

THE MESSENGER

August/September 2024

Lions Schedule

August

28 No Lions

September

4 Sunny Circle

11 No Lions

18 Amici

25 Friendly Neighbors



After council meeting, 11 cutely wrapped toiletries were found in kitchen cabinet.

Bobbie dropped them off at Red Barn!

Next Sew Club date is: August 27th!

Thank you Walking Club, in July we stepped a total of 2,330 miles!!!

Our charity: Team Red, White & Blue

To enrich the lives of America's Veterans

Your steps are very important—
Thank you!!

In 2,330 miles we can walk from Martinsville to San Francisco, California and still have a few more miles left to sightsee!!

San Francisco is 2,281 miles from Martinsville:)

Hello!

I hope everyone has rested up from the fair! The calendar doesn't slow down yet, September and October are very busy months! Make sure you get signed up for everything before the due date. If you have any questions, please let me know and if you need print outs I'll be happy to do that for you.

Have a wonderful day,

Amy

CONGRATULATIONS!

Kathy Hicks from Franklin won the Bynum's Steakhouse gift certificate!

Judy Brusseau won the handmade jewelry box!

Sue Jarrett won the beautiful quilt!

Amy Beard was the winner of the gas card!



Flannel, Food & Fun

in Franklin, Indiana

Come & join Johnson County Extension Homemakers

For the Indianapolis Fall District meeting.

Come to the Johnson County Fairgrounds,

100 Fairground Street, Franklin, IN 46131.

Join us in the Scott Hall Building,

Registration will begin at 8:45 am

The meeting will begin at 10 am. Wednesday-OCTOBER 9TH, 2024

We will have a Continental Breakfast in the morning.

At Lunch we will be serving: Fried Chicken dinner & dessert.

Have everyone wear a flannel shirt, blue jeans, western boots and their favorite western hat.

Registration Fee- \$20.00

Please contact Tura by September 23rd to register

Tura will send in one registration form for all members

Morgan County Extension Homemakers

Council Meeting – 08/06/2024

The Council met at the Wilbur Kendall Room, 4-H Building at 10:00 am. Those attending were President Denise Walker, Vice President Olivia Vought, Treasurer Tura LaMar, Secretary Diann Vanzant: from Program of Works were Membership Chair Sheila Puckett, Cultural Arts/Heritage Skills Chair Cindy Saferight, Health /Nutrition/Safety Chair Joyce Vandagriff, Supply Purchase Chair Sue Tutewiler. Clubs were represented by: Amici President Tura LaMar, Friendly Hearts President Karen Ritter, Friendly Neighbors President Diann Vanzant, Sunny Circle President Cindy Saferight and Monrovia President Denise Walker.

The meeting was opened by President Denise Walker followed by leading the Pledge of Allegiance, The Homemakers Creed and the IEHA Mission Statement. Our devotions were read by Cindy Saferight about Tomatoes with a summertime theme. Roll Call was taken by Secretary Diann Vanzant with 11 Council Members, 3 Club Members and 3 Children. Secretary Diann read the Minutes from our last meeting of June 4, 2024. No meeting was held in July due to the fair. Sheila made a motion to approve the minutes. It was seconded by Karen. The Treasurer's Report dated 6/30/24 was read by Treasurer Tura. An ending balance of \$3,003.52 was reported in the General Fund for June 2024. The Treasurer's Report dated 7/31/2024 was also read by Treasurer Tura. An ending balance of \$3,851.01 was reported in the General Fund for July 2024. A motion was made to accept both reports by Olivia. They were seconded by Cindy.

OLD BUSINESS

We discussed the Morgan County Fair concerns first. It was pointed out that Open Class should be on the front of the building. Art Sanctuary is mentioned on the building due to a donation that was made by them. Cindy said she had a sign that said IEHA on it that could possibly be used. The Antique Machinery Event will use the building for a Quilt Show before the Fair next year. Repairs are being made to the inside of the building that were discovered during the Fair set-up. Baker's Best second judge failed to show so Diana Dickerson was recruited from the grounds and did a wonderful job judging the baked items. Because Diana is on the Fair Board she cannot accept monetary gifts from the Fair Board. Tura suggested that we pay her our regular amount of \$50.00 from our funds. Cindy made the motion to pay Diana Dickerson \$50.00 for judging the Baker's Best. It was seconded by Joyce. Selling of the items from Baker's Best was a great success adding cash to our scholarship fund. A special thank you to Helen for boosting our donations by making others aware of our display in the Home and Family Arts Building.

Cindy reported on the Mooresville Library Teaching Opportunity. "Sew What" was completed by 5 children out of 12 that took the 3 classes. Their ages were 5 through 11. The children exhibited their items at the Fair and were pleasantly surprised to receive ribbons and money for their items. Cindy believes there is an adult interest and plans to pursue classes for them in the Fall. She is open to ideas for projects if anyone has a basic hand project that would be suitable. Sewing on buttons and mending stuffed animals was offered. Miss Cindy (as she was called) said it was a very rewarding experience. When she works with the adults hopefully it will grow into a new club as well.

NEW BUSINESS

I-Lead is offering a set of 3 classes on 8/24, 9/26 and 10/30. There is a deadline of August 15th. They will be held in Greenfield. Several expressed an interest in taking the classes. The district will pay \$10 for each class. Bobbie made the motion to pay for the remaining amount. It was seconded by Joyce. Please turn in your registrations into Tura asap.

The Wall That Heals Group Tour will be on 8/15. Please, gather at the Gazebo on the Fairgrounds before 3:50 (4:00). Planning to have a nice group to tour together.

The Waycross Retreat will be September 17 - 18. Registrations are due by the 10th; find a copy in the August 2nd Newsletter.

We have been asked to cater for the 55th Martinsville High School Reunion. It will be Saturday, September 28th. We would like to have 2 members from each club to help. More details later. This is a good fund-raising event for us.

The Fall District Meeting will be held in Johnson County on October 9th. Details are in the August 2nd Newsletter also.

Tura led us through the 2024-25 Budget proposal. We had several discussions about making some changes to make it up to date. A motion was made by Karen to approve the new budget for 2024-25. It was seconded by Bobbi.

We are still in need of a Historian. This is a very important job as we don't want to lose our legacy. Our efforts to make things better for others needs to be documented for History. Consider this worthwhile position.

Always be thinking of new recruitment ideas/options.

PROGRAM OF WORKS

Cultural Arts/Heritage Skills – Cindy shared a list of upcoming events.

August 8 – RMY's Soul Food Truck, Monrovia, 5-8pm, 50 Walnut Street

9 – Veterans Creative Arts Festival, 6:30-8:30, Art Sanctuary

10 – Farmer's Market 9-1, 460 S. Main Street, Martinsville

15-18 – The Wall That Heals, 24 Hours a day, Taps @ 7.

15 – Free Summer Concert, The Indigos, Pioneer Park, 7 pm

17 – Big O Tires Car Show, 1-6:30, Mooresville

16-18 – Fire Dept. Fish Fry, Eminence, 11a-11p

25 – Free Concert Gospel Fest, Jefferson & Pike, Martinsville

30-Sept.1 – Paragon Homecoming Festival

30 – Drink at the Creek Concert, Cedar Creek, \$15, 4pmPublic

? – Henry Lee Summer, Mellen cougar & Crush, 4 pm

Anderson Orchard, 8-6, 7 days, 369 E. Greencastle Rd., Cider Slushie w ice cream (fantastic!)

Pick your own apples, red raspberries and sunflowers.

Education/Scholarships/Grants – Helen – Off for the summer!!!

Health/Nutrition/Safety – Joyce- Use a knife to pry all around to open water caps if you suffer from arthritis.

Historian ???

Leadership/Citizenship – Denise – Visit the Wall That Heals! Go!

Membership – Sheila – No New members

Money Making Projects – Cindy – Cindy has ideas, could sell Marion Kay

Spices, Terri Lynn Nuts, Trash Bags and "Dine to Donate" at restaurants.

Public Relations – Kiley – Working

Volunteer/Community Support – Olivia, FFF Parade, participate or not participate?

4-H Council – Amy – 4-H'ers are busy showing their animals at the State Fair.

CLUBS

Amici – Tura

Friendly Hearts – Karen

Friendly Neighbors – Diann

Monrovia – Denise

Sunny Circle – Cindy, shared events of their planned Tour that had to be changed.

Krafty Krew – Cindy – 2nd Monday 3-5p, Brooklyn Christian Church

Sew Club – Bobbi – Aug. 27th, 9-1pm. Ideas needed for Make a Difference Day!

Walking Club – Amy – Good steps for Fair week. Appreciates every step!

ADJOURN

Next Meeting: Tuesday, September 3rd at 10:00am, Wilber Kendall Room

Respectfully submitted,

Diann Vanzant, Morgan County Extension Homemaker Secretary



The Wall That Heals was a beautiful and very educational tour! Thank you to those that were able to attend. If you were not able to attend the group tour, we hope you were able to get to the fairgrounds to view The Wall That Heals.

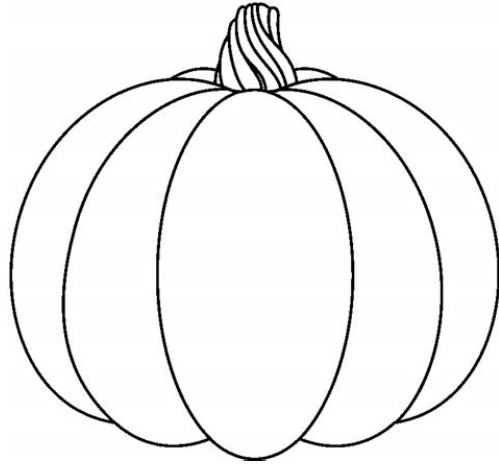
Thank you to the group tour guide Denise!

Amy Adams Baker's Best Grand Champion– Pumpkin Roll

3 eggs, separated
1 cup sugar, divided
2/3 cup canned pumpkin
3/4 cup all-purpose flour
1 t. baking soda
1 t. ground cinnamon
1/2 t. pumpkin pie spice
1/8 t. salt

Filling:

1 package (8 ounces) cream cheese, softened
2 T. butter, softened
1 cup confectioners' sugar
3/4 t. vanilla
Additional confectioners' sugar, optional



Line a 15x10x1 in. baking pan with waxed paper; grease the paper and set aside. In a large bowl, beat egg yolks on high speed until thick and lemon-colored. Gradually add 1/2 cup sugar and pumpkin, beating on high until sugar is almost dissolved.

In a small bowl, beat egg whites until soft peaks form. Gradually add remaining sugar, beating until stiff peaks form. Fold into egg yolk mixture. Combine the flour, baking soda, cinnamon and salt; gently fold into pumpkin mixture. Spread into prepared pan.

Bake at 375* for 12-15 minutes or until cake springs back when lightly touched. Cool for 5 minutes. Turn cake onto a kitchen towel dusted with confectioners' sugar. Gently peel off waxed paper. Roll up cake in the towel jelly-roll style, starting with a short side. Cool completely on a wire rack.

In a small bowl, beat the cream cheese, butter, confectioners' sugar and vanilla until smooth. Unroll cake; spread filling evenly to within 1/2 in. of edges. Roll up again. Cover and freeze until firm. May be frozen for up to 3 months. Remove from the freezer 15 minutes before cutting. Dust with confectioners' sugar if desired.

Next year for Baker's Best is– APPLE!

Watermelon

Selection Info: Look for a yellowish spot where the watermelon rested on the ground. Pick a symmetrical melon that seems heavy for its size.

Preparation: Wash watermelon under cool running water to clean, or use a clean wet cloth or paper towel to wipe clean.

Short-Term Storage: If watermelon is cut, store in an airtight container in refrigerator for up to 5 days. If watermelon is whole, store at room temperature.

Long-Term Storage: Watermelon can be frozen 8-12 months.

How to freeze Watermelon

Step 1: Remove Waste: Sticking a whole watermelon in your freezer, rind and all, won't bode well when you're ready to use the fruit. So, cut around the rind and remove the watermelon's seeds while you're at it. Those seeds get super hard in the freezer, and picking them out after you thaw your watermelon gets messy.

Step 2: Chop the Watermelon: You can get as creative or basic as you want here, but our advice is to use a watermelon scooper to cut up your watermelon. Remember, frozen watermelon doesn't maintain its texture when thawed. So, don't worry about cutting the watermelon into specially sized pieces for eating.

Step 3: Perform a Flash Freeze: Watermelon has a lot of water, so it's crucial to flash freeze the pieces if you plan on using a little bit of watermelon at a time. If you'll be using all your watermelon at once and don't plan on eating the pieces whole, there's no need to perform this step—you can skip to the next section.

To flash freeze, lay your watermelon pieces on a baking tray lined with parchment paper. Spread the pieces out so that none of them touch each other. Then, place the tray in your freezer and leave it there for a minimum of fifteen minutes. Once the pieces begin to freeze, take them out and proceed to step four.

Step 4: Pack into Freezer Bags: Place your watermelon pieces into freezer bags and squeeze out all the air you can. You can even stick a straw in the bag and try to suck out some of the air. That said, vacuum sealers are ideal for freezing watermelon if you happen to have one.

The reason why it's crucial to remove air from your watermelon is that it prevents freezer burn from setting in. Your watermelon will already come out of your freezer in a less texturized state than you put it in, and freezer burn will make the situation worse by drying out the fruit.

Step 5: Label the Bags: The final step is to label your freezer bags with the date you put the watermelon in your freezer. That way, you can keep an eye on how long they've been in there so you can use them up before they start turning into a less desirable state. When ready to eat your frozen watermelon, let it thaw slightly. The more frozen watermelon thaws, the more it'll lose its texture. When learning about how to freeze watermelon, it's equally important to know how to identify when your frozen watermelon is bad. Some signs that you should throw out your frozen watermelon include:

- A slimy texture
- An off-color (often a brownish pink)
- Rotting smell

The Food and Drug Administration recommends keeping your freezer at zero degrees Fahrenheit or colder. Bacteria start to thrive at temperatures above 40 degrees. Therefore, if the power goes out or you have a malfunctioning freezer, take care with your watermelon—these are often the most common reasons that watermelon goes bad in the freezer.

When selecting watermelons for freezing, the watermelon should sound hollow when you tap on its rind. It should also have a rich pink and juicy center. Needless to say, if you have a mediocre tasting watermelon, you can expect it to come out of your freezer just as mediocre, if not worse.

How to Cut a Recipe in Half

(*measurement has been rounded down)

| ORIGINAL AMOUNT | HALF OF RECIPE | THIRD OF RECIPE | QUARTER OF RECIPE |
|-----------------|-------------------------------|---------------------------------|-------------------------------|
| 1 cup | 1/2 cup | 1/3 cup | 1/4 cup |
| 3/4 cup | 6 tablespoons | 1/4 cup | 3 tablespoons |
| 2/3 cup | 1/3 cup | 3 tablespoons and 1½ teaspoons* | 2 tablespoons and 2 teaspoons |
| 1/2 cup | 1/4 cup | 2 tablespoons and 2 teaspoons | 2 tablespoons |
| 1/3 cup | 2 tablespoons and 2 teaspoons | 1 tablespoon and 2¼ teaspoons* | 1 tablespoon and 1 teaspoon |
| 1/4 cup | 2 tablespoons | 1 tablespoon and 1 teaspoon | 1 tablespoon |
| 1 tablespoon | 1½ teaspoons | 1 teaspoon | 3/4 teaspoon |
| 1 teaspoon | 1/2 teaspoon | 1/4 teaspoon* | 1/4 teaspoon |
| 1/2 teaspoon | 1/4 teaspoon | 1/8 teaspoon* | 1/8 teaspoon |
| 1/4 teaspoon | 1/8 teaspoon | 1/16 teaspoon* | 1/16 teaspoon |

Tiny Measurements

TAD
1/4 teaspoon

DASH
1/8 teaspoon

PINCH
1/16 teaspoon

SMIDGEN
1/32 teaspoon

Finding a recipe for one or two is hard to come by, here are some tips for cutting down recipes. A good tip to remember, if you can freeze half of the dish, bake the whole recipe, cut it in half after baking and freeze for later. Make sure you label it so you know what it is in the freezer!

Tips for Halving Recipes

Spices: you can half spices but chances are you'll want a little more than half. Be prepared to taste and add more.

Liquids: halving liquid measures are so much easier if you're using a measuring cup that has ounces and ml on it.

Bake/Cook Time: just because you're cutting a recipe in half doesn't mean the cook time will be half. Cookies, for example, will take the same time to bake, you'll just have less of them.

Pan Sizes: don't forget about the pan size, cut the pan size down when reducing recipe ingredients. See below:

How to cut an egg in half:

The biggest issue when cutting a recipe in half is the egg. It's easier to only cut recipes in half when they have 2 eggs, so it's easy to divide in half. However, if you're cutting a recipe in half that only calls for 1 egg (or an odd number) you have a few choices:

1. Crack the egg into a measuring cup, whisk it, and see how much it is (usually about 3 tablespoons) and you can then eyeball it to cut in half.
2. Use egg substitute. 1 large egg = 4 tablespoons egg substitute. That makes it easier to cut in half.
3. To cut an egg in half for cookies: use just the yolk. This won't work for every recipe, but often using just the yolk and discarding the white will work.

Popular Baking Pan Substitutions:

9" x 13" x 2"—2 (9") rounds or 2 (8") rounds, 9" x 9" x 2" square pan, 10" bundt cake pan, 20-30 cupcakes

15.5" x 10.5" x 1" jelly-roll pan—9" x 9" x 2" square pan

8" x 4" x 2.5" loaf pan—8" x 8" x 2" square

9" x 5" x 3" loaf pan—3 mini loaf pans (approx. 6" x 3.5" x 2.5"), 9" x 2" deep dish pie plate, 8" or 9" square pan, 12-18 cupcakes

5 Must-Have Foods to Always Have in Your Pantry

1. **Canned fish or chicken.** Very low sodium canned albacore tuna, packed in water, or chicken can be a go-to for sandwiches. Instead of mayo, stir in fat-free or low-fat plain yogurt. Not in the mood for a sandwich? Stir canned tuna or chicken into a low-sodium pasta sauce or add as a protein to a green salad.
2. **Canned beans and vegetables.** Canned vegetables and beans can help make a meal in minutes. Add no-salt-added or low-sodium canned beans to a salad for a vegetarian entrée. Or sauté beans in a small amount of olive oil with garlic, add low-sodium tomato sauce and serve over whole-grain pasta. Canned veggies, such as green beans, can be sautéed and added to pasta. Choose lower-sodium options when buying canned vegetables and beans. Be sure to rinse and drain them to remove more sodium.
3. **Canned fruits.** Canned fruits are canned at the peak of their freshness and may be less expensive, so they make for a nutritious and affordable option. Look for canned fruit with no added sugars, and save the juice for a smoothie or a mocktail.
4. **Whole grains.** Brown rice, barley, bulgur, sorghum and other whole grains like couscous and quinoa are healthy and versatile. Add old-fashioned oats to fat-free or low-fat plain or no-sugar-added yogurt, mix in unsalted nuts and/or berries and store in your fridge overnight for a quick on-the-go breakfast! Or add grilled or steamed vegetables to quinoa for a quick one-pot meal.
5. **Nuts, seeds and nut butters.** Enjoy nuts, seeds and nut butters for a snack or toss into salads, stir-fries, breads, and fat-free or low-fat plain or no-sugar-added yogurt. A little bit goes a long way, so be sure to watch your portion size. Look for the unsalted or lightly salted varieties.

Summer Vegetable and Pasta Salad

3 cups whole wheat pasta (uncooked)

1 cup broccoli (chopped)

1 cup cucumber (peeled and diced)

1 cup summer squash (sliced)

3/4 cup Italian salad dressing

Cook pasta according to package directions. Drain, rinse with cold water, and place in large bowl.

Add remaining ingredients and mix well.

Refrigerate leftovers within 2 hours.

Summer Squash

How to Choose Summer Squash: Ripe squash will be firm, fairly heavy for its size, and vibrantly colored. Avoid squash with wrinkled skin or soft spots, as these are signs of age and rot. And when it comes to squash, smaller squash are usually more tender and have fewer seeds. The only exception is pattypan squash, which despite its small stature has fairly a dense interior.

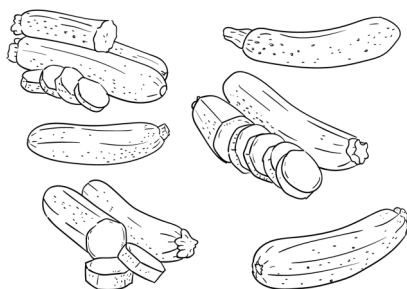
Zucchini: Classic, green zucchini is a year-round staple, but when summer rolls around they're at their peak. Green zucchini has thin skin and firm flesh. Because of its mild flavor, it can be used in everything from muffins and breads to sautés and even as a substitute for pasta. Although zucchini can grow to the size of a baseball bat, stick to the smaller ones for better flavor and texture.

Yellow Zucchini: Zucchini comes in more than one shade, although green is by far the most common. But yellow zucchini, not to be confused with yellow squash, often makes an appearance at farmers' markets during the summertime. Unlike yellow squash, yellow zucchini (sometimes called "golden zucchini") doesn't taper at the neck. The only difference between yellow zucchini and green zucchini (besides the obvious color difference) is yellow zucchini is slightly sweeter in flavor. Use it any way you would use green zucchini — or mix the two for a colorful zucchini display.

Yellow Crookneck Squash: Yellow squash comes in two varieties: straightneck and crookneck. Crookneck squash has a bulbous bottom and slender neck that's curved at the top. Crookneck squash has larger seeds and a thicker, waxier skin than many other squash varieties. It's typically harvested when it's more mature to produce a curved neck. This shape can make it harder to slice into rounds, so it's best to dice it and toss it with some diced zucchini for a colorful vegetable side.

Yellow Straightneck Squash: Straightneck squash closely resembles crookneck squash with its tapered neck and bulbous base, but its neck doesn't curve as much, if at all. Like crookneck squash, straightneck squash has a bumpy skin, and a pale white flesh. Harvest this squash when it's 6-inches or shorter for the best flavor and texture. It makes a great complement to zucchini, and its uniform shape makes it easy to slice for use in squash casserole.

Pattypan Squash: Nope it's not a flying saucer, it's pattypan squash. These uniquely-shaped squashes come in a variety of colors from yellow to green or a mix of the two. They have scalloped edges, making them as fun to look at as they are to cook with. Despite its small size, pattypan squash have quite a crunch to it, making them great for salads or a quick sauté.



Zucchini and yellow squash are generally eaten cooked; however, you can eat them raw, especially when quite young and small.

Cutting Summer Squash: To make rounds, simply make parallel cuts across the squash, anywhere from very thin to about $\frac{1}{4}$ inch thick. To make sticks, cut the squash across into the length of sticks you would like. Take each section and cut lengthwise in half. Place each half cut-side down on a cutting board and make additional lengthwise cuts at the desired width. To dice, hold all the sticks together and cut them across to create the size dice desired. Older large summer squash will have large seeds in the center that are not desirable to eat. If you are cutting up one of these, you may want to remove the center seed area before cooking.

Raw: Cut raw summer squash into rounds or sticks and eat with dip or yogurt. Larger raw summer squash can also be shredded (by hand or in a food processor) and used in quick breads, muffins, or fritters.

Roast: Heat oven to 425°F. Cut squash to preferred size pieces. Place in roasting pan and drizzle with 1-2 tablespoons olive oil, then add a pinch of salt and pepper. Roast for about 15 minutes or until squash is tender.

Microwave: Cook in a microwave-safe covered dish with $\frac{1}{4}$ cup water for about 4 minutes, stirring occasionally, until tender.

Sauté: Heat 1-2 tablespoons of olive oil or butter in a skillet over medium heat and place squash rounds flat onto the skillet. Flip after 2 to 3 minutes, once squash begins to brown. Continue to cook until the other side browns. Sprinkle with salt to taste and serve.

Steam: Place cut summer squash into steamer basket over a pot of 1 inch of boiling water. Cover and steam for about 4 minutes or until tender.

Grill: Cut squash lengthwise into long oval strips, about $\frac{1}{2}$ inch thick. brush with oil and lay on a hot grill rack. Flip after a few minutes. Vegetables grill faster than meat, so watch carefully for burning.

Keep summer squash refrigerated and use within 3 to 4 days.

Summer squash can be frozen or dried.

Sources:

<https://extension.purdue.edu/foodlink/food.php?food=summer%20squash>

<https://www.allrecipes.com/article/summer-squash/>