

Morrow County SCARLET & GRAY News

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We value your input - please take our survey



By Candace J. Heer, Extension Educator, Family and Consumer Sciences

- <https://go.osu.edu/surveymorrowextensionfcs>
 - This survey is open through June 30, 2021.
- We are interested in obtaining your feedback about



Family and Consumer Sciences (FCS) awareness and interest in programs through Morrow County Extension. An anonymous survey, at this link <https://go.osu.edu/surveymorrowextensionfcs>, will take approximately 5 minutes to complete. The link to the survey can also be found on our website at morrow.osu.edu.

If you would like help in completing the survey, please call our office at 419-947-1070 and someone will assist you. In the survey, you will also have an opportunity to provide your email to be placed on our FCS Program Information and Invitation list and your responses will not be linked to your information. This survey is open through June 30, 2021.

If you have questions about this survey or Family and Consumer Sciences in general, please contact me at heer.7@osu.edu and at the OSUE-Morrow County office number 419-947-1070.

Thank you for completing this survey. Your feedback will help guide future FCS programming in Morrow County.



Publications For Sale

- OSU Extension – Morrow County has the following publications for sale:
- eFields Report (Free) This is a report of all the on farm research that OSU Extension is participating in around the state.
 - Midwest Home Fruit Production Guide (\$14.50 + Tax)
 - The NEW Tri-State Fertilizer Recommendations (\$5.76 + Tax)
 - 2021 Weed Control Guide (\$11.00 + Tax)
 - Ohio Agronomy Guide (\$10.00 + Tax)
 - Corn, Soybean, Wheat and Forage Field Guide (9.44 + Tax)

Spot On sprayer calibrator can be borrowed

If you are getting ready to calibrate your sprayer, OSU Extension has a handy little spray calibrator that you can borrow. It takes the guess work out of calibrating the sprayer.

Call the OSU Extension - Morrow County office at 419-947-1070 for more information.



Current Resident or

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COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES
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AGRICULTURE



Clean Sweep Agriculture Chemical Disposal Collection

The Ohio Department of Agriculture will be sponsoring a collection event on August 12th from 8 a.m. to 3 p.m. for farmers wishing to dispose of unwanted pesticides. The event will be held at the Morrow County Fair Grounds, 195 S Main St, Mt Gilead, OH 43338

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. For more information, contact the Ohio Department of Agriculture at 614-728-6987.

Please Call or Email Carri Jagger with any questions 419-947-1070 or Jagger.6@osu.edu

Sheep 101 Field Day scheduled for Saturday, August 14, 2021

OSU Extension – Morrow County, Morrow County Farm Bureau and The Ohio Sheep Improvement Association are offering a FREE small ruminant field day for local sheep producers. The program will be held Saturday, August 14 from 9:00 a.m. to 2:30 p.m. at the Dale and Kathy Davis Farm, 3149 County Road 169, Cardington, Ohio 43315.

The program is set up for both beginning and experienced producers. The topics in the program will include:

- Labor Saving Time Tricks
- Shearing
- Vaccinations
- Lambing Simulator
- Experienced Producer Q&A Panel

The sessions will be taught by OSU Extension Educators and industry professionals. Lunch will be provided.

Please RSVP by July 31st to Morrow County Farm Bureau at 419-747-7488 or morrow.ofbf.org.

Set the date: 2021 Agronomy Field Day

Save the Date! The 2021 Agronomy Field Day will be held Wednesday September 8th from 10:00 a.m. – 3:00 p.m. at the Headwaters Outdoor Education Center, 151 Home Road, Mt.

Gilead, Ohio 43338.

Check back with OSU Extension – Morrow County or Morrow Soil and Water for more details as the date gets closer.

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

Once again, the Morrow County Pork Producers and The Morrow County Cattlemen's Association 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 following:

Mary Neviska - Pork Producers - 419-656-7666

Dixie Shinaberry – Cattlemen's Association - 419-512-5644

Pond Clinic to be held June 10

The Morrow & Richland Soil and Water Conservation Districts will be hosting a Pond Clinic for new and established pond owners on June 10, starting at 7:00 p.m. The featured speaker will be Steve Fender, of Fenders Fish Hatchery in Baltic, Ohio.

The clinic will be held at Headwaters Outdoor Education Center, 151 Home Rd., Mt. Gilead, OH 43338 (just north of the Morrow County Sheriff's Office).

The topics covered will include: pond management, aquatic vegetation control, fish stocking, fish management, aeration systems and much more. Light refreshments will be provided and there will also be activities for kids. This event is open to the public.

Purchased Tilapia from the Morrow SWCD fish sale will be available for pick up from 6:00



p.m. to 7:00 p.m. that day or at the conclusion of the pond clinic. If interested in ordering Tilapia, please visit Morrow SWCD's website: mrowswcd.wixsite.com/morrowswcd.

For questions, please contact Morrow Soil & Water at 419-946-7923 or Richland Soil & Water at 419-747-8686.

Start Planning for Pre-Emergence

By Carri Jagger, Ag & Natural Resources
Educator, Morrow County

I have had a few questions recently about when to apply pre-emergent herbicide to flower beds. Now is a great time to do it as long as you prepare the bed first. You want your beds to look like the picture below if you are planning on using pre-emergent herbicide.



Pre-emergent herbicides are a great way to cut down on the amount of many annual and perennial weed seeds in flower beds. Pre-emergent herbicides control a variety of weeds but not all weeds. If your flower beds look like the picture below you need to make sure all of the perennial and annual broad leaf weeds and grass weeds are removed before applying pre-emergent. Because pre-emergent herbicide will not control weeds currently growing in the beds, thus the preparation. Pre-emergent prevents weed seeds from growing and maturing by inhibiting the root system development of the young weed seedling. This kills it before it matures.

Pre-emergent herbicide will not work on the picture below. The weeds and grass must be controlled before applying pre-emergent.



There are several brands of pre-emergent on the market including: trifluralin (Preen®), DCPA (Dacthal®), oryzalin (Surflan®), pendimethalin (Halts®) and isoxaben (Gallery®). Unfortunately, some of the previous are not readily available to home gardeners, since their primary use is by professional applicators. In all cases, careful reading of the herbicide label is important, since not all herbicides can be used among all ornamental plants and certain herbicides require special application techniques.

In fact, some herbicides, particularly those for vegetables, may require a period of time post-planting before application. Therefore, clean the beds up first and apply at the proper time.

Using pre-emergent herbicides is not a one and done treatment. It needs to be reapplied about every 3 months, depending on the product. If mulch is going to be used and annuals are planted, a pre-emergent application should be done after mulching. I usually use three applications a year. One at the end of March or the beginning of April, one in June after I mulch, and another at the end of September or beginning of October to control winter annuals. I actually spread mine the other day right before a rain. So now it is activated and protecting my flower beds from pesky little weed seeds that could be lurking in the soil. It is very important to water in pre-emergent herbicide once applied as this activates it.

Keep in mind that once pre-emergent herbicides are applied and watered in, they create a barrier thus preventing weed growth; if that barrier is disturbed from digging holes to plant or raking, the product will no longer be effective. Also, if annuals are started from direct seeding in the garden, avoid using pre-emergent herbicide in those areas. This would also include any perennials that you want to reseed and spread in your garden.

Information for this article came from Colorado State Extension, University of Missouri, and Purdue University Extension.



AGRICULTURE



Perennial Weeds can indicate soil health problems in pastures

By Dean Kreager, OSU Extension Educator ANR, Licking County

(Previously published in *Farm and Dairy*: May 6, 2021)

If plants could talk, we could learn a lot, and our jobs as stewards of the land would be much easier. When we go to the doctor because we are sick, we do not sit quietly and expect the doctor to know how we feel and then tell us how to get better. We need to provide information that will help with the diagnosis.

But since plants cannot talk, our job is difficult when we try to locate the source of a problem, such as low productivity or an infestation of weeds.

Recently, one of my colleagues, Ed Brown, suggested a method of taking stock of what is growing in your pasture. Knowing what plants are growing in your pastures is an important first step in listening to what the pasture is telling you. Varieties of plants or changes in these populations from year to year can provide important clues.

Indicators

Indicator plants are plants that can provide suggestions of issues in the soil. Often, perennial weeds can be our best indicator plants. These plants are living in a condition that has allowed them to survive for multiple years.

Annual plants only need conditions that allow them to make it through one growing season, but their ability to come back for multiple years can also suggest problems.

Identifying and inventorying these plants can be an additional tool to use when managing your pasture.

While I would not suggest that these plants take the place of soil testing, they could hint that a soil test is needed to interpret what the indicator plants are telling us. By testing soil and continuously monitoring the stock of plants present, we can document actual improvements over time.

Much of the information on indicator plants dates back many years, but there continue to be studies from universities that support many of the old findings.

Examples

Here are some examples of indicator plants, though there are many more. Broadleaf plantain may indicate compacted soil with low fertility. Broomsedge is often an indicator of low phosphorous, which may be due to low pH. Burdock can indicate low calcium and high potassium.

Curly dock often indicates wet or compacted soils, as well as low calcium and extremely high magnesium, phosphorous and potassium. Knapweed does well with low calcium and very low phosphorous.

Oxeye daisy likes low phosphorus, high potassium and high magnesium. Common mullein often indicates low pH rocky soils. Red-root pigweed can indicate too much iron or too little manganese, but it may also indicate high potassium and manganese and low phosphorous and calcium, and is often an indicator of fertile soil.

Managing weeds

Usually, our goal is to find a way to remove weeds from our pastures. They typically reduce productivity and compete against the desired forages. But research has shown that simply removing those weeds without addressing why they

grew there in the first place will only provide a short-term solution, as the weeds will likely return.

Taking stock of weeds and listening to what they are telling us about soil conditions can be an additional tool in our toolbox. We do our best to provide a good representative soil sample to learn about the fertility status on our pastures. These samples are great for providing averages.

But maybe, for example, we did not pull a sample from a particular area, and we realize that

area is covered with broomsedge. Going back and taking a soil sample in that area could be valuable in both getting rid of the weed problem and improving fertility.

Pick up a good weed identification guide and do not be afraid to contact your local extension educator for assistance with identification. There are also several university-based guides for assistance with what these weeds may be telling you. Listening to those indicator plants is one more tool for managing your pastures.

Are Periodical Cicadas a threat to field crops?

By Curtis Young, CCA

Are periodical cicadas a threat to field crops? The quick and dirty answer to this question is NO. Are they a threat to the health and welfare of anything? There is no quick and dirty answer to this question.

The best way to answer the second question is to start by looking at what the periodical cicada is, what it feeds on, where one would expect to find them, and its life cycle.

The periodical cicada or 17-year cicada is an insect with an extremely long life cycle that takes 17 years to get from the egg stage to the adult stage. Some people mistakenly refer to this insect as a locust. Unfortunately, locusts and cicadas are not one-in-the-same. Locusts are a type of grasshopper (Order Orthoptera). Cicadas (Order Hemiptera) are not grasshoppers. And the two look nothing like one another.

The periodical cicada feed mostly in their nymphal stages and are hosted by trees of many species. And since it takes 17 years of feeding by the nymphs, the trees have to be old and well established, minimally 20+ years old. Therefore, periodical cicadas are going to be found in and around long-standing woodlots, forests and landscapes (homes, parks, and cemeteries), especially those that have been established in or next to woodlots. What does this preclude? We will not find periodical cicadas in crop fields, pastures, landscapes recently established on field crop ground, housing developments where all of the ground was excavated, or basically anywhere where there isn't long established trees. There are also northern limits to their natural range (e.g. they do not exist very far into the state of Michigan).

The periodical cicada has three stages in its life cycle, eggs, nymphs and adults. Adults present themselves once every 17 years for about 4 to 6 weeks. In Ohio, the time period could start in early May in southern Ohio and mid- to late May in northern Ohio. Not all parts of Ohio will experience periodical cicada. Besides being limited to places where older growth trees are established, there are different populations called Broods that emerge in different years. In Ohio this year, we are expecting Brood X periodical cicadas which are mainly distributed in mid- to western Ohio.

There is currently a Citizen Science project called Cicada Safari with a reporting application for people to report where they run into populations (<https://cicadasafari.org>). This is a smart



Dog-day cicada



Grasshoppers

phone application for reporting to help the scientists verify the true distribution of this insect.

The main purpose of the adults is reproduction, find a mate, mate, and lay eggs for the next generation. This is when damage can occur to trees. Mated females jam their ovipositors (egg-laying structures) into small branches of trees. Multiple jabs can damage the stems to the point that they may die or at the very least be very easily broken called flagging. Mature, healthy trees will easily grow through this damage. Very young trees and newly planted trees may suffer from the damage. Because of the way that orchard trees are pruned and managed, this could cause serious damage and crop loss.

The eggs hatch a short time after they are laid. The newly hatched nymphs drop from the trees to the ground, dig in and find a tree root to attach to for feeding. No research has been done to determine if the nymphal feeding causes and problems for the trees. And that is where they stay for 17 years.

Are they a health concern for humans? No, they do not bite nor sting. Are they a threat to livestock or pets? They are not poisonous, however some dogs and cats stuff themselves with cicadas to the point that they vomit.

If you want to learn more about the periodical cicada, see the following links: OSU Fact Sheet, Periodical and "Dog-Day" Cicadas: <https://ohioonline.osu.edu/factsheet/ENT-58>; Cicada Mania: <https://www.cicadamania.com/>; Crop Observation and Recommendation Network



Entering a Flower Show 101

Do you have an interest in entering flowers or flower arrangements in flower shows or county fairs, but not sure how to do it? You are in luck Morrow County Master Gardener Volunteers are offering a class to teach folks the ins and outs of entering flowers in flower shows and fairs.

The class, Entering a Flower Show 101 will be held Tuesday, June 29th at 6:00 p.m. at the Headwaters Outdoor Education Center, 151 Home Road Mt. Gilead, Ohio 43338.

Questions? Please Call OSU Extension Morrow County with questions 419-947-1070 or email Carri.Jagger.6@osu.edu

Educational Dairy Tour set for July 10

An Educational Dairy Tour will be held on Saturday, July 10th from 10:00 a.m. to 2:00 p.m. at Berg Farms, 3100 Parsons Road, Bellville, Ohio 44813 (8.3 Miles South of Lexington and 11.3 Miles North of Chesterville).

Spend the morning and early afternoon with the Morrow County Dairy Association at a Working Dairy Farm where you will get a FREE hands on educational tour. This tour is open to the world. Delicious Dairy treats will be provided.

This educational tour will answer all of your

questions about the dairy industry, including feeding, care, milk testing, nutritional food values and much more.

Please join us to learn about how and where the dairy products you buy at the store come from.

Sponsored by: Morrow County Dairy Association, Smith's Foods, Farm Bureau, OSU Extension, AgCredit.

Please RSVP by June 25th to OSU Extension - Morrow County at 419-947-1070.



Growing degree days vs. calendar days – how long will emergence take?

By Alexander Lindsey, Greg LaBarge, CPAg/CCA

When we examine crop emergence post-planting, two factors can impact speed of emergence – soil moisture content and soil temperatures. If soil temperatures are lower, it can take more calendar days for emergence to occur meaning rowing corn may take a little more time. In the Ohio Agronomy Guide, emergence should begin to occur after approximately 100 air GDDs.

A difference in 10 degrees in temperature can dramatically affect how quickly crops will emerge. For example, at a temperature of 60 degrees F heat unit accumulation per day would be $60 F - 50$ (base temperature for growth) = 10 GDDs. If it takes 100 GDDs to start to see emergence, at this rate it would take 10 calendar days to see the crop start to emerge. If temperatures are 70 degrees F, heat unit accumulation per day would be $70 F - 50 = 20$ GDDs. This would shorten the emergence window to 5 calendar days instead, resulting in more rapid emergence from planting.

In recent work from Nemergut et al. (2021), researchers from OSU observed emergence starting at 110 to 120 soil accumulated GDDs (base of 50 degrees F) for corn, which equated to first emergence observed in 4 or 5 days after planting. Some of the difference in calendar date for emergence (though GDD accumulation was similar) was because planting depth was changed, and the 1" planting accumulated GDDs faster than the 2" and 3" planting depths. These studies though were planted in May or early June (2019 wet spring delayed planting), and daily accumulated GDDs was higher than we might expect if planted in late April. Soil accumulated GDDs have been discussed above, and these could vary

slightly compared to air accumulated GDDs (calculated using air temperatures). In the work referenced above, accumulated air GDDs in the first four days post-planting were 106-118 GDDs, slightly less than the soil accumulated GDDs.

If you want to predicate emergence on your farm, the GDD calculator found at <https://mrcc.illinois.edu/U2U/gdd/> is a useful tool. It is a two-step process, first find your location on the map, then enter your planting date. The graph will display accumulated GDD's for your location. Example output in Figure 2 shows GDD accumulation from an April 19, 2021 planting date near London, OH in Madison County. By May 6 the accumulated GDD was 138 and the emerging corn is shown in Figure 1. The GDD calculator can be used to predict growth stage throughout the growing season. This is a handy to time when scouting and management decisions should be made.

As the days turn cooler, don't be surprised if the crops don't pop out of the ground quickly due to lower soil temperatures. If emergence is still not observed after two weeks, it may be worth checking the field to see if other issues may be affecting emergence.



Figure 1. Emerged corn on May 6, 2021 planted April 19 near London, OH.

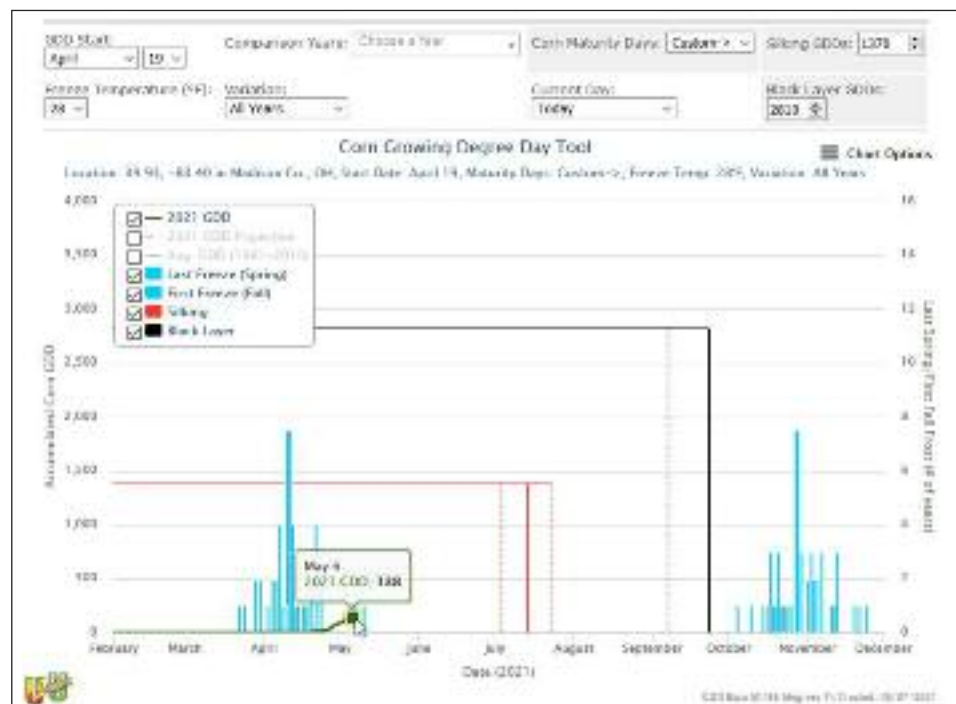


Figure 2. GDD accumulation from April 19 to May 6, 2021 near London, OH.

Make your best hay

By Mike Rankin

Hay and Forage Grower Managing Editor
(Previously published in Hay & Forage Grower: May 11, 2021)

There's never been a haymaker who couldn't improve on their craft. The opportunities to enhance forage yield, quality, and persistence are nearly endless. Whether you've already started cutting or are still waiting, Amanda Grev offers this bevy of suggestions in the University of Maryland's Agronomy News to improve this year's hay quality ledger.

Harvest at the correct maturity stage

"The single most important factor affecting forage quality is the stage of maturity at the time of harvest," notes the extension pasture and forage specialist. "This is especially true in the spring when forages are growing and maturing rapidly."

Target the onset of cutting at the boot stage for grasses or late bud to early bloom for legumes. For legume-grass mixtures, base your cut-time decision on the maturity of the grass, which usually mature earlier than legumes in the spring.

Cut early, wide, and high

In humid regions, maximize curing time by mowing in mid- to late-morning after the dew has dried off. This will allow for more drying time before sunset. Grev notes that maximizing exposure to sunlight and wind will result in faster dry down and reduced plant respiration during hours of darkness.

"When mowing, set the mower to make as wide of a swath as possible, ideally at least 70% of the cut width," Grev writes. "Maximizing the swath width shortens the wilting time by exposing a larger portion of the forage to direct sunlight, which leads to faster drying and preserves more digestible dry matter."

She also recommends paying attention to cutting height and avoid cutting hayfields too close. For alfalfa, leave 2 to 3 inches of residual. Cool-season grasses generally require no less than a 4-inch cutting height.

"Not only will this result in improved stand persistence, earlier regrowth, and sooner subsequent cuttings, but the stubble will help to elevate the swath and promote airflow and rapid drying," Grev explains.

Monitor moisture

Ted or rake forage above 40% moisture; this helps to reduce leaf loss, especially for legumes. Make sure rakes are properly adjusted to avoid picking up soil. Using rakes that handle the hay gently or slowing the speed of the rake are also ways to further minimize leaf loss and maintain forage quality.

Bale hay at 15% to 18% moisture to inhibit mold growth and reduce heating. Hay that is too wet — above 20% moisture — is prone to excessive heating and is subject to having high concentrations of heat-damaged, indigestible protein. Hay that is excessively dry will have greater leaf loss, which reduces forage quality.

Time cuttings



"Appropriate timing includes not only harvesting at the ideal forage maturity but also timing your cutting schedule for optimal growth based on seasonal weather conditions," Grev notes. "For example, completing the first cutting in a timely manner allows time for adequate regrowth and a good second cutting prior to the onset of the hot summer months. A nitrogen application (for grasses) following first harvest can help with this by stimulating forage regrowth."

Grev recommends allowing cool-season hayfields to go into the summer with at least 5 to 6 inches of regrowth. Doing so will provide shade to the plant crown and moderate the soil surface temperature, reducing soil moisture losses.

Fall hay cuttings need to be scheduled to allow stands enough time to regrow and replenish root carbohydrate reserves prior to winter dormancy.

Feed the crop

Quality forage can't be achieved without a sound soil fertility program. Grev suggests that a sound forage system entails providing adequate nutrients to the crop while also monitoring soil pH, soil compaction, nutrient removal rates, and overall nutrient status.

"High-yielding cuttings of hay remove substantial amounts of nutrients from fields, making a balanced fertility program essential for optimizing hay production," Grev says. "Take the time to soil test and apply nutrients and lime according to soil test results. Avoid using "complete" fertilizers like 10-10-10, which commonly overapply phosphorus and underapply potassium."

Keep it covered

Finally, Grev cautions to preserve forage yield and quality during storage. Store hay off the ground and preferably under cover. Weathering losses are largely the result of hay bales wicking moisture from the ground.



Adapting Burndown Programs to late-planted situations

It's déjà vu all over again. We have run this article every few years, and it seems like maybe the frequency is increasing as we deal with wet and cold weather that delays planting.

The questions about this have not changed much, and neither have the suggestions we provide here. One of the most common questions, predictably, is how to kill glyphosate-resistant marestail and giant ragweed and generally big weeds in soybeans when it's not possible to delay planting long enough to use 2,4-D ester (Enlist soybeans excluded since there is no wait to plant). Overwintered marestail plants become tougher to kill in May, so this is an issue primarily in fields not treated last fall. The good news is that we have more effective herbicide/traut options for help with burndown compared with a few years ago. The bad news is that nothing we suggest here is going to be infallible on large marestail.

A burndown of glyphosate and 2,4-D struggles to control marestail in the spring anyway, especially in the absence of fall herbicide treatments. Our standard recommendation, regardless of when spring treatments are applied, is to either replace the 2,4-D with something more effective, or to add another herbicide to supplement the 2,4-D. Sharpen has been the frequent replacement/supplement, and we now have the option to use dicamba in the Xtend soybean system instead of 2,4-D. While it's possible to use higher 2,4-D rates in the Enlist soybean without waiting to plant, higher rates do not necessarily solve this issue based on our research, although a follow up POST treatment that includes glufosinate or 2,4-D usually finishes off plants that survive burndown. There's a list of suitable soybean burndown treatments in our marestail fact sheet, and also below – these are for fields not treated the prior fall.

- Glyphosate + saflufenacil + 2,4-D (+ metribuzin if possible)
- Gramoxone (3-4 pt) + 2,4-D + metribuzin
- Glyphosate + dicamba (Xtend soybeans)
- Glyphosate + dicamba + saflufenacil (Xtend soybeans)
- Glufosinate + Sharpen (+ metribuzin if possible)

Saflufenacil herbicides include Sharpen, Zidua PRO, and Verdict. It is possible to use a mix of glyphosate, saflufenacil, and metribuzin, omitting the 2,4-D, but control can be more variable. We have observed some weakness also with the glyphosate/saflufenacil combination on dandelion, purple deadnettle, and larger giant ragweed. There is usually going to be a benefit to keeping 2,4-D in the burndown where possible, as part of a more comprehensive mixture. We advise against using Gramoxone unless it can be mixed with both 2,4-D and a metribuzin-containing herbicide. One strategy would be to plant corn first as soon fields are fit, and delay soybean planting so that 2,4-D could still be used. And a reminder - deciding to include saflufenacil at the last minute can result in a need to alter the residual herbicide program. Labels allow mixtures of Sharpen/Verdict with herbicides that contain flumioxazin (Valor), sulfentrazone (Authority),

or fomesafen (Reflex) only if applied 2 or more weeks before planting.

Some other things to consider in a delayed burndown situation:

1. Aside from glyphosate-resistant weeds, increasing glyphosate rates may be one of the most effective ways to maintain effective control. We suggest a rate of at least 1.5 lb ae/A, and higher rates could be warranted. This will not improve marestail control, but should help with most other weeds, especially under (presumably) warmer May conditions.

2. To improve control with glyphosate/2,4-D, add Sharpen or another saflufenacil herbicide, as long as the residual herbicides in the mix do not include flumioxazin, sulfentrazone, or fomesafen if it's within 14 days of soybean planting. It's also possible to substitute Sharpen for 2,4-D when it's not possible to wait 7 days to plant, but this may result in reduced control of dandelion, deadnettle and giant ragweed. Where the residual herbicide in the mix does contain flumioxazin, sulfentrazone, or fomesafen, and it's not possible to change the residual or add Sharpen, adding metribuzin or Canopy Blend/Cloak DF to glyphosate/2,4-D can improve burndown effectiveness somewhat.

3. Consider substituting Gramoxone or glufosinate for glyphosate? Gramoxone is less effective than glufosinate on marestail, but glufosinate can struggle some in a dense, large no-till burndown situation. Either one should be applied with metribuzin and 2,4-D ideally. Use the higher labeled rates and a spray volume of 15 to 20 gpa for best results. A consideration here is that in large no-till weed situations, high rates of glyphosate typically have more value than high rates of Gramoxone or glufosinate, with the exception of glyphosate-resistant weeds. We know of some growers who have used a mixture of glyphosate and glufosinate for burndown, with the glufosinate in the mix to control marestail pri-

marily. We do not have enough experience with this mix to make a recommendation in a burndown situation. The hail mary treatment here is a mix of glufosinate and Sharpen (plus metribuzin ideally), which can be expensive but somewhat of a scorched earth approach on broadleaf weeds at least.

4. In the Enlist and Extend systems where it's possible to use 2,4-D or dicamba without waiting to plant, there can be an advantage to increasing herbicide rates as we move later and weeds become larger. Another advantage of these systems is the option to use 2,4-D or dicamba again in POST treatments to finish off weeds that survive burndown. We do have to assume that this strategy would likely select for resistance more rapidly, compared with use just PRE or POST. Including glufosinate in POST treatments of 2,4-D to Enlist soybeans should mitigate the resistance rate somewhat, although it does not substitute for late season scouting and removal of weeds to prevent seed. Reminder to consult the appropriate websites to determine the legal options to mix with 2,4-D and dicamba for use in Enlist or Xtend soybeans, especially when developing a more comprehensive mix to deal with tough burndown situations.

5. Among all of the residual herbicides, chlorimuron contributes the most activity on emerged annual weeds and dandelion. This is probably most evident when the chlorimuron is applied as a premix that contains metribuzin (Canopy Blend/Cloak DF, etc). The chlorimuron may not be much of a help for marestail or ragweed control, since many populations are ALS-resistant. Cloransulam (FirstRate) has activity primarily on emerged ragweeds and marestail, as long as they are not ALS-resistant. We have on occasion observed a reduction in systemic herbicide activity when mixed with residual herbicides that contain sulfentrazone or flumioxazin.

6. It is possible to substitute tillage for burn-

down herbicides. Make sure that the tillage is deep and thorough enough to completely uproot weeds. Weeds that regrow after being "beat up" by tillage are often impossible to control for the rest of the season. Tillage tools that do not uniformly till the upper few inches (e.g. TurboTill) should not be used for this purpose. One strategy to ensure complete control even in tilled situations is to apply glyphosate several days prior to tillage.

7. Late burndown in corn is typically a less dire situation compared with soybeans. Reasons for this include: 1) the activity of some residual corn herbicides (e.g. atrazine, mesotrione) on emerged weeds; 2) the ability to use dicamba around the time of planting; 3) the tolerance of emerged corn to 2,4-D (Enlist corn) and dicamba, and 4) the overall effectiveness of available POST corn herbicides. Overall, while not adequately controlling emerged weeds prior to soybean planting can make for a tough season, there is just more application flexibility and herbicide choice for corn. Having said this, be sure to make adjustments as necessary in rate or herbicide selection in no-till corn fields.

One of the OSU PrecisionU sessions that past winter dealt with planning for problems caused by wet weather in late spring. The related video on weed management can be found here: <https://www.youtube.com/watch?v=212t-85mpKk&feature=youtu.be>

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.



Do you have soil compaction in your fields?

Do you ever wonder about soil compaction in your fields? OSU Extension – Morrow County purchased a new tool called a penetrometer. This tool helps to determine how compact your soils are. If you are interested in knowing how com-

pacted your soils might be call our office 419-947-1070 and Carri would be happy to schedule an appointment to walk your fields and test the compaction.



4-H NEWS



4-H in the classroom

By Amanda Staley

Wow...this spring has been busy going into our local schools to teach a vast array of topics. It has been wonderful to see the youth again! It brings me a lot of joy seeing them learn while having fun and many times having that light bulb

go off when they learned something cool.

I have also been blessed to work with teachers that have impressed me with their dedication to providing the youth with positive experiences. Our county does have some real gems for teachers.

As they say, pictures are worth a thousand words, so I'll let the pictures tell the story about the great spring that I've had teaching in our county schools. It was hard to narrow the pictures down to just these!



Career Exploration Workshop – Construction and Automotive



Rocketry! Cardington Middle and High School



The Science of Weather! Mrs. Jolliff's 2nd grade class at Park Avenue Elementary.



Last day of ChickQuest! Mrs. Davis's 1st grade class at Highland Elementary.



Healthy Soils at The Tomorrow Center in Mrs. Anderson's class.



Hatching ducks in Mrs. Jolliff's 2nd grade class at Park Avenue Elementary.



4-H NEWS



4-H General Information

Thank You Club Project Book Support

We were once again able to give our members a discount, thanks to the generous donations of over \$1,500 from Central Ohio Farmers Cooperative and new this year 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., 730 Bellefontaine, Marion, OH 43302
and
CHS P.O. Box 64089 St. Paul, MN 55164-0089

Ohio State Fair Entry Deadline!!

Junior and Open Ohio State Fair livestock registration is now open and the schedule is live

at <https://ohiostatefair.com/livestock/>
Enter by June 20.

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

Once again, the Morrow County Pork Producers and The Morrow County Cattlemen's Association 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 following:
Mary Neviska - Pork Producers - 419-656-7666
Dixie Shinaberry - Cattlemen's Association - 419-512-5644

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.

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**

15th in the Youth Building at the Fairgrounds during Miscellaneous Judging. Stay tuned on how to register for a judging time.

Morrow County 4-H Camp

Good news we can have overnight 4-H Camp this year!! It will be held on July 10 (morning)-13 (morning) for our campers at 4-H Camp Ohio. Counselors and staff will move in the on the 9th for training and getting ready.
Cost will be \$100. We are waiting on more guidelines from the state 4-H program to give you more details and registration information! Please Watch YOUR email for details and registration!!!!



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.

From the Junior Fair Office

News from Lindsey & Lisa

The 2021 Morrow County Fair is right around the corner! The Jr. Fair Board has been hard at work making improvements and preparations. The following is information to keep in mind as we move closer to fair.

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.

Youth Building Display Booths – Clubs, please reserve your fair display booth soon! 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. Your club can work on decorating the booth on August 28th from 9:00-12:00, August 29th 1:00-4:00 and August 30th from 10:00-8:00. All displays must be in place by 8:00 pm on Monday August 30th.

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 old tag in to us 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 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 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 programs.

Premium Pick Up - Premium pick up during the fair is back! To pick up your premium money you will need to: 1. Wait until after your project has been judged. 2. Have your Fair pass with you. 3. A parent may pick up the money for an exhibitor, but the fair pass is still needed. 4. Advisors will be able to pick up money for those who are unable to make it to the fair. 5. If money is not picked up by end of fair, the money will be forfeited back to the fair. Premium pick up hours will be Friday September 3rd, 10a.m.- Noon, Saturday September 4th, 4p.m. – 6p.m., Sunday September 5th, 10a.m. -5:00 p.m.

We can't wait to see you all in-person! Have a great summer!

Lindsey Gallik, Jr. Fair Coordinator 419-560-7046

Lisa Duckworth, Assistant Jr. Fair coordinator 419-560-7101

Office phone 419-947-1567



4-H NEWS



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.

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.

Skillathon Information

2021 Skillathon Stations

The stations for the 2021 Skillathon have been announced.

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

Schedule will happen August 9th or 10th – 6:00 p.m. – 9:00 p.m.

Participants will come one time according to a schedule list, which will be posted on our website at a later date.. 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 lists page numbers 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 different swine breeds (pg. 3-3 to 3-6)

B. Biosecurity (to be posted)

C. Giving shots – proper location (pg.24-7), reading medicine labels and inserts (pg. 24-12)

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

A. Identify the different breeds (pg. CP-1 to CP 6)

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

C. Reading a feed label (pg. 7-13 and 12-12 to 12-13)

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 dis-

eases 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. Identifying the different dairy breeds and their breed descriptions (pg. 9-13)

C. Reading a feed label (pg. 161-162)

Goats: (Resource Book Page #)

A. Identify the different breeds (pg. 12-20)

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

C. Giving shots – proper location (pg. 166), reading medicine label and inserts (pg. 168-169)

Horses and Ponies: (Posted On-Line)

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

B. Identifying the feet and leg structural differences

C. Identifying common tack

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

A. Identify the parts of your bird (if you own more than one type you can choose which bird you want to identify).

B. Identify feed stuffs and knowing what you feed your bird(s) and what percentage protein is fed

C. Reading medicine labels and inserts

Rabbits: (Resource Book Page #)

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

B. Identify the different rabbit breeds (pg. 12-26)

C. Identify Faults (To be posted)

Dogs: (Resource Book Page #)

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

B. Dog Behavioral Postures (pg. 43-47)

C. Arrange bathing diagram cards & identification tags in proper sequence (pg. 35-36)

4-H General Information

Interested in Avian (Poultry) 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! We are hopeful of a contest this year!

If you are interested, please contact Russ Mayer at (419) 560-3689



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 31st – 3-5 p.m. or 7-9 p.m.

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

Thursday, September 2 - 3-5 p.m. or 5-7 p.m.

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

Saturday, September 4 - 1-3 p.m. or 3-5 p.m. or 5-7 p.m. or 7 to 9 p.m.

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

Monday, September 6th – 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

Terrific Teens - Celebrating Morrow County 4-H Teens



Mason Kidwell
from Next Generation 4-H club

Mason Kidwell has just completed his swimming season at Mt. Gilead with all 3 of his relay teams and qualified individually in the 100 butterfly. Mason has been working at Purple Indian Pizza and has been a terrific help this year helping his grandmother and grandfather, Carol and Ben Holsinger at the Capitol Theatre. When Mason is not working with his 4-H market hog projects during the summer he works on preparing for the cross country team. He is a 4-H camp counselor, a member of the 4-H teen leaders group, and is a member of the Next Generation 4-H club.



Emily Baker
from Buckeye Brigade 4-H club

Emily Baker has served as treasurer for at least the last 3 years. During those years, she has received various level awards for the terrific way she has maintained those records. As you can see from her picture, she is a Highland student. She participates in the marching, concert, and pep bands. She is the asst. treasurer for the FFA. She is also on the Academic challenge and is a statistician for the wrestling team. She has shown rabbits, goats, and creative art projects. One of Emily's favorite things to doing a demonstration each year.

Taylor Rush
from Iberia Jr Farmers 4-H club

Taylor Rush is a great young adult. She is very busy in the agricultural community. She is active in 4-H, an FFA officer at Tri-Rivers, and is part of the Jr. Fair board for Morrow County. She also enjoys showing sheep at the Morrow County Fair, all while learning all of the ins and outs of being a young adult in this big world.



Adam Gamble
from Buckeye Brigade 4-H club

Adam Gamble is a member of the Buckeye Brigade 4-H club and just celebrated his 18th birthday. He is a senior at Highland High School and recently was on the senior Honor roll. He is in FFA. He works 40 hours a week at RKE trucking in Westerville.



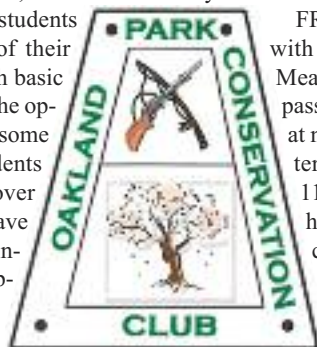
Fishing and Water Safety Course!

We would like to take this time to invite you to OAKLAND PARK CONSERVATION CLUB for our BAITCASTER on June 18,19,20.

The seminar is an annual progressive course designed to teach participants both basic and advanced skills related to fishing and water safety. The course is designed at beginner, intermediate and advanced levels. Beginner students will be assigned the majority of their courses which are aimed to teach basic fishing skills and will also have the opportunity to individually select some courses a la carte. As students progress through the course over multiple years, they will only have a few assigned courses and an increased selection of a la carte options to choose from.

Classes range from bow fish-

ing to lure making to watercraft safety with a variety in between. All participants are encouraged to participate in a fishing derby and attend the award ceremony with prizes to conclude the day. Participants are also invited to spend the night camping and enjoy open fishing the following day.



FREE to all youth. Parents can fish with their youth. We will provide Meals. There will be lots of prizes to pass out. Camping sites are available at no charge. Here is the link to register <https://forms.gle/5Y3eFU9Xyh11DC759> and link to our website <https://oaklandparkconservation-club.org>.

If you have any questions please let me know.

Hope to see you there.

Savannah Hiatt
from Reckless and Rowdy 4-H club

Savannah Hiatt, a Cardington student, attends Fresh Faith Community Church where she is active in the youth group there. This will be her first year on the Jr. Fair board, she will be working in the swine dept. She has participated in the 2019 rabbit bowl. She also volunteered to help with the commodity bowl at the state fair to raise money for the Extension levy. One of her favorite 4-H activities is 4-H camp and fair! When she is not studying, hanging out with friends she enjoys helping her neighbors and babysitting.





Chow Line: COVID-19 quarantine weight gain

By Tracy Turner, turner.490@osu.edu,
614-688-1067

Both my wife and I have packed on several pounds since the beginning of quarantine. Do you have any tips on how to help us change out of our quarantine diet and habits to get these pounds off?

First, you need to know that you and your wife aren't the only ones who have gained weight in the past year related to the COVID-19 quarantine. In fact, many consumers have found themselves turning to unhealthy habits to cope with stress related to the pandemic.

For example, health professionals have found that many people nationwide have gained weight during quarantine. A study published March 22 in the journal JAMA Network Open found that participants gained an average of 1.5 pounds per month during quarantine. The study suggests that as people stayed home parked in front of computers and TVs, their eating habits and physical activity changed, resulting in the weight gains.

And a study by the American Psychological Association found that 42% of consumers gained more weight than they intended during the pan-

dem and ensuing stay-at-home orders. The Stress in America pandemic survey included 3,013 adults nationwide. It found that 42% of respondents said they gained an average of 29 pounds, and 10% said they gained more than 50 pounds.

The survey also found that 67% of respondents said they have been sleeping more or less than desired since the pandemic started, and 23% reported drinking more alcohol to cope with their stress.

While most health experts would agree that a preoccupation with dieting or obsession over body image is not good for one's mental or physical health, there is reason to be concerned about excess weight gain, said Jenny Lobb, an educator in family and consumer sciences for Ohio State University Extension.

"At the beginning of the pandemic, while many of us were under lockdown and shelter-in-place orders, the hashtag #Quarantine15 started to circulate the internet to describe the weight gain some were experiencing while at home in isolation," Lobb wrote in *Say Goodbye to #Quarantine15!*, a blog posted at Live Healthy Live

Well.

The site, which can be found at livehealthyosu.com, is a free information resource that offers science-based consumer information and insights. It's written by OSU Extension educators and specialists in family and consumer sciences who are concerned with health and wellness. OSU Extension is the outreach arm of The Ohio State University College of Food, Agricultural, and Environmental Sciences (CFAES).

"One reason maintaining healthy weight is important is that obesity is associated with serious complications in those infected with COVID-19," she said. "Eating a healthy diet consisting of fruits, vegetables, lean protein, and whole grains not only helps one maintain a healthy weight, but it also provides the body with important nutrients that strengthen immune function."

Here are some tips Lobb suggests to help people adapt healthier eating habits:

- Adopt a positive perspective. Rather than giving in to #Quarantine15 and accepting weight gain as inevitable, look at the pandemic as an opportunity to change your routine and establish new, healthy habits.

- Adjust your setup. If you are still spending the bulk of your time at home, try not to hang out in or around the kitchen all day. Set designated times for meals and snacks.

- Keep sweets and processed foods out of sight or out of the house altogether, and make sure healthy snacks such as fresh fruits, chopped veggies, cheese cubes, or whole-grain crackers are readily available.

- Plan ahead. Take time to plan meals, and then prepare or pack food as needed so you're not tempted to grab something "easier" when you get hungry.

- Focus on easy meals. Keep your pantry well stocked with staple items so you can throw together an easy meal in a pinch, if plans go astray.

However, it's important that you set realistic expectations, she said.

"Getting adequate sleep, coping with stress, and exercising regularly are also important components of self-care," she wrote. "Decide today to adopt one new healthy habit, and then build on that habit until you reach your ultimate goal."

REVIEWER/CONTRIBUTOR: Jenny Lobb, lobb.3@osu.edu, 614-292-7775, Educator, Family and Consumer Sciences

Why should you have your dial gauge pressure canner tested yearly?

From gardens to pantries, home canning is a healthy mainstay in American lives. Curtis Braun, SDSU Extension Food Safety Field Specialist, reminds us that canning allows an economical way to preserve important vitamins and nutrients from fresh quality, locally grown fruits and vegetables while maintaining control over food additives such as sugar and salt. Pressure canning is used to can foods with low acid levels such as red meats, seafood, poultry, and low acid vegetables. The USDA endorses pressure canning as the only safe method for canning these low acid foods.

Two types of pressure canners exist, weighted gauge pressure canners and dial gauge pressure canners. Weighted gauge canners will either keep rocking gently or make a frequent jiggling noise to indicate if the correct pressure is being maintained. Read the manufacturer's instructions to know how a particular weighted gauge should rock or jiggle. Weighted gauges do not require testing.

Dial gauge pressure canners use dial gauges to indicate if the correct pressure is being maintained. For accuracy before use, it is recommended that dial gauges get tested each year. Gauges that read high cause under-processing and may result in unsafe food. Low readings cause over-processing. Pressure adjustments can be made if the gauge reads up to 2 pounds high or low. Replace gauges that differ by more than 2 pounds.



Dial Gauge Testing Service - Morrow County

► SCHEDULE YOUR PRESSURE CANNER INSPECTION TODAY!

During each 30-minute appointment, the dial gauge will be tested against a calibrated Master gauge for accuracy. I will also do a safety check on the canner. Educational materials will be available and I will be happy to answer your food preservation questions.

- \$5 fee per canner lid for non-residents of Morrow County
- No fee per canner lid for residents of Mor-

row County (levy funds)

Various dates and times are provided for June, and July - select appointment times at this link <https://go.osu.edu/cannertestingmorrow2021> or call our office at 419-947-1070 to register for an appointment. The link can also be found on our website at morrow.osu.edu. Registration will close at 9 AM the day before the event.

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



FAMILY & CONSUMER SCIENCES



Food Preservation Series 2021

Whether you have been preserving foods for several years (decades even) or just learning or want to learn... join us for a 45-minute discussion on 2nd Saturday mornings in June, July & August.

Program: Morrow County ~ Food Preservation Series 2021

Dates: Sign up for one or more!

- Saturday, June 12 ~ Canning Basics
- Saturday, July 10 ~ Drying Basics
- Saturday, August 14 ~ Freezing Basics

Location: Ag Credit Building, Second Floor Conference Room, 5362 US Highway 42, Mt. Gilead, OH

Time: 9:00 a.m.

Cost: FREE – provided by your Levy funds

Register: Space is limited – please register at <https://go.osu.edu/registration-foodpreservation-series2021-morrow> or call OSUE-Morrow County office at 419-947-1070 to register.

Canner Inspections: Dial gauge testing following each session 10:00 – 11:00 a.m.

Memory Lapse or Something More?

By Kathy Tutt, Family and Consumer Sciences Educator, Ohio State University Extension-Clark County, tutt.19@osu.edu

Do you ever forget where you've placed your remote, or just can't recall the name of acquaintance? When this occurs, do you wonder if you are starting to develop dementia? It's common to become somewhat more forgetful as you age. The question is, how you can tell whether your memory lapses are part of normal aging or are a symptom of something more serious.

If you are in your 40's, 50's or 60's, you may have noticed that you might need a bit longer to remember things, get distracted more easily or struggle to multi-task as well as you once did. You may worry that these are an early sign of dementia, it is important not to worry too much. While these changes are frustrating at times, they are a part of normal aging.

By contrast, people with dementia have a loss of memory and other mental function severe enough that it affects their ability to live independently at home, interact in social activities and at work. While some memory loss, such as recall and recognition, is the result of the aging brain, dementia is some type of injury to the brain that goes beyond normal changes. For a variety of reasons, once-healthy neurons (nerve cells) in the brain stop working, lose connections with other brain cells, and die.

Dementia can cause a significant decline in a person's mental abilities by affecting their capacity for things like memory, thinking and reasoning.

Although people in the earliest stages of dementia often sense the something is wrong, the illness eventually deprives them of the insight necessary to understand their problems. So it's usually up to a family member or friend to recognize the symptoms. The Alzheimer's Associa-

tion, *Know the 10 Signs* brochure highlights a list of 10 signs that should not be ignored.

1. Memory loss that is severe enough to disrupt daily life—for example, asking for information over and over again.

2. Challenges in planning or solving problems, such as trouble following a recipe or keeping track of monthly bills.

3. Difficulty completing familiar tasks at home, at work, or at leisure—for example, trouble driving to a familiar location.

4. Confusion over time or place.

5. Trouble understanding visual images and spatial relationships, including difficulty judging distances and determining color.

6. New problems with words in speaking or writing, including difficulty following or joining a conversation.

7. Putting things in unusual places and being unable to find them again.

8. Decreased or poor judgement—for example, giving large amounts of money to telemarketers or paying less attention to personal hygiene.

9. Withdrawal from work or social activities.

10. Changes in mood and personality, including becoming suspicious, depressed, fearful, or anxious.

If after reading this list you are worried about yourself or someone close to you, arrange for a medical evaluation. Making a diagnosis of dementia requires a thorough examination by a physician. Many forms of dementia are not reversible, but early detection provides an opportunity to minimize other medical conditions that may bring on severe dementia symptoms earlier than they might otherwise show.

Reviewed by: Roseanne Scammahorn, Family and Consumer Sciences Educator, Ohio State University Extension-Darke County, scammahorn.5@osu.edu

Falling in Love with Nature

By Shari Gallup, MS, Certified Health and Wellness Coach, Family and Consumer Sciences Educator, OSU Extension Licking County

When was the last time you fell in love? Maybe it was when you found a special someone, got a new puppy or saw a beautiful grandbaby for the first time. What about falling in love with nature? It only takes a moment to stop and notice things happening in nature, and the good news is you do not have to be a naturalist to reap the benefits of bringing nature into your daily life!

Experiencing nature can be as simple as stopping to notice the big, puffy white clouds in the sky or watching the sun set from your window. The other day I found beautiful bright pink pinecones on a tree that I walk by every single day and never noticed. When we stop and notice the little things in nature, we begin experiencing a deeper connection to something more.

Nature has a way of calming and healing the human mind and body. Have you ever noticed that you feel happier when you spend time in nature?

Spending time in nature can reduce blood pressure, heart rate and muscle tension. Research done in hospitals, offices and schools found that the presence of a plant in a workroom can decrease stress and anxiety, and office plants have been shown to reduce employee sick days and improve work productivity.

It is easy to let daily life go by with the busyness of ballgames, work, and other activities, but it only takes a moment to stop and “smell the roses.” If it is not possible to get outside, here are a few ways to bring nature inside:

Bring plants indoors: I keep a mint plant on my desk and between meetings, I scratch the leaf to release the oil scent and take a few deep breaths in through my nose. My eyes naturally begin to close, and I become calm. Plants help reduce stress and tension. Choose plants that you enjoy and that are easy to grow indoors or bring in fresh flowers and place them in a container where you can see them.

Bring the smell of nature indoors: Bring in aromatic flowers, herbs, or pinecones, or use diffusers, candles, or sprays in natural scents like pine, citrus, lavender, or lemon.

Watch the birds: Set up a bird or suet feeder near a popular window, grab a pair of binoculars if you have one, and watch nature from indoors. There is a lot of great information available from the National Audubon Society (<https://www.audubon.org/>) if you are new to bird watching, and there are many benefits to becoming a bird nerd!

If you want to fall in love with nature, start with something small at first, or choose just one of the suggestions above and go slow...that's the whole idea!

If you would like to learn more, please join me for a free class on Nature and Nutrition on June 9th at noon! Register at <https://go.osu.edu/wellnessweds> or call Candace Heer at 419-947-1070 to register.



Photo source: Shari Gallup, 2021. “Pink Pinecones.”

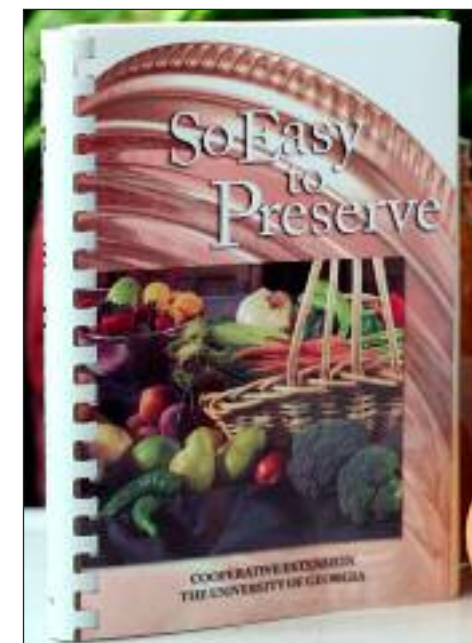
So Easy to Preserve – Books for Sale

- Are you preserving foods in 2021?
- In search of new tested recipes try and foods to preserve?

➤ Looking for a great gift to give someone who is wanting to preserve their harvest?

OSU Extension-Morrow County has *So Easy To Preserve* (Sixth Edition, 2014) books available from the National Center for Home Food Preservation at the University of Georgia for \$15.

The books are going fast! So call in our office and pick up a book today.



OSU EXTENSION CALENDAR OF EVENTS

JUNE 2021

- 7 Junior Fair board, 7 p.m., Fair Grounds
- 7 Junior Fair Entries Due
- 8 REGISTRATION DUE: 4-H Illustrated Talk or Demonstration, Health and Safety Speaking Contest, and Public Speaking - LEGO Edition Contest
- 9 CARTEENS, 6:30 pm – Ag Credit 2nd Floor Conference Room
- 10 Pork Producers, 7 p.m., Ag Credit 2nd Floor Conference Room
- 10 Pond Clinic, 7 p.m., Headwaters Outdoor Education Center (see flyer in newsletter)
- 11 Early 4-H Project Judging Registration Due
- 12 Food Preservation-Canning Basics, Ag Credit Building, Second Floor Conference Room, 9 a.m.
- 14-18 Green Crusader Youth Camp, Headwaters Outdoor Education Center, Registration TBA
- 13 Horse PAS State Fair Qualifying Show, Fair Grounds, 10 a.m., Contesting then Pleasure
- 15 4-H Illustrated Talk or Demonstration, Ag Credit 2nd Floor Conference Room, 6 p.m.
- 15 Health and Safety Speaking Contest, Ag Credit 2nd Floor Conference Room, 7 p.m.
- 15 Public Speaking - LEGO Edition Contest, Ag Credit 2nd Floor Conference Room, 7 p.m.

- 16 Market Broilers for Fair order DUE!
- 17 Horse & Pony Committee, 8 a.m., Ag Credit 2nd Floor Conference Room
- 20 Ohio State Fair Livestock & Dog Entries Due
- 21 Early 4-H Project Judging, 6 p.m., Fairgrounds Youth Building
- 27 Horse PAS State Fair Qualifying Show, Fairgrounds, 10 a.m.
- 30 Writing 4-H Projects Due To The Extension Office

JULY 2021

- 5 Junior Fair Board, 7 p.m., Fairgrounds Youth Building
- 7 Cattlemen's Meeting, 6:30 p.m., Ag Credit 2nd Floor Conference Room
- 8 Pork Producers, 7 p.m., Ag Credit 2nd Floor Conference Room
- 10-13 4-H Camp – Watch 4-H Emails for Registration
- 10 Morrow County Dairy Tour, Berg Farms, 10-2 p.m.
- 10 Food Preservation-Drying Basics, Ag Credit Building, Second Floor Conference Room, 9 a.m.
- 15 Market Broilers Pick Up – 12:30 PM, Youth Building, Fair Grounds
- 15 Agriculture, FCS, Small Animal & STEM 4-H Project Judging by Appointment
- 15 Horse and Pony Committee – 8 p.m., Ag. Credit 2nd Floor Conference Room

- 16 Food & Nutrition 4-H Project Judging by Appointment, morning
- 16 Clothing & Quilt 4-H Project Judging by Appointment, afternoon, Style Show at 7 p.m.
- 20 CARTEENS, 6:30 p.m., Ag Credit 2nd Floor Conference Room
- 24 Cloverbud Fun Day, Location TBA, 9-1 p.m.
- 24 Cattle Hoof Trimming, 8:30 a.m.

AUGUST 2021

- 4 Cattlemen's Meeting, 6:30 p.m., Ag Credit 2nd Floor Conference Room
- 5 Market Rabbit Pre Fair Registration/Tattooing, 5-8 p.m., Youth Building Fair Grounds
- 9 Livestock, Horse, and Dogs Skillathons, 6-9 p.m., Schedule TBA
- 10 Livestock, Horse, and Dogs Skillathons, 6-9 p.m., Schedule TBA
- 12 Pork Producers, 7 p.m., Fairgrounds
- 12 Clean Sweep Agriculture Chemical Collection, Fairgrounds, 8 a.m.-3 p.m.
- 14 Food Preservation-Freezing Basics, Ag Credit Building, Second Floor Conference Room, 9 a.m.
- 14 Sheep 101 Field Day, Dale & Kathy Davis Farm (see flyer in newsletter)
- 19 Horse and Pony Committee, TBA, Fair Grounds
- 30 – Sept. 6 Morrow County Fair

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

THANK YOU Central Ohio Farmer's Co-op

for over 36 years of donations toward 4-H project books!

Approximately \$1,200 each year is donated! Thanks for helping make the best better!

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