

## Women in Agriculture May 2022 Spring Newsletter

### Call for 2022 Purdue Women in Agriculture Award Nominations

WEST LAFAYETTE, Ind. — The Purdue Women in Agriculture (WIA) Team is seeking nominations for the 2022 Purdue Women in Agriculture Awards. The Purdue WIA Team annually recognizes women in Indiana who are leaders, innovators and significant contributors to the success of Indiana's agriculture industry.

Nominations are sought for the following categories – leadership, achievement and emerging women in agriculture. The leadership and achievement awards recognize women in Indiana who have provided leadership and made positive contributions to Indiana agriculture.

The Emerging Women in Agriculture Leadership Award recognizes a high school or undergraduate student who is actively involved in agriculture or pursuing an agriculture career and has completed a project that has significantly contributed to the Indiana agriculture community.

The nomination form and requirements are found at [https://extension.purdue.edu/county/madison/\\_docs/ANR.html](https://extension.purdue.edu/county/madison/_docs/ANR.html)

Nominations must be submitted by June 1, 2022. Applications and letters of support may be sent to Lindsey Moore, [Lindsey.Moore@e-farmcredit.com](mailto:Lindsey.Moore@e-farmcredit.com) or Beth Vansickle, [bvansickle@purdue.edu](mailto:bvansickle@purdue.edu). Self-nominations or nominations from others are acceptable.

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

---

The 2021 Purdue Women in Agriculture Award recipients were Tracie Egger (Women in Agriculture Leadership Award), Molly Grotjan (Emerging Women in Agriculture Leadership Award) and Isabella Chism (Women in Agriculture Achievement Award).

# Marketing Series

## *For Urban Women Farmers*

4 Free 90-minute Zoom sessions

Every Tuesday

May 24th - June 14th

6:30-8:00pm Eastern; 5:30-7:00pm Central

- May 24th
  - *Social Media Marketing 101 and 102*
- May 31st
  - *The Art and the Science of Pricing*
- June 7th
  - *Building the Brand*
- June 14th
  - *Selling Strategies & Stand Design with Safety in Mind*

This four-week course will cover many marketing topics for urban women farmers in 90-minute sessions, where 60 minutes will be instruction and 30 will be hands-on application.

Participants will learn topics such as: developing a marketing plan, evaluating different marketing outlets for their business, pricing strategies, and which products are the best to market in their location.

**Registration is now open!**

<https://puext.in/WomenMarketing2022>

For additional information contact:

Nikky Witkowski at 219-465-3555 ([nikky@purdue.edu](mailto:nikky@purdue.edu))

This material is based upon work supported by USDA NIFA under Award Number 2018-70027-28586



NORTH CENTRAL  
EXTENSION  
RISK  
MANAGEMENT  
EDUCATION



National Institute of Food and Agriculture  
U.S. DEPARTMENT OF AGRICULTURE



# ANNIE'S PROJECT

EMPOWERING WOMEN IN AGRICULTURE

## Why Annie's Project?

This six-week course is a discussion-based workshop bringing women together to learn from experts in production, financial management, human resources, marketing and the legal field.

There's plenty of time for questions, sharing, reacting, and connecting with your presenters and fellow participants.

It's a relaxed, fun and dynamic way to learn, grow and meet other farm women.



## Annie's Project – Level I VIRTUAL Offering

### June 7, 2022

- Introduction
- Real Colors – Personality Assessment

### June 9, 2022

- Farm Business Planning
- Succession Planning

### June 14, 2022

- Grain Marketing
- Farm Stress
- Crop Insurance

### June 16, 2022

- Computer Software Recordkeeping
- Ag Lender's Perspective

### June 21, 2022

- Farm Finance
- Local Resources

### June 23, 2022

- Farm & Family Insurance
- UAV & Ag Tech
- Web Soil Survey



Empowering farm women to be better business partners through networks and by managing and organizing critical information.

*"I took the class to gain a better understanding about agribusiness and how financial decisions impact our farm operation.*

*I have a better understanding of balance sheets and the futures market...this class has improved communication with my spouse on concerns he works with on a daily basis." – Linda*



**Only \$65.00 for all six virtual sessions!**

**Register at**

<https://bit.ly/2022anniesproject>

**by May 27<sup>th</sup>**

**Join us for 3 weeks in June!**

**Tuesday Mornings from 9:00am – 12:00pm EST**

**and**

**Thursday Mornings from 9:00am – 12:00pm EST**

For more information contact Kelly Heckaman (kheckaman@purdue.edu) or Emily Luc (eluc@purdue.edu) at 574-372-2340

## USDA Backyard Poultry Biosecurity Basics

- **Keep visitors to a minimum.** Only allow those people who take care of your poultry to come in contact with your birds, this includes family and friends. Keep track of everyone who is on your property at all times. Make sure everyone who has contact with your flock follows biosecurity principles.
- **Wash your hands before and after coming in contact with live poultry.** In addition to potentially spreading disease from farm to farm or bird to bird, you can also spread germs such as *Salmonella* that can impact human health. Wash with soap and water (always your first choice). If using a hand sanitizer, first remove manure, feathers, and other materials from your hands because disinfectants will not penetrate organic matter or caked-on dirt.
- **Provide disposable boot covers (preferred) and/or disinfectant footbaths for anyone having contact with your flock.** If using a footbath, be sure to remove all droppings, mud or debris from boots and shoes using a long-handled scrub brush BEFORE stepping into the disinfectant footbath, and always keep it clean.
- **Change clothes before entering poultry areas and before exiting the property.** Visitors should wear protective outer garments or disposable coveralls, boots, and headgear when handling birds, and shower and/or change clothes when leaving the facility.
- **Clean and disinfect tools or equipment before moving them to a new poultry facility.** Before allowing service vehicles, trucks, tractors, or tools and equipment—including egg flats and cases that have come in contact with birds or their droppings—to exit the property, make sure they are cleaned and disinfected to prevent contaminated equipment from transporting disease. Do not move or reuse items that cannot be cleaned and disinfected—such as cardboard egg flats.

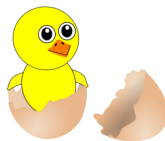
## Look for signs of Avian Influenza

Avian influenza (AI) is caused by an influenza type A virus which can infect poultry such as chickens, turkeys, pheasants, quail, domestic ducks, geese, and guinea fowl and wild birds, especially waterfowl. There are two types:

- Highly pathogenic avian influenza virus strains are extremely infectious, often fatal to domestic poultry, and can spread rapidly from flock to flock.
- Low pathogenicity avian influenza (LPAI) virus strains occur naturally in wild migratory waterfowl and shorebirds without causing illness. LPAI can infect domestic poultry, with little or no signs of illness.

Birds infected with the HPAI virus may show one or more of the following signs:

- Sudden death without clinical signs;
- Lack of energy and appetite;
- Decreased egg production or soft-shelled or misshapen eggs;
- Swelling of head, comb, eyelid, wattles, and hocks;
- Purple discoloration of wattles, comb, and legs;
- Nasal discharge, coughing, and sneezing;
- Incoordination; or
- Diarrhea



Poultry owners and growers are encouraged to always practice good biosecurity to prevent the spread of AI.



## 2022 Purdue Extension Small Ruminant Lunch & Learn Webinars

Join the Purdue Extension Small Ruminant Team for an exciting line up of topics for 2022. Each session will take place at **12:00 PM EST**. See the full list on the next page

**Permanent link for ALL  
Webinars in 2022:**

**<https://bit.ly/2022PurdueSheepGoat>**



Purdue University Cooperative Extension Service is an Affirmative Action, Equal Access/Equal Opportunity institution.

## Small Ruminant Lunch & Learn Webinar Schedule

- ♦ MAY 26, 2022: SHOW PREPARATION: MEAT & DAIRY GOATS
- ♦ JUNE 23, 2022: SHOW PREPARATION: WOOL & HAIR SHEEP
- ♦ JULY 28, 2022: EVALUATING FORAGE NEEDS OF SHEEP & GOATS
- ♦ AUGUST 25, 2022: RAISING HAIR SHEEP
- ♦ SEPTEMBER 22, 2022: FENCING & HOUSING FOR SHEEP & GOAT
- ♦ OCTOBER 27, 2022: HOOF CARE
- ♦ NOVEMBER 17, 2022: FIRST AID FOR SHEEP & GOATS
- ♦ DECEMBER 15, 2022: WINTER FEEDING OF SHEEP & GOATS
- ♦ JANUARY 26, 2023: PREPARING FOR LAMBING & KIDDING

New this year: each webinar will take place via Zoom, so the link provided will be the same for EACH webinar.

**<https://bit.ly/2022PurdueSheepGoat>**

**PURDUE SMALL RUMINANT TEAM PRESENTS**

# Sheep & Goat Health Management Workshop

Saturday, May 7th  
Southern Indiana Purdue  
Agricultural Center  
11371 East Purdue Farm Rd,  
Dubois, IN 47527

Saturday, May 14th  
Marian University's  
Ancilla College  
20097 9B Rd,  
Plymouth, IN 46563

↪ **Registration Due**  
**Friday, April 29**

↪ **Registration Due**  
**Friday, May 6**

**10 AM - 3 PM EST**

**Cost: \$40 per person per location**

*Cost includes lunch and training materials*

## **TOPICS COVERED AT EACH LOCATION**

**Parasite Identification and Management**  
**First Aid For Sheep and Goats**  
**General Health Management**  
**Pasture Management**

## **To Register, Visit:**

*Each location is limited to the first 25 registrants*

**Sara Dzimianski**  
Extension Educator, Perry County  
sdzimian@purdue.edu

**Marian University Location:**  
**Mark Kepler**  
Extension Educator, Fulton County  
mkepler@purdue.edu



**P PURDUE**  
UNIVERSITY Extension

Purdue University Cooperative Extension Service  
is an Affirmative Action, Equal Access/Equal  
Opportunity institution.

**<https://cvent.me/N37kAR>**

# Things to Listen to While in the Tractor Seat



## **Purdue Crop Chat**

*A podcast on Anchor*

**By Purdue University Extension & Hoosier Ag Today**

Find them on Facebook

Purdue Crop Chat

@PurdueCropChat

---

## **Bite by Bite: Nutrition for Life**

*A podcast on Anchor*

**By Purdue University Extension -  
Health & Human Sciences**

Find them on Facebook

Purdue University Health and Human Sciences Extension



## **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



# SPEND SMART. EAT SMART.®

## Make Ahead Breakfast Burritos

Serves: 8 Cost/Serving: \$0.84 Serving Size: 1 burrito

### INGREDIENTS

- 1 cup potatoes, diced (1 medium potato)
- 1/2 cup onions, diced (1/2 medium onion)
- 1 cup bell peppers, diced (1 medium pepper)
- 8 eggs, beaten
- 1/8 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 1 cup 2% fat cheddar cheese, shredded
- 8 (8 inch) flour tortillas

### INSTRUCTIONS

- 1 Spray a large skillet with cooking spray. Cook the potatoes for 6-10 minutes over medium heat.
- 2 Add onions and peppers to the potatoes. Cook for 3-4 minutes until the potatoes are browned.
- 3 Add beaten eggs to the vegetable mixture. Cook for 4-5 minutes over medium heat. Stir off and on until there is no liquid.
- 4 Stir in the garlic powder and pepper.
- 5 Roll up each burrito. Use 2 tablespoons of cheese and 1/2 cup of the egg mixture in each tortilla. Serve or freeze.
- 6 You can freeze the burritos. Wrap each burrito tightly in plastic wrap. Freeze in a single layer on a cookie sheet. Seal wrapped burritos in a freezer bag when they are frozen.
- 7 To reheat the frozen burritos: Remove the plastic wrap. Wrap burrito in a damp paper towel. Set microwave on medium power. Heat burrito for 3-4 minutes.

### TIPS

- Wash hands after handling raw eggs and before making burritos.
- Wash vegetables under running water.
- Add hot peppers, salsa, or cayenne pepper for a spicier burrito.

### Nutrition Facts

8 Servings Per Recipe

Serving Size: 1 burrito

Amount Per Serving

**Calories 260**

% Daily Value\*

Total Fat 10g 15%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 215mg 72%

Sodium 450mg 19%

Total Carbohydrates 30g 10%

Dietary Fiber 2g 8%

Total Sugars 3g

Added Sugars NA\*

Protein 14g

Vitamin D 1mcg 5%

Calcium 93mg 7%

Iron 1.1mg 6%

Potassium 203mg 4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NA\* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.



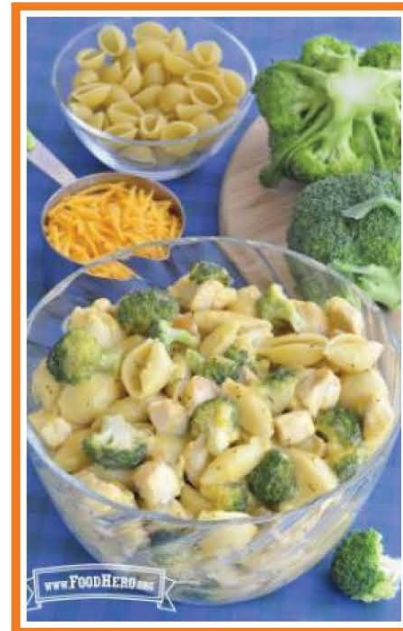
# Chicken, Broccoli & Cheese Skillet Meal



## Ingredients

- 1 pound boneless **chicken breast**, cut into bite-sized pieces
- 2 teaspoons **vegetable oil**
- 1 ¼ cups **water**
- 1 teaspoon **chicken bouillon**
- 1 can (10.5 ounces) condensed **cream of chicken soup**
- 1 teaspoon **pepper**
- ½ teaspoon **garlic powder** or 2 cloves garlic, minced
- 2 cups small shell **pasta**, uncooked
- 2 ½ cups chopped **broccoli** (fresh or frozen)
- 1 cup (4 ounces) shredded **cheddar cheese**

**Makes:** 7 Cups  
**Prep time:** 15 minutes  
**Cooking time:** 30 minutes



## Directions

1. Wash hands with soap and water.
2. In a medium skillet over medium-high heat (350 degrees F in an electric skillet), sauté chicken in oil until lightly browned, about 2 to 3 minutes.
3. Add water, bouillon, soup, pepper and garlic to skillet. Stir until smooth. Add pasta and broccoli.
4. Bring to a boil. Cover and reduce heat to low. Simmer until pasta is tender, about 15 to 20 minutes. Add a small amount of water near the end of the cooking time if needed to prevent sticking.
5. Add cheese during last two minutes of cooking.
6. Refrigerate leftovers within 2 hours.

## Notes

- Try whole grain pasta for more fiber.
- Try pasta in a different shape, such as spiral or elbow.
- Add other vegetables such as peas, grated carrots or chopped bell peppers.
- In place of chicken, use 1 1/2 cups of white beans (a 15-ounce can, drained and rinsed), another meat, or canned tuna or salmon.
- Best served immediately. Reheated broccoli changes color and might have a less pleasant taste.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. 2017 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.

## Nutrition Facts

7 servings per container	
<b>Serving size</b>	<b>1 cup (236g)</b>
<b>Amount per Serving</b>	
<b>Calories</b>	<b>310</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 4.5g	<b>23%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 520mg	<b>23%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 24g	
Vitamin D 0mcg	<b>0%</b>
Calcium 148mg	<b>10%</b>
Iron 2mg	<b>10%</b>
Potassium 430mg	<b>10%</b>
Vitamin A 86mcg	<b>7%</b>
Vitamin C 1mg	<b>1%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.