May 24, 2024

May is Mental Health Awareness Month. The end of another school year has arrived! I hope that you will take some time to prepare your bucket list for your summer with your family. I suggest adding visiting the Lawrenceburg Farmer’s Market on Saturdays from 9-1 as one item. Check for details about the market on Lawrenceburg Main Street website. I hope that you will grow a garden or a plant in a pot with your child. Also, I encourage to be active outdoors. Finally, teach your child/children to cook and make food items with produce of the season. Below you will find a recipe to use your produce of the season in. If you have questions or concerns, call 926-1189 or email [mparcell@purdue.edu](mailto:mparcell@purdue.edu).

Marcia Parcell, Health and Human Sciences Educator, Purdue Extension – Dearborn County

Are you interested in learning more about feeding your family on a budget? Healthy living tips? Getting new family friendly recipes? Incentives and kitchen tools to make cooking more enjoyable? Purdue Extension-Dearborn County and the Indiana Nutrition Education Program (NEP) would like to help YOU learn about all these topics and more! Please contact Purdue Extension-Dearborn County at 926-1189 to schedule an appointment with Trenna Jossart, our Nutrition Education Program Advisor, so that you can learn more about healthier eating, healthier cooking, and healthier living!

**Cucumber, Corn, and Bean Salsa**

2-3 large cucumbers ½ cup black beans

2 tomatoes ½ cup fresh whole kernel corn, cooked

1 yellow bell pepper 1 ounce package dry ranch dressing mix

1 small red onion 1/8 cup cider vinegar

¼ cup chopped fresh cilantro 1/8 cup sugar

Wash all vegetables. Finely chop cucumbers, tomatoes, pepper, and onion. Combine in a large mixing bowl with chopped cilantro. Drain and rinse beans and add to chopped vegetables. Add corn. If using canned corn, instead of fresh, drain off liquid prior to adding to vegetables. In a small bowl, mix together ranch dressing packet, vinegar, and sugar. Pour dressing over vegetables and mix well. Serve immediately or refrigerate until chilled. Yield: 10, 1 cup servings.

**Pop Club**

Lawrenceburg Farmers Market

Saturdays

June 8, 15, 22, & 29

July 6, 13, & 27

August 3 & 31

September 28

9:00am-1:00pm

Rain or Shine

**Dining With Diabetes**

July 12, 19, 26 and August 2

10:00am-12:00noon

Dillsboro Village Apartments

To register contact:

Marcia Parcell

[mparcell@purdue.edu](mailto:mparcell@purdue.edu)

Or

Shannon Chipman

chipmans@purdue.edu

**6 Week Health Tracker**

**Summer Program**

June 8, 15, 22, & 29

July 6 & 13

The Health Department will be at the first Lawrenceburg Farmers Market (6/8/24), handing out booklets and taking beginning health screenings.