B. Reading a feed label

C. Plant Identification (poisonous weeds and types of forages)

Poultry (Broilers, Pullets, Turkeys, Fancy Chickens, Ducks and Geese: (Posted online and Handbook pg. #)

A. Identify the parts of your bird (if you own more than one type you can choose

which bird you want to identify) (pg. 51-59 excluding wings)

B. Reading a feed label (pg. 34-36)

C. Identifying cuts of meat (pg. 66 and online)

Rabbits: (Resource Book Page #)

A. Identify the parts of a rabbit (pg. 27)

B. Understand Rabbit Safe Handling and Caging (pgs. 54-55 and online)

C. Identify Disqualifications (pgs. 31-33 and online)

Dogs: (Resource Book Page #)

A. Identify the parts of a dog (pg. 130)

B. Dog Behavioral Postures (pgs. 24 and 27)

C. Identify Types of feet, front legs, forequarters (pg. 27)

Poultry Project Information

Poultry American Standard of Perfection and Poultry Resources

OSU Extension Morrow County has obtained a color copy of the "American Poultry Association's, American Standard of Perfection" as a reference to poultry project members and

citizens in Morrow County. The book is utilized by judges, students and breeders of domestic poultry as their reference of poultry perfection. At this point we ask that individuals

stop by our office to utilize this excellent resource.

Also if you missed it, we have created a resource manual for our poultry project members. Stop by our office or ask your advisor for a copy. We have put together lots of helpful information all about poultry together for you until the state 4-H program releases their version.

Cloverbud Fun Day

July 22

Grades K-2: 9:00 a.m.-1:00 p.m.

For more information go to:

www.go.osu.edu/cloverbudfunday

S.T.E.M. Camp

June 28-30

Grades 3-5: 9:00 a.m.-Noon

Grades 6-9: 1:30-4:30 p.m.

For more information go to:

www.go.osu.edu/stemworkshops



FAMILY & CONSUMER SCIENCES



Candace Heer

Family & Consumer Sciences Educator
(heer.7@osu.edu)

Occasional Quantity Cooks

Are you planning an event for family, friends, or a group in the next year? Your event may be a church dinner, a band booster food booth at the street festival, a family reunion at the nearby park, or a 4-H Club food committee, which is preparing and serving the food at a local community dinner. Is the effort in training and food handling practices really needed? The answer is YES!

Each year in the US there are tens of millions of people who contract a foodborne disease, and for some consumers, the health outcomes are severe and include 128,000 hospitalizations, 3,000 deaths, and series long-term disease outcomes.

After completion of this course Occasional Quantity Cooks will be able to:

- Recognize factors that lead to foodborne illness.
 - Successfully manage those risk factors.
 - Learn the rules for good personal hygiene.
 - Use sanitary practices for food preparation areas.
 - Select and use safe food preparation practices and equipment.
 - Know how to keep food safe during purchasing and transport.
 - Safely store leftover foods.
- Date:** Thursday, June 29, 2023
Time: 7:00-8:30 p.m.
Location: Ag Credit Building, 5362 US Highway 42, Mt. Gilead, OH 43338; Second Floor Conference Room
- > Certificate of completion provided
 - > Snacks provided
 - > Cost is covered by your levy dollars
 - > Must register at 419-947-1070
 - > Questions? Contact Candace Heer at 419-947-1070

Save Money by Lowering Vacation Costs

By **Ken Stewart, Extension Educator, Family and Consumer Sciences, Monroe County**

<https://livesmartohio.osu.edu/money/stewart-1982osu-edu/save-money-by-lowering-vacation-costs/>

While I was growing up my father would sometimes say this about vacations, "It is not what you are doing that makes it a vacation, it is what you are not doing." While it is true that we never went to "Wally World" we did go on a vacation of sort every year. Sometimes it was an extra-long holiday weekend, by turning a 3-day weekend into a four or five-day mini vacation. Trips to visit grandparents or a couple trips to visit aunts, uncles, and cousins states away. We would stay at their house and take in local activities. We also had family and friends come to stay with us. In researching this article, I may have discovered the origins of couch surfing. (withintheworld.com/no-money-traveling/)

The common spending areas are transportation or travel costs; lodging; food; activities and souvenirs. It also depends on what you consider a vacation. Short trips or staycations are breaks from the normal routines that we have of work, home, sleep, repeat. The number of people traveling also changes costs as well. It is much easier to find cheaper flights and sleep options for a couple than a family or a group.

This year has seen increased cost for transportation. Consider shorter local or regional trips. Discover the sights and history of your own city

or region. There are 27 Ohio Byways to explore and www.senic.org has listings of byways in every state. At travelinspiredliving.com there is a listing of 50 Unique things to do in Ohio. State and National parks are great options.

There are significant differences between airline flight costs based on city/airport of departure and city/destination. Reduce the cost of a domestic flight by booking at the right time. Book the flight 54 days before travel. Consider travelling on Tuesdays, Wednesdays, or Saturdays on the early morning flight. Flights are also less costly if scheduled after a large event in that city. For example, it is less expensive to fly to New Orleans the week after Mardi Gras. Consider traveling the day of a major holiday like Thanksgiving or Christmas. Travel light, just a carry-on or backpack if possible. Bargain airlines eliminate airfare savings by expensive luggage charges.

Discounts are given for off-season travel and lodging. It is supply and demand that decide both. Near the beach or beach access is cheaper than beach front. Rooms with ocean views cost the most. If you travel to a popular vacation destination when everyone else is it costs more. For non-traditional lodging options check out glamping; Air BnB, Couchsurfing or camping. Renting a house or cabin is a great option for larger groups. The photo is from a recent vacation in which we rented a cabin. We used it as home base and ventured out in the region. Many of our meals were eaten at the cabin. That saved our



Ken Stewart, view from cabin while on an adventure vacation

group of eleven quite a bit on this trip.

Look for hotels that offer free breakfast. Eat local foods including from lunch trucks if you can. A big lunch will save money. Restaurants charge more for their evening meals than for lunch. Pack snacks and bring your own water bottle it is better for the environment and the budget.

Program: Consumer Scams!

Are you aware of the signs and types of scams happening to consumers in Ohio? Join us and learn more from the Ohio Attorney General's Office and OSU Extension-Morrow County.

Date: August 23, 2023

Time: 5:30 PM

Location: Mt. Gilead Public Library, 41 E High St, Mt Gilead, OH 43338

Cost: Free but must register at the Mt. Gilead Public Library at 419-947-5866

Financial & Consumer Programs offered this summer at the Mt. Gilead Public Library

Program: **Financial Technology: Just the basics please**

• FinTech! What is it? When did it start? Is it secure? Who is creating this? Am I using this? Join us and get your questions answered with OSUE-Morrow County. Let's raise your level of awareness in this new and innovative approach

to improve services in finance.

Date: August 16, 2023

Time: 6:00 PM

Location: Mt. Gilead Public Library, 41 E High St, Mt Gilead, OH 43338

Cost: Free but must register at the Mt. Gilead Public Library at 419-947-5866

Food Safety & Food Preservation ~ Get Your Questions Answered at the Selover Public Library

Date: Tuesday, June 13, 2023

Time: Drop in between 4:30 and 6:30 PM

Location: Selover Public Library

- ❖ Ask food safety questions
- ❖ Ask home food preservation questions
- ❖ Free canner inspection/dial gauge testing ~ no appointment needed!



Home Food Preservation: Canning for Newbies

Are you wanting to learn more about canning but do not know where to start? Join us for an overview of Water Bath and Pressure Canning. USDA tested water bath canning recipes for out of the garden and orchard ~ salsas, jams and chutneys will be shared!

Date: July 18, 2023

Time: 4:30 p.m.

Location: Morrow County Community Services Room, 619 West Marion Rd, Mount Gilead, OH, Entrance B

Cost: Free but must register at 419-947-1070; County Employees for Wellness register with Teresa Hoffman at 419-947-1545 ext. 327

Questions? Contact Candace Heer at 419-947-1070



Have a Salsa Party this Summer in your backyard!

By Beth Stefura, Extension Educator, Family and Consumer Sciences, Mahoning County

<https://livehealthyosu.com/2023/04/26/have-a-salsa-party-this-summer-in-your-backyard/>

Nothing is better than a fresh Ohio tomato grown in season! Add fresh onions, peppers, and cilantro and now it's fresh salsa! Salsa is a versatile dish, used as a fresh vegetable dip for tortilla chips or added as a topping to grilled fish and meat dishes.

Consider growing a salsa garden this year. A salsa garden requires only four plants- tomatoes, onions, cilantro, and peppers. If your garden space is limited, skip the onions, and grow tomatoes, cilantro, and peppers.

Spring is the best time for planting a salsa garden. A salsa garden may be planted on a patio in containers, raised beds or in a garden. Be sure the garden spot receives at least six hours of sun daily. Start planting once the danger of frost has passed.

If you are container gardening, choose deep pots for tomatoes and peppers. Cilantro may be

planted in a shallow pot, in a larger size as they need plenty of room to grow and expand. Be sure to use supports for the tomatoes and peppers whether in a container, raised bed or garden to prevent sprawling of the plants, avoids breakage and keeps pests and disease away. Use potting soil with a 50/50 blend of potting soil and compost.

Choose tomatoes with:

- Thick flesh (limits moisture in salsa)
- Different varieties to produce throughout the season.
- Prune tomatoes regularly to prevent the plant from growing out of control.
- Trim off the lower branches to encourage air circulation around the base of the plants.

Peppers are the most challenging of the group to grow with their finicky heat requirement. Here are a few tips for growing peppers for salsa:

- Select between sweet and hot peppers or mix the two varieties according to your preference.
- Peppers change color as they are ripe, pick

them at any color stage.

• Be careful with the seeds and pale colored flesh inside the hot peppers when they ripen. Be sure to wear single use gloves when handling hot peppers to protect your hands. These are extra hot and only add them to the salsa if you like the heat. Otherwise, clean out the inside of the pepper and wash your hands carefully.

• Support your peppers to protect them from wind damage.

Cilantro

- Grows well in a shallow pot that is larger allowing it space to expand.
- Thrives in warm weather, bring the cilantro inside when it gets cold outside.
- Harvest frequently to prevent the plants from flowering and going to seed.

Caring for your salsa garden:

- Water plants when there has been no rain. Apply water at the soil level to avoid getting the plant foliage wet and water deeply to encourage plant roots to grow deep.
- Plant marigolds around the salsa garden to keep pests off the plants.
- Feed the plants with a good fertilizer once a month.

Health Benefits of Garden Salsa

- Tomatoes, onions, lime juice are rich sources of Vitamin C.
- Fiber is found naturally in plants and helps stabilize blood sugars.
- Tomatoes contain lycopene which is linked to reducing the risk of cancer.
- Hydrating tomatoes are 95% of water.
- Low in calories – two tablespoons of salsa is 10 calories or less
- Healthy for your heart- cholesterol free as it is made from plants containing no cholesterol.

Make salsa with your fresh grown harvest. It is easy and delicious. Check out the recipes below using ingredients you will be able to pick up at your local farmers market if you do not grow your own. Enjoy growing an easy salsa garden this spring and have a salsa party this summer!

Fresh Salsa

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/fresh-salsa>

Fresh tomatoes with jalapeno peppers, cilantro, onions, and lime make this dish a light and easy summer time treat. Serve it with chicken and rice for a complete meal.

Ingredients

- 2 tomatoes (chopped)
- 1/2 onion (chopped)
- 3 jalapeno chiles (finely chopped, seeded if desired)
- 1/4 cup cilantro (chopped)
- 1/4 teaspoon salt
- 1 lime (juiced)

Directions

1. In a medium bowl, mix all ingredients.
2. Serve or store salsa in refrigerator for up to three days in a covered plastic or glass container.

Pico de Gallo

<https://www.eatingwell.com/recipe/250086/pico-de-gallo/>

This easy, fresh tomato salsa is delicious on tacos, tostadas or simply served with tortilla chips. Since the heat of jalapeños varies, start with one, taste, then add more if you want it hotter. For a sweet-tangy variation, add about 1 cup diced fresh fruit, such as pineapple, mango or peach.

Ingredients

- 3 cups diced ripe tomatoes (3-4 medium)
- 1 cup finely chopped red onion
- 1 cup chopped fresh cilantro
- 1-2 jalapeño peppers, stemmed, seeded and finely chopped
- 1 lime, zested and juiced
- 1 teaspoon sugar
- ½ teaspoon salt
- Freshly ground pepper to taste

Directions

Combine tomatoes, onion, cilantro, jalapeno to taste, lime zest and juice, and sugar in a medium serving bowl. Season with salt and pepper.

Tips

Make Ahead Tip: Cover and refrigerate for up to 1 day.

Perennial Optimist

By Patrice Powers-Barker, Extension Educator, Family and Consumer Sciences, Lucas County

<https://livesmartohio.osu.edu/mind-and-body/powers-barker-1osu-edu/perennial-optimist/>

Years ago, when my children were young, they picked out a gift for me. It was a t-shirt that had a picture of flowers and the words, “Perennial Optimist.” They didn’t know what perennial optimist meant, they just thought I would like the flowers on it.

Perennials are the plants that come back in the garden every year, while annuals are the plants that complete their life cycle in one year and must be replanted annually. Flowers like daffodils, coneflowers, roses, and many more are perennial. In the edible garden, examples of perennials are herbs like chives and mint or fruit and vegetables like strawberries, rhubarb, and asparagus. In the middle of the winter in Ohio, none of those plants resemble what we recognize during the growing season. Some of them are not even visible above the ground. Even if it looks like they’ve disappeared, the gardener trusts that once the season is right, those perennial plants will grow back.

Recently, I was reminded of “perennial optimist” as I read about Tragic Optimism. One article title explains that Tragic Optimism is ‘the opposite of Tragic Positivity’. There are health benefits related to positive thinking, but toxic positivity is when only positivity is allowed. This can be detrimental when people are not allowed to express other emotions or experiences that are not deemed positive. Tragic Optimism offers space for hope and positivity as well as the reality that there are great challenges in life.

Viktor Emil Frankl was a Jewish-Austrian



psychiatrist and neurologist, a Holocaust survivor, and author. In 1985 he wrote that Tragic Optimism is optimism in the face of tragedy. Through his life experiences he offered that life can be meaningful under any condition, including times of great loss and pain. He also highlighted people’s creative capacity to turn negative experiences into something positive or constructive.

The view of Tragic Optimism embraces both positive and negative experiences as opportunities to learn and grow. By using the benefits of positivity as well as growing and learning from challenges, an individual can better understand the current situation and consider a wider option of possible future outcomes. Another author explained that Tragic Optimism “is about owing your life story, not letting your story own you” and it, “allows you to acknowledge the power of hope even when amid deep sorrow.”

While Tragic Optimism is applicable to devastating situations that no one can truly plan for, I recommend Perennial Optimist as a hopeful strategy for the ups and downs of daily life and the annual seasons. As we transition from winter to spring and witness the wonder of perennial plants waking up to the season, I am encouraged by this quote by Anne Bradstreet: “If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome.”

Protection Manager Certification Training Series— ServSafe

The ServSafe Manager Certification verifies that a manager or person-in-charge has sufficient food safety knowledge to protect the public from foodborne illness. Individuals that successfully pass the 90-question, multiple-choice exam will receive a ServSafe Manager Certification and wallet card. The ServSafe Manager Certification is accredited by the American National Standards Institute (ANSI) under the Conference for Food Protection Standards.

Training Dates: July 10, 17, 24 or November 6, 13, 20

Time: 9:00 a.m. – 4:00 p.m.

Location: OSU Extension-Morrow County,

Ag Credit Building, Mt. Gilead, OH; Second floor Conference Room

Cost per person:

- \$100 Morrow County business/organization (offset by levy funds)
- \$150 for business/organization located outside of Morrow County

Payment options: Refer to this link <https://morrow.osu.edu/program-areas/family-and-consumer-sciences/food-safety-servsafe-training> or contact us at 419-947-1070 for assistance

Questions: Candace Heer at 419-947-1070

OSU EXTENSION CALENDAR OF EVENTS

JUNE 2023

- 1 Possession Of All Livestock Projects
- 1 Horse Forms Due
- 3 Feeder Calf Mandatory Pre-Fair Registration, 8-11 a.m., Large Show Arena
- 5 Jr. Fairboard, 7 p.m., Fairgrounds
- 6 Registration Due: Illustrated Talks or Demonstration
- 6 Registration Due: Marketing Contest
- 6 Registration Due: Public Speaking - LEGO Edition
- 7 Jr. Fair Entries Due
- 9 Early Judging Registration Due
- 9 Market Broiler Order Due
- 12 Illustrated Talks or Demonstration, 6 p.m., Ag Credit Building
- 12 Public Speaking - LEGO Edition, 6 p.m., Ag Credit Building
- 13 Food Safety & Food Preservation ~ Get Your Questions Answered, Selover Public Library, Drop in between 4:30 & 6:30 p.m.
- 15 Horse & Pony Committee, 8 p.m., Ag Credit Building
- 15 4-H Camp Registration Due, Watch email for information
- 17 Drive-It-Yourself Ag Tour – 12:30 p.m., Starting at Fisher Ag Services
- 17 & 18 Horse PAS Shows

- 19 Early 4-H Project Judging (Registration Due June 9th)
- 21 Registration Due: 4-H STEM Camp
- 22 Sr. Fairboard, 7 p.m.
- 27 Warm Season Annuals for Livestock & Wildlife – 6 p.m., Ag Credit Building Conference Room
- 28-30 4-H STEM Camp
- 29 Occasional Quantity Cooks, Ag Credit Building, Mt. Gilead, OH 7-8:30 p.m.
- 30 Marketing Contest projects due

JULY 2023

- 9-13 4-H Camp
- 13 Broiler Pickup – 12:30 p.m., Fairgrounds (bring boxes)
- 14 Registration Due: Cloverbud Fun Day
- 17 4-H Project Judging
- 18 4-H Food & Clothing Judging
- 18 Home Food Preservation: Canning for Newbies, Morrow County Community Services Room, 619 West Marion Rd, Mt. Gilead OH, Entrance B, 4:30 p.m.
- 20 Horse & Pony Committee, 8 p.m., Ag Credit Building
- 22 Cloverbud Fun Day
- 25 4-H CARTEENS, Ag Credit Building Conference Room, 6:30 p.m.

- 27 Sr. Fairboard, 7 p.m., Fairgrounds

AUGUST 2023

- 3 Market Rabbit Mandatory Registration, 5-8 p.m., Youth Building, Fairgrounds
- 3 Pullorum Testing, 6 p.m., Youth Building, Fairgrounds
- 7 & 8 Skillathon (By Club – Schedule TBA)
- 16 Financial Technology: Just the basics please, Mt. Gilead Public Library, 6 p.m.
- 17 Horse & Pony Committee, 8 p.m., Ag Credit Building
- 22 Establishing & using Perennial Warm Season Grasses for Livestock & Wildlife – 6 p.m., Ag Credit Building Conference Room
- 23 Agronomy Field Day: Corn Nitrogen Trials, Biological Seed Treatment Trials – 10 a.m.-3 p.m., Headwaters Outdoor Education Center, Ag Credit Building Conference Room
- 23 Consumer Scams!, Mt. Gilead Public Library, 5:30 p.m.
- 24 Sr. Fairboard, 7 p.m.
- 27 Drug Use Notification Form (DUNF) Due by 12 noon
- 28 Fair Move In Day

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: <http://go.osu.edu/cfaesdiversity>.

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