

the Extension Line

May - June Edition

Hi Everyone,

As we transition into the warmer months of May and June, it's time to embrace the outdoors and soak up the vitamin-rich sun! Here's a quick peek at what's coming up:

May Highlights:

- Spring Wellness: Explore our tips for staying active and healthy as we welcome the vibrant colors of spring.

June Sneak Peek:

- Summer Solstice: Get ready for the longest day of the year with fun activities and sun safety tips.

Stay tuned for more exciting updates, health tips, and community events in the coming months!

Wishing you sunny days and vibrant health.

Chrissie Lai



Inside this Edition

Welcome _____ Pg1

the Nook _____ Pg2

Mark Your Calendars &

Upcoming Programs _____ Pg3

Earth Day Activity _____ Pg4

Educational Post _____ Pg5

Recipe Corner _____ Pg6&7

Crossword Puzzle _____ PG8

Chrissie Lai

Health & Human Sciences

Extension Educator

Purdue Extension - LaPorte County

lai241@purdue.edu

219.324.9407



facebook.com/PurdueExtensionLaPorteCounty



Embracing
Change to meet
Tomorrow's
challenges



extension.purdue.edu/laporte



the Nook

A message from your Extension President:

Hello! It is so amazing to see all of the spring flowers that didn't wait for the April showers and showed up a month early. Now all of the trees are budding and turning the sparse wintery landscape into bright green, full of chirping birds. Believe it or not, the bugs are out too! But with all of the changes signifying new life we are moving forward. I hope you all are well and enjoying my favorite season of the year! Just a reminder that memberships are due for 2024-2025. We also need more response to volunteers for our committees. This is a vital part of who we are and what we are all about. Please be an active responsible member. Our programs are usually well attended. We just need everyone to do their fair share in planning and providing the essentials of these programs. I'm looking forward to working with you on enlarging and improving our program and activities, to provide a positive experience for our members. Happy Mother's Day!!

Peggy Grzesiowski

HAPPY

birthday
May June

Penny Flick 5/5

Sue Howell 5/7

Angela Baugher 5/8

Bette Schaefer 5/10

Cindy Barnes 5/15

Shirley Griffin 5/17

Jane Wayland 5/19

Tina Albertson 5/19

Theresa Lile 5/22

Jeanne Miller 5/23

Carolyn Kissinger 6/4

Betty Swanson 6/9

Marilyn Sawyer 6/11

Theresa Wahlster 6/13

Vada Pulver 6/21

Angela Lile 6/23

Rita Flores 6/27

Sharon Russ 6/27

Carol Welsh 6/30

Did you know?

Avocados are actually berries! Avocado trees produce flowers, and once fertilized, these flowers develop into the fruit we commonly enjoy!

Mark Your Calendars

Lend-A-Hand Day

Thursday, May 9th, 2024

Enrollment Forms & Dues are
due May 15th

Cultural Arts Contest

May 23, 2024

All items must be at extension
office by 1:30 p.m.
Judging begins promptly
at 2:00 p.m.

Council Meeting

June 13, 2024

4:00 p.m. - TBA

Potluck dinner and
installation of officers

Educational Retreat

Thursday, May 23, 2024

2:45 - 5:30 p.m.

3:00 - 3:45 p.m. Alzheimer

3:45 - 4:30 p.m. T.B.D.

Carry in meal

Fair Booth

sign ups are due June 1st to
Betty Carpenter or the
Extension Office

Home & Family

Conference

June 10th - 12th

Embassy Suites, Noblesville,
IN

Upcoming Programs

Dining with Diabetes

June 5, 12, 19 & 26

LPCPL Union Mills
Branch

4:30 - 6:30 p.m.

If you have any
information for the next
Extension Line
Newsletter, please have
that submitted to Sue by
June 14th.

Correction to location:

Dining with
Diabetes

June 5, 12, 19 & 26
Union Mills Branch
4:30 - 6:30 p.m.

April Extension Homemaker Activity

On April 22nd Extension Homemakers joined the LaPorte County Parks Department at an Earth Day event at Creek Ridge County Park. Everyone constructed a bird feeder made from 2-liter bottles and bottle caps. After bird feeders were made, everyone grabbed some gloves and a trash bag and did some park clean-up. In addition to picking up trash, the group pulled highly invasive garlic mustard and Oriental or Japanese honeysuckle. Garlic Mustard will block out valuable sunlight and outcompete plants for moisture and vital nutrients so that by the time native species are ready to grow they are drowned out. The Oriental honeysuckle is a semi-evergreen vine that spreads along the ground, forming a dense mat. The aggressive vine climbs shrubs and trees and will choke them out.



Garlic Mustard



Japanese or
Oriental Honeysuckle



Two Liter Bird Feeder

Educational Post

From Your Extension Educator

Vitamin C: The Sunshine Vitamin for Your Immune System!

Vitamin C, also known as ascorbic acid, is a vital nutrient that plays many important roles in our body. Here's why you should make sure you're getting enough of this essential vitamin

Vitamin C is renowned for its role in supporting the immune system. It helps stimulate the production of white blood cells, which are crucial for fighting off infections and illnesses. As an antioxidant, vitamin C helps protect our cells from damage caused by free radicals. This can help reduce the risk of chronic diseases and slow down the aging process. Vitamin C is essential for the production of collagen, a protein that helps maintain the health of our skin, hair, and nails. It also plays a key role in wound healing. Consuming vitamin C-rich foods or supplements can improve the absorption of iron from plant-based sources, helping prevent iron deficiency anemia.

Easy Ways to Get Your Vitamin C:

Fruits: Citrus fruits like oranges, grapefruits, and lemons are excellent sources of vitamin C. Berries, kiwi, and mangoes are also great options.

Vegetables: Bell peppers, broccoli, Brussels sprouts, and tomatoes are rich in vitamin C. Leafy greens like spinach and kale also contain decent amounts.

Supplements: If you find it challenging to get enough vitamin C from your diet, consider taking a daily supplement. It's always best to consult with a healthcare professional before starting any new supplements.

Quick Tip: To preserve the vitamin C content in foods, try to consume them raw or lightly cooked. Vitamin C is sensitive to heat and can be destroyed during prolonged cooking.

In summary, vitamin C is a powerhouse nutrient that offers a range of health benefits, from supporting our immune system to promoting skin health. Make sure to include plenty of vitamin C-rich foods in your diet to reap its many rewards!

The Recipe Corner

STRAWBERRY BREAD

FOR THE BREAD:

- 3/4 cup granulated sugar 150 grams
- 1/2 cup 2% milk 4 ounces
- 1/2 cup canola oil or coconut oil, 4 ounces
- 1 large egg
- 1 teaspoon vanilla extract or almond extract
- 2 cups all-purpose flour 260 grams
- 2 teaspoons baking powder** (see notes)
- 1/2 teaspoon salt
- 2 cups diced strawberries
- 2 tablespoons all-purpose flour

FOR THE GLAZE:

- 2 cups powdered sugar 260 grams
- 2 tablespoons melted butter
- 1/3 cup finely diced strawberries
- 1/2 teaspoon vanilla extract or almond extract
- 1-2 tablespoons heavy cream or milk** (optional)



INSTRUCTIONS:

1. Preheat the oven to 350°F.
2. In a medium bowl, stir together the sugar, milk, oil, egg and vanilla. In a separate bowl, combine the flour, baking powder and salt. Add the dry ingredients to the wet ingredients and stir until just combined. 3/4 cup granulated sugar, 1/2 cup 2% milk, 1/2 cup canola oil, 1 large egg, 1 teaspoon vanilla extract, 2 cups all-purpose flour, 2 teaspoons baking powder**, 1/2 teaspoon salt
3. In a small bowl, toss together the strawberries and the 2 tablespoons of flour to coat the strawberries. Fold the floured strawberries gently into the batter. 2 cups diced strawberries, 2 tablespoons all-purpose flour
4. Pour the bread batter into a greased 9"x5" bread pan. Bake at 350 degrees for 50-55 minutes. A toothpick inserted in the center of the bread should come out clean. Allow the bread to cool for 10 minutes, then remove the bread to a wire rack to cool completely.
5. To make the glaze, combine the powdered sugar, melted butter, diced strawberries and extract in a small bowl. Mix until it is smooth.
6. Once the bread is cool, spread the glaze on top of the bread. Slice and serve.
7. Store in an airtight container in the refrigerator for up to 3 days.

<https://www.tastesoflizzyt.com/strawberry-bread/>

The Recipe Corner

SHRIMP & OKRA KEBABS WITH GRILLED PEACHES & JALEPENO BOURBON VINAIGRETTE

INGREDIENTS

- 1/2 cup plus 2 tablespoons grapeseed oil, divided, plus more for grill grates
- 1/2 teaspoon grated lime zest plus 1/4 cup fresh lime juice (from 2 limes)
- 2 tablespoons finely chopped shallot
- 1 1/2 tablespoons (3/4 ounces) bourbon
- 1 1/2 tablespoons finely chopped seeded jalapeño
- 2 teaspoons pure maple syrup
- 1 teaspoon finely chopped garlic
- 1 3/4 teaspoons kosher salt, divided, plus more to taste
- 1 teaspoon black pepper, divided, plus more to taste
- 1 pound peeled and deveined tail-on raw medium shrimp
- 3 ounces fresh okra, halved lengthwise (about 1 cup)
- 3 large fresh peaches (about 1 1/4 pounds), halved and pitted
- 1 tablespoon chopped fresh flat-leaf parsley

DIRECTIONS

1. Preheat a gas or charcoal grill to very high (500°F to 550°F). Whisk together 1/2 cup oil, lime zest and juice, shallot, bourbon, jalapeño, maple syrup, garlic, 1 teaspoon salt, and 1/2 teaspoon black pepper in a large bowl. Reserve 1/2 cup dressing for finishing. Add shrimp to bowl with remaining dressing; toss to coat. Let stand 10 minutes.
2. Toss okra with 1 tablespoon oil, 1/4 teaspoon salt, and 1/8 teaspoon pepper. Remove shrimp from dressing; discard dressing. Thread shrimp onto four 12-inch skewers (presoaked if wooden) alternately with okra. Sprinkle skewers with 1/4 teaspoon salt and 1/4 teaspoon pepper. Brush cut sides of peaches with remaining 1 tablespoon oil, and sprinkle with remaining 1/4 teaspoon salt and remaining 1/8 teaspoon pepper.
3. Place peaches, cut sides down, on oiled grill grates; grill, uncovered, until grill marks appear, 1 to 3 minutes. Grill shrimp-and-okra skewers on oiled grill grates, uncovered, until charred in spots and shrimp are opaque, 3 to 4 minutes, flipping once halfway through grilling time.
4. Cut each peach half into four wedges, and divide among four serving plates. Top with shrimp-and-okra kebabs. Stir parsley into reserved 1/2 cup dressing, and drizzle over kebabs and peaches. Season to taste with salt and pepper.

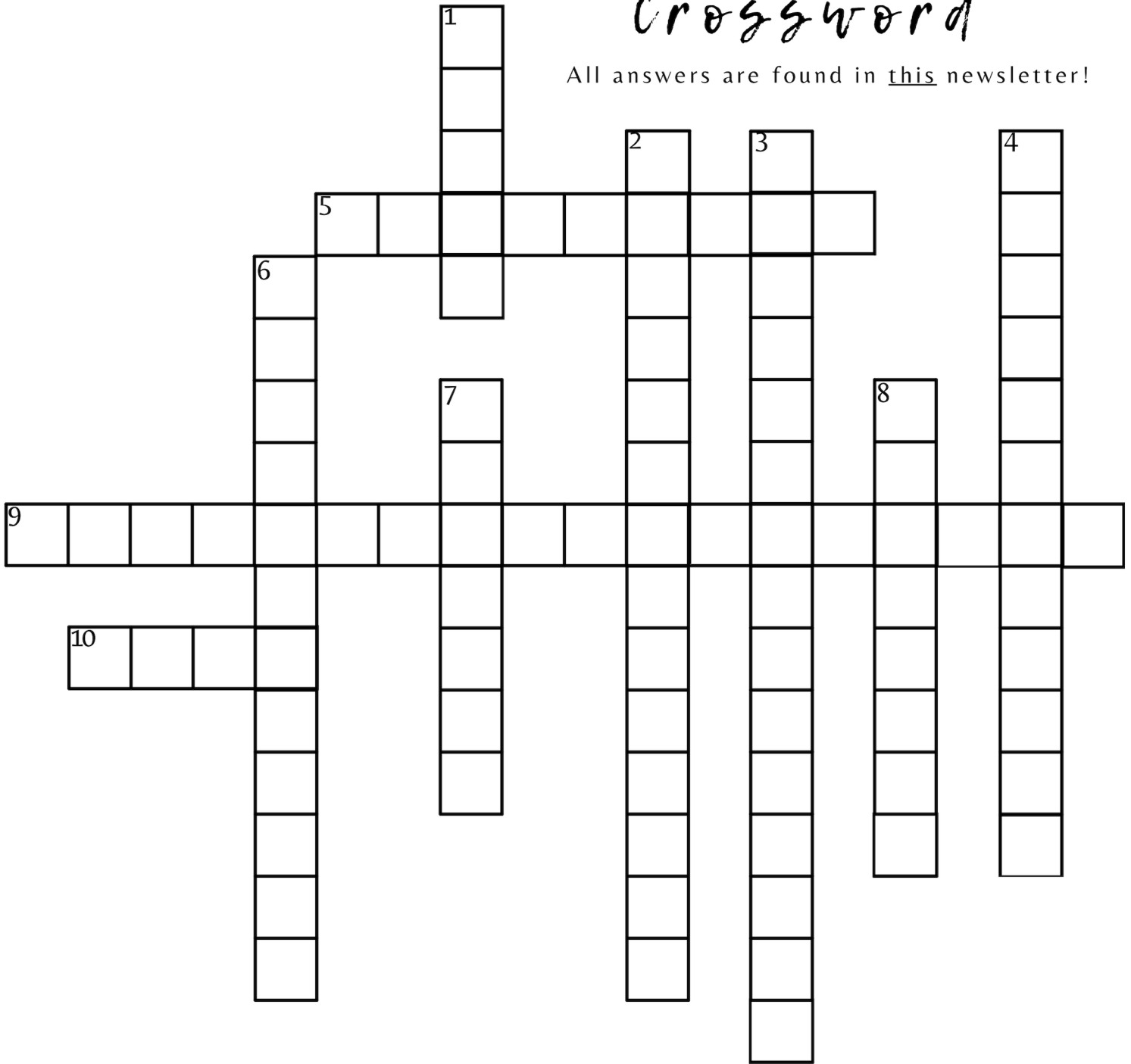


<https://www.foodandwine.com/recipes/shrimp-and-okra-kebabs-grilled-peaches-and-jalapeno-bourbon-vinaigrette>

The Extension Line

Crossword

All answers are found in this newsletter!



Across

5. This sheet is due June 1st to Betty Carpenter or the Extension Office
9. What event has a carry in meal?
10. Her birthday is June 21st

Down

1. The theme of this newsletter
2. Where will the installation of officers take place?
3. This recipe calls for 1 large egg
4. What contest in May 23rd?
6. Thursday, May 9th
7. This is a berry
8. Your Extension Educator



PURDUE EXTENSION - LAPORTE COUNTY OFFICE STAFF

Chrissie Lai

Extension Educator
Health & Human Sciences
lai241@purdue.edu

Sue Salisbury

ANR & HHS Secretary
salisbk@purdue.edu

Kelsey Guadarrama

County Extension Director
4-H Extension Educator
ksajdera@purdue.edu

Lauren Allison, 4H Extension Educator

Mary Komenas, Community Development Educator

Kathy Ulman, Office Manager

Kelly Wozniak, 4-H Admin

Megan Sholey, Marketing & Communications

Office Hours & Contact

Monday-Friday 8am-4pm | (219) 324-9407 | extension.purdue.edu/county/laporte



Extension - LaPorte County

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