

March/April
2023



BOONE COUNTY
EXTENSION
HOMEMAKERS

The KALEIDOSCOPE



2022-2023 Executive Council

MONTHLY QUOTE

“
**No act of kindness,
no matter how
small, is ever
wasted.**

• **Aesop**

IN THIS ISSUE

- OFFICER MESSAGES
- UPCOMING EVENTS
- EXTENSION OFFICE STAFF UPDATES

2022-2023 Club Presidents





A MESSAGE FROM THE
PRESIDENT



Happy Spring - Homemakers

Are you planning what you are going to plant for those bees and butterflies this spring? I am pretty sure our Achievement Night has a bee theme. Achievement Night is May 11 not May 4, as stated on page 29 of our program book.

We have 2 educational lessons coming up March 15. Please be sure to call the office if you will be attending and if you are joining us for lunch.

March 24 is our Spring District meeting in Hendricks Co. Reservations are due by March 15. Maybe you can get a group together and carpool. Lunch is \$15. See more info on page 16 of the newsletter.

International Night is coming up April 6. The country featured will be Afghanistan. We will be having a student from Purdue as our guest speaker. Don't forget your cultural arts project for conference and your fairy garden!!

The Bar-B-Q is coming up on April 22. You will be receiving a list as to what your club needs to bring. We can always use volunteers.

Hope to see all of you at these coming events!

Patty





Notes from Judi

You never know how strong you are until being strong is the only choice you have.

The **March Educational Lessons** will be Wednesday, March 15th. Reservations are required, so call the office. New this year is lunch from McAlister's Deli at Noon, \$10.

Come join me at the Cultural Arts Experience on Thursday, March 23rd at the Sugar Creek Art Center in Thorntown. We will be learning about journaling and will be decorating our own journal. Lunch is provided and a tour of the Art Center will be included. \$20 gets you this Experience. Call the office and RSVP today.

4-H Chicken & Pork Chop BBQ is Saturday, April 22nd from 4-7:30pm in the Farm Bureau Community Building. Go online <http://boonecounty.hometownticketing.com/embed/all> and purchase your meal ticket now (online sales close on March 31st). You will be able to choose your meat-1/2 chicken or smoked pork chop- and be able to designate which 4-H club will get credit for your meal purchase. There will be a limited number of meals available for purchase at the door, so **BUT YOUR MEAL NOW!** The Boone County Extension Homemakers will have a variety of desserts for purchase. The Extension Board will also have several displays to look over. **NEW** this year will be a Silent Auction of baskets filled with goodies donated by the 4-H clubs, 4-H projects and others. Some of the proceeds will go back to the basket donor. If your club would like to participate by providing a basket (value at \$100 or more), please contact Judi for more information.

Achievement Night is May 11th (date is incorrect in the program book). An evening where we recognize the accomplishments of our Homemakers, remember those who have passed this year, and get excited for the next year. You can join the planning committee...looking for a caterer, table decorations, speaker, and more. Details will be shared later.

IEHA Home & Family Conference: June 5-7, 2023 held in Noblesville, IN. Plan to attend this opportunity to meet Homemakers from all over Indiana, share what is happening in Boone, and learn about the other counties' events. Your invitation will be coming soon.

July 15th-21st will be the Boone County 4-H Fair. BCEH will again be serving breakfast, lunch, and dinner in the Beehive. Please share your ideas on how BCEH can be a valued partner to 4-H during the week. Volunteers are needed to help with preparing & serving meals, (would like to have a family style meal served every evening..chicken & noodles, meat loaf, pork chops, etc), set up, office work, planning activities for families throughout the week, clean up, etc. Where can you give a few hours of your time? More information coming...

Homemaker's Bake Auction will be held during the Fair. Now is the time to share the names of businesses and individuals who will be invited to bid on the baked foods. **AND** they go home with some delicious tasting items.

Get your recipe books out, go online...find those wonderful **MAPLE** flavored desserts for this year's **Creative Cookery** competition. Let's see what assortment of goodies we can make.

A look at the calendar tells you that BCEH is busy this Spring/Summer. Hope you can join in on the fun.

Important Dates



March 6	Random Acts of Kindness Club	7:00 pm		Dining Room
March 13 (<i>extended</i>)	RSVP for Education Lesson & Lunch			4:00 pm
March 15	Education Lesson 12 noon- Lunch \$10 per person 1:00 p.m.—Food and Mood 2:00 p.m.—Food Trends for 2023 and Beyond (note: program change)			Dining Room
March 24	Spring District Meeting			Hendricks County
March 27	E. H. Council Meeting - Refreshments <i>Merri Mixers & Home & Garden</i>	6:30 pm 6:00 pm		Dining Room
April 3	Random Acts of Kindness Club	7:00 pm		Dining Room
April 6	International Night (Nigeria)	6:00 pm		Auditorium
April 15	Club dues (\$10/member) to County Treasurer Coins for Friendship to County Treasurer			
April 22	4-H BBQ	4:00 – 7:30 pm		
April 24	E. H. Council Meeting - Refreshments <i>Sugar Creek</i>	6:30 pm 6:00 pm		Dining Room
May 11	Achievement Night	6:00 pm		Auditorium
May 17-23	ACWW Kuala Lumpur, Malaysia			
June 5-7	Home & Family Conference			
June 26	E. H. Council Meeting <i>Pitch-In for Old & New Presidents</i> <i>Marionettes - Drinks</i>	6:00pm		Dining Room
July 15-21	Boone County 4-H Fair			



Just a reminder that dues for the July 1, 2023 – June 30, 2024 membership year are due to me before April 15, 2023. Dues are \$10 per person. Please include an updated list of members with names, addresses, phone numbers and email addresses. The list and payment may be mailed to or dropped off at the Extension office. If you are unable to make the payment prior to April 15, please let me know you'd like to remain a member or provide the updated member list to me, so I can include you in the district dues. Also, if your club collected Coins for Friendship or cancer research funds, those are also due on April 15.

If you or your committee will need money at the door of an upcoming event, please let me know ahead of time the date and amount needed, and I will make sure to attend with cash for your event.

If you have any questions, please feel free to email me at dione.finney@gmail.com or call/text me at (317) 319-3149.

INTERNATIONAL NIGHT

On Thursday, April 6, International Night will be held in the Farm Bureau Inc. Community Building on the 4-H Fairgrounds at 6:00 p.m. The Sugar Creek Club, Marionettes and Gingham Pals are sponsoring the program on Nigeria. Recipes to be sampled include Nigerian coleslaw, chicken stew, jollof rice, and pound cake. Purdue student Elijah Ojo Openiyi will be the speaker. This will be a sampling session, not a meal substitute, and members may feel free to bring guests.

This event is at no cost but reservation to the Purdue Extension Office are by April 4 is requested. 765-482-0750





Dear Extension Homemakers,

I hope gloomy January and February have treated you well. We can see the sunshine more every day, so we know Spring is on the way. That certainly keeps me going. With Spring come all kinds of exciting Extension Homemakers events. Patty and Judi have outlined these events and more info can be found throughout this newsletter.

I have included in this edition of the newsletter some income tax resources, as we are in the tax season. There are some free tax resources that you might be eligible for. Feel free to pass on this info to others who might also be able to use it. As Spring approaches, it is time to add in some new produce into our meal plans. You will find a publication on Spring Produce that includes some yummy recipes to try. I know I am ready for fresh fruit and dinners cooked on the grill!

Also checkout the information on upcoming Extension related events and staff updated that I have included in this newsletter.

I hope you find this newsletter informational. If there are any other resources you would like to see please feel free to email me at pandora@purdue.edu.

Sincerely,

Pandora

BCEH Educational Lessons

We are changing things up a bit in 2023 and offering a lunch option to go with our educational lessons. Lunch will be from McAlister's Deli. The cost is \$10 per person and the meal includes: sandwich, chips, cookie and tea/water. If you have special dietary needs please let us know when you RSVP and we can share other meal options we can provide. **You must RSVP by March 13th at 4pm to the Purdue Extension Office, 765-482-0750.** When you call please let a staff member know if you will be coming for lunch and which educational sessions you will be attending.

Non-Extension Homemakers are welcome to attend, so please bring a friend to these lessons. All attendees must RSVP so that we have enough food and educational materials for everyone. If you need to cancel please contact the Purdue Extension Office as soon as you know you can not attend.

March 15, 2023 (Wednesday)

Farm Bureau Inc. Community Building Dining Room

Noon: Lunch (\$10)

1:00 pm Food & Mood

Learn what research tells us about how the food we consume effects our mood. What changes you can make in the types of foods you eat as well as when you eat them to affect our mood in a positive way. Mandy Gray, Hancock County

2:00 pm Food Trends in 2022-2023 and Beyond (program change)

Delivery, pick up, shopping in person, plant-based protein meals. . . what are the best options??? Prepared or packaged meals that come in the mail or are delivered to me. Is it safe, is it affordable, are they nutritious. We will look at these current food trends together. Beth Switzer, Hendricks County

Club Presidents looking for additional educational lessons can check out the
IEHA website: <http://ieha-families.org>

Information and forms for High School Scholarships have been sent to the schools by email and hand delivered.



The office has made stickers for the Head Start Books which states that the book is a gift from Boone County Extension Homemakers. I would like more volunteers to read to the children.

First Tuesday is being restarted. Our first session will be April 4th, 6:30 in the dining room of the Farm Bureau Building. The topic will be Container Vegetable Gardening. Learning the Basics of Canning will be the topic for the May 2nd session (this session will be held at the Lebanon Public Library). That will be followed up with the June 6th session Dehydrating Foods and Herbs.

We have more exciting topics in store for the fall sessions. We also are planning to hold a Heritage Skills Day next year March 23rd 2024.

Joan Mohr, Chairman

First Tuesday Restarting



We are restarting the First Tuesday programs to continue to reach out to the public to inform them on various helpful topics and to put Boone County Extension Homemakers name in front of them. Programs will normally be held at the 4-H Fairgrounds and will start at 6:30pm. Below are the dates and program topics for this Spring series of First Tuesdays. There will be another series in the Fall (August-October).

April 4th: Container Vegetable Gardening

May 2nd: Stay Scam Safe (*held at the Lebanon Public Library*)

June 6th: Empower Me to be Clutter Free

Please help us spread the word about the programs. Remember you do have to register, but all sessions are free.

Random Acts Of Kindness

February's meeting was a busy one. Judi and I met at the dining room. We put together 12 hygiene kits for the Caring Center. The Marionettes donated money for washcloths and hygiene products. We put in toothbrushes, toothpaste, comb, deodorant and soap.

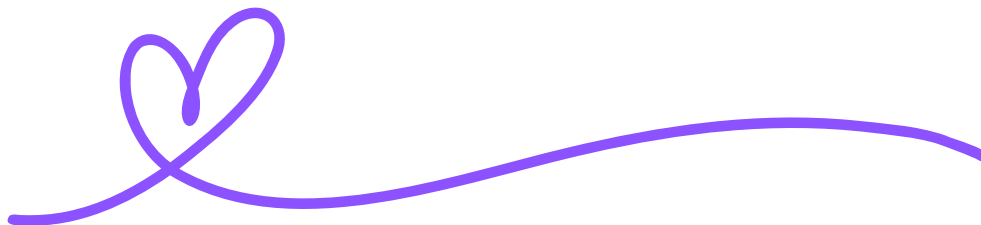
We then turned to Scatter Kindness hearts. I had 46 sewn which Judi stuffed and I sewed closed. I am trying to reach the State President's goal of 1000 per county. So far I have almost 400 made and some distributed. We have a Lion's breakfast coming up in Sheridan on March 11 which we plan on putting on the tables. We also plan on using them on tables at the Bar-b-q. Whatever is left over will be sent home with the presidents at the April council meeting. They are not that hard to give away.

Example: On Valentine's Day I took my grandchildren to school, between 3 kids I think they took 12 for teachers. Then I moved on to work I put some on the tables in the break room. My husband took some to work for the ladies. (Ace Hardware in Carmel). I went to a Galentine party that weekend took one for each woman there (18). We have ate in some restaurants since then and have left some for the waiters. I plan on sending some up to work for anyone who wants one. Remember we are men and women.

Sit down and make a list. Relatives, friends, coworkers, church, restaurants and fast food. Judi and I would love to have people join us. Please call and let us know you are coming so we have something to work on. We meet the first Monday of each month. I would like to thank Kathy and Judi for copying the tags and cutting them.

Don't forget about the Birthday Bags or Boxes. We are asking each club and associates to turn in at least 1 bag at the March Council Meeting. Please ask your President if you have not heard about it.

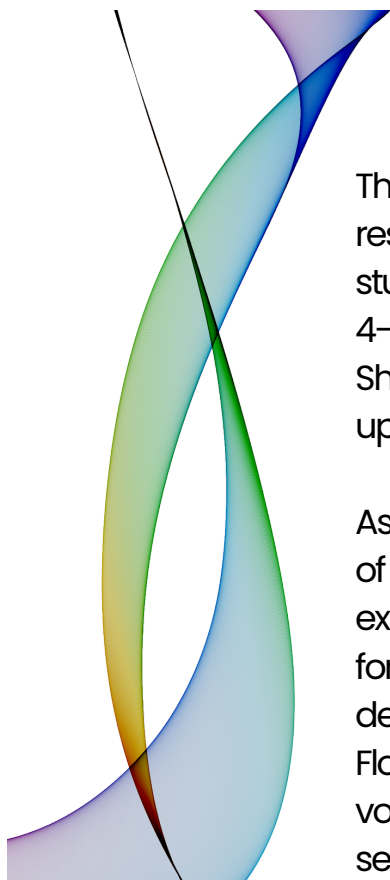
Patty and Judi



2023 Open Show

This year's Open Show will be better than ever! Boone County residents are always eager to show off their skills in the kitchen, studio, and garden and we've seen an increase in the number of 4-Hers who enter our Open Show junior division. This year's Open Show will be July 18-21. Exhibits can be entered July 18 and 19. We're updating the book now and it will be available for viewing soon.

As always, we are in need of volunteers. We are especially in need of volunteers on July 18 and 19 when we check in and judge exhibits. Additionally, Bake Auction chair Jody Durham is looking for a helper. If you enjoy looking at the exhibits in a particular department--Arts/Crafts/Hobbies, Culinary, Fine Arts, Flower/Garden, Needle Arts, and Photography--you will enjoy volunteering there. Please contact Cindy Baker at 317-733-0274 or sew_handy@yahoo.com



Sewing Day

Tuesday, March 14, 2023

9 am - 3 pm

Annex Building on the 4-H Fairgrounds



We will be sewing tote bags for Head Start, baby items for Choices Pregnancy Center and making blankets for Isaiah House and the "Your Are Not Alone Project".

I need people to sew, cut fabric and fleece, tie blankets and iron on labels that say "Made by a BCEH". There is something for everyone to do! You do not need to know how to sew to participate! Bring a sewing machine and supplies if you would like to sew and scissors for cutting fabric and fleece. Irons will be provided. Also bring a sack lunch and a drink. You may come for an hour or stay the whole time. Bring a friend too!

If possible, let me know that you are coming. Call the office to see if the event is canceled due to inclement weather.

Hope to see you all there!

There are 2 events coming up shortly, so mark your calendars and come and join us! We have a Cultural Arts event and Sewing Day in March! Please note that the Cultural Arts event needs your paid reservation by March 8th! See the details of each event below.



Linda Fahrenbach, Volunteer Community Service Chair

A CULTURAL ARTS EXPERIENCE



If you always wanted to try your hand at Mod Podge (a sealer/glue/finish) or learn the art of painting or know more about journaling, come and join us! The Boone County Extension Homemakers are hosting a Cultural Arts Experience, the Art of Journaling, on March 23, 2023 from 10 a.m.- 2 pm at the Sugar Creek Art Center in Thorntown. The program will be on Journaling and we will be decorating a journal cover. A lunch of fried chicken, mashed potatoes, green beans, roll and cookie will also be provided as well as a tour of the Sugar Creek Art Center following lunch. The cost for this event is \$20 (including all supplies and lunch) and must be received in the Boone County Extension Office by March 8th. Make checks payable to Boone County Extension Homemakers. You may mail it in (it must be received by March 8th!) or bring it into the Office. The address is:

Purdue Extension – Boone County
Attn: Cultural Arts Experience
1300 E 100 S
Lebanon, IN 46052

The Purdue Extension Office is located at the Boone County 4-H Fairgrounds.

Pandora Taylor, Purdue Extension Educator will be presenting the program on journaling and Tricia Patmore, an artist at the Sugar Creek Art Center will be teaching us how to decorate the journal cover. Lunch will be provided by Chef J.C. Cocina from Thorntown. The Sugar Creek Art Center is located at 127 S Pearl St, Thorntown IN.

This event will be limited to 40 people. For more information, call the Purdue Extension Office at 765-482-0750.
Hope to see you there!



Betsy Lairson, 4-H Youth Development Extension Educator
(Started 2/13/2023) blairson@purdue.edu

Betsy was raised in Cedarville, Ohio, a small rural town in the southern part of the state. She developed a love of agriculture and 4-H by showing pigs and cattle. Much of her childhood was spent with her grandparents and parents on the family farm and riding horses with her childhood best friend. After high school, she received her BS In Agricultural Education and Production Agriculture from The Ohio State University and her Masters of Education from Antioch University. She has spent the last eleven years teaching at-risk youth in the Ohio public school system.

She recently relocated to Thorntown, after visiting and falling in love with the Boone County area of Indiana. Betsy has four children, Tyler(25), a corrections officer, who is married to his wife Danyelle and has two daughters, Jojo and Liberty Maye, Madison(22) who earned her BS in Psychology from The Ohio State University last May and is now attending the OSU Graduate School in Social Work, JR(21) who is a junior Engineering student at Ohio State, and Reagan(17) who is a senior in high school. Betsy is anxiously awaiting to see if Reagan is going to attend The Ohio State University, Purdue University, or University of Tennessee, where she has been accepted into the animal sciences, pre-vet med track programs.

In her downtime, she enjoys spending time with her family and friends, being outdoors, cooking, baking, and watching sports. She also loves traveling with her youngest daughter showing pigs at jackpot and circuit shows throughout the year. Betsy is very excited to join the Purdue University Extension team in Boone County.



The Purdue Extension Office is currently seeking an Administrative Assistant, and in the near future a Program Assistant. If you know someone who would be a good addition to our office the jobs will be posted on the county website. This link is for the Administrative Assistant:

<https://www.governmentjobs.com/careers/boonecountyin/jobs/3925570/administrative-assistant>

After reading the job description if you have further questions please reach out to Andrea Hatfield, County Extension Director at ahatfield@purdue.edu.





Spring District Meeting

Friday, March 24, 2023

Hendricks County 4-H Fairgrounds & Conference Complex
1900 E Main Street, Danville, IN 46122

Theme: Planting Philanthropy



Registration: 9:00 am

Program 10:00 am

Speaker: Julie Randall, Family Promise

Cost: \$ 15.00

RSVP by: March 15, 2023

Menu: Salad Bar, Baked Potato Bar, Desert and Drinks

Questions? Rosie Lenihan 317-840-2592

or lenihrose1161@att.net



Attendees:

Please bring cleaning supplies
to be donated to
Family Promise

35TH ANNUAL BOONE CTY MASTER GARDENERS

Gardenfest

**FREE ADMISSION · KIDS ACTIVITIES · SOIL PH TESTING · Q&A ·
NATIVE TREE SEEDLINGS TO THE FIRST 300 ATTENDEES**

April 1, 2023 9AM- 3PM

Boone County 4-H Fairgrounds

Lebanon, IN (I-65- Exit 138)

mastergardenersboonecounty.org

Vendors

Flowers, Art, Hostas
Herbs, Hort Info
Native Seeds, Succulents
Gifts & More

**Used Garden tools and
other Garden
items available for
Purchase**

Guest Speakers

9:30am - Tom Setser

“Removal of Nuisance Animals”

10:45am - John Chapin

“Great Hydrangeas for Midwest Gardens”

12pm - Chuck Dailey

“All about Bees”

Garden Café

Drinks

Sandwiches

Homemade Desserts



Purdue Extension Master Gardeners

Purdue University Cooperative Extension Service is an equal access/equal opportunity institution

UNDERSTANDING INCOME TAXES

IMPORTANT LINKS

FEDERAL

IRS Tax Withholding Estimator

<https://apps.irs.gov/app/tax-withholding-estimator>

Payment Arrangements

<https://www.irs.gov/payments>

1-800-829-1954

Track your refund

<https://www.irs.gov/refunds>

Economic Impact Payments- Stimulus Payments

- <https://www.irs.gov/coronavirus/economic-impact-payments>

STATE

Tax Withholding Estimator

<https://www.in.gov/dor/individual-income-taxes/payments-and-billing/estimated-tax/>

Payment Arrangements

<https://www.intaxpay.in.gov/>

Track your refund

- <https://secure.in.gov/apps/dor/tax/refund/>

FREE TAX PREPARATION

- Call 211
- <https://uwci.org/vita>

FREE ONLINE TAX PREPARATION

- myfreetaxes.com
- www.in.gov/dor/individual-income-taxes/infreefile/

TAXES DUE DATE APRIL 18TH

IF YOU NEED AN EXTENSION YOU CAN REACH OUT TO THE IRS TO EXTEND TO OCTOBER. (JUST REMEMBER YOU CAN BE SUBJECT TO INTEREST)

RESOURCES

Taxpayer Advocate Service

<https://www.taxpayeradvocate.irs.gov>

Indiana Legal Services, INC

- <https://www.indianalegalservices.org/LITC>

Economic Impact Payments- Stimulus Payments

- <https://www.irs.gov/coronavirus/economic-impact-payments>

Publication 17

<https://www.irs.gov/pub/irs-pdf/p17.pdfv>

IRS Identity Theft Victim Assistance Program

<https://www.irs.gov/pub/irs-pdf/f14039.pdf>

Federal Trade Commission

<https://www.identitytheft.gov/>

Self-Employment Resources

- https://www.irs.gov/publications/p535#en_US_2020_publink100078352

Savings Bonds

<https://home.treasury.gov/services/bonds-and-securities>

THINGS TO HAVE READY FOR TAXES

- Proof of Identification
- Social security card/ITIN number
- Birth dates for you and everyone you plan to claim
- Wage and Earning statements
- Forms W-2, W-2G, 1099-R, and/or 1099-Misc
- Interest and dividend statements from banks
- Form 1099-INT or 1099-DIV
- Last year's tax returns
- Bank routing and account numbers
- Both parties will need to sign if you file Married Jointly.
- Daycare provider Info
- Health insurance Info
- Charitable Deductions

SURVEY

Your feedback helps improve the content and quality of this program. Please complete this brief survey which is voluntary and anonymous.

-Text

Survey Code: "Survey 5565

Phone Number: 1.833.444.7123

Link: <https://surveythis.info/question.html?5565>



Spring Produce

April through mid-June

The *Dietary Guidelines for Americans* (2010) recommends increasing fruits and vegetables in the U.S. diet. In springtime, you can find fresh cool-season fruits and vegetables at farmers markets, roadside stands, and grocery stores across Indiana. Use the following tips to select, prepare, and store these healthy foods.

By Catherine Burlage,
former graduate student,
Department of Nutrition Science,
Purdue University College of
Health and Human Sciences

Reviewed by:

- Laura Palmer, MS, RD, Extension Specialist, Purdue University
- Nancy Casada, former Extension Educator, Purdue Extension, Harrison County, Indiana
- Jennifer Dennis, Assistant Professor of Horticulture, Purdue University
- Mary Alice Gettings, MS, RD, LDN, CDE, Nutrition and Food Safety Educator, Penn State Extension

Vegetables available in spring in Indiana

Asparagus	Beets	Broccoli	Cabbage
Cauliflower	Collards	Green onions	Kale
Lettuce	Mushrooms	Peas	Radishes
Rhubarb	Spinach	Turnips	

Spinach and broccoli

Select

When selecting spinach, make sure it is free from bruises, cuts, and mold. Spinach should have dark, unblemished leaves and smell fresh.

When selecting broccoli, be sure that it is dark green and not yellow. The florets should be even in color, the leaves should not be wilted, and the stalks should not be fat and woody.



Prepare

Spinach leaves should be washed thoroughly in cool water to remove all grit and then gently dried between paper towels. Spinach can be enjoyed either raw or cooked.

Broccoli should be washed under cool, running water to remove any dirt from the florets. You may also soak broccoli in salt water (one teaspoon of salt dissolved in one quart of water) to drive out any insects that may be



hiding in the florets. Cut off leaves and woody sections of the vegetable and serve raw or cooked.

Store

Keep unwashed spinach in a plastic bag in the crisper section of the refrigerator for up to three to four days. Wash spinach just prior to eating.

Store unwashed broccoli in a plastic bag in the crisper section of the refrigerator for a few days. To allow airflow, make sure the bag is not sealed completely.



Fruits available in spring in Indiana

Peaches

Strawberries (late spring)

Strawberries

Select

When selecting strawberries, make sure they are free from bruises, cuts, and mold. Strawberries should be evenly shaped and not too seedy or white at the tips.

Prepare

Gently rinse strawberries under running water with the green cap still on. Once they have been washed, remove the green cap and enjoy.

Store

Strawberries should be stored between 34 and 38 degrees Fahrenheit for best results. If possible, store them in the plastic container from the store. Under ideal conditions, strawberries can be kept in the refrigerator for up to two to five days.



Spring Recipes

SPRING VEGETABLE SAUTÉ

Yield: 4 servings

Ingredients

1 teaspoon olive oil
 1/2 cup sweet onion, sliced
 1 garlic clove, finely chopped
 1 potato, cubed
 3/4 cup carrots, sliced
 3/4 cup asparagus, sliced
 3/4 cup green beans
 1/2 cup radishes, quartered
 1/4 teaspoon salt
 1/4 teaspoon black pepper
 1/2 teaspoon dried dill

Instructions

1. Heat oil in skillet. Add onion and cook for 2 minutes.
2. Add garlic and cook for another minute.
3. Stir in potatoes and carrots. Cover, turn heat to low, and cook until almost tender (about 4 minutes). Add asparagus, green beans, radishes, salt, pepper, and dill.
4. Cook, stirring often, until just tender.

SUNSHINE SALAD

Yield: 5 servings

Ingredients

5 cups spinach leaves (packed, washed, and dried well)
 1/2 red onion (sliced thin)
 1/2 red pepper (sliced)
 1 cucumber (whole, sliced)
 2 oranges (peeled and chopped into bite-size pieces)
 1/3 cup vinaigrette dressing (“lite,” around 15 calories per tablespoon or less)

Instructions

1. Toss all ingredients together in a large bowl. Add dressing and toss again. Serve immediately.

STIR FRY VEGETABLES AND BEEF

Yield: 4 servings

Ingredients

1/2 teaspoon ground ginger
 1/8 teaspoon garlic powder
 1 teaspoon soy sauce
 1/3 cup water
 1 cup carrot (sliced)
 2 cups broccoli
 1 bell pepper (chopped)
 1 onion (chopped)
 1 package fresh mushrooms (sliced)
 2 tablespoons oil
 8 ounces sliced beef

Instructions

1. Wash hands and any cooking surface.
2. Mix spices, soy sauce and water; set aside.
3. Wash vegetables. Slice carrots, broccoli and mushrooms. Chop onions and bell peppers.
4. Heat oil in large frying pan and add meat when oil is hot; stir until brown.
5. Push meat to the side and in the middle of the pan add carrots, onions and peppers. Cook them for 1 minute. Add mushrooms and broccoli. Cook until they are tender.
6. Add liquid mixture and cook until bubbly.
7. Reduce heat, cover pan and cook for two more minutes.
8. Serve over whole-wheat pasta or brown rice.

For more information . . .

. . . on safe refrigerator storage:

- U.S. Department of Agriculture Refrigeration and Food Safety:
www.fsis.usda.gov/Fact_Sheets/Refrigeration_&_Food_Safety/index.asp

. . . about farmers markets:

- Indiana State Department of Health
www.in.gov/isdh/24776.htm
- U.S. Department of Agriculture:
www.ams.usda.gov/farmersmarkets

Other publications in this series

- HHS-755-W, *Summer Produce*
https://mdc.itap.purdue.edu/item.asp?item_number=HHS-755-W
- HHS-756-W, *Autumn Produce*
https://mdc.itap.purdue.edu/item.asp?item_number=HHS-756-W

Sources

- U.S. Department of Agriculture Supplemental Nutrition Assistance Program (SNAP) Education Connection Recipe Finder:
<http://recipefinder.nal.usda.gov/>
- Produce for Better Health Foundation:
www.fruitsandveggiesmorematters.org

Five reasons to eat more fruits and vegetables

1. They are naturally low in calories.
2. They are high in vitamins and minerals, which help you to feel energized.
3. They provide fiber to help keep you full.
4. They are healthy whether they are fresh, canned, dried, frozen, or in 100% juice.
5. They taste great!

Jan. 2013

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action institution. This material may be available in alternative formats.



MARCH/APRIL WORD SEARCH

S I B X H S S B U N N I E S D
U P M M S I H D S I K L Y S A
N V A Q I G W A E S B E K N F
S D A K R V W H M E S P A I F
H J W W I G T W E R S R E B O
I N A N N R O S P G O E N O D
N L E I A B S T L N M C S R I
E D R E N A D A A I F H K P L
H P G I R Y Q O D W T A U E S
S B A G G G N C Y O P U M H V
F R G O L D A N B R K N O E Z
S R E W O L F I U G H W B E N
C O B B L E R A G H E N P I L
S K C I H C H R S R G Y V J X
A L L E R B M U S Y M Q C N F



IRISH
SHAMROCK
FLOWERS
EARTH
BEES
GREEN
COBBLER
ROBINS
GRASS

SPRING
LEPRECHAUN
SEEDS
BUNNIES
UMBRELLA
SNEAKY
DAFFODILS
SUNSHINE

GOLD
SHOWERS
RAINCOAT
LADYBUGS
BUTTERFLIES
RAINBOW
CHICKS
GROWING



Boone County Community Gardens Workdays



When? Saturday, March 18, 2023 *and* Saturday, April 15, 2023
9am to 12pm

Where? Production Garden: 1204 Indianapolis Ave., Lebanon, IN 46052

What? Community workdays at the garden!

Why? To feed Boone County. Produce is donated to local food pantries.

For any updates: Check the Boone County Community Gardens Facebook Page

If you have these items, you're welcome to bring them!



Gloves



Shovels



Rakes



Wheelbarrows



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Shalom Garden Tour

When: June 17, 2023; 10am-4pm

Where: Boone County, IN

Come take a beautiful walking tour of five residential landscape gardens and one vegetable garden throughout Boone County.

Tickets are \$15 in advance, \$18 the day of the Garden Tour, and Children 12 & under free. All proceeds raised are for the hot meals and kids sack lunch programs. Help us feed Boone County!

For more information or to buy tickets online in advance:
<https://www.theshalomhouse.org/events>

MARCH/APRIL

WORD SEARCH ANSWERS



S I B X H S S B U N N I E S D
U P M M S I H D S I K L Y S A
N V A Q I G W A E S B E K N F
S D A K R V W H M E S P A I F
H J W W I G T W E R S R E B O
I N A N N R O S P G O E N O D
N L E I A B S T L N M C S R I
E D R E N A D A A I F H K P L
H P G I P Y Q O D W T A U E S
S B A G G G N C Y O P U M H V
F R G O L D A N B R K N O E Z
S R E W O L F I U G H W B E N
G O B B L E R A G H E N P I L
S K C I H C H R S R G Y V J X
A L L E R B M U S Y M Q C N F