

Health & Human Sciences Connections

July-Sept 2023

Volume 23 Issue 4



Extension - Harrison County



Happy Summer, all!

One year. It's amazing what can happen, change, be accomplished, or overcome in one year's time.

A year ago I was introducing myself for the first time right here inside this newsletter. I had just accepted the Health & Human Sciences and Community Development Educator position, was [still am] trying to learn, meet people, and build my capacity— not only within this position but for this community. One year ago I was also recapping the Harrison County Fair, even though I wasn't able to experience it from this perspective firsthand. Well, now, that too has changed.



In fact, let me echo the same sentiments I did one year ago about fair time— but from a firsthand vantage point.

Congratulations and **thank you** to everyone on a job well done! Seeing all the ways the community chose to showcase their talents, hobbies, and interests in the Homecomers Hall (& 4-H Exhibit Hall/show barns) is commendable! This year, we had 106 open class exhibitors showing a total of 708 exhibits. WOW!!

The amount of time, effort, dedication, and “all-hands-on-deck” mentality shown by all entities, not only during Fair but in the months prior, is surely noteworthy. Thank you for welcoming me in this year and bringing me along for the ride! Be sure to check out some additional 2023 Harrison County Fair recaps in the IEHA section later in this issue.

As for the rest of the 2023 year– there's already so much planned and I hope you'll join me! Info on those programs are located in this issue, and more will be shared in the next issue.

Tara Beckman



<https://www.facebook.com/HarrisonCoExtension/>



<https://extension.purdue.edu/Harrison>



<https://www.youtube.com/channel/UC41otnw75UqhuBVpSMiWY7w>



Tara Beckman
Extension Educator
Health & Human
Sciences & Community
Development

Ariel Camm
Extension Educator
Agriculture & Natural
Resources

Rebecca Wilkins
Extension Educator
4-H Youth Development
Co. Extension Director

Katie Davidson
Community Wellness
Coordinator

Mary Eve
Office Manager

Jocelyn Faith
Program Assistant

Jane Lasher
Administrative Assistant

Julie Age
Administrative Assistant



**Purdue University Cooperative
Extension-Harrison County**
247 Atwood Street
Corydon, IN 47112
Ph.: (812) 738-4236
Fax: (812) 738-2259

Health & Human Sciences Connections

What is HHS Extension?

Purdue Extension Health and Human Sciences (HHS) looks to bring university research to the local level by encouraging HHS Educators to deliver practical, high-impact, educational programs that help communities strengthen families, spend smart, eat right, and live well!

It's as simple as focusing on food, family, money, and health. The HHS branch of Extension offers a variety of engaging, comprehensive programs related to each of these areas. The programs include, but are not limited to:

- **Be Heart Smart**– learn about heart disease and related risk factors
- **Captain Cash**– teaching youth the basics of earning, saving, spending, and borrowing money
- **Dining with Diabetes**– diabetes management lessons focusing on food preparation and cooking
- **ServSafe**– food safety training for restaurant and food service professionals
- **Where Does Your Money Go?**- helping consumers better understand spending habits
- And More!



Community Development Connections

What is CD Extension?

Purdue Extension Community Development (CD) focuses on strengthening the capacity of local leaders, residents, businesses, and organizations to build resilient, inclusive, and sustainable communities through research-based resources and processes. CD Educators actively partner with a variety of stakeholders in order to bring research-based information needed to inform and guide the community and economic development initiatives of people and groups across the state.

The five thematic program areas include, but are not limited to:

- Leadership & Civic Engagement
- Community & Organizational Planning
- Economic & Business Development
- Local Government Education
- Quality Places

Questions? Suggestions? Interested in Collaboration? Please feel free to reach out to HHS & Community Development Educator, Tara Beckman via email at tdbeckma@purdue.edu or phone at (812)-738-4236



Farmers Market Pop-Up booth with Purdue Extension— JOIN US!

HARRISON COUNTY FARMERS MARKET POP-UP BOOTH

Join Health & Human Sciences Educator, Tara Beckman, and Agriculture and Natural Resources Educator, Ariel Camm, for pop-up events at the market! You can find us on the following dates at the Harrison County Farmers Market.

3pm-6pm | July 19, August 2, & 16

📍 1390 Old Hwy 135 NW, Corydon (Church Parking Lot by El Nopalito)



Harrison County Farmers Market— July 19, August 2, & 16

Stop by, sample a featured produce, and then shop the market to remake the recipe on your own. Produce resources will also be shared!

Harrison County Farmers Market runs every Wednesday from 3-6pm and Saturday from 8am-12pm

Corydon Farmers Market— July 14, 28, & August 11

Stop by, sample a featured produce, and then shop the market to remake the recipe on your own. Produce resources will also be shared!

Corydon Farmers Market runs every Friday from 4-7pm

Corydon Farmers Market Pop-Up Booth



Join Health & Human Sciences Educator, Tara Beckman, and Agriculture and Natural Resources Educator, Ariel Camm, for pop-up events at the market! You can find us on the following dates at the Corydon Farmers Market.

📍 124 S. Mulberry Street, Corydon

4-7pm | July 14, 28, & August 11

HARRISON COUNTY PUBLIC LIBRARY PURDUE UNIVERSITY Extension - Harrison County

STAYING SCAM Safe

An educational program that covers the most common scams, steps you can take to protect yourself and your information, and how to report frauds and scams.

LEARN MORE

Thursday, July 27th @ 1pm
HCPL- Corydon Branch



Purdue University is an Equal Opportunity Equal Access Institution

Staying Scam Safe

-This is an educational program that covers the most common scams, steps you can take to protect yourself and your information, and how to report frauds and scams.

-This program is FREE, no registration required, and is Thursday, July 27th at the HCPL– Corydon Branch from 1:00-2:00 pm

Cooking With Herbs and Spices

Cooking with Herbs and spices will allow you to explore various ways to kick up your dishes with flavor, while avoiding things like extra fat, salt, and sugar.

Join us for this Free Program:

- Seniors With A Goal (SWAG) on August 8th @ the Ramsey Fire Department in New Salisbury from 1:00-2:00 pm
- No pre-registration required-



AUGUST 8TH @ 1:00 PM
MEETINGS OCCUR AT THE
RAMSEY FIRE DEPARTMENT

COOKING WITH HERBS & SPICES

NO PRE-REGISTRATION
REQUIRED

IN PARTNERSHIP WITH RSVP OF SOUTHERN INDIANA'S SWAG (SENIORS WITH A GOAL)

PURDUE UNIVERSITY Extension - Harrison County

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JOIN US FOR

FOOD BUDGETING & MEAL PLANNING

@ THE HARRISON COUNTY PUBLIC LIBRARY

CORYDON BRANCH August 16th @ 5:30PM
August 22nd @ 11:00AM

ELIZABETH BRANCH August 24th @ 6:00PM




This 1-hour program focuses on getting the most nutritious food for your food dollars! No pre-registration required!

HARRISON COUNTY PUBLIC LIBRARY PURDUE UNIVERSITY Extension - Harrison County

Purdue University is an equal access/equal opportunity institution

Food Budgeting & Meal Planning

-This 1-hour program focuses on getting the most nutritious food for your food dollars! No pre-registration required.

-HCPL– Corydon Branch on August 16th from 5:30-6:30 pm and August 22nd from 11am-12pm

-HCPL– Elizabeth Branch on August 24th from 6-7pm

COOKING UNDER PRESSURE

Are you curious about electronic programmable pressure cookers or maybe have one, but aren't sure how to use it? Then join us!

You will learn:

- About Features and Benefits
- Food Safety
- Healthy Recipes (with samples)



Cost: \$5

Register: At **Purdue Extension**

Harrison County at

247 Atwood St. Corydon OR

HCPL- Corydon Branch

by September 8th

If you need a reasonable accommodation to participate, please also reach out by September 8th

Cooking Under Pressure

-Are you curious about electronic programmable pressure cookers, or maybe you have one but aren't sure how to use it? Join us at the HCPL– Corydon Branch on Thursday, September 14th from 5:30-7:00 pm.

-This program will be \$5 and please register by September 8th at the Extension Office or HCPL– Corydon Branch.

Grow It, Cook It, Learn It: Root Vegetables

ANR Educator, Ariel Camm, and HHS Educator, Tara Beckman, will be doing a "Grow It, Cook It, Learn It" presentation for the Harrison County Master Gardener Fall Guest Speaker Series on September 21st, 2023 at 6:30 pm at the Harrison County Purdue Extension Office.

Call 812-738-4236 to RSVP and save your spot! The program is FREE!



Mixing It Up With Smoothies

SEPTEMBER 28TH @ 6PM

@ HCPL- ELIZABETH BRANCH

PROGRAM
COST:
\$5

REGISTER BY
SEPTEMBER
28TH



If you need a reasonable accommodation to participate, please also reach out by September 8th

Mixing It up With Smoothies

-Are you looking for new ways to mix up your smoothie combinations, which make for great on-the go breakfast?

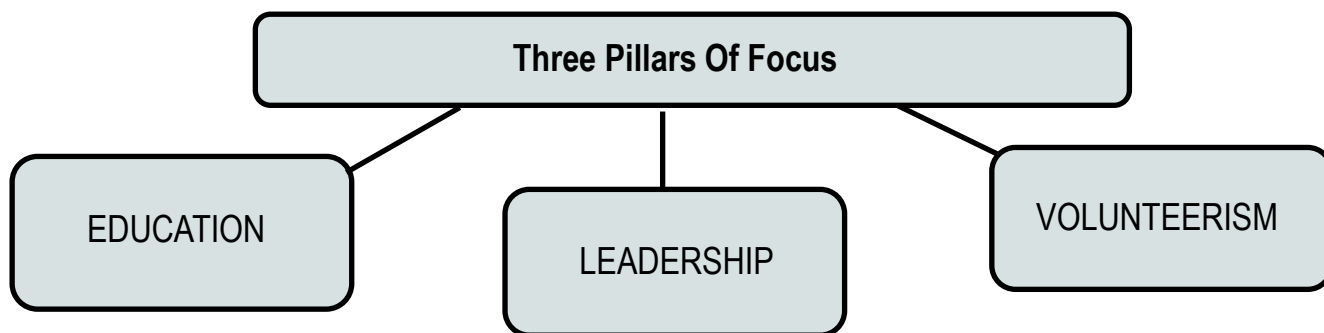
-This program will be \$5 and you can register by September 28th at the Extension Office or HCPL– Elizabeth Branch.

What is Indiana Extension Homemakers Association?



IEHA Mission Statement: The mission of the Indiana Extension Homemakers is to strengthen families through continuing education, leadership development, and volunteer community support.

Through cooperation with the Purdue University Cooperative Extension Service, IEHA offers a wide range of lessons at no charge.



Who? Any resident of Harrison County

What? Regularly scheduled club meetings and county-wide events hosted by IEHA Harrison County

When? County-wide events, Area-wide events, and regular club meetings at various times throughout the month/year

Where? Monthly Club meetings happen in Depauw, Elizabeth, New Salisbury, Laconia, and Corydon

Why? With the common goal to do and uphold IEHA's mission statement within Harrison County and beyond



**Indiana Extension
Homemakers Association**



IEHA



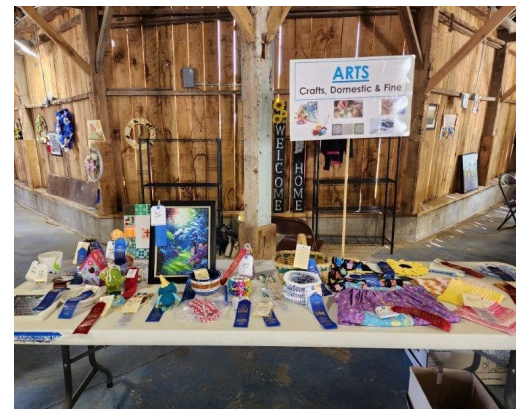
www.ieha-families.org

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 Happenings & Updates

2023 Harrison County Fair Review– Homecomers Hall

- For those that may not know, the Homecomers Hall is filled with open-class exhibits during Fair time. Something else you may not know, is that the Harrison County Extension Homemakers take great pride and responsibility in planning, organizing, curating, aligning judges, and awarding ribbons to those who enter projects. Special shoutout to the Harrison County Fair Board for all their support and help— it is no small task and it is greatly appreciated! Check out some recap numbers and info below!
- We had an increase in Exhibits this year from last, at 708 Exhibits, and with a total of 106 Exhibitors this year. At that rate, that's about 6 exhibits per exhibitor.
- The Biggest Vegetable Contest:**
 - Summer Squash– Beverly Dodds
 - Cauliflower— Jennie Tuell



Harrison County Happenings & Updates

2023 Harrison County Fair Review– Cherry Pie Contest & Auction

The annual Pie Contest and Auction is always one of the sweetest aspects of the Fair— especially if you like cherry, as that was this year’s pie type. The pie Contest, hosted by the Harrison County Extension Homemakers, helps the Homemakers award continuing education scholarships each year. Therefore, the Homemakers, and those award recipients through the years, sincerely appreciate everyone’s support and participation toward this annual endeavor. **Next year’s pie is type: APPLE**



Extension Homemakers Cherry Pie Contest and Auction

The Harrison County Extension Homemakers had a successful Cherry Pie contest and auction yesterday afternoon at the Harrison County Fairgrounds. Thank you to each person who joined us, submitted a pie, judged, placed a bid, and/or purchased one of the 22 pies that were submitted- as well as Beckort Auction!

As a reminder, this helps the Harrison County Extension Homemakers award continuing education scholarships each year. Therefore, we sincerely appreciate everyone’s support and participation toward this annual endeavor.

1st Place- \$450

Winner: Jan Woertz

Highest Bidder: Harrison County Ag Society

2nd Place- \$200

Winner: Elizabeth McKim

Highest Bidder: Harrison County Republican Party

3rd Place- \$225

Winner: Mollie Thomas

Highest Bidder: Bill Thomas- Edward Jones

Total Auction Proceeds- \$3185

Finally, a special thanks to our judges this year!

- Chris Brown
- Amanda Browning
- Mistie Routh



Harrison County Happenings & Updates

SAVE THE DATE!

International Day– September 12, 2023

Check-in Begins: 9:30am Program Begins: 10:00am

- International Day will be hosted by Blue River Hills Extension Homemakers, will be held at the Harrison County Extension Office, and the theme is set for “Water World.” The Homemakers will also be collecting gently used shoes (suitable for resale)— so please bring any you may have.
- See the flyer below for more info or reach out to Karen Schwartz at karengleitz@hotmail.com



**DONATE SHOES.
SAVE LIVES.**

There is a Global Water Crisis.

- **Every 30 seconds a child dies from waterborne illness. (World Health Organization)**
- **Worldwide, 785 million people are without basic drinking water. (UNICEF)**
- **80% of all disease in the world is caused by contaminated water. (Center for Disease Control)**

WaterStep, a non- profit organization in Louisville, KY is dedicated to bringing safe drinking water to children and families in water-scarce areas all over the world and those effected by natural disasters.

The global drinking water crisis is the world’s most pressing health emergency.

By donating your new or used shoes to **WaterStep**, your family will help provide a sustainable supply of safe drinking water to thousands of children and families who desperately need it. How? Your shoes will be sold to an exporter who will give the shoes a second life and keep the shoes out of landfills. These shoes are then re-sold overseas to aid people in creating micro-businesses to support their families. We take all kinds of shoes from sneakers, flip flops, heels, slippers, boots, you name it. As long as they are not a ‘single shoe’ and don’t have any mold on them, we take them!

Just a few minutes spent collecting shoes from your closets, basement or garage can make a real difference — a difference that ultimately saves lives. **Every 3 pairs of shoes collected provides safe water for 1 person for life.** Thank you for your participation!

With gratitude,



2023 Open Class Fair Results



FLORICULTURE

Amarylis-Karen Schwartz
Begonia potted-Whitney Sauerheber, Alice Vincent, Karen Schwartz
Begonia specimen-Veronica Shireman, Lori Moberly, Karen Schwartz
Butterfly bush specimen-Karen Schwartz
Cockscomb specimen-Karen Schwartz, Beverly Dodds, Marcia Gliottone
Cosmos specimen-Gabe Robertson, Hank Robertson, Karen Schwartz
Dahlia specimen-Bobby Schwartz, Wanda Meriwether, Hank Robertson
Daylily bouquet-Pam Sieg, Karen Schwartz
Daylily specimen-Beverly Dodds, Mary Eve, Marcia Gliottone
Geranium potted-Karen Schwartz, Bobby Schwartz
Geranium specimen-Hank Robertson, Beverly Dodds, Evan Moberly
Hydrangea specimen-Sean Engleman, Janice Sauerheber
Lily bouquet-Marica Gliottone, Cherri Stephenson
Lily specimen-Cherri Stephenson, Marcia Gliottone, Veronica Shireman
Marigold bouquet-Beverly Dodds, Karen Schwartz, Gabe Robertson
Marigold Specimen-Dena Morin, Abby Morin, Dorie Wilkerson
Phlox bouquet-Beverly Dodds
Phlox specimen-Beverly Dodds, Marcia Gliottone, Wendy Meriwether
Rose bouquet-Lori Moberly, Beverly Dodds, Sherri Stephenson
Rose-single specimen-Velda Harris, Lori Moberly, Janice Sauerheber
Snapdragon bouquet-Beverly Dodds, Marcia Gliottone, Karen Schwartz
Snapdragon-specimen-Beverly Dodds, Marcia Gliottone, Karen Schwartz
Sunflower-Karen Schwartz
Zinnia bouquet-Ben Robertson, Gabe Robertson
Zinnia specimen-Marcia Gliottone, Karen Schwartz, Beverly Dodds
Specimen of flowers not listed-Karen Schwartz, Jackie Kendall, Ben Robertson
Bouquet of garden flowers-Evelyn Sevilla, JoBeth Mathes, Karen Schwartz
Flower arrangement Misc-Karen Schwartz, Marcia Gliottone, Hank Robertson
Flower box/planter-Marica Gliottone, Alice Vincent, Karen Schwartz
Dried flower arrangement-Betty Sonner, Wanda Harmon, Karen Schwartz
Wild flower arrangement-Beverly Dods, Nyla Engleman, Teresa Wilkerson
African violet-Beverly Dodds, Wanda Meriwether, Cherri Stephenson
Boston fern-Karen Schwartz
Cactus garden-Beverly Dodds, Wanda Meriwether, Whitney Sauerheber
Fern (other than Boston)-Bobby Schwartz, Marcia Gliottone, Karen Schwartz
Flowering plant (other)-Sheila Jackspn, Marcia Gliottone, Karen Schwartz
Foliage plant (other)-Cherri Stephenson, Alice Vincent, Beverly Dodds
Hanging basket (flowering)-Cherri Stephenson, Haley Morin, Karen Schwartz
Hanging basket (foliage)-Karen Schwartz
Herbs (3 or more)-Karen Schwartz, Marcia Gliottone, Summer Singleton
Ivy-Beverly Dodds
Succulent plants-Alice Vincent, Gabe Robertson, Beverly Dodds
Succulent single-Cherri Stephenson, Beverly Dodds, Wanda Meriwether

VEGETABLES

Asparagus-Wanda Meriwether, Cherri Stephenson, Wendy Meriwether
Broccoli-Beverly Dodds, Loretta Whitlow
Carrots-Elisha Kendall, Kristen Kendall, Archie Sauerheber
Onions (white)-Jenny Tuell, Dorie Wilkerson, Loretta Whitlow
Onions (other)-Loretta Whitlow, Trenton Wilson
Peas-Evelyn Sevilla, Benjamin Sevilla, Isaac Sevilla
Peppers (banana)-Ariel Camm, Jenny Tuell
Potatoes-Dorie Wilkerson
Radishes-Zachary Stephenson, Beverly Dodds, Wanda Meriwether
Tomatoes (salad)-Joel Sauerheber, Robert Harmon
Vegetable specialty (other)-Alice Vincent, Loretta Whitlow

POMOLOGY

Apples (Fall)-M Harmon, W Harmon, Betty Sonner
Apples (Summer)-W Harmon, M Harmon, Kristen Kendall
Blackberries (wild)-Robert Jacobs

Peaches-Robert Jacobs
Pears-Karen Schwartz
Fruit (specialty)-Robert Jacobs

GRAINS, FIELD, AND OTHER PRODUCTS

Grass hay-Jacob Morin, Beverly Dodds, Janice Sauerheber
Broom corn-Sean Engleman
Corn (1 stalk)-Cherri Stephenson, Gary Geswein
Popcorn (1 stalk)-Jacob Morin, Beverly Dodds
Sorghum seed head-Sean Engleman
Soybeans (2 stalks)-Jacob Morin, Gary Geswein

FINE ARTS

Acrylic painting, adult-Debra Schweitzer, Courtney Greenwell
Charcoal or pencil, adult-Mary Eve
Colored pencil drawing, adult-Mary Eve
Coloring, printed page, adult-Mary Eve, Cherri Stephenson, JoBeth Mathes
Ink art, adult-Mary Eve
Mixed media, adult-Mary Eve
Tube painting, adult-AJ Greenwell
Water color painting, adult-Savannah Moberly, Mary Eve
Acrylic painting, youth-Samantha Wilkerson, Anna Sauerheber
Charcoal or pencil, youth-Samantha Wilkerson
Coloring printed page, youth-JoBeth Mathes, Elisha Kendall, Neil Sauerheber
Any fine art (other), youth-Isaac Sevilla, Evelyn Sevilla

DOMESTIC ARTS

Apron-Mary Eve, Beverly Dodds
Doily-crocheted-Mary Eve
Hot pad or mat-Mary Eve, Lydia Robertson, Marcia Dodge
Pillow crocheted-Mary Eve
Pillow quilted-Janice Sauerheber, Lydia Robertson
Pillow other-Mary Eve, Jewell Bary, Gayle Humes
Potholder-one fancy-Mary Eve, W Harmon, M Harmon
Potholders-two practical-Mary Eve
Towel decorated-Mary Eve, Gayle Humes
Handmade household accessory other-Mary Eve, Jewell Bary
Placemats two any needlework-Marci Dodge
Tablecloth/runner-Jane Lasher
Handmade table setting item-Jane Lasher
Afghan crocheted-Anna Beanblossom
Baby blanket, crocheted-Mary Eve, Donna Jacobs, M Harmon
Baby blanket, knit-Mary Eve
Baby quilt, machine quilted-Stephanie Tostaine, Lydia Robertson
Comforter tacked-Alice Vincent
Pillowcase embroidered-Brenda Arnold
Quilt, antique-Nyla Smith
Quilt, pieced, machine quilted-dorie Wilkerson, Jane Lasher, Sara Hoehn
Quilt top, not quilted-Dorie Wilkerson
Counted cross stitch-one item-Mary Eve
Counted cross stitch picture-Brenda Arnold
Crocheted lace-1 yd-Mary Eve
Crochet one item, other-Lydia Robertson, W Harmon, M Harmon
Hand Embroidery, one item-Sarah Harris, velda Harris
Any needlecraft item-Jan Woertz
Photography, scenery-series 3-Loretta Whitlow, Robert Harmon, Pat Harmon
Photography, portrait-series of 3-Jean Geswein, Whitney Sauerheber, Courtney Greenwell
Photography-action, blow-up-Mary Eve
Photography-scenery blow-up-Jean Geswein, Mary Eve, Robert Harmon
Photography-still life, blow-up-Jackie Kendall
Basket weaving, crochet-Mary Eve
Basket weaving, other-Sarah Burks
Bead craft, adult-Stephanie Tostaine, Mary Eve, Sophia Hoehn
Bead craft, youth-Piper Burke

Ceramics-dry brushed-Sarah Hoehn, Mary Eve
 Ceramics-fired, glazed-Olivia Abner, Neil Sauerheber, Anna Sauerheber
 Ceramics-fired painted-Courtney Greenwell
 Ceramics, other-Olivia Abner, Jenny Tuell
 Ceramics, youth-Isabelle Abner
 Decoupage-Sophia Hoehn, Lydia Robertson, Cherri Stephenson
 Diamond Dotz-Beverly Dodds
 Doll clothes, knit/crochet-Lydia Robertson
 Flower arrangement, artificial-Patricia Yeager, Sarah Hoehn, Darrell Yeager
 Flower arrangement-handmade flowers-Mary Eve, Krista Crawhorn
 Hat for wal hanging-Beverly Dodds
 Hat/fascinator for wearing-Beverly Dodds, Gayle Humes, JoBeth Mathes
 LEGO craft-Holly Cunningham, Isaac Seville
 Paint by number-Beverly Dodds
 Plastic Canvas- ———, Mary Eve, Brenda Arnold
 Scrapbook-Beverly Dodds, Whitney Sauerheber
 Scrap Craft-Lydia Robertson, Cherri Stephenson, Piper Burke
 Soap, handmade-JoBeth Mathes
 Tie-dyed item-Lydia Robertson, Neil Sauerheber, Beverly Dodds
 Toy-handmade, practical, stuffed-Mary Eve, Lydia Robertson
 Wall Hanging-Dorie Wilkerson, Piper Burke
 Wood Craft, beginner-Jodie King, Darrell Vincent, Anna Sauerheber
 Wreath, not holiday-Jodie King/Sheila Jackson, Krista Crawhorn, Beverly Dodds
 Any craft not listed-Darryl Yeager, Jewell Bary, Teresa Wilkerson
 Any craft not listed, youth-Sandy Gettelfinger
 Christmas stocking-Marcia Dodge
 Holiday Centerpiece-Beverly Dodds, Lydia Robertson, Isaac Seville
 Holiday wall hanging-Mary Eve, Beverly Dodds
 Tree ornaments,3-Marcia Gliotone, Mary Eve, Wendy Meriwether
 Wreath, holiday-Holly Cunningham, Sheila Jackson, Beverly Dodds
 Holiday decoration, other-Jodie King, Mary Eve, Wendy Cunningham
 Accessory, crocheted-Mary Eve, Donna Jacobs
 Accessory, knit-Mary Eve, Annette Myers, Lydia Robertson
 Accessory, leather-AJ Greenwell, Lydia Robertson
 Cloth purse/tote-Neil Sauerheber
 Collar/scarf, crocheted-Lydia Robertson, Donna Jacobs, Mary Eve
 Collar/scarf, knit-Mary Eve, Lydia Robertson
 House slippers, crocheted-Mary Eve, Marcia Dodge
 Jewelry, adult-Mary Eve, Lydia Robertson, Whitney Sauerheber
 Jewelry, youth-Piper Burke, Hailie Burke
 Fashion accessory, other-Piper Burke, Mary Eve, Beverly Dodds
 Toddler clothing, sewn-Cheryl Lone
 Girl's party dress-Stephanie Tostaine
 Blouse/shirt w/button closure-Sondra Wallace
 Cape/coat/jacket, sewn-Dorie Wilkerson, Mary Eve
 Women's garment, other-Elaine Fischer
 Infant wear-crochet/knit-Mary Eve, Marcia Dodge, Lydia Robertson
 Child's sweater/vest, knit-Lydia Robertson
 Adult's sweater-crochet/knit-Annette Myers, Mary Eve, Lydia Robertson
 Adult's vest crochet-Mary Eve
 Adult's vest knit-Lydia Robertson
 Shawl/stole/wrap-crochet-Lydia Robertson, Mary Eve
 Shawl/stole/wrap-knit-Mary Eve, Lydia Robertson
 Apparel, other, crocheted-Lydia Robertson
 Apparel, other, knit-Annette Myers, Lydia Robertson

FOODS-Baked

Angel Food cake-Zachary Stephenson, Linda Hubbard
 Banana cake-Mary Eve, Beverly Dodds
 Bundt cake-Beverly Dodds
 Chocolate cake-Beverly Dodds
 German chocolate cake-Beverly Dodds
 Oatmeal Cake-Beverly Dodds
 Pound cake-Mary Eve, Beverly Dodds, Zachary Stephenson
 White cake-Beverly Dods

Yellow cake-Beverly Dodds
 Specialty cake-Beverly Dodds
 Fruit Pie-Linda Hubbard, Beverly dodds
 Biscuits, 3-Beverly Dodds, Dorie Wilkerson, Bobby Schwartz
 Bread, quick, banana-Benjamin Seville, Owen Hoehn, Beverly Dodds
 Bread, quick, zucchini-Cherri Stephenson, Jean Geswein, Linda Hubbard
 Bread, quick, other-Felix Hoehn, Beverly Dodds, Oliver Hoehn
 Coffee Cake-Mary Eve
 Cornbread-Mary Eve, Wanda Meriwether
 Muffins, 3-Elaine Fischer, Beverly Dodds, Abby Morin
 Sourdough biscuits-Beverly Dodds
 Yeast bread, white-Mary Eve
 Yeast bread, other-Mary Eve, Elaine Fischer
 Yeast bread/rolls, fancy-Alice Vincent
 Yeast rolls, plain-Alice Vincent
 Bar cookies-Mary Eve, Cherri Stephenson, Beverly Dodds
 Brownies-Alice Vincent, Zachary Stephenson, Pat Harmon
 Chocolate chip cookies-Sarah Harris
 Diabetic cookies-Zachary Stephenson, Cherri Stephenson
 No Bake cookies-Owen Hoehn, Beverly Dodds, Teresa Wilkerson
 Oatmeal cookies-Dorie Wilkerson, Alice Vincent, Mary Eve
 Peanut butter cookies-Mary Eve, Alice Vincent, Beverly Dodds
 Snickerdoodle cookies-Alice Vincent, Beverly Dodds, Elaine Fischer
 Sugar cookies-Elaine Fischer, Beverly Dodds
 Speicalty cookie-Mary Eve, Velda Harris Pat Harmon
 No Bake cookies, youth-Felix Hoehn, Oliver Hoehn
 Fudge-Zachary Stephenson, Beverly Dodds

FOODS-Preserved

Applesauce-Jenny Tuell, Mary Eve, Patricia Yeager
 Cherries-Beverly Dodds
 Peaches-Donna Jacobs
 Beans, green-Beverly Dodds, Alice Vincent, Felix Hoehn
 Beans, hullies-Donna Jacobs, Beverly Dodds
 Carrots-Patricia Yeager
 Corn-Beverly Dodds, Patricia Yeager
 Lima Beans-Beverly Dodds
 Peas-Beverly Dodds
 Tomatoes-Jenny Tuell, Asher Abner, Beverly Dodds
 Tomato Juice-Loretta Whitlow, Sheila Jackson, Beverly Dodds
 Fruit butter, choice-Patricia Yeager, Mary Eve, Jenny Tuell
 Jam, strawberry-Isabelle Abner, Olivia Abner, Beverly Dodds
 Jam, specialty-Mary Eve, Beverly Dodds, Donna Jacobs
 Jelly, blackberry-Robert Jacobs, Oilver Hoehn, Johnathan Hoehn
 Jelly, specialty-Mary Eve, Aevin Bond, Jenny Tuell
 Marmalade-Patricia Yeager, Mary Eve
 Preserves/conserves-Beverly Dodds, Patricia Yeager
 Bread & Butter Pickles-Beverly Dodds
 Dill, sliced, cucumber-Jenny Tuell, Wanda Meriwether, Beverly Dodds
 Dill, spear, cucumber-Jenny Tuell
 Dill, whole cucumber-Beverly Dodds
 Sweet Gerkin-Beverly Dodds
 Sweet pickles-Beverly Dodds, Sondra Wallace, Casey Jones
 Pickle relish-Alice Vincent, Sheila Jackson
 Pickled Beets-Beverly Dodds, Sheila Jackson
 Pickle, specialty-Loretta Whitlow, Alice Vincent, Mary Eve
 Relish, specialty-Beverly Dodds, Patricia Yeager, Mary Eve
 Salsa Tomato-Jenny Tuell, Jane Lasher, Wanda Meriwether
 Salsa, fruit, other-Isabelle Abner
 Specialty fruit, other-Beverly Dodds
 Specialty Sauce-Patricia Yeager, Isabelle Abner, Jenny Tuell
 Specialty soup-Patricia Yeager
 Specialty vegetable-Jenny Tuell, Loretta Whitlow, Alice Vincent
 Specialty, other-Patricia Yeager

Sheet Pan Teriyaki Chicken & Pineapple Fried Rice

INGREDIENTS:

- 1 pound chicken (breast or tenderloin)
- 1/3 cup teriyaki sauce, low sodium
- 3 cups brown rice, cooked
- 2 cups pineapple, diced (fresh or canned)
- 1 cup frozen peas and carrots
- 1 cup onion, diced
- 2 tablespoons sunflower oil or your favorite cooking oil
- 2 teaspoons garlic, minced
- ¼ teaspoon ground ginger



DIRECTIONS:

Preheat oven to 400 F. Line the sheet pan with foil for easy cleanup. Create a boat with a second piece of aluminum foil to fit half the pan size. Place the chicken in a single layer in the boat and drizzle with teriyaki sauce. Cook in oven for 15 minutes.

While chicken is cooking, add the remaining ingredients to a bowl and stir to combine. After the chicken is done cooking for 15 minutes, add the rice mixture to the other half of the sheet pan. Spoon teriyaki sauce over chicken as necessary and return the pan to the oven. Cook for an additional 10 minutes or until chicken reaches 165 F. Carefully flip the teriyaki chicken onto the rice and serve.

Makes six servings. Each serving has 310 calories, 6 grams (g) fat, 22 g protein, 42 g carbohydrate, 4 g fiber and 360 milligrams sodium.

**Note:* Sheet pan meals can make preparation and clean-up easier. This recipe is a good source of protein, whole grain brown rice and vegetables. You can personalize with added peanuts or other vegetables if you'd like. If you want to watch this recipe being prepared, see this video (www.ndsu.edu/agriculture/extension/recipes/teriyaki-chicken-and-pineapple-fried-rice) or visit the NDSU Extension recipe collection page.

Berry Ginger Refrigerator Oatmeal

INGREDIENTS:

- 1 container (6 oz.) plain low-fat yogurt (or 3/4 cup)
- 2/3 cup quick-cooking oatmeal or old-fashioned oatmeal
- 1/2 cup fat-free, 2%, or whole milk
- 3/4 cup (total) fresh or frozen raspberries, strawberries or blueberries
- 1-2 tablespoons brown sugar or honey
- 1/4 teaspoon ground ginger or ground cinnamon



DIRECTIONS:

1. In medium bowl, stir together yogurt, oatmeal, milk, 1/2 cup of the berries, brown sugar or honey, and ginger or cinnamon.
2. Spoon into 2-cup container or jar with a lid.
3. Cover and refrigerate overnight or up to 2 days.
4. Before serving, spoon oatmeal mixture into 2 serving bowls (or eat it from the jar and know that it's 2 servings). Sprinkle with the remaining ¼ cup berries.

Eat the oatmeal cold, or heat in a microwave-safe dish.

Makes six servings. Each serving has 310 calories, 6 grams (g) fat, 22 g protein, 42 g carbohydrate, 4 g fiber and 360 milligrams sodium.

**Note:* Be sure to purchase either quick-cooking or old-fashioned rolled oats (sold in cylindrical cardboard containers in the cereal aisle) for this tasty breakfast. The instant types of oats (those sold in pouches) are too fine for this recipe.

Source: <https://www.eatgathergo.org/recipe/berry-ginger-refrigerator-oatmeal/>

Harrison County Homemaker News

The Fair by the Numbers

2023 marked the 164th consecutive Annual Harrison County Agricultural Fair. Ours is the oldest continuously run fair in the State of Indiana. During the year of our 1st County Fair, the Pony Express began and Abraham Lincoln was elected President,

In the open class exhibits, there were 106 exhibitors. These participants took time to create intricate needlework, expressive artwork, fantastic flowers, and scrumptious baked goods, entering a total of 708 projects!

There were only 2 entries in the Largest Fruit & Vegetable classes. Winners were Beverly Dodds with a summer squash and Jenny Tuell with a cauliflower.

This year's cheery Cherry Pie Contest and Auction was a sweet success with 22 pies entered. A total of \$3,185 was raised. Most of these funds are earmarked for the Harrison Co Extension Homemakers Scholarships.

The first place winner was Jan Woertz. Her very cherry pie was purchased for \$450 by the Harrison Co Ag Society/Fair Board. Depauw Extension Homemakers sponsored the 1st place prize.

2nd place went to 4-H member Elizabeth McKim. Her cherry creation was purchased by the Harrison Co Republican Party for \$200. Depauw Extension Homemakers sponsored the 2nd place prize.

3rd place went to Mollie Thomas. Her sweet creation was purchased by Bill Thomas of Edward Jones for \$225. Marsha Dodge sponsored the 3rd place prize.

Congratulations and thanks to all who worked hard to complete projects and pies!

**IMPORTANT
DATES**

Dates to Remember

JULY

July 4-Extension Office Closed

July 21-23-4-H Horse & Pony Open Show Event

July 28-August 20-IN State Fair; closed Mon. & Tues.

SEPTEMBER

Sept 4-Extension Office Closed-Labor Day

Sept 12-Extension Homemakers-International Day

Sept 15-Annual Carnival for Cancer

Sept 25-Ext. Homemakers Presidents Council Meeting

Sept 27-Fall Bedford District meeting

Sept 29-Cookies to Extension office for Repair Affair

OCTOBER

Oct 9-Extension Office closed-Columbus Day

NOVEMBER

Nov 7-Extension Homemakers-Holiday Workshop

Nov 10-Extension Office closed-Veterans Day

Nov 23-24-Extension Office closed-Thanksgiving

FALL BEDFORD DISTRICT MEETING SAVE THE DATE

Wednesday, September 27

Registration at 9:30 am

Program starts at 10:00 am

**First Christian Shelter House
750 S. Gardner St.
Scottsburg, IN**

Light breakfast & Lunch provided.

Other details-theme and cost-are unknown at the time of printing this newsletter. A postcard will be sent to the Harrison Co. Homemakers after the new DR meets with the Scott Co Homemakers.

Harrison County Homemaker News

EXTENSION HOMEMAKERS DATES TO REMEMBER

Indiana State Fair-Jul 28-Aug 20, 2023

International Day-September 12, 2023

(Blue River Club in charge of Int'l Day)

Carnival for Cancer-September 15, 2023

Homemakers Presidents meeting-Sept 25, 2023

Fall District meeting-Sept 27, 2023

Cookies for Repair Affair due-Sept 29, 2023

Holiday Workshop-November 7, 2023

INTERNATIONAL DAY

September 12, 2023

Registration begins at 9:30 am.
Program begins at 10:00 am

Blue River will be hosting this event at the Purdue Extension office building.

This year's theme is



“Water World”

Learn about the waters of the world with a focus on Blue River and the Waterfront Botanical Gardens-located near the Ohio River in Louisville.

What is the importance of water in our lives and in our world.

Please bring gently used or new shoes suitable for resale to donate to the Water Step Program.

Program will be over by Noon.

HARRISON COUNTY REPAIR AFFAIR

Saturday, September 30, 2023

Please bring your homemade cookies to the County Extension Office by **NOON** on **Friday, September 29** Cookies are donated to the Repair Affair work crews.

****We would like each club to make at least 5 dozen cookies****

Volunteers are needed to package the cookies into bags of one dozen.

Elaine Fischer will give more information during the International Day program.



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Harrison County Homemaker News

Carnival for Cancer

September 15, 2023 at 5:00 pm
Fountain United Methodist Church

Please join the Blue River All Stars 4-H Club and the Blue River Extension Homemaker Club for an evening of food, fun, and fellowship to support a great cause.

All proceeds benefit the Betty Goldman Memorial Endowment and are matched through a grant from the HCC Foundation.



Chili supper, Silent and Live Auction, Carnival Games, Cake Walk, Sweet Shop, and much more.

Call Janny Sauerheber at 812-738-2985 for details

Holiday Workshop is back!

**Mark your calendars for
Tuesday, November 7.**

**Details to follow in the
next newsletter.**

Extension Homemakers Presidents Council

The Presidents Council will meet on
Monday, Sept 25, 2023
at 12:30 pm in the
Washburn Room at the Extension Office

NEW MEMBERS

Do you have a new member in your club?

Please be sure you get their information to Mary at the Extension office so they will get their program book and receive their Health & Human Sciences Newsletters.

**Would you like to join Harrison County
Extension Homemakers? Call the
Extension office at 812-738-4236 for the
name of a club near you.**

A Word from the President

I would just like to thank all of you who helped make this year's Fair a success. We had an increase in the number of projects as well as having some new participants.

It's always great to see the creativity and resourcefulness of the residents of the Harrison County.

To make it easier for working folks to enter their projects, the 2024 Saturday check-in will be open to all Harrison County residents.

We'll also be adding a few extra projects. Start sorting through those recipe books, flower catalogs, & needlecraft patterns for next year's Fair entry!

Please read through this newsletter for upcoming Extension programs, Homemaker events, and other interesting information.



I wish you all a safe and happy summer.

Marcia Dodge

Purdue Extension
Harrison County
247 Atwood St
Corydon, IN 47161

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Health and Human Sciences Newsletter

**Purdue University Cooperative
Extension-Harrison County**

247 Atwood Street

Corydon, IN 47112

Ph.: (812) 738-4236

Fax: (812) 738-2259

www.ces.purdue.edu/harrison



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812-738-4236 or call 888-EXT-INFO and ask for the Harrison County office.

INDIANA STATE FAIR

July 28-Aug 20

Closed Mondays and Tuesdays

Celebrating
Indiana's Roots in
Basketball



Indiana-The state that grew the game!



Go to [https://
www.indianastatefair.com/
p/state-fair](https://www.indianastatefair.com/p/state-fair) for more
information.