

Highlights in Fairfield County

April 2023



Planning for the Future of Your Farm Workshop participants, January 19, 2023



Spring Pond Management Workshop, March 28, 2023



Hugus Pruning Workshop, March 30, 2023



Keith Eichhorn, MGv, presenting on seed-starting, March 9, 2023

Agriculture and Natural Resources

We are off to a successful start for 2023 ANR programming and trainings.

- Nearly 80 pesticide and/or fertilizer applicators joined us for recertification training in January and February.
- We hosted 28 attendees for the Planning for the Future of Your Farm Workshop, a day-long program on farm succession planning, presented by David Marrison, OSU Farm Management Field Specialist, and Robert Moore, Attorney with OSU Agricultural & Resource Law Program.
- Presented a virtual program with Fairfield SWCD in February, exploring the offerings in this year's SWCD tree sale.
- We kicked off our Backyard Gardening Series on March 8th at the Fairfield County District Library with a presentation on indoor seed-starting.
- Our March 28th Spring Pond Management Clinic at Longhaven Retreat in Hocking Township hosted 18 participants and featured Eugene Braig, Aquatic Ecosystems Program Director for OSU Extension.
- Spring brought our annual hands-on Fruit Tree Pruning Workshop at Hugus Fruit Farm on March 30th. Participants came from Pickaway, Fairfield and Perry Counties to learn from Ralph Hugus.
- Carrie Brown, Extension Educator, presented on Small Woodland Management at the Ohio Woodland, Water, Wildlife Conference on March 1st and the Central Ohio Small Farm Conference on March 11th.
- Published since 1995, Stan Smith, Program Assistant, serves as the editor of the *Ohio BEEF Cattle Letter*, a publication of the Ohio State University Beef Team. It has over 5,100 subscribers and has published over 1,300 weekly issues. Check it out at <https://beef.osu.edu>.
- Participated in scheduling and weighing-in 101 animals for 68 local youth as they begin preparations for the 2023 Fairfield County Market Beef Show. Participation continues to grow as this equals the largest number involved in the project in 17 years.

Master Gardener Volunteer Program

- In 2022, the Fairfield County Master Gardeners celebrated 27 years in Fairfield County. The 43 active Master Gardeners gave-back over 2,800 hours in community education and outreach. The value of each Master Gardener give-back hour is \$29.50 resulting in over \$82,000 within Fairfield County. Some of the major areas of MGv work is the planning and maintenance of the garden area at the Fairfield County Ag Center, Learning Never Ends Gardens in Pickerington and Lancaster, as well as support at the Wagnall's Memorial Library Teaching gardens.
- In 2023, the Master Gardeners are inviting the public to their monthly meetings to learn more about Seed Starting, Critter Control, and the economic importance of Trails Visits through out the County. Forty engaged adults attend the monthly educational meetings.





4-H Day



Junior Leaders at a school visit.



Candling Eggs



Pressure Cooker Lunch-n-Learn at Keller Market House, March 21, 2023

4-H Youth Development

- Shared 4-H information with 21 schools in Fairfield County, including 3 in-person visits where current 4-H'ers shared their stories.
- 4-H Day was held on March 4th with over 50 families attending to learn about 4-H opportunities available to them. Thank you to the 100 youth and adult volunteers who made this event possible
- ChickQuest programming is active in the classrooms again, reaching over 2100 youth in 16 schools this year.
- This year, 255 active 4-H Volunteers, including 31 new volunteers will organize and lead 53 Project clubs and 27 Cloverbud clubs. Our county enrollment deadline is April 15th, so clubs are starting their initial meetings and members are selecting projects.
- Fairfield County Junior Leaders are collecting plastic bottle caps to be made into outdoor furniture to be used in public spaces around the county.

Family and Consumer Sciences

- Renewed interest in home food preservation can be attributed to the rise in home gardeners, the local foods movement, an economical method to extend fruits and vegetables, and the health benefits of eating fresh produce. Last summer, 150 people learned how to preserve foods safely using USDA recommended food safe handling practices from food preservation classes on canning, freezing and dehydrating. More classes are planned for this summer.
- The American Psychological Association has indicated that stress is a major health problem for Americans and our nation's youth are no exception. A small group of middle school girls at a Fairfield County school participated in a 4-week mindfulness and stress reduction series. These classes were designed to help increase awareness of their emotions and learn how to express them in safe ways. The programs equipped youth with practice and skills to strengthen the mind and body connection
- Food preparation programs are underway at Keller Market House and the Pickerington Library with classes on slow cooking and pressure cooking. Participants learn how to safely cook nutritious food in these appliances while saving time and time.

SNAP-Ed

- Completed series at Medill Elementary (K-3rd grade), Gorsuch West Elementary (1st grade), and Tussing Elementary (K-1st grade)
- Beginning series at Mt. Pleasant Elementary (K-4th grade) and Millersport Elementary (K-6th grade).
- Presenting classes with Job & Family Services.
- Planning two series of the Cooking Matters class for summer
- Creating a working partnership with Lancaster Parks and Recreation to display nutritional information along the bike path near Forest Rose School.
- Developing programming for FY24

Fruit and Peanut Butter Dip
Servings: 6 | Prep time: 20 mins | Total Time: 20 mins

Ingredients
1 cup plain low-fat yogurt
2 1/2 cups peanut butter OR nut butter
4 cups fruit, sliced

Instructions
1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. To make the dip, soften peanut butter in microwave for 10 to 20 seconds on high.
3. Stir yogurt into peanut butter in small bowl.
4. Refrigerate.
5. Prepare fruit by washing and slicing.
6. Arrange fruit on plate with bowl of dip in the center. Cover and refrigerate until ready to serve.

Nutritional Information:
Calories 260 | Total Fat 12g | Sodium 150mg | Total Carbs 32g | Protein 10g

For this and more recipes visit: go.osu.edu/easyhealthyrecipes or scan the QR Code above

MyPlate.gov

Adults need 30 minutes of moderate to vigorous physical activity per day.
Youth 2 years and up need 60 minutes of moderate to vigorous physical activity per day.

Free activities include:
Walking | Skate Boarding | Jogging | Running | Roller Skating | Biking

SNAP Ed – Bike Path Sign

Office Hours: Monday - Friday, 7:30 am – 4:00 pm



THE OHIO STATE UNIVERSITY
EXTENSION

fairfield.osu.edu

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