

Morrow County SCARLET & GRAY News

Volume 18 Issue 3 • June/July 2022

Real Money. Real World.:

Students at Mt. Gilead Middle School Link Education with Future Lifestyle Choices

With the help of many community volunteers who staffed 14 business booths, eighth graders from Mt. Gilead Middle School participated in a Real Money. Real World. simulation. Students were assigned a career, a monthly salary and a specific number of children. Each student visited the various booths making spending choices based on their family situation hoping they would have enough money to make ends meet at the end of the month.

The program includes four classroom lessons to pre-



Real Money. Real World. Simulation picture of students at the Health & Wellness Booth

pare students to assume the role of a 27-year-old adult who is the primary income provider for a family. They received an occupation, monthly salary, and the number of children they are raising. Students learned to subtract savings, taxes, and other deductions from their monthly income. The amount of money left over is what they spent during the simulation activity. Students spent their money at booths staffed by community volunteers on items typically found in a monthly budget including housing, utilities, groceries, insurance, child care, and transportation. Throughout the activity, students kept track of their finances and attempted to complete the simulation with a positive balance.

The program is a product of The Ohio State University and was organized for the community by OSU Extension-Morrow County Educators, Becky Barker, 4-H and Candace Heer, Family and Consumer Sciences in collaboration with Jodi Hayes, Director, United Way of Morrow County. Laci Romshak, 8th Grade Math Teacher, yearly spends a month teaching the four RMRW lessons. She additionally requires students to learn more about the occupation they receive among other classroom activities such as practice writing checks to pay bills and buy items. The students will be complet-

ing a post-simulation lesson, reflecting on their experience and what they learned by completing a self-assessment.

The simulation would not have been successful without the assistance from our amazing volunteers from the community, businesses, and organizations throughout the county. Volunteers manned the booths while Mt. Gilead Police Department Police Officers provided positive good will and handed out speeding tickets in which students then deducted the fee from their checkbook register. Thank you to our Morrow County Commissioners for attending and visiting with our students.

Volunteers were asked to provide an evaluation sharing insights as well as favorite moments that showed that students were indeed learning financial concepts. Here are a few of their responses:

Childcare Booth: A few went away to figure out their financial options before choosing childcare.

Financial Advice Booth: One student was negative for the month, so her friend was going to lend her the money.

Chance Booth: One student was very low on funds, his child then broke their arm "Deductible 500!" ...sticker shock!

Chance Booth: Multiple students shared how fast their money went.

Student Loans Booth: We had great discussions on how to make college more affordable in "real life".

Food Booth: "This adulting is expensive"



Real Money. Real World. Simulation picture of students at the Child Care

Transportation Booth: The student who traded in his luxury car for a 4-door.

Transportation Booth: The student who debated between a new and used vehicle – the used cost less but "What if it breaks down?"

Insurance Booth: Students who were in the negative were directed to Financial Advice.

Housing Booth: When a boy came back to change his housing choice and said he had to sell his "luxury" car.

Contributions "giving" Booth: When they calculated how much 10% of their salary, quite a few were shocked at how much it was.

If you would like more information about the Real Money. Real World. program, please contact us at the OSU Extension-Morrow County office at 419-947-1070.



Real Money. Real World. Volunteers

Current Resident or

U.S. Postage PAID
Permit #19
Mt. Gilead, OH
Non-Profit Org.

THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES
Ohio State University Extension
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AGRICULTURE



2022 Ohio Beef Day and Tour

The 2022 Ohio Beef Day and Tour will be held on Saturday, July 16 from 9 a.m.-2:30 p.m. in Muskingum County. There will be a self-driving tour. Register by July 7 at go.osu.edu/2022beefday

The cost is \$10.00 per person, which includes refreshments, lunch and resources.

Beef Quality Assurance Certification (BQA) will be offered.

For more information, please contact Clifton Martin at martin.2422@osu.edu or 740-454-0144 OR Garth Ruff at ruff.72@osu.edu or 740-305-3201.

Brewer is summer intern

Brittany Brewer is the summer intern for the Morrow County Extension office. Brewer is currently at Ohio State pursuing her Master's in Agriscience Education.

This summer she hopes to broaden her experience in the agriculture education industry by working with Morrow County's ANR educator Carri Jagger.

Brewer grew up on her family's livestock and grain farm in southern Darke County, Ohio. During her high school career, she was very involved in FFA, Student Council, National Honor Society, and the college credit plus program. She continued her education at Morehead State University in Kentucky. There she obtained her Bachelor's in Animal Science. She participated in Delta Tau Alpha, Collegiate Farm Bureau, and Agricultural Ambassador programs, as well as lived, and worked on the university farm. Currently she is an active member of her county's Farm Bureau and the Tri-Village MVCTC FFA Alumni.

These experiences and connections have al-



Brittany Brewer

lowed her to harness and grow her passion for agriculture. Brewer looks forward to meeting and working with community members and farmers across Morrow County.

Ohio Victory Gardens Program Kicks Off Third Year; Expands to 42 Counties

It's time once again to get your hands dirty and start growing! The Ohio Department of Agriculture (ODA) and Ohio State University Extension offices are kicking off the third year of the Ohio Victory Gardens program. Due to high demand, the program is expanding to include 42 counties, up from 25 counties last year. Thousands of seed sample kits will be available for free to the public to get people planting.

"In the third year of our Victory Gardens program, we are proud of the ground we have covered in reigniting Ohioans' love for backyard gardening, while lifting people's spirits and re-teaching an important life skill of growing your own food," said Dorothy Pelanda, Director of the Ohio Department of Agriculture. "We've gone from distributing 3,000 seed kits in six counties in 2020 to distributing more than 20,000 free seed kits in 42 counties across the state this year. Next year, we plan to expand again to reach even more Ohioans who want to grow a Victory Garden."

"Whether it's growing a large backyard garden, a few potted plants on a kitchen windowsill, or a smaller container garden on your porch, the Ohio Victory Gardens program has something to offer everyone," said Cathann A. Kress, Ohio State's vice president for agricultural administration and dean of The Ohio State University's College of Food, Agricultural, and Environmental Sciences (CFAES). "We are excited to partner again with the Ohio Department of Agriculture to enrich Ohioans' appreciation for growing food for their households."

OSU Extension is the community-based outreach arm of CFAES, with programming that addresses agriculture and natural resources, community development, family and consumer

sciences, and 4-H youth development. Extension professionals throughout the state bring people and ideas together to help CFAES sustain life.

"We are thrilled to once again be part of the Ohio Victory Gardens program and help many of the citizens we reach become enthusiastic growers of their own food," said Jackie Kirby Wilkins, associate dean in the College of Food, Agricultural, and Environmental Sciences, and director, OSU Extension. "Each year, we reach more than 2.5 million learners throughout Ohio."

Extension's educational outreach is enhanced by more than 3,200 Master Gardener Volunteers, who support the Ohio Victory Gardens program by providing gardening advice, helping with community gardens, and promoting local food production among their neighbors throughout the state.

Seeds will be available to pick up while supplies last at OSU Extension – Morrow County 5362 U.S. HWY 42 Mt. Gilead Monday – Friday 8:00 a.m. – Noon and 1:00 – 4:30 p.m.

All Victory Gardens participants will be eligible to win a free starter gardening toolkit by completing a short online survey to enter.

Victory Gardens originated during World War I, as an answer to a severe food shortage at the time. The idea was wildly successful, growing an army of amateur gardeners and serving to boost morale and patriotism. ODA and OSU Extension revived the effort and are, once again, encouraging people to plant seeds, realize the fruits of their labor, and share their harvest with others if inspired.

The Victory Gardens Program offers a full website with details on seed distribution, advice, and resources on every aspect of planting and harvesting produce.

Want to include your business in an AGRICULTURE BUSINESS DIRECTORY?

If yes, go to www.go.osu.edu/morrowagbusinesses to learn more!

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OSU EXTENSION – MORROW COUNTY PRESENTS

Herb Garden Make and Take

Join OSU Extension Morrow County Master Gardener Volunteers at the Bunkers Mill Winery in Cardington for a fun night of learning about herbs. You will get to make an herb container to take home and you will get to enjoy a food demonstration about using herbs in dips and beverages.

DATE: July 21st

TIME: 6:00 – 8:00 p.m.

LOCATION: Bunkers Mill Winery
102 E Main St, Cardington, OH 43315

COST: \$15.00

Please pre-register and pre-pay with OSU Extension – Morrow County 419-947-1070



THE OHIO STATE UNIVERSITY
EXTENSION

CFAES

Topics Include:

How to grow herbs in
containers and in the
garden

Food Demonstration
using herbs

Planting an herb garden
to take home

Q&A

EVENT SPONSOR:

OSU Extension-
Morrow County
and
Bunkers Mill Winery

Questions: Email or Call
Carri 419-947-1070 or
jagger.6@osu.edu

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaes.osu.edu. For an accessible format of this publication, visit cfaes.osu.edu/accessibility.



AGRICULTURE



2022 Agronomy Day to be held on Aug. 25 at HOEC

Save the Date for the 2022 Agronomy Field Day will be held, August 25th from 9:30 a.m. – 2:00 p.m. at the Headwaters Outdoor Education Center, 151 Home Road, Mt. Gilead, Ohio 43338.

This year we are planting the plots to soybeans and will be doing fungicide trials. Dr. Laura Lindsey, Associate Professor Soybean and

Small Grain Production, and Dr. Horacio Lopez-Nicora, Ohio State Soybean Specialist, will be presenting on soybean fungicide response research and conducting a field scouting demonstration.

This field day is free and lunch will be provided.

Morrow County Cattlemen's Family Night

The Morrow County Cattlemen will host a Family Night on Saturday, September 24th at the Fairgrounds. Time TBD, but will be late afternoon/evening.





Maple Bootcamp: Ohio

June 22 - 24, 2022

Ohio State University Mansfield

Join us for our first Maple Bootcamp in Ohio. This workshop is geared toward beginner and intermediate maple producers and will provide hands-on training and tours of local producer operations. The curriculum begins with sugarbush assessment, then builds sequentially through all phases of maple syrup production from sap collection to boiling, bottling and sales. Participants will gain the skills necessary for the safe, efficient and profitable production of maple products.

Registration: \$150 covers workshop materials and meals
Deadline to Register: June 14, 2022
Online Registration is available at: woodlandstewards.osu.edu

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Using Annual Forages in your Pasture, Pasture Walk

The OSU Extension-Morrow County and Morrow Soil & Water invite you to attend their upcoming pasture walk! Kevin Swope Resource Conservationist with the Carroll County NRCS will walk through using annual forages to help renovate your pasture. He will also cover how to use annual forages in your grazing systems. Lunch will be provided for all those that attend.

Those planning to attend will be required to **RSVP by Friday, July 15th**. You can RSVP by calling the Morrow County Extension Office at **(419) 947-1070**

For additional questions contact Carri Jagger by email at jagger.6@osu.edu or by phone at **(419) 947-1070**

**THE OHIO STATE UNIVERSITY**
EXTENSION



July 23, 2022
10:00 – 1:00 p.m.
Scott Loeffler's Farm
4 County Rd. 212
Marengo, Ohio 43334
Topics: Using annual forages to help renovate your pasture and to extend your grazing season.



EVENT SPONSORS:
Ohio State University Extension
Morrow County, Morrow County
Soil and Water Conservation District, & Ohio Forage and Grasslands Council





AGRICULTURE



Forage Quality Targets Based on Animal Class

By Mark Sulc, Bill Weiss

The optimal time for making a first cutting of forages is fast approaching. But what is the optimal timing to take the first cutting (or any cutting for that matter)? Many will answer by saying it is when you have time and there is a good weather window to get the forage cut and put up! Yes indeed, that is a valid answer. Both of those factors are important and can't be ignored. However, we know that forage quality declines as the crop moves into flowering stages. The first cutting is usually the highest yielding cutting, so we should try to aim for good quality for as much of it as possible!

But what is "good quality" forage? The correct answer is that it depends on what you feed it to. The concentration of neutral detergent fiber (NDF) is a measure of most of the fiber in forages. The concentration of forage fiber increases with maturity and is negatively correlated with feed intake by animals and the energy concentration of the diet. With hay crop forages, digestibility of the fiber and NDF concentrations have a strong negative correlation so one can assume forages with greater NDF concentrations have fiber that is less digestible.

Below are good forage NDF targets to aim for when feeding different classes of livestock (Table 1). These are general guidelines, but forage within these NDF ranges should provide good animal performance in properly balanced diets.

So how do these targets help us with harvest timing? How do we know when the forage growing in the field is approaching these targets? Many factors affect forage quality, but we can make some educated estimates. An article published last week in this newsletter explains how to estimate alfalfa NDF in the field and we are tracking alfalfa NDF in fields across Ohio each week for the month of May (see this week's article for updated estimates of alfalfa NDF).

The lower value of the NDF ranges in Table 1 should be the latest starting point to begin harvest, weather permitting, because the cutting, field curing, and harvesting process always results in higher NDF values than what the NDF value of the forage was at the time of cutting. Because forage quality changes so fast it is better to start too early than a little too late.

Grasses mature quickly and the optimal harvest window can be only a few days. In general, for high quality grass forage (50 – 55% NDF) suitable for lactating cows, the first harvest should be taken in late vegetative (pre-boot to very early boot stage) in the spring. The grass



stem will have one to two palpable nodes (you can feel and see them on the lower stem) and no flowers have emerged. As soon as you see flowering heads emerging in the grass, the NDF is most likely just over 55%. As harvest is delayed, the NDF levels will quickly increase to 60% or higher. Maturity of the grass has a much bigger effect on forage NDF level than does grass species.

For subsequent harvests after the first, alfalfa can be harvested in the bud to early bloom stage (about every 30 days) for excellent quality. Bud stage alfalfa will usually contain 22% or higher crude protein (CP) and 40% NDF, while early bloom alfalfa will average 20% CP and 40 to 45% NDF. However, protein and NDF are not strongly correlated; often CP concentrations will be much higher or lower than these values. A good compromise to extend stand life of alfalfa in a dairy operation is to harvest at least one cutting during the summer months in the early bloom stage. The first two cuttings should be taken near 40% NDF, and later summer cuttings can be taken in the early bloom stage. The NDF content of alfalfa declines more rapidly with maturity early in the season, so the late summer harvests can be made at a later maturity stage without as great a penalty on forage quality. The

PEAQ estimation procedure for alfalfa NDF works well in all cuttings and for all types of alfalfa, including reduced lignin varieties. But reduced lignin varieties will have slightly higher fiber digestibility than standard varieties across all levels of NDF concentration. So reduced lignin varieties can offer a wider harvest window to achieve acceptable fiber digestibility when compared with standard alfalfa varieties.

For high quality pure grass stands, subsequent cuttings of grasses after the first harvest should be taken every 24 to 28 days, depending on location. For example, in northeastern Ohio, cutting intervals of about 28 days have provided forage of adequate quality for lactating cows. Delayed cutting beyond these intervals greatly reduces nutritional value of grass forage. Such cutting intervals are challenging, and that is why grass-legume mixtures should be considered if higher quality forage is needed. Legume-grass mixtures provide a much wider harvest window for good to high quality forage as compared with pure grass stands.

My hope is that this article helps you be alert and prepared to cut forages in a timely manner, and that the weather cooperates for a successful harvesting season this year!

Crop Observation and Recommendation Network

C.O.R.N. Newsletter is a summary of crop observations, related information, and appropriate recommendations for Ohio crop producers and industry. C.O.R.N. Newsletter is produced by the Ohio State University Extension Agronomy Team, state specialists at The Ohio State University and the Ohio Agricultural Research and Development Center (OARDC). C.O.R.N. Newsletter questions are directed to Extension and OARDC state specialists and associates at Ohio State.

Measuring Forage Moisture Content Using an Air Fryer

By John Jennings, Professor – Forages, Animal Sciences, University of Arkansas

Measuring moisture content of forage cut for hay or silage is an essential step to ensure storage stability and product quality. Hay baled with too much moisture can mold or be subject to spontaneous heating. Silage baled or chopped at moisture contents outside a recommended range may not ferment properly, reducing storage life and animal acceptance. A relatively new method of measuring forage moisture content is through use of an air fryer. This household appliance is basically a small convection oven. It can be used at the farm shop or can be operated in the field from a generator to provide accurate forage moisture readings.

Steps for using an air fryer to measure hay moisture

Materials needed:

- air fryer
- gram scale
- wire screen to hold sample in place during drying (needed on some models)
- plate or bowl to contain sample for weighing

Steps:

- Take a core sample from test bales or cut up a representative hay sample into small pieces (less than 1 inch) and weigh 100 grams onto a paper plate.
- Pour the sample into the air fryer.
- Place a screen over the sample to hold it in place during drying.
- Set the air fryer to 250°F for 30 minutes.
- Weigh the dried sample and calculate the dry matter content.

Calculating hay moisture

Remember that for 100-gram samples, the number of grams of moisture lost equals the percent moisture.

Example

A 100-gram sample was dried and the final weight was 80 grams

$$100 - 80 = 20 \text{ grams moisture lost} = 20\% \text{ moisture}$$

If other than a 100-gram sample is used, use this equation to calculate hay moisture content:

$$\frac{\text{starting weight (grams)} - \text{final weight (grams)}}{\text{starting weight (grams)}} \times 100 = \% \text{ moisture}$$

Example

The starting weight was 90 grams and the final weight of the sample is 70 grams. Subtract 70 grams (final weight) from 90 grams (starting weight) to get the amount of moisture lost during drying. Divide the amount of moisture lost by the starting weight and multiply by 100 to get the final moisture percent.

$$\frac{90 - 70}{90} \times 100 = 22\% \text{ moisture}$$

(Previously published online with the Division of Agriculture Research and Extension, University of Arkansas)

Table 1. Optimal ranges for forage neutral detergent fiber (%NDF) for different classes of livestock.

Forage type	Dairy cows: high producing & early lactating	Dairy cows: average producing (<27,000 RHA ¹)	Beef cows: Gestating	Beef cows: Lactating	Horses
Legumes	35 – 40%	38 – 45%	50%	45%	42 – 46%
Grasses	48 – 53%	50 – 55%	60%	55%	55 – 60%
Grass/legume mixture	42 – 46%	46 – 50%	52 – 56%	47 – 51%	48 – 52%

¹ RHA = rolling herd average, calculated as the total pounds of milk produced in the last 365 days for the average cow in the herd.



AGRICULTURE



4 Reasons to Introduce Wool into your Garden

If you're looking to reap the full benefits of your garden, then you're tending to your plot, planting your crop, or planning for next year's bloom, gardening is truly a year-round activity. Whether you have a garden in a window planter, a small terrace, raised beds, or even in a large portion of your yard — you can benefit from using wool to help your plants thrive.

The pandemic has driven many cultural and behavioral shifts; primarily, that families are spending more time at their homes and have started new hobbies or picked up old ones. USA today found that gardening as a hobby is booming! So, we talked with Albert Wilde, owner of Wild Valley Farms, and 6th generation sheep rancher in Croydon, Utah about how wool comes into play in the flourishing field of gardening.

"Typically, when you shear a sheep you have what's called 'waste wool'" Wilde starts off, "this is wool that's from the belly or hindside of the sheep and it's often discolored, thin, and generally not considered valuable." With waste wool making up to 20% of the total take from each sheep, Wilde thought just maybe it could be put to good use. After working with a host of universities and consultants to validate his suspicion that wool could bring value to any garden, the idea "just kind of took off from there."

Benefits of using 'waste wool' in the garden:

- Reduced grow time for vegetables
- Water savings
- Softens hard clay soils
- Pest control
- All-natural/organic properties

And perhaps most importantly, sheep ranchers who had been selling waste wool for as little as \$0.05/lb. could now get more than 10x that.

With a patent, Wilde has brought to market wool pellets — similar to manure pellets you might be more familiar with, but these are made up of 100% American wool, smaller than the size of a dime, and are used to help nourish plants of all kinds. While still not the norm, using wool in the garden is starting to gain some traction. The University of Vermont Center for Sustainable Agriculture is currently working on a study that involves using pelletized wool in the garden to reduce phosphorus and sequester carbon, keeping phosphorus run-off out of Vermont's waterways. There's no doubt that using wool in the garden has many benefits, here are 4 things you should know about using wool in your garden.

Wool as Fertilizer

In conjunction with Utah State University Extension, Wilde developed wool pellets initially as a fertilizer for plants. "Plants need Nitrogen, Phosphorus, and Potassium to grow. But they need Nitrogen the most" says Wilde. If you're helping your garden to grow using compost, you might be getting 1-2% Nitrogen. If you're using poultry manure fertilizer you might be getting 4.5% Nitrogen. "With sheep's wool, you're getting between 9.3% – 14% Nitrogen." When Wilde and his team starting testing the impact of such high Nitrogen numbers, they found that with typical fertilizer, Greenhouses could bring

organic tomatoes from seed to market-ready in about 76 days, but with wool pellets and their Nitrogen punch, you could bring tomatoes market-ready in as little as 38 days! So, pop some wool pellets in with your seeds and get ready to watch your garden grow.

Mulching with wool

The Garden Club in Newton, Iowa doesn't waste any time getting out to the farm when Regina Frahm calls. Regina, a sheep rancher sells her belly and backend wool to the local garden club to use as mulch in their gardens. "It's amazing, it really helps keep the moisture in" says Frahm. When the Garden Club drives out to Frahm's farm they buy what would have been the discarded wool by the trash bag full. Laying down raw wool on your garden bed retains moisture and stops weeds from sprouting — two key components of traditional mulch. A central complaint when using straw mulch is that it breaks down too quickly, allowing for weeds to grow and leaving the soil exposed, while wool mulch traditionally lasts a minimum of two years. And while not quite as effective as plastic paper to keep weeds at bay... you are using a 100% natural ingredient that simply biodegrades back into the earth once it's served its mulching purpose. Frahm says, "the gardeners are happy, and we've used every single bit of the fleece from each animal."

Wool to aid in pest control

"It helps with slug control, because slugs don't like to crawl over the wool" says Wilde. Even though it feels really, really soft to us, wool has scales that look barbed to a slug. You'll need a microscope to verify this fact, but trust us when we say a slug sees crawling over a barbed surface as a major deterrent. And anecdotally, Wilde has heard numerous stories about wool protecting against Aphids. "It's really interesting," says Wilde, "Plants like strawberries might have been healthier due to the wool being used as fertilizer, and that's what actually keeps the Aphids away... because healthier plants are less susceptible to disease or pests." Wilde does have another project in the works centered around wool and pest control. Currently the project is in the midst of trials and testing, but Wilde assures us that things are moving in a positive direction and if we check back soon, he'll be able to share even more about the benefits of wool when it comes to using it to aid in pest control.

Wool and water

Everyone is looking for that magic thing that will allow them to go on vacation and come home to living, breathing plants. And Wilde thinks wool might be the key. Ever heard of a Wilt Study? We hadn't either, until Wilde filled us in. Basically, a Wilt Study is when you see how long it takes a plant to begin to wilt and then eventually die, without the reintroduction of water. Wilde and his team conducted one study in 4" pots and this is what they found:

- Traditional soil had wilting plants on days 1 and 2, and dead plants on days 5 and 6
- Soil married with wool had wilting plants

on days 7 and 8, and then dead plants on day 14

"What's happening here," says Wilde, "is that because wool can hold between 20-30x its own weight in water, and then release it slowly, it's allowing these plants to continuously have access to water, without overwatering them." That's the key here — a lot of materials can hold water next to the roots of a plant, but so far, wool is the clear leader for slowly releasing that water to each plant when it needs it. "Traditionally you have to keep adding more and more water to keep plants healthy," he says, "but with wool, you can actually conserve water with better results for the plants." Opting to mix wool pellets in with your plant's soil can allow you to go seven days without having to worry about your plant starting to wilt and die.

If you've been wanting a green thumb and are looking for a more organic way to help your garden thrive, consider introducing wool. Wool is listed as an organic material on the National Organic Program (NOP) and is a natural, renewable, biodegradable, and durable fiber. Beyond all the benefits listed above, consider using wool in your garden to support American sheep ranchers and maybe in the not-so-distant future people



won't be using the term 'waste wool' at all, perhaps we'll just call it garden wool.

(Previously published online: American Wool: May 12, 2021)

ATTENTION!
MORROW COUNTY
LOCAL
PRODUCERS

Do you live in Morrow County?

Do you grow, raise or produce a food product to sell in Morrow County?



OSU Extension - Morrow County would like to invite you to follow this link:
<https://go.osu.edu/morrowlocalfoods>
or scan the QR code to fill out a short survey or call our office
419-947-1070 to be added to the Morrow County Local Foods List.

The list will be available online and in hard copies at
OSU Extension - Morrow County, and other Morrow County agencies.

This is a great way to let folks in the county know about your business.



A Marion Technical College student instructs a Career Exploration Workshop student how to



Students learn how to properly take patients blood pressure and other vitals.



Tri-River's Construction Trade Academy students teach youth the basic of electricity.

Career Exploration Workshops

The Career Exploration Workshops continue to be a huge success. This spring two were held. One focused on construction trades and the other on nursing.

Twelve youth participated in the Construction Trades workshop where they focused on learning about electricity, heavy equipment, carpentry, and masonry. The youth complete hands-on activities in all these areas. This takes place at Tri-Rivers Career Center in Marion.

Eight teens participated in the nursing workshop. They completed several hands-on tasks.

Some of the tasks included learning to take vital signs, blood draw, infant CPR, and viewing Marion Technical College (MTC) students working a simulated code emergency. This takes place at MTC in Marion.

If you have a business that you would like to feature the careers available within or have an idea for a Career Exploration Workshop that you would like held in Morrow County, contact Amanda Staley at staley.35@osu.edu or 419.947.1070.



Participants and instructors of the Construction Trades Workshop.



4-H NEWS



Morrow County 4-H teens and chaperons stand in front of the U.S. Capital Building in Washington D.C. Left to right: Kayla Carlyle, Emma Smith, Elizabeth Leonhard, Lydia Leonhard, Josiah Fatka, Zeke Wolf, Morgan Powell, and Amanda Staley.

Teens attend the National 4-H Youth Summit for Agri-Science

Six Morrow County 4-H teens traveled to Washington, D.C. to participate in the National 4-H Youth Summit for Agri-Science on March 10-13, 2022. This summit was designed for high school students to develop the skills and knowledge needed for the challenges facing agriculture, food security, and sustainability.

The summit provided career preparation and networking opportunities, educational workshops, a community service project, and Washington D.C. tours of memorials and the Smithsonian National Museum of Natural History. Emma Smith said her favorite part of the summit was the opportunity to meet and talk with important people in the world of agriculture. One example is Dr. Jackie Applegate, President of Bayer Crop Science North America.

4-H Lead to Change plan

While at the Summit each state delegation was asked to develop a 4-H Lead to Change community action plan to implement in their community. They presented their plan to their peers at the Summit and then submitted their plan to National 4-H to be considered for a \$3,000 grant to implement their plan. They did a pres-

entation via Zoom to National 4-H and were selected to receive the grant!

Elizabeth Leonard, Josiah Fatka, and Morgan Powell all stated their most memorable part was working with their group to get to know each other and work on the 4-H Lead to Change plan. They also enjoyed getting to know youth from other states.

What will the grant money be used for?

These youth will be planning an agriculture products fair for small businesses in Morrow County. All businesses that have agriculture products are invited to participate to promote their business. These businesses will also be listed on the OSU-Extension – Morrow County webpage as a resource to consumers looking for local agriculture products. If your business would like to participate contact Amanda Staley, staley.35@osu.edu.

Our Morrow County attendees included Josiah Fatka, Elizabeth Leonhard, Lydia Leonhard, Morgan Powell, Emma Smith, Zeke Wolf, Kayla Carlyle (volunteer), and Amanda Staley, 4-H STEM Educator.

4-H General Information

Meet Our Summer Intern!

Kayla Carlyle is one of the OSU Extension – Morrow County summer interns. Kayla is a student at the University of Findlay pursuing a bachelor's degree in Animal Science. This summer she will be working with the 4-H STEM Educator, Amanda Staley. She hopes to gain knowledge and skills in the area of STEM programming.

Kayla grew up in Morrow County with parents, Don and Tricia Carlyle, and sister Lana Carlyle. She went to Tri-Rivers Career Center in the Veterinary Science program and attended Cardington-Lincoln High School. Kayla was very active in the FFA, 4-H, and the Morrow County Jr. Fair Board. After graduation in 2021 she attended the University of Findlay, being involved in the UF collegiate FFA and Student Activities Board. Kayla is also a Junior Advisor on the goat department for the Morrow County Jr. Fair Board. These experiences are going to give Kayla connections moving forward in the agricultural industry. Kayla is looking forward to being in the community and meeting new people throughout the summer.



Kayla Carlyle

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 14 to show at the Morrow County Fair. State Fair first deadline will be June 6th 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!!!

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

Check out the many ways to get involved in the 2022 Ohio State Fair at

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

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

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

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



S.T.E.M. Camp

June 29-July 1

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

Youth Fitness Quest

July 6 and July 20

Grades 5-7:

10:00 a.m. -2:00 p.m.

For more information go to:
www.go.osu.edu/youthfitnessquest

Cloverbud Fun Day

Saturday, July 23

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

For more information go to:
www.go.osu.edu/cloverbudfunday



4-H NEWS



4-H General Information

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!

Early Judging (only if needed) – Monday, June 20th, 6 p.m., RSVP by June 10th

Agriculture, Small Animal, Family and Consumer Sciences and STEM Judging – Monday, July 18th - 9:00 a.m. start

Food and Nutrition Judging – Tuesday, July 19th, Afternoon

Clothing and Quilt Judging – Tuesday, July 19th, afternoon, style show at 7:00 p.m.

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

4-H Marketing and Communications Contests

Don't miss out on the opportunity to win great prizes and show-off your public speaking skills!

Don't know how to get started? No problem, contact Amanda Staley, staley.35@osu.edu, to help coach you on how to get started. Public Speaking was Amanda's favorite contest as a teen and she'd be happy to help.

What kind of classes are there? Don't know what class is right for you? There is something for everyone! Ask Amanda for some help!

Here are the classes to choose from... Speaking Contest – LEGO Edition – County contest only, Illustrated Talk or Demonstration, Marketing, Health and Safety, Public Speaking, Shooting Sports Topic, Living History Topic.



Morrow County 4-H Teens attend Camp Counselor Workshop!

Sixteen teens attended a two day training at 4-H Camp Ohio with 12 other counties to learn about their role as camp counselor.

Adult volunteer, Russ Mayer taught an Outdoor Cooking session and was the Dean of Men

for the weekend.

Lots of great ideas and excitement for a normal camp was all around at beautiful 4-H Camp Ohio!

We look forward to a great camp!! Becky



Thank You Club Project Book Support

We were once again able to give our members a discount, thanks to the generous donations over the years from Central Ohio Farmers Cooperative and CHS. These are very big donations and we would like to thank them for their generosity. Please take a moment and send them a thank you card or take a thank you poster to the Mt. Gilead branch.

You can send thank you's to:

Central Ohio Farmers Co-op Inc., Attn:

Karie Staley, P.O. Box 152, Mt. Gilead, Ohio 43338

AND

Central Ohio Farmers Co-op Inc./Land O' Lakes Foundation, 730 Bellefontaine, Marion, OH 43302

AND

CHS P.O. Box 64089 St. Paul, MN 55164-0089

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.

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.

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

18th in the Youth Building at the Fairgrounds during Miscellaneous Judging. Watch your email for judging sign-up links.

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 30th – 3-5 p.m. or 7-9 p.m.

Wednesday, August 31st - 1st - 3 -5 p.m. or 5-7 p.m. or 7-9 p.m.

Thursday, September 1st - 3-5 p.m. or 5-7 p.m.

Friday, September 2nd - 3-5 p.m. or 5-7 p.m.

Saturday, September 3rd - 1-3 p.m. or 3-5 p.m. or 5-7 p.m. or 7 to 9 p.m.

Sunday, September 4th - 1-3 p.m. or 5-7 p.m. or 7-9 p.m..

Monday, September 5th – 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

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.

Interested in Avian Quiz Bowl?

If you have the love for poultry, you should give the Avian Quiz Bowl a try!! You don't have to be an expert at all and you don't even have to take them as projects, just a 4-H member with

the willingness to try! The contest is July 17th.

If you are interested, please contact Becky Barker at 419-947-1070.

From the Junior Fair Office

Junior Fair Board Update

The Jr. Fair Board is working hard preparing for the 2022 Morrow County Fair. We would like to remind exhibitors of the importance of turning in their entries by June 7th and completing the prefair check for livestock projects. Remember that all fair entries need to be made on the triplicate paper entry form. Animals that fail to complete their prefair check, are not 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 4th between 7:00-11:00am. Market Lambs, Market Goats and Market Hogs must turn in ID Forms by June 7th. Breeding Rabbits must come on June 4th to be tattooed or have tattoos documented. Market Rabbit tattooing is August 4th in the evening.

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 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 coming to the fair. This helps greatly with pen assignments and show pro-

grams.

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 10th. You can make your reservation on the sign-up sheet in the Youth Building or call Russ Mayer at 419-560-3689.

Important Dates

June 4th - Feeder Calf Weigh-In and Breeding Rabbit Check In.

June 7th - Due Date for: Entry Forms, BBR Forms, Animal Identification Forms for Market Goats, Market Lambs, and Market Swine, and Living Arrangement Form for projects not at place of residence.

June 20th - Early Still Project Judging June 27th - King and Queen Interviews

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

August 4th - Market Rabbit Check-In and Poultry Pullorum Testing

August 8th - Skillathon by Appointment

August 9th - Skillathon by Appointment

Office Hours and Contact Info

Normal Office Hours: Thursdays from 9am-2pm

Extra Office Hours to help with Entry Form Pick Up/Drop Off: Saturday, June 4th from 7-11 a.m. Monday, June 6th from 4-7 p.m. Tuesday, June 7th from 2-7 p.m.

Contact Information:

Lindsey Gallik: 419-560-7046

Lisa Duckworth: 419-560-7101

Morrowcountyjrfair@gmail.com

2022 Skillathon Stations

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

****Schedule will happen August 8th or 9th – 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 specie 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 are locations 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 and their breed descriptions (pg. 3-3 to 3-6)

C. Identify feedstuffs, knowing what your hog eats and what percentage of protein fed (pg. 8-8 to 8-10)

Beef & Feeder Calves: (Resource Book Page # - Copyright 2011)

A. Identify skeletal parts of the beef animal (pg. 2-3)

B. Identify the different beef breeds and their breed description (pg. 2-4 to 2-9)

C. Identifying the feet and leg structural differences (pg. 2-12)

Sheep: (Resource Book Page #)

A. Reading a feed label (pg.147)

B. Match the disease name to the location on the animal where it affects the animal; Match diseases and health problems with descriptions (to be posted, helpful info – pgs. 67-71)

C. Giving shots – proper location (pg. 148), reading medicine labels (pg. 141 & 143)

Dairy: (Resource Book Page #)

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

B. Types of medication administration (pg. 154-155)

C. Biosecurity (pg. 92-93 & posted on-line)

Goats: (Resource Book Page #)

A. Identify goat topline structures (pg. 26)

B. Reading a feed label (pg. 58-60)

C. Identify feed stuffs and knowing what you are feeding your goat 75-78)

Horses and Ponies: (Posted On-Line)

A. Identify the parts of a horse (Beginning Horse Management book, page 81)

B. Reading a feed label

C. Reading a medicine label and proper injection sites (Beginning Horse Management book, page 124- 125)

Poultry (Broilers, Pullets, Turkeys, Fancy Chickens, Ducks and Geese): (posted on-line & Handbook page number)

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. Brooding, Handling and Caging (pg. 23-26 and 42-45, on-line resources)

Rabbits: (Resource Book Page #)

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

B. Understand tattooing procedures and techniques (pg. 42-44)

C. Nutrition and digestive system (pg. 47-49 & posted on-line)

Dogs: (Resource Book Page #)

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

B. Tail conformation (pg. 25)

C. Identify safety and sanitation issues (posted on-line)

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

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.





FAMILY & CONSUMER SCIENCES



Compass Award: Candace J. Heer, OSU Extension-Morrow County, Educator, Family and Consumer Sciences; Becky Barker, OSU Extension-Morrow County, Educator, 4-H Youth Development and Jodi Hayes, Director, United Way of Morrow County

Morrow County OSU Extension Office receives Compass Award by State Treasurer

The Office of the Ohio Treasurer has recognized the OSU Extension Morrow County office as the recipient of the Compass Award for their Real Money. Real World. program. The award recognizes organizations, programs, and individuals across the state who are working to guide Ohioans toward financial literacy and empowerment.

The Real Money. Real World. program was developed by OSU Extension and is designed for youth ages 12-18. The curriculum includes an interactive spending simulation that provides participants the opportunity to make lifestyle and budget choices similar to those they will make as

adults.

Real Money. Real World. is evidence-based and delivered through strategic partnerships involving county OSU Extension offices, local schools and other community stakeholders that act as volunteers for simulations. The program is currently offered in 59 Ohio counties. The Morrow County office has been providing the program, for more than eight years to the county's eighth grade students.

If you would like more information about the Real Money. Real World. program, please contact us at the OSU Extension-Morrow County office at 419-947-1070.uments

Sign up for Mindful Wellness Extension Series

Mindful Wellness: A Guide to Practical Stress Reduction Strategies

Partnering with the Selover Public Library, the Mindful Wellness program is a class series for individuals interested in learning more about mindfulness and its demonstrated health benefits. Mindful Wellness is an effective tool to reduce stress, increase productivity, resiliency, work engagement, and a healthier lifestyle. Weekly session includes discussion of mindful awareness principles and bodily relaxation with soft background music using movements and breathing exercises ~ no need for special exercise clothing, tools or equipment.

Series Dates: Fridays in July ~ 8, 15, 22, 29

(each session builds on the previous session)

Time: 1:30-3:00 p.m. (90 minutes)

Location: Selover Public Library, 31 State Route 95 W, Chesterville, OH 43317

Cost: Free for Morrow County residents

Registration:

<https://go.osu.edu/mindfulwellness-series-osuemorrow> or call 419-947-1070

Questions: Contact Candace Heer at heer.7@osu.edu or 419-947-1070

Participants must be 18 years and older; Pre/Post/Follow-Up Survey part of series; Limited seating available; Register by July 6, 2022

Housing Options for Older Adults

<https://livehealthyosu.com/2022/03/17/housing-options-for-older-adults/>

By: Kathy Tutt, Family and Consumer Sciences Educator, Ohio State University Extension, Clark County

As we age there are many important things to consider. One of those important considerations is living arrangements. With the aging of America, the retirement living industry has grown exponentially over the past decade providing the seniors of today and tomorrow a vast variety of housing and care options. Understanding the housing choices that are offered can make your selection easier.

The first option is continuing to live at home. As with any other critical decision, you should think about the benefits and challenges of living at home. Some benefits may include being surrounded by friends and family in a familiar setting. Some challenges may include needing outside help with everyday tasks and feeling isolated and lonely.

If you choose to stay at home, think about possible modifications that can be done around your house to make your later years of life easier. This concept of making the home more accessible and safer is called Universal Design. The Virtual Universal Design Tour can show you ideas on modifications that can be made to your home.

The next option is to move to an outside facility. There are various types of settings depending on your desires and needs. Understanding the various options is important to help guide your decisions. Here is a brief overview of housing options for older adults:

• **Active Adult Communities** – offer services and amenities aimed at giving residents a more carefree lifestyle, while also providing social engagement opportunities of all kinds.

• **Independent Living** -refers to a way of life in residential communities designed specifically for those who have reached or are nearing retirement age but want to remain active and independent.

• **Assisted Living** – is a communal way of life

designed for seniors who need help with various daily tasks like grooming, bathing, and medication management, but still wish to remain as independent as possible.

• **Skilled Nursing Care** – provide skilled nursing care, a level of care provided by a registered nurse who monitors a patient's health and administers treatment around-the-clock.

• **Residential Care Homes** – provide individualized service, often in a standard single-family home. These houses have been modified to accommodate the needs of seniors and are generally licensed by the state for only two to six beds. Similar to assisted living, residents receive 24-hour care and assistance with activities of daily living, including medication management, housekeeping services, transportation to doctor's appointments as needed, meals, and social programs.

• **Continuing Care Retirement Community (CCRC)** – offers several different senior living options or care levels all on one campus. It provides a peace-of-mind guarantee of care to residents for the rest of their lives.

• **Long-Term Care** – refers to any community that provides 24-hour care on a long-term basis. Assistance generally includes regular supervision, help with activities of daily living as needed, medication reminders, housekeeping, meals, and social activities.

• **Memory Care** – long-term care that helps those with dementia of Alzheimer's disease. Memory care is either offered at a stand-alone community, or as an add-on service at some assisted living facilities, Continuing Care Retirement Communities, and nursing homes.

Housing decisions are unique to everyone and will depend on personal preferences, financial resources, and care needs. The National Association of Area Agencies on Aging offers A Guide for Making Housing Decisions that provides more detailed information for housing options for older adults, which can be found at <https://www.usaging.org/files/HousingOptions.pdf>





FAMILY & CONSUMER SCIENCES



Food Safety Manager Training

OSU Extension-Morrow County offers in-person manager level training for food service managers, operators, and owners with accurate, up-to-date information on all aspects of handling food, from receiving and storing to preparing and serving.

Upon successful completion of the course and exam, participants receive a ServSafe® Certificate and an Ohio Department of Health Food Protection Certificate. You must attend the entire training to take the exam.

- Class Series Dates: July 11, 18, 25 (exam)
- Time: 9:00 AM – 3:00 PM
- Cost per person: \$100 for business/organization located in Morrow County (offset by levy funds) and \$150 for business located outside of



Morrow County

• Register online at this link: <https://go.osu.edu/registration-foodprotection-managerprogram-2022> OR by contacting our office at 419-947-1070

• Contact for questions: Candace Heer at 419-947-1070 or heer.7@osu.edu

• For more information view our website <https://morrow.osu.edu/>

Dining with Diabetes: Take charge of your diabetes

A healthier lifestyle begins with YOU!

- Health and wellness tips for people with or without diabetes
- Diabetic friendly recipes (taste testing one of the recipes)
- Learn ways to add more movement to your day

DATE: Thursday, June 23, 2022

TIME: 1:00-2:00 p.m.

LOCATION: Ag Credit Building, 2nd Floor Conference Room

COST: Free program

QUESTIONS: Contact Candice Heer, FCS Educator at (419) 947-1070.

To register, visit <https://go.osu.edu/dwd-takechange-morrow> or call (419) 947-1070/

Pressure canner dial gauge testing

Schedule an appointment with OSU Extension today to keep your household safe.

- To make sure your pressure canner is working properly, all dial-gauge pressure canners should be tested for accuracy each year.
- Low acid foods must be pressure canned to destroy *Clostridium botulinum*, the bacteria that cause botulism food poisoning.

• Contact OSU Extension - Morrow County at (419) 947-1070 to schedule a 30 minute canner inspection and dial gauge testing.

During your appointment, you can pick up tested recipes to preserve foods and get your food preservation questions answered.

There is no fee per canner for residents of Morrow County (levy funds). For non-residents



Food Preservation Webinar Series 2022

A Food Preservation Webinar Series is scheduled for Tuesdays from 4:00-5:00 p.m. EST/Topics are as follows:

June 14: Greens

June 28: Beans

July 26: Peaches

August 9: Corn

August 23: Melon

September 6: Broccoli, Brussels sprouts and Cauliflower

September 20: Potatoes

Register to participate in this free webinar series at <https://go.osu.edu/2022foodpreservation-webinarseries>.

View food preservations webinar recordings at <https://fcs.osu.edu/programs/healthy-people/food-preservation/office-hours-recordings>. Topics from May include: Asparagus and Peas, Berries and Strawberries, Onions and Herbs.



Photo: Getty Images

Chow Line: Tips to save money on groceries

<https://cfaes.osu.edu/news/articles/chow-line-tips-save-money-groceries>

By Tracy Turner, turner.490@osu.edu

Reviewer: Ana Claudia Zubieta, director of Ohio SNAP-Ed in CFAES.

My grocery bill has risen by nearly \$100 a month recently and it's becoming harder to keep spending so much more than we used to. Do you have any tips on how we can cut our food costs?

You are right—the cost of food is up by more than 8% over last year according to government statistics, with prices for foods including meat, chicken fish and eggs have risen at an even higher increase in costs.

And prices are expected to continue to rise throughout the year. That's according to a new report released by the U.S. Department of Agriculture's Food Price Outlook for 2022, which says food prices are predicted to increase between 4.5 and 5.5% this year. For example, beef prices are forecast to rise 16.2%, pork 14%, poultry 12.5%, fish 10.4%, eggs 11.4%, fresh fruits 10.6%, fresh vegetables 4.3%, and cereal and baked good at 7.8%.

With this in mind, there are ways for you to cut costs from your grocery bill, while still eating healthy. You can start by planning ahead for your grocery spending, which can allow you to make healthy food choices but still spend less.

As mentioned in a previous Chow line, one of the best ways to stick to a budget is to take inventory in your kitchen of the items that are needed for the week or the month and make a list of the foods you plan to purchase before you get to the grocery store. And once you are at the store, stick to your grocery list, bypassing the urge to buy any tempting items that you really don't need.

That's just one of the tips listed on the Celebrate Your Plate website offered by The Ohio State University's SNAP-Ed program. The program is funded by the U.S. Department of Agriculture and administered by Ohio State University Extension, which is the outreach arm of the College of Food, Agricultural, and Environmental Sciences (CFAES).

The website offers tips on shopping, cooking, gardening and for in the kitchen, all designed to help people budget for, plan and create healthy,

good-tasting meals.

Some other tips the website offers on how fruits and vegetables can fit into your budget include:

- Plan your meals ahead of time and make a grocery list, then stick to your list. You'll save money by buying only what you need.
- Don't shop when you're hungry. Shopping after eating will make it easier to pass on tempting snack foods. You'll have more of your food budget for vegetables and fruits.
- When purchasing fresh fruits and vegetables, buy those that are in season. In-season produce typically not only has more flavor and is fresher, but it also usually costs less.
- Canned or frozen vegetables can offer costs savings. For canned items, choose fruit canned in 100 percent fruit juice and vegetables with "low sodium" or "no salt added" on the label.
- Clip coupons from the local newspaper and online. Also, check weekly store ads for sales, coupons and specials that will cut food costs.
- Some fresh vegetables and fruits don't last long, so buying small amounts more often can help make sure you can eat the foods without throwing any away.
- Choose store brands when possible. You'll get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.
- Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat and processed foods may be more convenient, but they often cost much more than fruits and vegetables that are purchased in their most basic forms.

Another way to save time and money while incorporating more fruits and veggies in your diet is to use leftover vegetables to make a casserole or soup. You can use your overripe fruit to make a smoothie or for baking. More cost-saving tips, recipes and information can be found at celebrateyourplate.org.

Want more information or just want to discuss food and nutritious recipes? Give us a call at 419-947-1070 or in our OSU Extension – Morrow County office and chat Kathy Whitmore, SNAP-Ed Program Assistant and Candace Heer, Family and Consumer Sciences Educator.

OSU EXTENSION CALENDAR OF EVENTS

JUNE 2022

- 1 Morrow County Cattlemen, 6:30 p.m., Ag Credit Building Conference Room
- 4 Breeding rabbit Pre-Fair Registration, 7 – 11 a.m., Youth Building, Fairgrounds
- 4 Feeder Calf Mandatgory Pre-Fair Registration, 7-11 a.m., Large Show Arena, Fairgrounds
- 6 Jr. Fairboard, 7:30 p.m., Fairgrounds
- 7 **Jr. Fair Entries Due**
- 10 Early Judging Registration Due
- 14 Food Preservation Webinar – Greens, 4 p.m., <https://go.osu.edu/2022foodpreservationwebinarseries>
- 16 Registration Due for Illustrated Talks, Marketing, Health & Safety, & Public Speaking – LEGO Edition
- 16 Horse & Pony Committee, 8 p.m., Ag Credit Building Conference Room
- 20 Early 4-H Project Judging, 6 p.m., Youth Building Fairgrounds (Registration Due June 10th)
- 20 Ohio State Fair Entries due
- 21 Registration Due for STEM Camp
- 21 Illustrated Talks, Marketing, and Health & Safety Speaking Contests, Ag Credit Building Conference Room, 6 p.m.
- 21 Public Speaking – LEGO Edition, Ag Credit Building Conference Room, 7 p.m.
- 22 Common Garden Insects Class, 2 p.m., Perry Cook Memorial Library, Johnsville
- 23 DWD: Take Charge of Your Diabetes, 1:30 p.m., Ag Credit Building Conference Room
- 23 Sr. Fairboard, 7 p.m., Fairgrounds
- 24 Registration Due for Youth Fitness Quest
- 28 How To Enter Flowers in the Fair Class, 6 p.m., Headwaters Education Center

- 28 Food Preservation Webinar – Beans, 4 p.m. <https://go.osu.edu/2022foodpreservationwebinarseries>

JULY 2022

- 5 Jr. Fairboard, 7:30 p.m., Fairgrounds
- 5 Youth Fitness Quest, 10 a.m.-2 p.m., Buckeye Training & Fitness Academy
- 6 Morrow County Cattlemen, 6:30 p.m., Ag Credit Building Conference Room
- 8 Mindful Wellness Extension Series – Class 1 of 4, 1:30 p.m., Selover Public Library <https://go.osu.edu/mindfulwellness-series-osuemorrow>
- 9-13 4-H Camp
- 14 Quality Assurance Deadline
- 15 Mindful Wellness Extension Series, Class 2 of 4, 1:30 p.m., Selover Public Library <https://go.osu.edu/mindfulwellness-series-osuemorrow>
- 15 Registrtration Due for Cloverbud Fun Day
- 18 4-H Project Judging
- 19 4-H Food & Clothing Judging
- 21 Youth Fitness Quest, 10 a.m.-2 p.m., Buckeye Training & Fitness Academy
- 21 Herb Garden Make & Take, 6 p.m., Bunkers Mill Winery, Cardington, \$15
- 21 Horse & Pony Committee, 8 p.m., Ag Credit Building Conference Room
- 22 Mindful Wellness Extension Series, Class 3 of 4, 1:30 p.m., Selover Public Library <https://go.osu.edu/mindfulwellness-series-osuemorrow>
- 23 Pasture Walk, Scott Loefflers, 10 a.m. – 1 p.m.
- 23 Cloverbud Fun Day, Ag Credit Building Conference Room, 9 a.m.
- 26 4-H CARTEENS, Ag Credit Building Conference Room, 6:30 p.m.

- 26 Food Preservation Webinar – Peaches, 4 p.m. <https://go.osu.edu/2022foodpreservationwebinarseries>
- 27 Common Garden Diseases Class, 2 p.m., Perry Cook Memorial Library, Johnsville
- 28 Sr. Fairboard, 7 p.m., Fairgrounds
- 29 Mindful Wellness Extension Series – Class 4 of 4, 1:30 p.m., Selover Public Library <https://go.osu.edu/mindfulwellness-series-osuemorrow>
- 29-July 1 S.T.E.M. Camp, Ag Credit Building Conference Room, 9 a.m. or 1:30 p.m.

AUGUST 2022

- 3 Registration Due For Field Trip To Great Lakes Science Center
- 4 Market Rabbit Mandatory Pre-Fair Check-In, 5-8 p.m., Fairgrounds
- 4 Pullorum Testing, 6-7 p.m., Fairgrounds
- 8-9 Livestock, Horse, and Dog Skillathons
- 9 Food Preservation Webinar – Corn, 4 p.m.
- 11 Field Trip To Great Lakes Science Center
- 23 Food Preservation Webinar – Melon, 4 p.m.
- 25 Soybean Field Day, 9:30 a.m. – 2 p.m., Headwaters Outdoor Education Center
- 26 Food Preservation Webinar – Peaches, 4 p.m. <https://go.osu.edu/2022foodpreservationwebinarseries>

29-Sept. 5 **Morrow County Fair**

SEPTEMBER 2022

- 6 Food Preservation Webinar – Broccoli, Brussel Sprouts, & Cauliflower, 4 p.m.
- 8 Carcass Contest Viewing, 6:00 p.m., Links
- 20 Food Preservation Webinar – Potatoes, 4 p.m.
- 26 Food Preservation Webinar – Peaches, 4 p.m. <https://go.osu.edu/2022foodpreservationwebinarseries>

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