

## Health & Human Sciences Connections

Hi, everyone!

I'd like to officially introduce myself, & just say that I am extremely excited about this new role. My name is Tara Beckman. I am a licensed educator in the State of Indiana and have worked for over a decade in public education as a Family and Consumer Sciences teacher. I also have experience in community development and non-profit event planning through the various roles I've served during my years in education.



I am a resident of Harrison County— along with my husband, Matt (a native of the county who grew up participating in 4-H Beef Cattle projects), and our two daughters, Grace and Maelyn.

As summer is in full swing, and fall already over, I just wanted to congratulate and say thank you to everyone on a job well done! Hearing the many ways the community has shared their interests and talents (113 open class exhibitors this year), and the Homemakers' passions toward helping individuals achieve their educational goals, is inspiring and one I can't wait to fully witness myself! Also, as your gardens are hopefully starting to flourish (or picking up garden-fresh produce from local vendors at our farmers' markets), be sure to look ahead in this newsletter to see our recipe recommendations to ensure safe food preservation.

If I haven't had the pleasure of meeting you yet, I look forward to doing so very soon. Please don't hesitate to say hi if you see me out and about, or stop in at our office. I look forward to further discovering how my passions and needs of our community align in the coming weeks and months ahead!



<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

### **Position Open**

Extension Educator  
Agriculture & Natural  
Resources

### **Rebecca Wilkins**

Extension Educator  
4-H Youth Development

### **Katie Davidson**

Community Wellness  
Coordinator

### **Mary Eve**

Office Manager

### **Anna Denny**

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



# Dates to Remember

## JULY

July 5-Extension Office Closed-4th of July observed  
July 22-24-4-H Horse & Pony Open Show Event  
July 29-August 21-IN State Fair; closed Mon. & Tues.

## AUGUST

August 17-Fall Bedford District meeting-Clark County

## SEPTEMBER

Sept 5-Extension Office Closed-Labor Day  
Sept 13-Extension Homemakers-International Day  
Sept 16-Annual Carnival for Cancer  
Sept 16-Cookies to Extension office for Repair Affair  
Sept 26-Ext. Homemakers Presidents Council Meeting

## OCTOBER

Oct 10-Extension Office closed-Columbus Day

## NOVEMBER

Nov 8-Extension Office closed-Election Day  
Nov 15-Extension Homemakers-Holiday Workshop

## SAFELY PRESERVING FOOD

With so many fresh vegetables coming from our gardens this summer, it's time to think of how to preserve their freshness and flavor for the fall and winter months.

It is important to use the most recent tested recipes for food preservation. Two of the best sources for these are the books "So

Easy to Preserve" by the Cooperative Extension-University of Georgia and "The USDA Complete Guide to Home Canning" by the U.S. Department of Agriculture. A third book is the "Ball Blue Book Guide to Preserving" by Ball Newell Brands. Be sure to use the most recent editions of these books as recommended safe procedures change.



## Job Announcement!

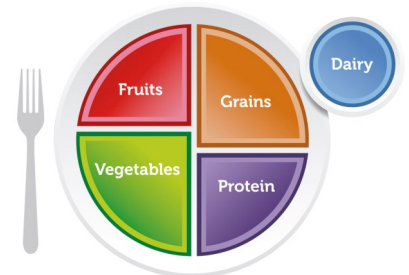
Position: Nutrition Education Program Advisor

Location: Serving Harrison & Floyd Counties

Other Details: 20 hours per week & starts at \$15/hour. Anticipate beginning interviews the week of July 25th

For more information & to apply visit:

<https://careers.purdue.edu/job-invite/20713/>



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# Storing Fresh Fruits and Vegetables for Best Flavor

## Store in the refrigerator

<u>FRUIT</u>		<u>VEGETABLES</u>				
Apples (more than 7 days)	Berries	Artichokes	Belgian Endive	Cauliflower	Leafy Vegetables	Radishes
Apricots	Cherries	Asparagus	Broccoli	Celery	Leeks	Spinach
Asian pears	Cut Fruit	Green Beans	Brussel Sprouts	Cut Vegetables	Lettuce	Sprouts
	Figs	Beets	Cabbage	Green Onions	Mushrooms	Summer Squashes
	Grapes		Carrots	Herbs (not basil)	Peas	Sweet Corn

- Place fruits and vegetables in separate, perforated plastic bags.
- Use within 1-3 days for maximum flavor and freshness.
- Store each group in different produce drawers in the refrigerator to minimize the detrimental effects of ethylene produced by the fruits on the vegetables.

## Ripen on the counter first, then refrigerate

Avocados      Kiwi      Nectarines      Peaches      Pears      Plums      Plumcots

- To prevent moisture loss, store fruits and vegetables separately in a paper bag, perforated plastic bag, or ripening bowl on the counter away from sunlight. Ripening fruit in a bowl or paper bag can be enhanced by placing an apple with the fruit to be ripened.
- After ripening, store in refrigerator and use within 1-3 days.

## Store only at room temperature

<u>FRUIT</u>			<u>VEGETABLES</u>			
Apples (fewer than 7 days)	Citrus fruits	Persimmons	Basil (in water)	Garlic*	Peppers†	Tomatoes
Bananas	Mangoes	Pineapple	Cucumber†	Ginger	Potatoes*	Winter Squashes
	Melons	Plantain	Eggplant†	Jicama	Pumpkins	
	Papayas	Pomegranates		Onions*	Sweet Potatoes*	

- Many fruits and vegetables should only be stored at room temperatures. Refrigeration can cause cold damage or prevent them from ripening to good flavor and texture. For example, pink tomatoes ripen to a better taste and red color if they are left at room temperature. In the refrigerator, they do not turn red, and even red tomatoes kept in the refrigerator lose their flavor.
- Keep away from direct sunlight.
  - \*Store garlic, onions, potatoes, and sweet potatoes in a well-ventilated area in the pantry.
  - †Cucumbers, eggplant, and peppers can be refrigerated for 1-3 days if they are used soon after removing from the refrigerator.

## Cleaning Your Produce

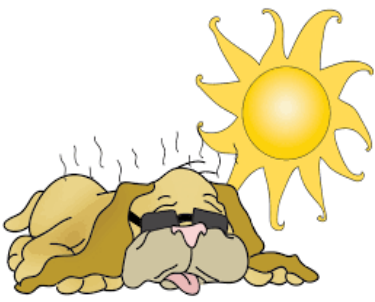
Always keep produce separate from raw meat, poultry, and seafood. Never use detergent or bleach to wash produce. Instead, rinse produce under running tap water immediately prior to use, including those with skins and rinds that are not eaten. Washing too far in advance removes some of nature's natural preservatives. However, head lettuce or leafy greens remain crisper when washed right away and then refrigerated. Packaged fruits and vegetables labeled "ready-to-eat," "washed," or "triple washed" need not be washed. Refrigerate all cut, peeled, or cooked fruits and vegetables within 2 hours.

For information on how to store other fruits and vegetables go to [FruitsAndVeggiesMoreMatters.org](http://FruitsAndVeggiesMoreMatters.org)

Source: UC Davis Postharvest Technology

# Why is Hydration Important?

Excerpt from article by Alexis Noirot, Jr in Developmental and Family Sciences, Purdue University '22



The warmer the weather gets, the more water we lose and the more risk there is of losing too much water or “dehydration”. Our bodies lose water through sweating, breathing, and urinating. Make sure to have enough water in your body by following some simple practices.

**Know the signs and symptoms.** If you are thirsty, you are already dehydrated! Other signs include dry or sticky mouth, headache, muscle cramps, dark urine.

**Drink the recommended amount of water daily.** Women should drink about 11 cups of water daily and men should drink around 16.

**Spice it up.** Try out different kinds of iced teas or add fruit or vegetables to spice up your water. Water does not have to be plain.

**Avoid caffeine and sugar-sweetened drinks.** The caffeine in soda can make your body lose fluids and the sugar adds calories without adding nutrients. Drinking milk, water, and other beverages with little or no sugar, and without caffeine, will keep you hydrated and healthy.

Making sure to stay hydrated is important to keep your body temperature stable, fight off illness, deliver nutrients to all body cells, and to keep joints and the entire body working as it should.

- Good skin complexion
- Help with weight loss
- Get rid of bacteria
- Keep a healthy blood pressure
- Encourage good digestion

## KEEP COOL IN THE KITCHEN!

### CRUNCHY CHICKEN SALAD PREP/COOK TIME ABOUT 25 MIN, SERVES 5

#### INGREDIENTS:

- 2 c cooked chicken (cubed)
- 1/2 c chopped celery
- 1/4 c chopped sweet pepper
- 1/4 red onion
- 1/2 cucumber
- 1 small apple (diced with peel left on)
- 1/4 c plain yogurt



#### DIRECTIONS:

- Use leftover cooked chicken or cook and cool enough chicken to make 2 cups of chicken pieces.
- Peel and chop 1/4 of a red onion.
- Remove seeds from 1/2 of a cucumber. Peel if desired. Chop.
- Cut grapes in half.
- Core than dice apple into bite-size cubes.
- Place all ingredients in a large bowl. Stir gentle to combine.
- Store under refrigeration until ready to serve.

Source: <https://extension.purdue.edu/foodlink/recipe.php?recipe=Crunchy%20Chicken%20Salad>

# Harrison County Homemaker News

## The Fair by the Numbers

2022 marked the 163rd consecutive Annual Harrison County Agricultural Fair. Ours is the oldest continuously run fair in the State of Indiana. It even pre-dates the Civil War! Pike's Peak Gold Rush began and James Buchanan was President of the United State.

In the open class exhibits, there were 113 exhibitors. These men, women, and children used their baking, canning, growing, craft, artistic and needlecraft skills to enter 697 items.

There happen to be 4 entries in the Largest Fruit & Vegetable classes. Winners were Ben Crone with a beautiful head of cabbage, Beverly Dodds won for both cauliflower and summer squash, and Mike Harmon won for largest watermelon. It was adorable! It just proves that even the small can achieve greatness!



The Peach Pie Contest and Auction was a sweet success with 25 pies entered. A total of \$2,500 was raised during the auction.

The first place winner was Elizabeth McKim. Her best baked beauty was purchased for \$400 by Owen Trucking. Depauw Extension Homemakers sponsored the 1st place prize.

2nd place went to 4-H member Isabelle Abner. Her pleasing peach pie was purchased by Owen Trucking for \$175. Marsha Dodge sponsored the 2nd place prize.

3rd place went to Amanda Arnold. Her sweet creation was purchased by the Harrison County Republican Party for \$150. Ardella Dodge sponsored the 3rd place prize.

## FALL BEDFORD DISTRICT MEETING

**Wednesday, August 17**

Registration at 9:30 am  
Program starts at 10:00 am

**Clark County Community Building  
9608 Hwy 62  
Charlestown, IN 47111**

The theme this year is  
**"Scatter Kindness Like Confetti"**

Lunch and refreshments provided.  
Cost of registration is \$8.50.  
Please send your name and registration fee to Elaine Fischer by **August 5.**

## \*\*Make check out to Extension Homemakers

**BEDFORD FALL DISTRICT MEETING  
Wednesday, August 17**

I will be attending the meeting:

NAME: \_\_\_\_\_

Enclosed is my \$8.50. Check #: \_\_\_\_\_

Mail to: Elaine Fischer  
2140 Spring Branch Rd NE  
New Salisbury, IN 47161  
812-738-4236

**Must be received by Friday, August 5.  
Please mail early.**

# Harrison County Homemaker News

## EXTENSION HOMEMAKERS DATES TO REMEMBER

Indiana State Fair-Jul 29-Aug 21, 2022

Fall District meeting-August 17, 2022

International Day-September 13, 2022

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

Carnival for Cancer-September 16, 2022

Cookies for Repair Affair due-Sept 16, 2022

Homemakers Presidents meeting-Sept 26, 2022

Holiday Workshop-November 15, 2022

## INTERNATIONAL DAY September 13, 2022

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

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

This year's theme is  
**“Sing-a-long  
Celebration”**



If you have a song you'd like to sing/  
share, please let Karen Schwartz  
know. Call her at 812-736-2373.

No refreshments provided. Just  
happy singing voices.

Program will be over by Noon.

## HARRISON COUNTY REPAIR AFFAIR

September 17, 2022

Please bring your homemade cookies to the  
County Extension Office by **NOON** on  
**Friday, September 16** 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 16, 2022 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 15.**

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

## Extension Homemakers Presidents Council

**The Presidents Council** will meet on  
Monday, Sept 26, 2022  
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'd like to thank all those who helped during the Fair with preparing the Homecoming Hall, check-in, arranging entries, assisting judges, watching over the projects, and finally with check-out. Each of you are invaluable not only to the Fair, but also to myself.

I want to thank all the ladies who helped me during my years as President of the Harrison County Extension Homemakers. Marcia Dodge is taking over as President. I'm sure you will support her in this position.

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

I wish you all a safe and happy summer.



*Carolyn Beanblossom*

Purdue Extension  
Harrison County  
247 Atwood St  
Corydon, IN 47161

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HHS Newsletter



# 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](http://www.ces.purdue.edu/harrison)



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## INDIANA STATE FAIR

July 29-Aug 21

Closed Mondays and Tuesdays



Celebrating Indiana's  
Automotive Excellence

From the roar of the crowd to the rev of an engine, excitement is in the air for the 2022 Indiana State Fair! See classic Indiana-made cars, the Batmobile, the Scooby Doo Mystery Machine and so much more!

Go to <https://www.indianastatefair.com/p/state-fair> for more information about The Great 2022 Indiana State Fair!