

the Extension Line

September - October Edition



Chrissie Lai HHS Educator Purdue Extension



As fall arrives with its rich colors and crisp air, I'm reminded of the beauty in change and the promise of new opportunities. This season encourages me to reflect on where we've been, celebrate our progress, and look ahead with renewed energy and purpose.

I'm grateful for the support and partnership that make my work meaningful and impactful. Together, we can continue to build a thriving and resilient community.

Wishing you a peaceful and fulfilling fall season!

Chrissie Lai



Cornucopia comes from the Late Latin cornucopiae, which translates literally as "horn of plenty." A traditional staple of feasts, the cornucopia is believed to represent the horn of a goat from Greek mythology. The cornucopia represents America's prosperity, abundance, and success



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Embracing
Change to meet
Tomorrow's
challenges



Extension - LaPorte County

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the Nook

A message from your President

As summer is coming to an end, I look back over the past few months and can't help but smile. Fair Week was a huge success! The after fair picnic was very well attended. The new committees are starting to organize our upcoming activities and programs working towards making 2024/2025 one of our best years yet! I would like to encourage all of you to attend our monthly get togethers as well as our various programs throughout the year. With IEHA Week to be celebrated in October, we have lots of activities planned. Guests are always welcome!! Let's promote what we have and how we help our community! Please remember to get your monthly activity reports to Betty as soon as possible. Your participation is what makes IEHA an asset to our community so let's show everyone who we are and what we can do for them! I am looking forward to seeing all of you at our next gathering.

-Peggy

Happy Birthday!

September

Monica Prosser 9/6
Jennifer Chubb 9/9
Linda Livinghouse 9/9
Nora Sherwood 9/17
Joanna Doscocil 9/24
Mindy Rose 9/24

October

Barbara Herrold 10/1
Patricia Day 10/4
Celeste VanEtten 10/6
Bonnie Netzer 10/14
Jackie Carpenter 10/15

Did you know?

The word "pumpkin" comes from the Greek word "pepon" meaning "large melon".



Upcoming Events



**NEW
DATE**

September 9, 2024
Council Meeting @ The Extension Office
4:00 p.m.

Friday, September 20, 2024
Free Clothing Giveaway and some household items
9:00 - 2:00 @ LaPorte Fairgrounds
Small Project building
hosted by Kitchen Kin
***Donations accepted 9/20/24 from 7am - 9am**

October 9, 2024
Lend-A-Hand Day
@ The Studio 1640 1st Street
9:00a.m. - 8:00p.m.

October 15, 2024
Taste of Extension
- New Zealand

October 16, 2024
Michigan City Fall District Meeting
Host: Porter County

October 26, 2024
Make A Difference
Day

October
21-26, 2024
IEHA Week

December 5, 2024 Holiday Council Meeting
@ the Healthcare Foundation at 12:00 p.m.
Catered by Dane's Dishes




You're Invited

75TH ANNIVERSARY
CELEBRATION OF KITCHEN KIN

THURSDAY, OCTOBER 10, 2024

FROM: 1:00 PM - 2:45 PM



Come and join us in commemorating the 75th year of
Kitchen Kin Extension Homemakers!

- Celebrate with us over refreshments and a Trivia game.
- Listen to Sue Howell as she shares insights into the history of Extension Homemakers.

Take a look at the available scrapbooks for viewing.



Save The Date

Extension Homemakers Educational Retreat

October 10, 2024 from 3:30 PM to 5:30 PM

located at the LPCPL Exchange

Carry-in Dinner

Learn to decorate towels using a Cricut machine provided by
the Exchange.

RSVP to the Extension Office at 219-324-9407



Educational Post

from your Extension Educator

As the seasons change, it's important to adjust your health routines to stay well and focused on your learning or professional goals. Here are some health tips specifically for adults during the fall season:

1. Support Your Immune System:

- **Balanced Diet:** Incorporate seasonal produce like squash, sweet potatoes, and cranberries, which are rich in nutrients that support immune function. Foods high in vitamin D, like mushrooms and fortified foods, can also help as sunlight exposure decreases.
- **Hydration:** As the weather cools, you may not feel as thirsty, but it's important to continue drinking plenty of water. Herbal teas are a great way to stay hydrated and warm.

2. Stay Active:

- **Outdoor Workouts:** Take advantage of the cooler weather with outdoor exercises like walking, jogging, or cycling. The crisp air can invigorate you and provide a refreshing break from indoor environments.
- **Home Workouts:** If your schedule is tight, incorporate short, high-intensity interval training (HIIT) sessions or yoga into your day. Even 15-20 minutes can make a big difference.

3. Mental Well-being:

- **Mindful Breaks:** Integrate mindfulness practices such as deep breathing, meditation, or a brief walk during your work or study day to reduce stress and improve concentration.
- **Seasonal Affective Disorder (SAD) Awareness:** If you notice feelings of fatigue or low mood, consider light therapy or increasing your exposure to natural light. Regular exercise and a balanced diet can also help mitigate these symptoms.

4. Prioritize Sleep:

- **Wind Down Naturally:** Reduce exposure to screens before bed and create a calming pre-sleep routine. Reading, listening to music, or taking a warm bath can help signal to your body that it's time to rest.

5. Boost Your Defenses Against Illness:

- **Flu Vaccine:** Consider getting your flu shot to protect yourself during the colder months. This is particularly important for adults with busy schedules who can't afford to miss work or learning time due to illness.

By following these tips, you can enjoy the beauty of fall while staying healthy, energized, and focused on your personal and professional growth.



the Recipe Corner

Beef & Butternut Squash Enchiladas

Yields: 8 | Prep Time: 10min | Cook Time: 40min

Ingredients

- 2 cups diced butternut squash
- 1 tablespoon extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 3 cups homemade enchilada sauce or 1 30-ounce can store bought
- 1 package of 10 8-inch flour tortillas
- 2-3 cups shredded beef
- ½ yellow or white onion , diced
- 4 cups shredded mozzarella cheese
- Chopped green onion and shredded lettuce for garnish and serving

Directions

- Preheat the oven to 400 degrees F and prepare a baking sheet with aluminum foil. Place the diced butternut squash on the foil and drizzle with olive oil then season with kosher salt and freshly ground black pepper. Bake for 10-15 minutes or until fork tender and beginning to brown. Set aside to cool.
- Reduce the oven temperature to 375 degrees F.
- In a 9 X 13 inch baking dish, spread ½ cup enchilada sauce to cover the bottom of the dish.
- Mix ⅓ cup of the enchilada sauce with the shredded beef. Spread a little more than ¼ cup of the beef mixture in a line in the lower third of the tortilla. Top with ¼ cup of the butternut squash, a scant ¼ cup of diced onion and ¼ cup shredded mozzarella cheese. Roll the tortilla and place seam down in the baking dish. Repeat with the rest of the tortillas and ingredients, fitting the enchiladas snugly together. Pour the rest of the enchilada sauce over the tortillas. Spray a sheet of aluminum foil with cooking spray and cover the pan so the enchiladas don't stick to the foil as they cook.
- Bake for 30 minutes or until bubbly. Remove the foil and top the enchiladas with the remaining cheese. Bake for another 10 minutes uncovered or until the cheese is melted and bubbly. Remove from the oven and cover with the foil to rest for a few minutes. Garnish with chopped green onion and serve with shredded lettuce on the side.



the Recipe Corner

My Mom's Best Macaroni Salad

from Betty Carpenter



Ingredients

- 16 ounces of cooked macaroni (rotini holds sauce best)
- 4 carrots, shredded (no hard chunks to bite into)
- 1 large onion, diced
- 1/2 green pepper diced
- 1/2 red pepper, diced (can be orange or yellow)
- 1 cup finely sliced celery
- 1 cup chopped sweet pickles
- 8 - 12 hard boiled eggs

Sauce:

- 2 cups mayonnaise
- 1 14oz can sweetened condensed milk
- 1/2 cup white vinegar
- 1/2 cup sugar
- Salt and pepper to taste

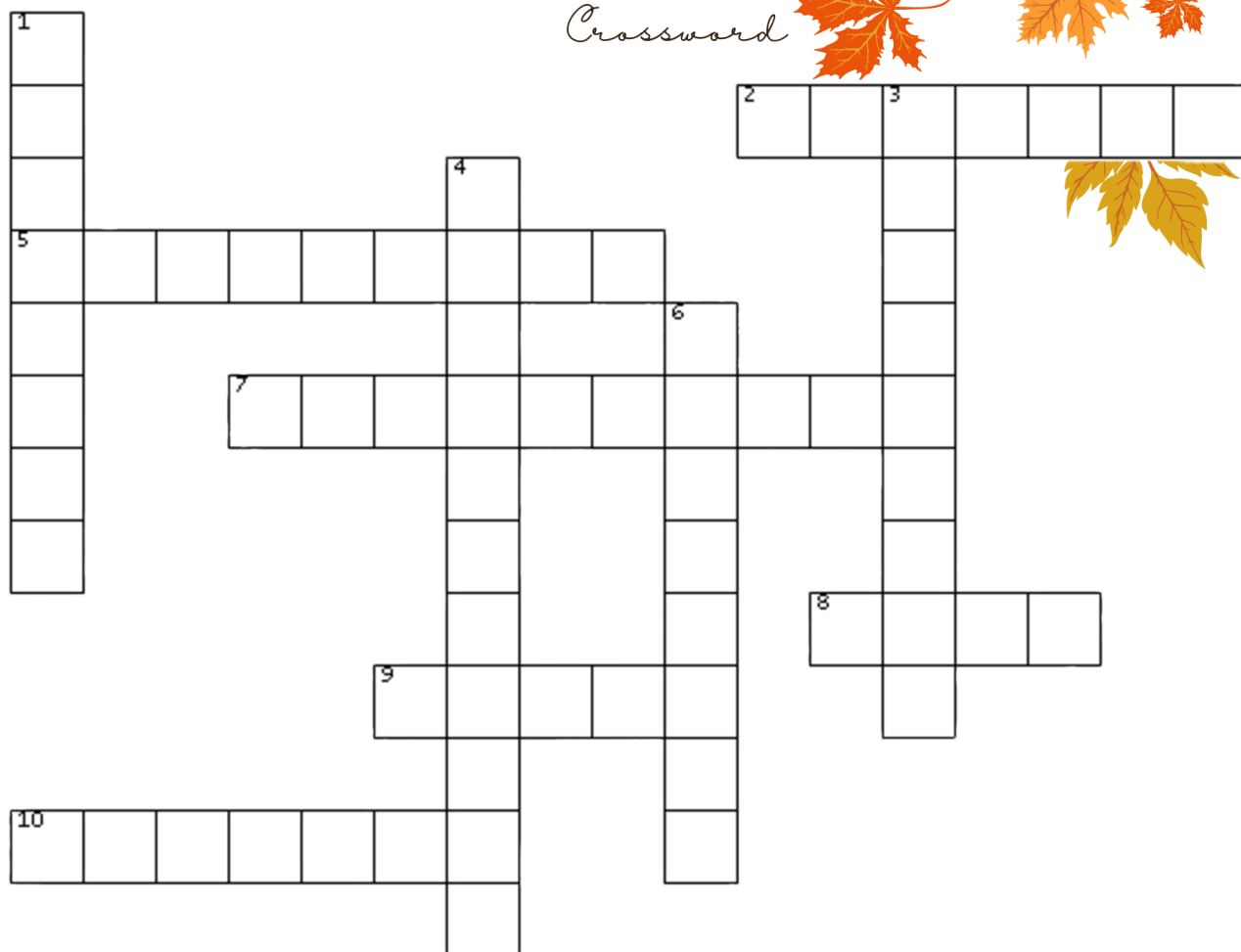
Directions

- In a medium bowl, measure sugar - then add vinegar and stir until the sugar is dissolved. Add the mayonnaise - stir and dilute by adding the can of sweetened condensed milk. Taste for salt and pepper. Let flavors combine while cooking macaroni and preparing veggies.
- Add sauce to macaroni, add veggies and gently toss.

This needs to be refrigerated overnight! The macaroni will absorb the sauce. If salad is too dry, add a few tablespoons of milk until correct consistency.

the AUTUMN

Crossword



ACROSS

2. Often used as a term of endearment, comes from the Greek word "pepon" meaning "large melon"
5. An object made to resemble a human figure, set up to scare birds away from a field where crops grow.
7. A goat's horn filled with grain and flowers and fruit symbolizing prosperity.
8. A feeling of comfort, warmth, and relaxation
9. A distinctive, typically pleasant smell.
10. The leafy party of a tree or plant.

DOWN

1. Includes ingredients like cornbread, white bread, or biscuits mixed with vegetables, herbs, spices and sometimes sausage or other meats.
3. The movement of flocks of birds move south during this time.
4. Small red acidic berries used in cooking.
6. A day of festivity or recreation when no work is done.

Bring in your completed crossword to the Extension Office and receive a prize! Limited prizes so act fast!



PURDUE EXTENSION - LAPORTE COUNTY OFFICE STAFF

Chrissie Lai
HHS 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



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