



**Women in Agriculture**  
**April 2021 Spring Newsletter**

## Nominations Open For 2021 Women in Agriculture Award

Each year, the Purdue Women in Agriculture (WIA) Team recognizes Indiana women who are leaders and innovators and who have contributed to the success of Indiana's agricultural industry.

The Purdue WIA Team is currently accepting applications for the 2021 Purdue Women in Agriculture Awards. Nominees will be placed in either the Leadership, Achievement or Emerging Women in Ag categories. Women who are interested in the award may nominate themselves, or be nominated by someone else. Criteria for eligibility for the three awards, and the nomination forms are available at <https://ag.purdue.edu/extension/WIA/Pages/default.aspx>.

Winners will be recognized at the Indiana State Fair and will receive a complimentary registration and overnight accommodation at the Midwest Women in Agriculture conference in the year after their award is presented.

Please submit the completed form, with two letters of support, to either of the following WIA Awards Co-Chairs:

Lori Bouslog, [lbouslog@purdue.edu](mailto:lbouslog@purdue.edu), (765) 492-5332

Beth Vansickle, [bleonhar@purdue.edu](mailto:bleonhar@purdue.edu), (765) 641-9514

Applications and letters of support must be received by May 1st to be considered for the 2021 awards

**NOMINATIONS ARE OPEN**  
for the  
**PURDUE WOMEN IN**  
**AGRICULTURE AWARDS**

Apply by May 1, 2021 at  
[puext.in/WIA](http://puext.in/WIA)

<https://ag.purdue.edu/extension/WIA/>

**PURDUE**™ | **WOMEN IN**  
**EXTENSION** | **AGRICULTURE**

*Purdue University is an equal opportunity/equal access/affirmative action institution.*

## Monthly Corn & Soybean Outlook Updates

Each month the Purdue Center for Commercial Ag (<https://ag.purdue.edu/commercialag/>) is hosting a free webinar providing an update on the corn and soybean outlook. Specialists including Jim Mintert, Michael Langemeier, and Nathanael Thompson share supply and demand information from U.S. Dept. of Agriculture (USDA) reports, basis trends and other farm income projections. The next outlook webinar is at 12:30 p.m. EDT on Friday, May 14, 2021.

Registration for webinars is free by completing an on-line form at the aforementioned website. Past webinars are recorded and available for viewing. The most recent outlook update was recorded on April 12.



## Succession Planning Podcasts

The Purdue Farm Succession Planning Team is collaborating with Brady Brewer, Purdue Agricultural Economist, for monthly podcasts on farm transition topics. The following podcasts are currently available (posted in 2021):

- Operating and Buy/Sell Agreements
- Business Entities
- Business Governance



Prior succession planning podcasts are also available on conflict management, human resources, feasibility of adding a family employee, and transitioning business management.

Go to the Purdue Center for Commercial Ag Resources page to find these podcasts:

<https://ag.purdue.edu/commercialag/home/resources/>

### **Farm Stress Resources**

**National Helpline** call 1-800-662-3457 (1-800- 662-HELP). Free and available 24/7. This helpline provides information about local groups and treatment centers.

<https://www.samhsa.gov/find-treatment>

**Suicide Prevention Lifeline** call 1-800-273-8255 (1-800-273-TALK). Free and available 24/7. This call directs to the nearest crisis center in the area. <https://suicidepreventionlifeline.org/>

**The Crisis Text Line** text "HOME" 741741 for assistance with crises or thoughts of suicide. Free and available 24/7. [www.crisistextline.org](http://www.crisistextline.org).

**Substance Abuse and Mental Health Services Administration**  
A federal organization that offers education, research and guidance for how to find mental health or substance misuse treatment options.

<https://www.samhsa.gov/find-treatment>.

**In case of emergency or immediate danger, call 9-1-1.**



# Women in Agriculture-2021 Webinars

Join us for the following webinars. Unable to join during the webinar, no problem! We will have recordings of the programs, and they will be posted to the Purdue Women in Ag <https://aq.purdue.edu/extension/WIA/>

## Gardening Practices to Improve Soil Health - Urban, Community, & Small Farms and Gardens

- May 3rd @ 1:00 PM EST
- Register at <https://tinyurl.com/WIAWebinars21>
- All ways of growing food can be done via practices that help improve soil health. Come learn and talk about some of these methods you can use in your farm and garden. These are often called "Conservation Cropping Practices" that help create a soil health based system within our farms and gardens. Join Eliana Blaine, Urban Soil Health Program Director, as she discusses no/low-till and cover cropping, crop rotation, mulching, nutrient management, and pest management.

## Dairy: Good for the Gut! Remember Food Safety!

- Jun. 7th @ 12:00 PM EST
- Register at <https://tinyurl.com/WIAWebinars21>
- June is National Dairy Month! Join us for a free webinar and learn about dairy food products and their safety implications. Registered Dietitian and Extension Educator, Abbi Sampsons will discuss ways to incorporate dairy in your diet!

## Beware! Toxic Plants Are Out

- May 17th @ 12:00 PM EST
- Register at <https://tinyurl.com/WIAWebinars21>
- While all plants may appear to be able to be eaten by our livestock, some plants contain dangers to our animal's health. Join Elysia Rodgers and Brooke Stefancik, Purdue Ag and Natural Resource Educators, as they share about some of the toxic plants and their dangers found commonly across Indiana.



## Tools For Today's Farmers •

*A podcast on Anchor*

**By Purdue Extension Farm Stress Team**

Find them on Facebook

Purdue Extension Farm Stress Team

@PurdueFarmStressTeam

# Meal Planning

By Caroline Everidge, HHS—Huntington County

Feeding our bodies healthy and nutritious food is important. However, we often associate “healthy” foods with being more expensive or more time consuming to prepare. But they don’t have to be. In fact, studies show us that over the course of a lifetime, obesity resulted in \$9,000-17,000 higher costs per person compared to adults with healthy weights. Managing chronic health conditions also become easier and less expensive when we consume healthy foods.

Here are three tips to help you eat for your health.

Plan to eat healthy ahead of time. Planning our meals can help us save money, reduce food waste, and ultimately save time. Choose healthy meals and snacks and have any necessary ingredients on hand. People who make weekly meal plans usually shop for groceries once per week, while those who don’t may visit the store several times a week. This is not only stressful, but can also contribute to wasted time and money. Meal planning also helps you eat healthier meals. By planning ahead, you can choose healthier options and preparation methods, instead of swinging through a nearby drive-thru on your way home.

Portion control is a main tenant of healthy eating. Use measuring utensils to portion out the correct serving size. Be familiar with the nutrition facts label.

Eat for YOUR health. Nutrition is not one size fits all. If you dislike a certain food, don’t eat it. Food is not the enemy. Find a healthy eating pattern that fits your preferences and budget, so that you can maintain it over time.

## Eat Gather Go

Check out this website for tools to plan, shop, and cook for you and your family.

[www.eatgathergo.org](http://www.eatgathergo.org)

This website provides healthy tips and meal planning guides to help you successfully plan your week.

In addition it will help you learn how to plan your meals, stock your kitchen, and safely store your leftovers.

## 9 Tips for Being More Active

Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need **2½ hours a week** of physical activity, and children need **60 minutes a day**. Follow these handy tips to add more activity to your family’s busy schedule:

1

### Make time

Find time in the week when the whole family is around and spend it being active. Try doing something physical after dinner or begin the weekend with a Saturday morning walk.



2

### Plan ahead and track your progress

Write your physical activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.



3

### Include work around the house

Have the kids help with yard work and other active chores around the house. Have them help you with raking, weeding, planting or vacuuming.



4

### Use what’s available

Plan things that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag and dancing. Find out what programs your community recreation center might offer for free or for a minimal charge.



5

### Plan for all weather conditions

Try things that don’t depend on the weather conditions. Think mall walking, indoor swimming or active video games. And whenever the weather is nice, get outside!



6

### Turn off the TV

Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV and using the computer (except for school work). Instead of a TV show, play a family game, dance to favorite music or go for a walk.



7

### Start small

Begin by starting one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game or go to an additional exercise class.



8

### Include other families

Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while exercising. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the YMCA or join a recreational club.



9

### Treat the family with fun physical activity

When it’s time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park or lake to treat the family.



Like us and check in on Facebook!



# chicken salad wraps

TIME: 10 MINUTES  
MAKES 4 SERVINGS

## ingredients

- 1 1/2 cup canned chicken
- 1 medium stalk celery, chopped (1/2 cup)
- 1 small onion, finely chopped (1/3 cup)
- 1/2 cup grapes, cut in 1/2
- 1/2 low-fat mayonnaise\*
- 1/4 tsp salt
- 1/4 tsp pepper
- 4 leaves romaine lettuce
- 4 whole grain tortillas

\*substitute plain Greek yogurt for a more nutritious option

## directions

- Mix all ingredients, except romaine lettuce and tortillas in a bowl.
- Spread mix onto tortillas, top with lettuce, wrap and enjoy.

## nutrition facts

- Per wrap: Calories: 200, total fat: 5.5 g, cholesterol: 40 mg, sodium: 580 mg, Total Carb: 13 g, sugars: 1 g, Protein: 17 g

# Bridging the Gap with Young Ladies in Agriculture

Thursday, April 29, 2021 ~ 6:00pm - 8:00pm EST

Sponsored by:



Purdue Extension  

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Women in Agriculture

## Virtual Event

### Bridging the Gap with Young Ladies in Agriculture

**6:00pm** Welcome, *Kenzie House, Farm Credit, Growing Forward Specialist*

**6:15pm** Careers in Agriculture

**6:30pm** Growing a Generational Legacy

Amy and Emily Dougherty, Keynote Speakers

*Amy and Emily Dougherty are a mother-daughter team who will share about successional generations on the farm, and starting a new enterprise along with their family's row crop operation. Their new enterprise is an agritourism site called Harvest Adventures at Dougherty Family Farms. Emily, a former FFA State Officer, will talk about the challenges she has faced as a young college student and career professional from a female standpoint.*



**7:15pm** Panel Discussion on Careers, Majors, Scholarships and More

**Register by Wednesday, April 28, 2021** <https://bit.ly/3tz3V90>



Purdue University is an equal opportunity/equal access/affirmative action university. If you are in need of accommodations to attend this program, please indicate on the registration form, or contact Beth Vansickle prior to the meeting at 765.641.9514 or [bvansickle@purdue.edu](mailto:bvansickle@purdue.edu) by April 23, 2021.

# Purdue Women in Agriculture Refrigerator Page

## April 2021

### **4/21/2021 Direct Farm Marketing Series (multiple 1.5 hr sessions)**

Time: 7:00 PM EST Cost: Free

Register: <https://bit.ly/21farmmkt>

### **4/22/2021 Small Ruminant Lunch & Learn: Feeding & Finishing Market Lambs & Kids**

Time: 12:00 PM EST Cost: Free

Register: <http://bit.ly/LambKidFinishing>

### **4/24/2021 Virtual Mini Pollinator Day 2021**

Time: 9:00 AM EST Cost: Free

Register: <https://www.sunnysidemg.org/pollinator-day>

### **4/28/2021 Growing Your Own Vegetables Virtual Lunch & Learn**

Time: 12:00 PM EST Cost: Free

Register: <https://bit.ly/2M7pttB>

## May 2021

### **5/3/2021 Gardening Practices to Improve Soil Health—Urban, Community, & Small Farms and Gardens**

Time: 1:00 PM EST Cost: Free

Register: <https://tinyurl.com/WIAWebinars21>

### **5/7/2021 2021 Annual Water @ UW-Madison Symposium**

Time: 10:00 AM EST Cost: Free

Register: <https://bit.ly/3seKqIh>

### **5/12/2021 Cicadas, Ants, & Termites- Emerging Issues Virtual Lunch & Learn**

Time: 12:00 PM EST Cost: Free

Register: <https://bit.ly/2M7pttB>

### **5/17/2021 Beware! Toxic Plants Are Out**

Time: 12:00 PM EST Cost: Free

Register: <https://tinyurl.com/WIAWebinars21>

### **5/20/2021 Ponds 101- Virtual Lunch & Learn**

Time: 12:00 PM EST Cost: Free

Register: <http://bit.ly/2Kh9vvP>

### **5/26/2021 Small Spaces & Backyard Gardening Virtual Lunch & Learn**

Time: 12:00 PM EST Cost: Free

Register: <https://bit.ly/2M7pttB>

### **5/27/2021 Small Ruminant Lunch & Learn: Rotational Grazing with Sheep & Goats**

Time: 12:00 PM EST Cost: Free

Register: <http://bit.ly/GrazeSheepGoats>

## June 2021

### **6/7/2021 Dairy: Good for the Gut! Remember Food Safety!**

Time: 12:00 PM EST Cost: Free

Register: <https://tinyurl.com/WIAWebinars21>

### **6/17/2021 Composting Virtual Lunch & Learn**

Time: 12:00 PM EST Cost: Free

Register: <http://bit.ly/3h8upJT>



## **July 2021**

**7/15/2021 Cut Flowers & Flower Arranging- Virtual Lunch & Learn**

Time: 12:00 PM EST

Cost: Free

Register: <http://bit.ly/3oUrkQ2>



## **August 2021**

**8/19/2021 Davis Purdue Field Day Pesticide Damage & Drift Virtual Lunch & Learn**

Time: 12:00 PM EST

Cost: Free

Register: <http://bit.ly/3gTFWMW>

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## **Gardener's Corner– Spring Gardening Tips**

Home gardeners seeking advice on growing landscape plants and vegetables can find assistance from Purdue Extension. With many sunny days in April, gardening activities are on the rise.

Are you looking for opportunities to learn from home to become a better gardener? The following online resource found at the Purdue Consumer Horticulture website covers a wide range of information for gardening and taking care of your yard:

<https://www.purdue.edu/hla/sites/yardandgarden/gardenersresources/>

Purdue Extension Horticulture publications can be viewed and downloaded for free at this website:

<https://www.purdue.edu/hla/sites/yardandgarden/gardening-bulletins/>

A very helpful pub is called “Indiana Vegetable Planting Calendar” (HO-186-W). The dates and ranges for planting any type of vegetable can be found in this publication based on location in Indiana.

<https://www.extension.purdue.edu/extmedia/HO/HO-186-W.pdf>







## Women in Agriculture Team

The Purdue Women in Agriculture team, a subset of Purdue University's Cooperative Extension Service, is committed to providing educational opportunities, relevant resources and a network of support to position all women for success in the agriculture industry. We provide local, regional, and statewide skill development programs, networking events that engage sponsors and stakeholders, and provide resources through multiple types of media.

### HOW HAS THE PURDUE WOMEN IN AGRICULTURE TEAM IMPACTED YOU?

"I got so much out of the training. I'm re-doing my estate because of the estate planning session. I realized what I had wasn't done the way I wanted it (by previous attorney). Bring on more training. I also liked the networking." — *Vermillion Co. Annie's Project participant*

### What Does the Purdue Women in Agriculture Team Have to Offer?

**Midwest Women in Agriculture Conference** is organized by the members of the conference committee. This annual 2-day event helps women in agriculture learn more about tools to assist them at home, on the farm, or working within the agricultural industry. Breakout sessions explore a variety of personal, family and farm issues that affect their lives and businesses. The conference is held in February each year and is held in a different location each year.



**Purdue Women in Agriculture Webinars** are offered throughout the year. Topics vary from farm management to conservation, gardening to healthy living, and everything in between. These hour long webinars provide participants a chance to interact with knowledgeable speakers from throughout Indiana and the nation.

**Code Red** is a contingency planning toolkit that was developed by the Women in Agriculture Team. It is a must-have for every family, business, and farm operation. The toolkit provides a plan and place for important information such as passwords, bank account information, rental agreements, insurance papers, and power of attorney documents. The toolkit is available via flash drive and trainings can be offered in your county, or regionally.

**140**

Participants, speakers, & sponsors attended the 2020 Midwest Women in Ag Conference

**360**

Individuals participated in the 10 live webinars hosted in 2020

**30%**

Of 2019 Midwest Women in Ag Conference attendees updated their succession or estate plan

## HOW HAS THE PURDUE WOMEN IN AGRICULTURE TEAM IMPACTED YOU?

**"Within the next 6 months, I want to begin the process of the agreement."  
— Buy Sell Agreement webinar participant**

### What Does Purdue Women in Agriculture Team Have to Offer?

**Annie's Project** a nationally recognized 6-week seminar for farm women, introduces concepts such as grain marketing, succession planning, and farm business management in a comfortable environment for ladies. Annie's Project can be customized to your audience (i.e. livestock focused or urban agriculture). Also falling into this category includes **Managing for Today and Tomorrow** (multi-session succession planning program) & **Know Your Numbers, Know Your Options** (4-week financial management program).



**Regional Meetings & Lunch n' Learn** events are offered periodically throughout the state. These events cover a wide range of topics including human resources, land leases, and succession planning. Each year the team works to meet the needs of our stakeholders by offering these short programs. These events are great for learning, networking and more.

**Purdue Women in Agriculture Awards** recognize three Indiana women who have provided leadership and made positive contributions to Indiana Agriculture. The recipients are selected by the Purdue Extension Women in Agriculture team. The awards are presented for the following categories at the Indiana State Fair:

- Leadership
- Achievement
- Emerging Women in Ag Leadership Award



## HOW HAS THE PURDUE WOMEN IN AGRICULTURE TEAM IMPACTED YOU?

**"Code Red - definitely need for my kids and family."  
— Lunch 'n Learn participant in Gibson County**

### Get Involved

1. Help Promote Our Events
2. Join Our Email List
3. Volunteer to Be a Presenter
4. Consider Joining the Team or Midwest Women in Agriculture Conference Committee

### Find Out More

On the Web:	<a href="http://www.agriculture.purdue.edu/wia">www.agriculture.purdue.edu/wia</a>
Facebook:	<a href="http://www.facebook.com/PurdueWIA">www.facebook.com/PurdueWIA</a>
Join the Team or the Email List:	Contact Kelly Heckaman— <a href="mailto:kheckaman@purdue.edu">kheckaman@purdue.edu</a> or Jenna Nees— <a href="mailto:smith535@purdue.edu">smith535@purdue.edu</a>
Join the Midwest Women in Agriculture Conference Committee:	Contact Laurynn Thieme— <a href="mailto:lthieme@purdue.edu">lthieme@purdue.edu</a> or Elysia Rodgers— <a href="mailto:eberry@purdue.edu">eberry@purdue.edu</a>
Code Red:	Contact Bryan Overstreet— <a href="mailto:boverstr@purdue.edu">boverstr@purdue.edu</a>
Women in Agriculture Awards:	Contact Lori Bouslog— <a href="mailto:lbouslog@purdue.edu">lbouslog@purdue.edu</a> or Beth Vansickle— <a href="mailto:bleonhar@purdue.edu">bleonhar@purdue.edu</a>

