

LIVING WELL IN HARRISON COUNTY

A bimonthly newsletter from your Health & Human Sciences and
Community Development Educator



APRIL/MAY 2026



A Note from Tara..

Hello Spring!

As the days grow longer and the world around us begins to bloom, this season offers a natural reminder that growth often starts with small, simple steps. Spring is a time for fresh energy, new ideas, and reconnecting with the habits and people that help us thrive.

Here at Extension, we're continuing to focus on practical tools and programs that support healthy living, strong families, and connected communities. In this issue, you'll find upcoming program opportunities, helpful resources, updates from Harrison County Homemakers, and this year's Harrison County Fair Open-Class projects, along with a few features designed to inspire learning and conversation.

Whether you're looking for ideas to support healthy habits at home, ways to stay engaged in your community, or simply something new to try this season, I hope you'll find something meaningful in these pages.

Thank you for being part of our Extension community and for all the ways you continue to grow, learn, and give back. Wishing you a bright and refreshing spring season!

Tara Beckman



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Extension - Harrison County



In This Issue

TASTY BITES

Simple, seasonal recipes you can make at home, designed with nutrition, budget, and busy schedules in mind. Look here for meal ideas the whole family can enjoy!

TABLE TALK

Pull up a chair for practical tips and real-life insights on everyday wellness— from food safety and stress to parenting, relationships, and more. Each topic includes conversation starters and resources to keep the discussion (and the learning) going beyond the table, helping you, your family, and friends put wellness into practice, one small step at a time.

LIVING WELL

This space is all about helping you thrive— in your health, home, and daily life. From meal planning to mindfulness, finances to fitness, find quick tips and resources to support your overall well-being.

Did You Know?

SPRING INTO HEALTHY HABITS

Did you know research shows people are more motivated to start new goals during “temporal landmarks” like the start of a season?

Spring is the perfect time to reset one small health, home, or financial habit.



Upcoming Programs

****All events listed are open to the public****

Registration may be required, contact office for details.

- **April 6: Food Safety Education**
 - Harrison Co. Extension Office, 1PM
- **April 7: IEHA Spring District Meeting**
 - Harrison Co. Extension Office, 10AM
- **April 10: A Matter of Balance 8-session series**
 - Floyd Co. Family YMCA, 10AM - 12PM
 - Then every Thursday starting April 16-May 28, 10AM-12PM
 - *Register by 1st class date
- **April 14: Food Safety Education**
 - Harrison Co. Extension Office, 9AM
- **April 14: Love Your Heart**
 - SWAG (Palmyra Library Branch), 1:00PM
- **April 21: Grow It, Cook It: Tomatoes**
 - Harrison Co. Ext. Office, 5:00PM
- **April 22: Spring Into a Healthier You**
 - Joe Rhodes Senior Center, 11:30AM
- **April 29: Cooking With Confidence Session 1**
 - HCPL- Corydon 10AM, Elizabeth 12:30PM
- **May 13: Cooking for 1 or 2**
 - Joe Rhodes Senior Center, 11:30AM
- **May 27: Cooking With Confidence Session 2**
 - HCPL- Corydon 10AM, Elizabeth 12:30PM
- **June: Harrison County Fair & 4-H Fair**
 - Check out our Extension website or Facebook page for dates, times, locations, and details!

Upcoming Extension Opportunities



Food Safety Education: Sanitizing With Confidence

Build the skills and confidence to keep your kitchen safe! Learn proper sanitizer use, cleaning of equipment and non-food contact surfaces, and wash, rinse, sanitize best practices in a 3-compartment sink.

This 1-hour, hands-on session provides practical experience you can use immediately and is perfect for anyone handling food at home, in a community kitchen, or in a food service setting.



1 April 6 @ 2:00PM

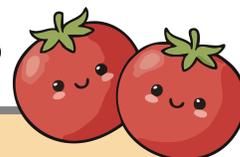
2 April 14 @ 9:00AM

 Purdue Extension Office
247 Atwood Street
Corydon, IN 47112

RSVP Encouraged

By calling the Extension Office at 812-738-4236 to let us know which session you plan to attend.

Grow It, Cook It: Tomatoes



Join ANR Educator, Ariel Camm-Wilson, and HHS Educator, Tara Beckman, for their "Grow It, Cook It" presentation to discuss tomatoes. This event is all about empowering you, the participant, to go from garden to table with featured ingredients.

This program is FREE, but RSVP is encouraged!



April 21, 2026



5:00 PM



Harrison County
Extension Office
247 Atwood St. Corydon

Upcoming Extension Opportunities

Cooking With Confidence: Healthy Strategies for Everyday Meals

FREE! Registration for each month's class will open at the beginning of that month, but you're also welcome to show up the day of! Reserve your spot online at the Harrison County Public Library website or call the Reference Desk at 812-738-4110.

 PURDUE UNIVERSITY Extension - Health and Human Sciences	 HARRISON COUNTY PUBLIC LIBRARY	
APRIL 29th	Spring Kitchen Reset: Berries, Salads & Smart Prep	
	Corydon Branch 10:00AM	Elizabeth Branch 12:30PM
	One-Pot & Sheet-Pan Meals	MAY 27th
	Corydon Branch 10:00AM	Elizabeth Branch 12:30PM
JUNE 11th	Flavor Foundations	
	Corydon Branch 10:00AM	Elizabeth Branch 2:00PM
	Snack Smarter: Simple, Satisfying Summer Bites	JULY 23rd
	Corydon Branch 10:00AM	Elizabeth Branch 2:00PM

April Color Mixing Challenge Kit

a mess-free, portable activity that lets individuals explore color, build fine motor skills, and boost brain development— all while having hands-on fun!

FOR ALL AGES!

Stop by the **Extension Office Monday-Friday 8:00am-4:30pm** to grab your FREE kit.

*Limited Quantities Available.



TASTY BITES

From EatGatherGo.org- eatgathergo.org/recipe/spring-green-salad/

Spring Green Salad

Ingredients:

- 6 ounces spinach (about 7 cups)
- 3 oranges
- 1 ½ cups strawberries, halved
- 1 cup walnut pieces (toasted if desired)
- 1 teaspoon sugar
- ½ teaspoon paprika
- 2 tablespoons orange juice (from ¼ orange)
- 1 tablespoon lemon juice
- 1 ½ teaspoons vinegar
- 1 teaspoon finely chopped onion
- 2 tablespoons salad oil



Directions:

1. Wash and dry spinach, tear into pieces, and chill.
2. To prepare orange: Cut off peel and membrane of outer part of the sections. Using a paring knife gently cut out sections from membrane edges. You end up with orange sections with no outer membrane.
3. To make dressing: Combine all ingredients in a jar and shake well or blend in a blender.
4. Right before serving, toss orange sections and strawberries with walnuts and spinach. Add dressing to coat salad. Serve immediately. Refrigerate leftovers within 2 hours.

LIVING WELL

Spring is often seen as a time for fresh starts, making it a great opportunity to refresh daily habits that support overall well-being. Small changes—like getting outside for a short walk, adding more fruits and vegetables to meals, improving sleep routines, or taking a few minutes each day to slow down and reset—can have a big impact over time. Rather than trying to change everything at once, focus on one or two small habits that feel manageable and build from there. Just like the season itself, healthy change often grows step by step. Check out the resource to gain additional support.



Photo: Illinois Extension

<https://extension.illinois.edu/health>

TABLE TALK

Intentional Routines

Spring is often a season of fresh starts, making it a perfect time to pause and check-in on the routines that shape daily life at home. Between work schedules, school activities, extracurriculars, and the pull of screens and devices, it's easy for meaningful connections to get lost in the shuffle. Taking a few intentional minutes to talk together about what's working, and what could use a little tweak, can help everyone feel heard, supported, and more in sync.

Gathering around the table, whether at mealtime, a snack break, or even a short family meeting, creates a natural opportunity to connect. These conversations don't need to be long or formal, sometimes the simplest questions can spark meaningful reflection and collaboration:

- **What routines help our days run smoothly?**
- **Which parts of the day feel the most stressful right now?**
- **What is one small change we could try this week to make things easier or more fun?**
- **How can we create more time for meals, rest, or shared activities?**
- **Are there any habits we'd like to add, like reading together, stretching, or enjoying a short walk outside?**

Even small conversations like these can strengthen communication skills, build empathy, and help individuals and families create routines that support both well-being and connection. Over time, these short "Table Talk" check-ins can become a valuable habit, helping everyone feel more engaged and resilient as daily life changes with the seasons.

Explore two Purdue Extension resources to continue this conversation and gain additional support from your "Table Talk."

View All Resources Here:

- www.purdue.edu/hhs/families-together/collections/we-share-our-feelings-constructively/
- extension.purdue.edu/hhs/family/





Whether you're a parent, caregiver, educator, or simply someone who cares about kids, this space offers quick, practical tips to help youth, and the adults who support them, thrive. From literacy and life skills to healthy habits and community connections, each issue features simple ways to grow strong minds, routines, and relationships.



WHY IT MATTERS

This is something interesting you might not know — based on research or data.

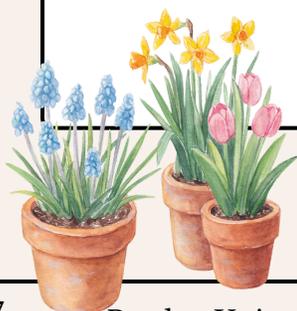
Children thrive through conversation. Regular, meaningful chats with young children about their day, feelings, or discoveries support emotional growth, language development, and strong parent-child connections. 1



TRY THIS TODAY

This is something you can do or try today.

Start a 10-minute bedtime chat. Each night, spend just a few minutes talking with your child about their day, feelings, or something fun they learned. This simple routine supports emotional connection, helps children feel heard, and builds healthy communication habits from an early age.



FAMILY-FRIENDLY FINDS

Discover a featured resource, seasonal activity, or upcoming opportunity that supports youth, families, and community wellness. Whether it's a program, place, or partner, each issue highlights something worth checking out.



Unlocking Childhood: Coffee and Conversations with Experts and Parents

This podcast brings together experts from Purdue University's Department of Human Development and Family Science and local parents from Indiana to explore the joys and challenges of raising children ages 0–5 years. Over a cup of coffee, guests discuss topics like childhood nutrition, sleep, play, emotion regulation, and parents' well-being, offering insights to help young children flourish. Tune in wherever you listen to podcasts for meaningful conversations and practical guidance.

1. Harvard Graduate School of Education. The Brain-Changing Power of Conversation. Usable Knowledge. www.gse.harvard.edu/ideas/usable-knowledge/18/02/brain-changing-power-conversation

BLUE RIVER HILLS CLUB

Current President: Marcia Gliottone

The Blue River Hills Extension Homemakers Club offers a welcoming and flexible environment where friendship, service, and fun come together. Meeting at the historic Fountain Schoolhouse, the club provides a unique place for members to gather, learn, and connect. With activities ranging from baking pumpkin rolls and supporting the Cookie Walk to organizing fundraisers and group trips, there's something for everyone! Members especially appreciate the flexibility to participate as much (or as little) as their schedules allow.

A highlight of the club's service is its long-standing role in the annual Carnival for Cancer. Held each year on the third Friday in September at Fountain Church, this cherished event features a chili supper, games, auctions, a sweet shop, yard sale, and the always-popular cake walk. In 2025, the 49th annual event raised \$10,600, which was matched by the Harrison County Community Foundation, to total \$21,200 for the American Cancer Society. The upcoming 50th annual celebration on September 18, 2026, promises to be a special milestone, marking five decades of community support and impact!

In addition to this signature event, the club stays active through service projects like Meals at Unity, Pioneer Day, and creating lap quilts for seniors and veterans. Members also enjoy social activities such as quilting, a Christmas dinner at Van's, trips to nearby destinations, and a summer swim party at O'Bannon Woods.

Blue River Hills is committed to supporting its members through educational lessons, including food and nutrition programs, as well as initiatives like Make a Difference Day and Playtime for kids. Themed meetings, such as Nostalgia Day and an Elvis Party, bring laughter and creativity, often featuring fun skits that reflect the club's lively spirit.

For those considering joining, Blue River Hills offers an open invitation. Whether you want to be lightly involved or fully engaged, you'll find opportunities to connect, contribute, and feel right at home!



Blue River Hills Extension Homemakers and Blue River All Stars 4-H Club, in partnership with RSVP, created 100 blankets for the Harrison County Veterans Office Adopt-A-Vet Program, plus extra blankets for local nursing home residents.



Blue River Hills performs a cookie-themed holiday skit, just in time for their annual Cookie Walk fundraiser.

For more information about IEHA Clubs in your part of Harrison County, contact membership coordinator Marcia Gliottone 812-267-5573 or the Harrison County Purdue Extension Office 812-738-4236.

Harrison County Fair- Open Class Project List

The Open Class Exhibit in the Homecomers Hall at the Harrison County Agricultural Fair—made possible each year through a partnership with the Harrison County Extension Homemakers—is your chance to show it off! This is FREE and open to non-professionals only! All entries must be made/grown since last year's Harrison County Fair, with the exception of "Antique" items.



*Additional packets are available at the Extension Office.

AGRICULTURE-HORTICULTURE-HOME ECONOMICS COUNTY FAIR OPEN-CLASS PROJECTS

Superintendent: Beverly Dodds (812) 366-4265

Asst Superintendents: Sheila Jackson (502) 592-9035; Alice Vincent (812) 267-5723

Enter Exhibits Saturday, June 20 from 9-11:00am and on Monday, June 22 from 9:00 am until NOON

Entries close at NOON, Monday, June 22, 2026

RULES FOR EXHIBITION-2026

IMPORTANT: Read all the rules below. Please be aware-Section numbers may have changed.
Use correct Section numbers on your entry tags.

ARTICLE 1: Enter Exhibits from 9-11:00 am on Saturday, June 20 or on Monday, June 22 from 9:00 am to NOON at the Homecomers Hall. Entries close at NOON, Monday, June 22, 2026.

ARTICLE 2: All entries must be made / grown by exhibitor since last year's Harrison County Fair, with the exception of 'Antique' items.

ARTICLE 3: Any article entered in previous years will not be accepted and may not be entered.

ARTICLE 4: Each Exhibitor must enter in 3 or more sections in order to receive two single-day fair passes. Bring entry ticket to Fair office to receive Fair passes. Unless Fair board decides otherwise.

ARTICLE 5: All exhibitors must be non-professional, bonafide residents of Harrison County or a Harrison County Extension Homemaker. Anyone who advertises in the local paper, telephone book, online, or has a business card or a place of business related to a particular category is considered a professional in that category. Any article that is exhibited by a professional will be disqualified from competition.

ARTICLE 6: Only one exhibit may be entered under each section number.

ARTICLE 7: No exhibit fees required. For speedy entry, please bring address labels or completed entry tags. Entry tags are available at the Extension Office.

ARTICLE 8: Judging starts 1:00 pm Monday of Fair week. Judging continues at 9:00 am Tuesday of Fair week.

ARTICLE 9: 1st place receives \$3.00; 2nd place- \$2.00; and 3rd place- \$1.00. Judges' decisions are final.

ARTICLE 10: Fair premiums will be paid to exhibitors when exhibits are picked up between 9:00 and 11:00 a.m. on Saturday, June 27, 2026. See Ag Society representative on location for premiums.

ARTICLE 11: No exhibits will be released until Saturday morning between 9 a.m. and 11 a.m. Entry tag MUST BE presented at check-out time to pick up exhibit. All exhibits MUST be picked up by 11 a.m. Saturday. Items not picked up by 11 a.m. will be disposed of.

ARTICLE 12: All articles entered in the Agriculture-Horticulture Products categories, except Floriculture, must have been raised by the exhibitor within the current year, and can be entered in one section only.

ARTICLE 13: Fruits shown as a single specimen cannot be shown in collection.

ARTICLE 14: No premiums shall be awarded on any fruit which is polished or found to be store bought.

ARTICLE 15: No artificial flowers are to be used in or with any flowers or plants in the Floriculture category.

ARTICLE 16: All plants, bouquets, and arrangements in the Floriculture category must be in flower pots, vases, or appropriate container. Vases and containers should be weighted. (Containers will not be judged.)

ARTICLE 17: For Grain exhibits requiring quart entries, entries should be in a quart clear glass jar with lid. For Hay exhibits, entries should be in clear plastic bag.

ARTICLE 18: Fruits, except berries, on exhibitor provided paper plates. Exhibit berries in 1 pint freezer box.

ARTICLE 19: FOOD SAFETY "For baked product competitions" Uncooked and cooked components, including filling, frosting, glazing, pie filling, and meringue are not permitted in or on any of the baked exhibits. No home-canned fruits, vegetables, or meats are permitted in products. Contestants should carefully wash their hands and ensure their hands do not have any open cuts before preparing foods. Whenever possible, baked products should be transported and stored in chilled coolers (4°F).

ARTICLE 20: Food preservation items must have been canned since last year's Harrison County Fair. Name of item AND date canned must be on lid. Exhibit canned items in standard pint/quart canning jar except jams, jellies, marmalade & preserves which may be in standard half-pint canning jar. No sauerkraut or cabbage will be accepted for exhibit. Exhibit jars with complete lid and ring. All jars must be sealed. No decorative covers.

ARTICLE 21: In Class G-1-Fine Arts, the word 'Finished' means framed/ready to hang.

ARTICLE 22: For those items specifying 'Youth', put age of child on tag where judge can see it.

ARTICLE 23: In photography section, blowup photos must be 5" x 7" or larger.

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CLASS-F1 : DIVISION-Floriculture

302	Amaryllis	343	Flower box or planter arrangement, potted
303	Begonia potted	344	Dried flower arrangement
304	Begonia specimen	345	Wild flower arrangement
305	Butterfly bush bouquet	346	African Violet
306	Butterfly bush specimen	347	Boston fern potted
307	Calla Lily bouquet	348	Cactus garden
308	Calla Lily specimen	349	Cactus potted
309	Canna specimen	350	Fern, other than boston, potted
310	Cocksoomb specimen	351	Flowering plants-other than listed
311	Cosmos specimen	352	Foliage plants-other than listed
312	Dahlia specimen	353	Hanging basket-flowering
313	Daylily bouquet	354	Hanging basket-foliage
314	Daylily specimen	355	Herbs-3 or more in a single pot
315	Geranium potted	356	Ivy-indoor,small leaf, potted
316	Geranium specimen	357	Philodendron potted
317	Gladiola bouquet	358	Succulent plants, potted
318	Gladiola specimen	359	Succulent-single specimen
319	Hibiscus		
320	Hot Poker Plant specimen		
321	Hydrangea specimen		
322	Lavender specimen		
323	Lily bouquet		
324	Lily specimen		
325	Marigold bouquet		
326	Marigold specimen		
327	Phlox bouquet		
328	Phlox specimen		
329	Pinks specimen		
330	Roses bouquet-1 color		
331	Rose single specimen		
332	Snapdragon bouquet		
333	Snapdragon specimen		
334	Sunflowers bouquet		
335	Sunflower specimen		
336	Yarrow bouquet		
337	Yarrow specimen		
338	Zinnias bouquet		
339	Zinnia specimen		
340	Specimen of flowers not listed above		
341	Bouquet of garden flowers		
342	Floral arrangement-misc		

CLASS-F2 : DIVISION-Vegetables

360	Asparagus, any variety, 3 spears
361	Beans, Green, twelve
362	Beans, Other, Twelve
363	Beets, three
364	Broccoli, one head
365	Cabbage, any variety, one head
366	Carrots, three
367	Cauliflower, one head
368	Cucumbers, for pickling, three
369	Cucumbers, for slicing, three
370	Eggplant, one
371	Onions, White, three
372	Onions, Green, three
373	Onions, Other, three
374	Peas, three pods
375	Peppers, Banana, sweet, three
376	Peppers, green bell, three
377	Peppers, Hot, green, red, yellow, any color
378	Potatoes, red, three
379	Potatoes, sweet, three
380	Potatoes, white, three
381	Pumpkin, any variety, one
382	Radishes, any variety, three
383	Squash, summer, green, any variety, three

384	Squash, summer, yellow, any variety, three
385	Tomatoes, red, one variety, three
386	Tomatoes, ripe, salad, any color, 3
387	Tomatoes, Rome or puree type 3
388	Tomatoes, not listed above, three
389	Vegetable specialty, not listed
390	Best collection of farm produce, arranged attractively

CLASS-F3 : DIVISION-Pomology

See ARTICLE 19 in Rules for Exhibition

391	Apples, fall varieties, four
392	Apples, summer varieties, four
393	Blackberries, fresh, tame, 1 pt freezer container
394	Blackberries, fresh, wild, 1 pt freezer container
395	Blueberries, fresh, 1 pt freezer container
396	Cherries, fresh, 1 pt freezer container
397	Grapes, any variety, 3 bunches
398	Peaches, any variety, four
399	Pears, Bartlett, four
400	Pears, Kieffer, four
401	Pears, sugar, four
402	Rhubarb Four Stalks
403	Strawberries, fresh, 1 pt freezer container
404	Fruit specialty, not listed above
405	Collection of fruit, arranged attractively

CLASS-F4 : DIVISION-Grains, Field & other products

See ARTICLE 18 in Rules for Exhibition

406	Barley, any variety, one quart jar
407	Rye, any variety, one quart jar
408	Wheat, any variety, one quart jar
409	Alfalfa-mixed hay-12" section in clear plastic bag
410	Grass hay-12" section in clear plastic bag
411	Broom corn, any variety, one stalk, roots in clear plastic bag
412	Corn, any variety, one stalk, roots in clear plastic bag
413	Popcorn, any variety, one stalk, roots in clear plastic bag

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414 Sorghum, one seed head		Needlecraft:
415 Soybeans, two stalks, immature bare roots in clear plastic bag		473 Applique-one article
416 Sunflower, grain variety, one head		474 Counted cross stitch-one article
417 Tobacco, one cut stalk, topped		Counted cross stitch-picture, finished, framed
418 Gourd, dried, one		475 Crocheted lace-one yard
419 Honey-one 1 pound jars		Crocheted-one article, not listed elsewhere
420 Maple Syrup- one 1 pound jar		477 Cross stitch-one article
		478 Cross stitch-one article
		479 Cross stitch-picture, finished, framed
		480 Hand embroidery-one article
		Hand embroidery-picture, finished, framed
		481 Machine embroidery-one article
		Any needlecraft article not listed elsewhere
		483
		Fashion Accessories:
		Accessory-crocheted (hat, purse, tote, etc.)
		484
		Accessory-hand knitted (hat, purse, tote, etc.)
		485
		Hand tooled leather accessory-purse, billfold, belt, etc.
		486
		Cloth hat
		487
		Cloth purse or tote
		488
		Collar or scarf-crocheted
		489
		Collar or scarf- hand knitted
		490
		House slippers-crocheted
		491
		House slippers-other
		492
		Jewelry-adult
		493
		Jewelry-Youth (16 & under)-list age on tag
		494
		Any homemade Fashion Accessory not listed elsewhere
		495
		Holiday and Special Occasion:
		496 Christmas stocking
		497 Holiday decoration-centerpiece
		498 Holiday decoration-wall hanging
		499 Holiday tablecloth / table runner
		500 Tree skirt
		501 Tree ornaments-set of 3
		502 Wreath-holiday
		Any homemade Holiday decoration not listed elsewhere
		503
DEPARTMENT-Home Economics		
Read Rules for Exhibition		
CLASS-G1-DIVISION: Domestic Arts		
Bedding:		
421 Afghan-crocheted		
422 Afghan-knitted		
423 Baby blanket-crocheted		
424 Baby blanket-knitted		
425 Baby quilt, coverlet, or spread-hand		
426 Baby quilt, coverlet, or spread-		
427 Comforter-lacked		
428 Pillowcase-antique		
429 Pillowcase-crocheted edge		
430 Pillowcase-Cross stitch		
431 Pillowcase-embroidered		
432 Quilt-antique-any kind		
433 Quilt-appliqued		
434 Quilt-cross stitched		
435 Quilt-misc or bedspread		
436 Quilt-pieced, hand quilted		
437 Quilt-pieced, machine quilted		
438 Quilt top-not quilted		
439 Any homemade bedding item not listed elsewhere		
Clothing:		
440 Clothing-Choice, sewn, not listed elsewhere		
441 Historical costume		
Children's clothing:		
442 Infant-size 0-12 months		
443 Toddler's- sizes 1-3		
	Girl's / boy's clothing-sizes 4-14:	
	444 Girl's dress-party or holiday	
	445 Girl's dress-school or casual	
	446 Girl's or boy's school outfit	
	447 Girl's or boy's-active wear-swimsuit, jumpsuit, shorts, top, etc	
	448 Girl's or boy's-outerwear-coat, cape, jacket, any length	
	449 Girl' or Boy's clothing-not listed above	
	Women's clothing; Misses, Jr/ Petite, Half-size, Women:	
	450 Active sportswear-swimsuit, jumpsuit, shorts, etc	
	451 Blouse or skirt with button closure	
	452 Cape, coat, or jacket-any style or length	
	453 Dress-dressy, special occasion, or evening wear	
	454 Dress-sport or casual, one or two piece	
	455 Dress-with coat or jacket	
	456 Suit-jacket with pants or skirt	
	457 T-shirt or top	
	458 Women's garment not listed above	
	Crocheted or hand knitted apparel:	
	459 Infant wear-crocheted	
	460 Infant wear-hand knitted	
	461 Children's sweater or vest-crocheted	
	462 Children's sweater or vest-hand knitted	
	463 Men's or women's sweater-crocheted	
	464 Men's or women's sweater- hand knitted	
	465 Men's or women's vest-crocheted	
	466 Men's or women's vest-hand knitted	
	467 Poncho or cape-crocheted	
	468 Poncho or cape-hand knitted	
	469 Shawl, stole, or wrap-crocheted	
	470 Shawl, stole, or wrap-hand knitted	
	471 Any apparel article not listed elsewhere-crocheted	
	472 Any apparel article not listed elsewhere-hand knitted	

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Household Accessories:		537 Embellished garment	570 Coloring page, adult, finished, framed
504 Apron	538 Flower arrangement-artificial	571 Ink-etchings, prints, or sketches, adult, finished	
505 Centerpiece crocheted-mounted on poster board	539 Flower arrangement-handmade flowers	572 Mixed media-adult-finished	
506 Doily-crocheted	540 Gourd art	573 Oil painting, adult, finished	
507 Hot pad or mat	541 Hat-decorated for wall hanging	574 Painting- any medium-other than framed pictures, adult	
508 Pillow-Antique	542 Hat or Fascinator-decorated for wearing	575 Tube painting, adult, finished	
509 Pillow-Crocheted	543 LEGO craft	576 Water color, adult, finished	
510 Pillow-Quilted	544 Loom craft, one article	577 Any fine art-not listed above, adult, finished	
511 Pillow-not listed above	545 Models, any kind	578 Acrylic painting, Youth (16 & Under), finished-list age on tag	
512 Pot holder-Fancy-one	546 Paint by number, finished, ready to hang	579 Chalk, Youth (16 & under), finished-list age on tag	
513 Pot holders-practical-two	547 Plastic canvas needlecraft	580 Charcoal or pencil (not colored) Youth (16 & under), finished-list age on tag	
514 Rug-any type-braided, hooked, woven, etc	548 Scrapbooking (10 pgs)	581 Colored pencil, Youth (16 & under), finished-list age on tag	
515 Towel-decorated-any type	549 Scrap Craft	582 Coloring page, Youth (16 & under) finished-list age on tag	
516 Any homemade household accessory not listed elsewhere	550 Soap, handmade, one bar	583 Mixed media, Youth (16 & under), finished-list age on tag	
Table settings:		551 Tie-Dyed item	584 Oil painting, Youth (16 & under), finished-list age on tag
517 Placemats-any type of needlework-two	552 Toy-handmade, practical, not stuffed	553 Toy-handmade, practical, stuffed	585 Painting- any medium-other than framed-youth (16 & Under)
518 Tablecloth-crocheted	554 Wall hanging-latch hook	555 Wall hanging-quilted	586 Tube painting, Youth (16 & under), finished-list age on tag
519 Tablecloth or runner-any type of needlework	556 Wall hanging-not listed above	557 Wearable art-other (t-shirt, sweatshirt, jacket, etc)	587 Water color, Youth (16 & under), finished-list age on tag
520 Any homemade table setting item not listed elsewhere	558 Wood burning item	559 Wood carving-beginner, finished/unfinished surface	588 Any fine art-not listed above, Youth (16 & under), finished-list age on tag
CLASS-G2-DIVISION: Crafts		560 Wood carving-advanced, finished/unfinished surface	
Crafts:		561 Wood craft-beginner, finished/unfinished surface	
521 Basketweaving-crocheted	562 Wood craft-advanced, finished/unfinished surface	563 Wreath-any material, NOT holiday	
522 Basketweaving-other	564 Any craft not listed elsewhere, adult	565 Any craft not listed elsewhere, Youth (16 & under) list age on tag	
523 Bead craft-adult	CLASS-G3-DIVISION: Fine Arts & Photography		
524 Bead craft-Youth (16 & under)-List age on tag	Fine Arts items must be framed and ready to hang		
525 Birdhouse-any material	566 Acrylic painting, adult, finished	567 Chalk, adult, finished	
526 Ceramics-dry brushed	568 Charcoal or pencil (not colored) drawing, adult, finished	569 Colored pencil, adult, finished	
527 Ceramics-fired & glazed			
528 Ceramics-fired & painted			
529 Ceramics-other			
530 Ceramics-Youth (16 & under)-List age on tag			
531 Clocks, any kind			
532 Decoupage and related art			
533 Diamond Dotz, finished, framed			
534 Doll-not practical, handmade			
535 Doll clothes-hand crochet or knit, display on doll			
536 Doll clothes-handmade, sewn, display on doll			
			Photography: Photos must be framed and ready to hang
			All Photography entries must be taken by amateurs. Blow-up photos must be sized 5"x 7" or greater.
			589 Photography-action, no blowups, series of 3 or more, framed
			590 Photography-scenery, no blowups, series of 3 or more, framed
			591 Photography-portrait, no blowups, series of 3 or more, framed
			592 Photography-action, blowup, framed
			593 Photography-scenery, blowup, framed
			594 Photography-portrait, blowup, framed
			595 Photography-still life, blowup, framed

Harrison County Fair- Open Class Project List

The Open Class Exhibit in the Homecomers Hall at the Harrison County Agricultural Fair—made possible each year through a partnership with the Harrison County Extension Homemakers—is your chance to show it off! This is FREE and open to non-professionals only! All entries must be made/grown since last year’s Harrison County Fair, with the exception of “Antique” items.



*Additional packets are available at the Extension Office.

CLASS-G4-DIVISION: Foods- Baked

Follow "Rules for Exhibition" concerning Foods. Write name of item on exhibit tag

Baked goods, candies, & no-bakes MUST be exhibited in clear plastic boxes wrapped with a rubber band-NO TAPE.

Cakes and Pies (exhibit one 3" piece)

- 596 Angel Food cake
- 597 Banana Cake
- 598 Bundt Cake
- 599 Chiffon Cake
- 600 Chocolate Cake
- 601 German Chocolate Cake
- 602 Oatmeal Cake
- 603 Pound Cake
- 604 White Cake
- 605 Yellow Cake
- 606 Cake-your specialty, other than listed above
- 607 Fruit Pie-1 slice
- 608 Pie-your specialty-NOT fruit or cream-1 slice

Misc biscuits, breads, rolls, etc.

- 609 Biscuits-3
- 610 Bread, quick, banana, 1/2 loaf
- 611 Bread, quick, zucchini, 1/2 loaf
- 612 Bread, quick, other than listed, 1/2 loaf
- 613 Coffee cake-one 3" slice
- 614 Corn Bread-3" square
- 615 Muffins-3, your specialty, no paper liners
- 616 Sourdough Biscuits-3
- 617 Sourdough Bread-1/2 loaf
- 618 Yeast bread-white, no machine, 1/2 loaf
- 619 Yeast bread-white, baked by machine, 1/2 loaf
- 620 Yeast bread-other than white, no machine, 1/2 loaf
- 621 Yeast bread-other than white, baked by machine, 1/2 loaf
- 622 Yeast bread fancy 1/2 loaf or 3 fancy yeast rolls or donuts
- 623 Yeast rolls, plain-3

Cookies-Exhibit 3 cookies

- 624 Bar cookies-not brownie type-3
- 625 Brownies-3
- 626 Chocolate Chip-3
- 627 Diabetic-3
- 628 No-bake-3
- 629 Oatmeal-3
- 630 Peanut butter-3
- 631 Refrigerator-3
- 632 Snickerdoodle-3
- 633 Sugar-3
- 634 Your specialty cookie, not listed elsewhere-3

Children's Cookies (9 & under)- Exhibit 3 cookies

- 635 Cookies, any variety, baked-3
- 636 Cookies, any variety, no-bake-3

Candies-Exhibit 3 candies

- 637 Fudge-3
- 638 No-cook-3
- 639 Cooked-not listed above-3

CLASS-G5-DIVISION: Foods- Preserved

Follow "Rules for Exhibition" concerning Foods. Jars MUST be labeled with name of food & date canned

FRUITS

- 640 Apples
- 641 Applesauce
- 642 Cherries
- 643 Peaches
- 644 Pears

VEGETABLES

- 645 Beans-green
- 646 Beans-hullies
- 647 Beans-pole
- 648 Beets
- 649 Carrots
- 650 Corn
- 651 Lima beans
- 652 Mixed vegetables
- 653 Peas

654 Tomatoes

655 Tomato juice

656 Vegetable soup

JAMS, JELLIES, BUTTERS, ETC

657 Fruit butter-your choice

658 Jam-Strawberry

659 Jam-Blackberry

660 Jam-Specialty

661 Jelly-Strawberry

662 Jelly-Blackberry

663 Jelly-Specialty

664 Marmalade

665 Preserves or conserve

PICKLES and RELISHES

666 Bread & butter pickles

667 Dill-Cross-cut (sliced) cucumber

668 Dill-Lengthwise or spear cut cucumber

669 Dill-Whole cucumber

670 Sweet-Cross-cut (sliced) cucumber

671 Sweet-Lengthwise or spear cut cucumber

672 Sweet gherkin

673 Sweet pickles

674 Pickle relish

675 Pickled beets

676 Your specialty pickle-not listed elsewhere

677 Your specialty relish-not listed elsewhere

SALSA and SPECIALTIES

678 Salsa-tomato

679 Salsa-other fruit salsa

680 Specialty fruit-not listed elsewhere

681 Specialty juice-not listed elsewhere

682 Specialty sauce-not listed elsewhere

683 Specialty soup-not listed elsewhere

684 Specialty vegetable-not listed elsewhere

685 Specialty-not listed elsewhere-NO sauerkraut or cabbage

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CLASS-BV1-DIVISION: BIGGEST VEGETABLE/FRUIT CONTEST

Contest will be held on Monday, June 22, 2026. Weight-in is from 9:00 am until NOON ONLY.

Winning entries in this contest cannot be entered in any other section of the vegetable/fruit exhibit.

Entries must be tagged w/person's name, address, phone, veg. variety and where seed was purchased.

Entries **MUST** be grown by exhibitor.

Exhibitor must be a resident of Harrison County or a Harrison County Extension Homemaker.

Items will be weighed with the heaviest item in each section winning a prize.

Winning exhibit in each section will be kept for display during the Fair. All others will be released to go home.

\$15 GIFT CARD FOR EACH WINNING

Section #	686	Cabbage-trimmed, no suckers
Section #	687	Cantaloupe
Section #	688	Cauliflower
Section #	689	Cucumber
Section #	690	Potato
Section #	691	Pumpkin
Section #	692	Summer Squash
Section #	693	Tomato
Section #	694	Watermelon

2026 CHERRY HOMEMADE PIE CONTEST & AUCTION

Sponsored by Harrison County Extension Homemakers

- 1 Baker must make whole homemade pie in 8", 9" or 10" pan. Pan will not be returned.
- 2 Read Article 19 in "Rules for Exhibition" concerning Food Safety issues.
- 3 Bring pie to the new Ag building on Thursday of Fair between 1:00 and 2:00 pm. Judging begins at
- 4 **LATE ENTRIES WILL NOT BE ACCEPTED. Watch newspaper for any time**
- 5 First, second, and third place prizes will be awarded.
- 6 Contest is open to all Harrison County residents & Harrison County Extension Homemaker-
- 7 After judging, pies will be auctioned.
- 8 Proceeds from the auction go to Extension Homesmakers Scholarship Fund and General Operating



MAY ACHIEVEMENT DAY

Tuesday, May 12, 2026
Purdue Extension Building
Registration 9:00 a.m.-Program 9:30 a.m.

May Achievement Day will be Tuesday, May 12, 2026 at the Purdue Extension building with registration beginning at 9:00 am.

One person from each club should be prepared to give a 5-10 minute talk about their club's 2025 highlights and happenings. Each club is to bring a \$5 door prize, decorate their own table(s) and also make their own name tags.

All those attending should bring a food dish (examples: salad, entrée or dessert) for the pitch-in lunch. Tea and coffee will be served with lunch. Refreshments will not be available in the morning. New club members will be recognized.

Be sure to get names of the 25 and 50-year members to Marcia Dodge by May 1. Give the names of those members who have passed during 2025 to Marcia Dodge (812-568-0893) by May 1 for the Memorial Service. A club member may wish to speak about the person who passed.

Bring your cultural arts items for judging, with the finalist going to the Home and Family Conference for state competition. Homemaker volunteers will be in charge of Cultural Arts and special project items. Voting for the "Children's Book/Toy" and other Cultural Arts category items will only take place during the lunch hour. Check in Cultural Arts items and book or toy before 9:30 am.

There will be an Iris Flower Show this year.

CULTURAL ARTS & HERITAGE SKILLS

It is hard to believe that the Home and Family Conference will be here in a few short months. For the last several years, participation in the Special Project for Cultural Arts at the Conference has been very successful.

This year, the Committee has chosen a Children's Hand/Home-made Book or Toy. Sizes up to 18" X 18" X 18" is the maximum, however it can be smaller. You can use any medium, for any age. For the books- no commercial printing/publishing, but parts can be printed from a home printer and printed transfers can also be used.

The additional craft categories for 2026

- Quilts: full sized, crib/baby quilts
- Needlework: needlepoint, embroidery, counted cross-stitch, crewel embroidery, etc.
- Knitting/Crocheting
- Crafts/Miscellaneous: items not included in one of the above categories

Each county may enter on one Cultural Arts exhibit PLUS one special project for a total of two projects per county. Entry forms can be found on the IEHA website www.ieha-families.org under the programs/forms tab.

The Cultural Arts Committee looks forward to having many wonderful items to display at the Home and Family Conference on June 15-17.

All Club dues and members names are due to Elaine Fischer at the May Achievement Day. You will receive your 2026-27 program book at that time.

Dues are \$15.00 per member.
ISSUE CHECKS TO: HARRISON COUNTY
EXTENSION HOMEMAKERS

Purdue Extension
Harrison County
247 Atwood Street
Corydon, IN 47112

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Living Well Newsletter



Extension - Harrison County

April & May 2026

HEALTH & HUMAN SCIENCES NEWSLETTER

Accommodations

- If you are in need of accommodations to attend a program, please contact our office prior to the event at 812-738-4236.
- If you need an interpreter or translator, please contact our office prior to the event at 812-738-4236.
- Purdue University prohibits discrimination against any member of the University community on the basis of race, religion, color, sex, age, national origin or ancestry, genetic information, marital status, parental status, sexual orientation, gender identity and expression, disability, or status as a veteran.

Connect with Us!

 247 Atwood Street
Corydon, IN 47112

 812-738-4236

 extension.purdue.edu/Harrison

 facebook.com/HarrisonCoExtension

 bit.ly/harrisoncoyoutube

Harrison County Extension Inclement Weather Policy:
ALL Extension Activities (4-H events, adult workshops, meetings, classes, etc.) are cancelled when schools are closed due to inclement weather. This includes any events at the Extension Building, Harrison County Schools, etc. If the event is on the weekend, please contact the event host, or your club leader to confirm cancellation! We will do our best to share this information through Facebook posts and emails.