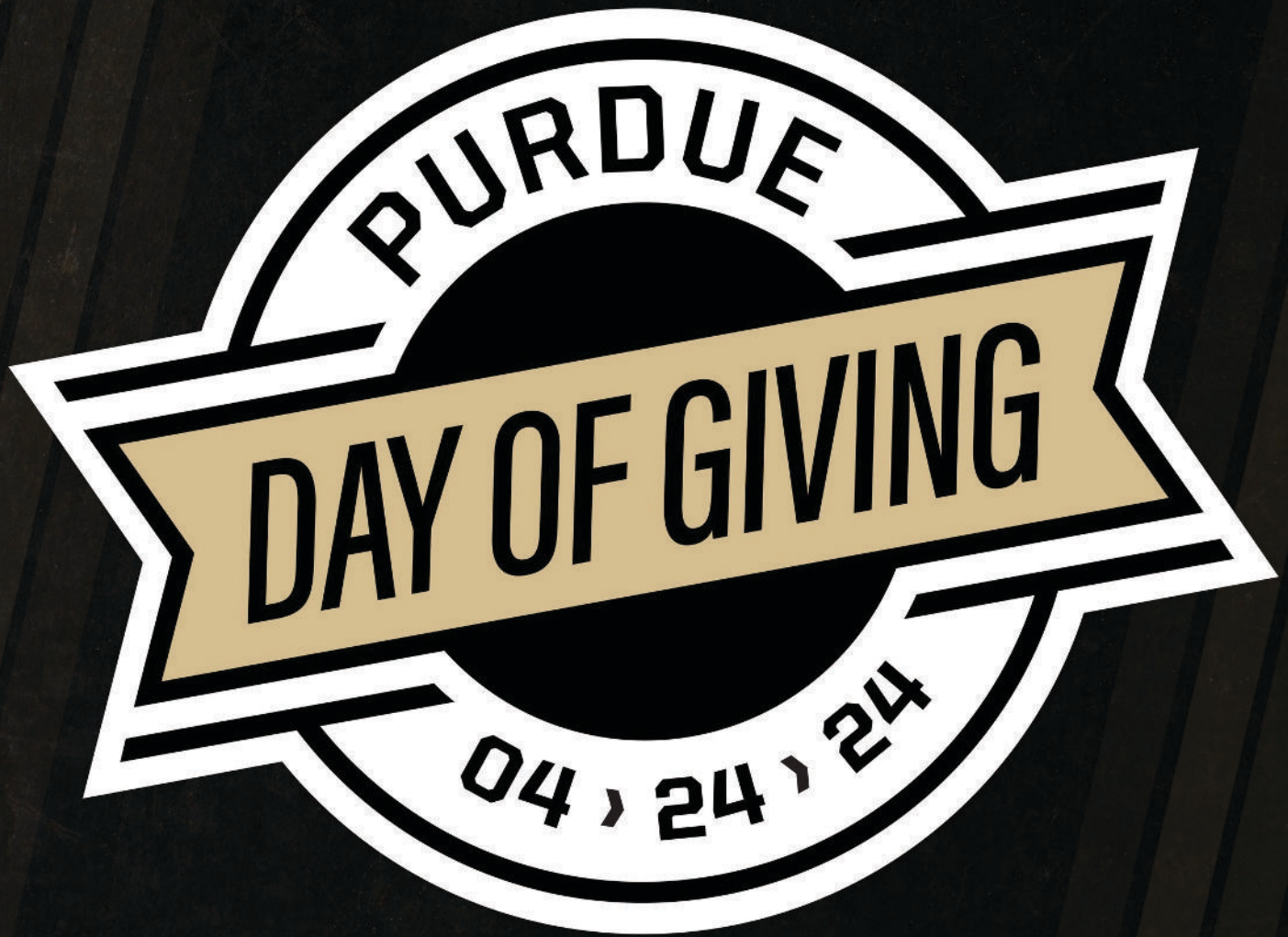


PURDUE EXTENSION TIPPECANOE *COUNTY*



TOGETHER, WE RALLY!

LEARN MORE

THE ROAD TO VICTORY

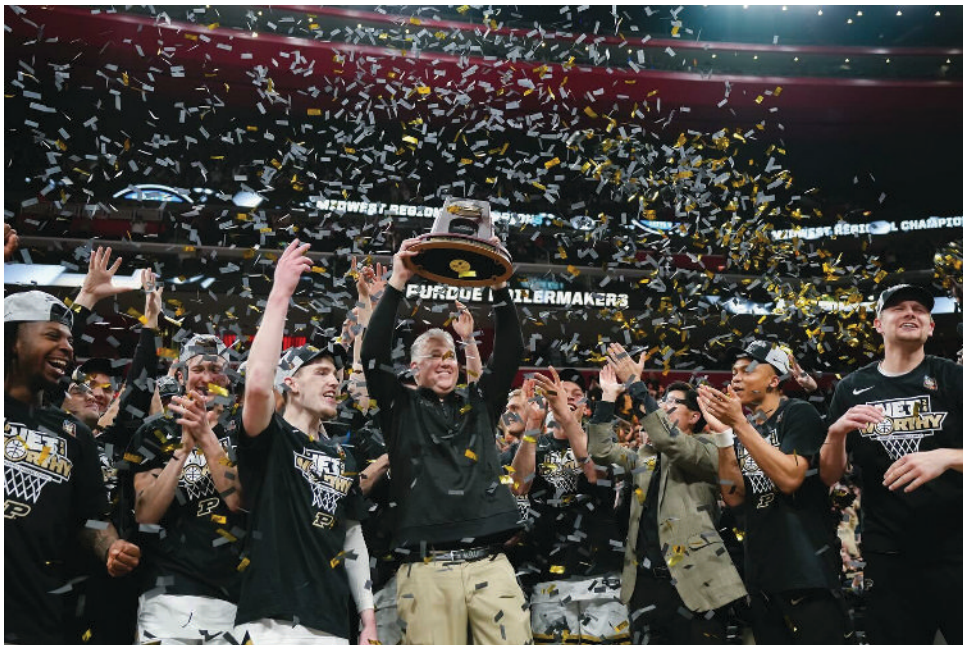


Photo credit: Purdue Basketball Facebook Page

I don't know about you, but I am sure glad to be watching Purdue Basketball in April. Growing up a Purdue fan, this is one for the history books. I don't know if my heart can take many more games, but I am willing to sacrifice it.

We have been busy the past couple months in the Tippecanoe County Extension Office planning for spring and summer. We have been wrapping up some class series and starting new ones. All the educators have been busy at work providing the best educational opportunities for you and the community. As you can see, the cover picture this month is the Purdue Day of Giving campaign. Stay tuned on social media and in your e-mail for more details. This is a chance for you to give back and help not only the university, but also Tippecanoe County specifically!

Make sure to join the journey of Purdue Extension-Tippecanoe County on social media. Real time updates and information for you to enjoy.

Facebook- **Purdue Extension- Tippecanoe County**

Instagram- **@tippeco_extension**

YouTube- **Purdue Extension Tippecanoe County**

Happy reading!

Amanda Graupner
Marketing and Virtual Programming

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Megan and Dee continue their programming at the public libraries and also share vital information to the 4-H community for the upcoming months.

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HEALTH AND HUMAN SCIENCES

Brock discusses his presentation at ABC's of Ag, as well as an overview of all the educational programming he has been doing the past couple of months.



**We will be a leader in
providing relevant,
high-impact
educational programs
that transform the
lives and livelihoods
of individuals and
communities in
Indiana and the world.**



AGRICULTURE AND NATURAL RESOURCES

PURDUE EXTENSION'S AG AND NATURAL RESOURCES (ANR) EDUCATORS SERVE AS A RESEARCH BASED, UNBIASED INFORMATION SOURCE FOR COUNTY AND STATE CONSTITUENTS ON A VARIETY OF TOPICS INCLUDING: CROPS, AG BUSINESS, LIVESTOCK, NATURAL RESOURCE, HORTICULTURE, SMALL FARMS, URBAN AG, PESTICIDE USE, AND LAND CONSERVATION. IN PARTNERSHIP WITH PURDUE UNIVERSITY SUBJECT MATTER EXPERTS, ANR EXTENSION EDUCATORS CAN PROVIDE RELEVANT AND PROVEN BEST MANAGEMENT PRACTICES TO ADDRESS MANY CLIENT'S SITUATIONAL NEEDS.

February was my first month back to work. So, much of it was spent catching up. The Master Gardeners held community garden orientation meetings for those in Chatham Square and Extension Community gardens. Our Area IX ANR educators hosted a Fruit Pruning Workshop at the Meigs Farm. Our Bi-State Agriculture group hosted a garden conference in Covington, IN. And our Master Gardeners had an educational booth at the ABC's of AG event held at the Tippecanoe County Fairgrounds.



Master Gardeners presenting at ABC's of Ag.

March was spent in a number of training sessions. I was the keynote speaker for the White County Soil & Water Conservation District sharing a different approach to Wildlife and Invasive Species. I presented Houseplant Basics at the Wea Library as part of our year-long horticulture series. The Master Gardeners hosted two meetings with the Cumberland Community gardeners. ANR had a successful Program Area Advisory Committee meeting. Plus I attended the AgrAbility National Conference in Atlanta, GA.



Dr. Pat Williams speaking at the White County Soil & Water Conservation District.

COMMUNITY WELLNESS COORDINATOR

OUR COMMUNITY WELLNESS COORDINATORS HELP MAKE THE HEALTHY CHOICE THE EASY CHOICE. THEY COLLABORATE WITH COMMUNITY PARTNERS ON BROADER COMMUNITY CHANGE THAT INVOLVES POLICY, SYSTEM, AND ENVIRONMENTAL CHANGES.

We are excited to invite Farmers Market colleagues to join us for a special in-person event focused on Indiana's electronic Farmers Market Nutrition Program (eFMNP). This event aims to bring together market managers, market vendors, and farmers interested in participating in the eFMNP program in 2024.

This event is an excellent opportunity for networking and engagement with key stakeholders, including IDOH (Indiana Department of Health), Market Link, FNS (Food and Nutrition Services), and other valuable resources such as information on Double-UP Indiana and other nutrition incentive programs.

By participating in this event, you will have the opportunity to sign up for eFMNP with the support and guidance of IDOH staff. Additionally, you can connect with fellow farmers, market managers, and various resources that can enhance your experience in these valuable programs in the coming season.

Indiana eFMNP Sign-Up Days - Lafayette, April 18 from 10a - 2p.

Find an in-person sign-up event near you and register now! Show up and IDOH and MarketLink will explain and get you through the process.

Indiana Farmers' Market Nutrition Programs eFMNP Regional In-person Farmer Enrollment Events

Produce growers can sign up to accept WIC & Senior FMNP benefits electronically

Farmers and Market Managers can sign up to accept SNAP

To register for your selected event, scan the QR code



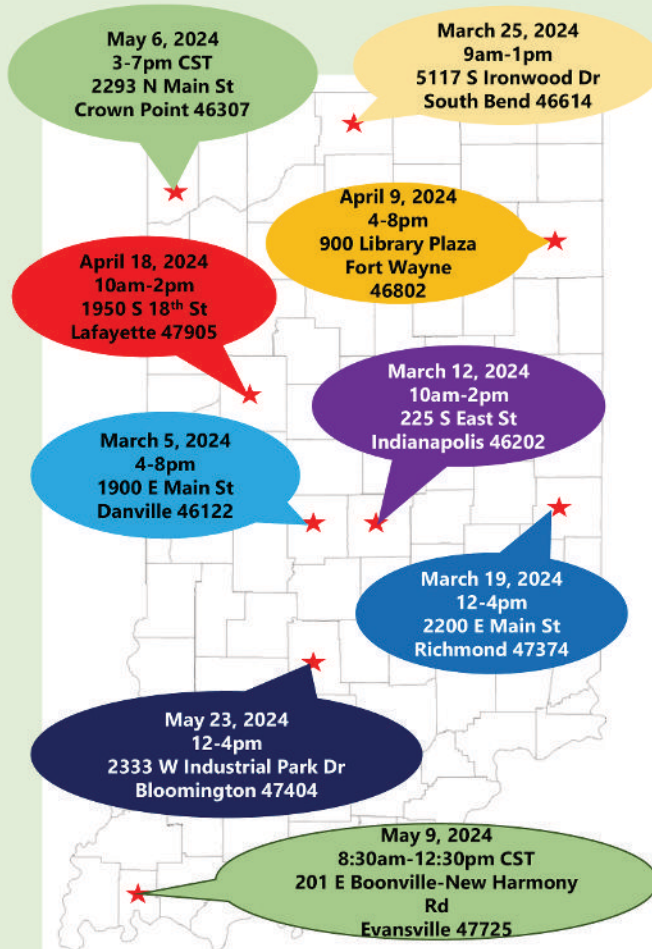
or go to

<https://infmcp.org/food-access/wic-sfmnp-more/>



Extension

Purdue University is an equal opportunity/equal access/affirmative action institution.



GARDEN EXPO AND PLANT SALE

LOCATION: TIPPECANOE COUNTY FAIRGROUNDS

APRIL 27TH

9:00 A.M. - 3:00 P.M.

\$2 ADMISSION

UNDER 18 IS FREE



Extension Tippecanoe County

JUNIOR MASTER GARDENER

LOCATION: EXTENSION COMMUNITY GARDENS

4-H MEMBERS- \$10
NON 4-H MEMBERS- \$20
*FINANCIAL ASSISTANCE AVAILABLE

THIS SUMMER



Extension Tippecanoe County

DIY LAWN CARE

LOCATION: TIPPECANOE COUNTY EXTENSION OFFICE

MAY 6, 8, 13, 15

6:00 P.M. - 8:00 P.M.

\$20 REGISTRATION FEE

REGISTRATION DEADLINE
MAY 1, 2024



Extension Tippecanoe County

A MATTER OF BALANCE

LOCATION: TIPPECANOE COUNTY EXTENSION OFFICE

APRIL 30
MAY 3, 7, 10, 14, 16, 21, 24

9:30 A.M. - 11:30 A.M.

\$10 REGISTRATION
MUST REGISTER TO PARTICIPATE



Extension Tippecanoe County

4-H YOUTH AND DEVELOPMENT

WEA PRAIRIE BRANCH LIBRARY

6:00 P.M. - 7:00 P.M.

S.T.E.M. PROGRAMMING

4-H YOUTH AND DEVELOPMENT

WEA PRAIRIE BRANCH LIBRARY

6:00 P.M. - 7:00 P.M.

HEALTHY LIVING PROGRAM

NUTRITION EDUCATION PROGRAM ADVISORS

BEST KNOWN FOR COOKING DEMONSTRATIONS AND SHARING FOOD SAMPLES AND COOKING TOOLS, OUR CERTIFIED NUTRITION EDUCATION PROGRAM ADVISORS (NEPAS) OFFER FREE LESSONS FOR CHILDREN, TEENS, AND ADULTS THAT CAN MAKE A HEALTHY DIFFERENCE IN THEIR LIVES.

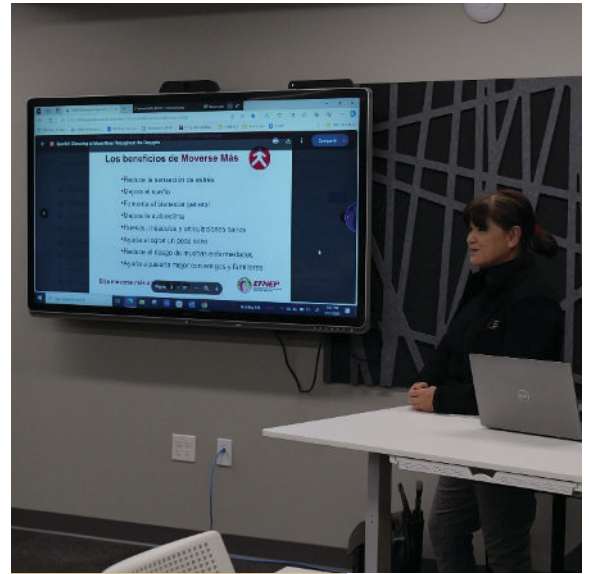
In February, Tammy wrapped up a 7-week CATCH series with eight classes of 3rd grade students at Wea Ridge and Mayflower Mill. Lessons focused on the importance of beginning each day with a healthy breakfast and incorporating calcium rich food into our diets for bone health. Students enjoyed preparing blueberry and yogurt parfaits and orange smoothies for snack.

Tammy began a new CATCH series with five classrooms of 3rd grade students at Murdock and Miller Elementary. The first CATCH lesson encourages students to incorporate 60 minutes of physical activities into their daily routines to promote heart health. For snack, students "Eat the Rainbow" (sampling fruits of various colors: kiwi, pineapple, mango, blackberries, cantaloupe, etc) and learn that there are specific health benefits associated with the different colors of fruits and vegetables.

Did you know that Purdue Extension Tippecanoe County offers nutrition classes for the Spanish speaking community? Meet our Nutrition Education Program Advisor, Martha Lopez! This February, she taught a class called "Eat Smart and Move More".

If you are interested in being a part of this fantastic opportunity, contact Martha at lopez188@purdue.edu.

¿Sabías que la Extensión de Purdue en el Condado de Tippecanoe ofrece clases de nutrición para la comunidad de habla hispana? ¡Conoce a nuestra Asesora del Programa de Educación Nutricional, Martha López! La semana pasada enseñó una clase llamada "Come Inteligente y Muévete Más". Si estás interesado en ser parte de esta fantástica oportunidad, ponte en contacto con Martha en lopez188@purdue.edu.





4-H YOUTH DEVELOPMENT



THE INDIANA 4-H YOUTH DEVELOPMENT MISSION IS TO PROVIDE REAL-LIFE EDUCATIONAL OPPORTUNITIES THAT DEVELOP YOUNG PEOPLE WHO WILL HAVE A POSITIVE IMPACT IN THEIR COMMUNITIES AND THE WORLD.

JUNIOR LEADERS

Junior Leaders is a project that is offered through 4-H for any member that is in Grade 7 or above. Junior Leaders is based on community service opportunities, especially related to the 4-H program and the county fair. Junior Leaders also serve as mentors and role models for younger 4-H members by interacting with them and sharing their experiences with them.

In order to complete the Junior Leaders project, you need to gain 100 points or more. Junior Leaders earn points by volunteering at different events and attending meetings, approximately one hour of time equals 10 points. Additionally, if a Junior Leader earns more than 125 points, they qualify for the Junior Leader Achievement Trip.

In December, the Junior Leaders donated items to the Kris Kringle Event at the YWCA. A group of Junior Leaders shopped at Walmart together to pick out items that they wanted to donate. They selected items such as toys, games, toiletries, kitchen supplies, and hats/gloves. Additionally, Junior Leaders made a monetary donation to Food Finders for Giving Tuesday. Lastly, Junior Leaders had their kickoff meeting on January 10.

If you or someone you know might be interested in this project, please reach out to our office at (765) 474-0793 to get involved today.

4-H ACADEMY (JUNE 12-14)

Youth in grades 9-12 are invited to register for 4-H Academy at Purdue. Registration is open through May 15. To register, please contact our office. Registration fee: early-bird \$250 per participant March 15- May 15. Late fees will occur after deadline.

4-H CAMP

This year our 3rd – 6th graders are once again invited to attend 4-H Camp at Camp Tecumseh on June 5th-7th. 4-H Camp is a combined camp with Carroll County, White County, Newton County, Pulaski County, Howard County, Miami County, Cass County, and Clinton County. Camp applications and more details will be emailed out on April 1st to those eligible.

4-H ENROLLMENT

We are still taking enrollment for Tippecanoe County 4-H for 2023-24! Please visit v4honline.com to get enrolled or re-enrolled. Drop/Add Deadline for livestock and non-livestock projects will be May 15.

If you have questions about enrolling in 4-H for the 2023-2024 program year, contact the Extension Office.

LIBRARY PROGRAMMING

4-H will be wrapping up their library programming this month. The educators have been leading programs on creating healthy, easy snacks at home along with a program on STEM building activities. Come join us in April for the last classes!



4-H Educators, Dee Nicley and Megan Skiba, teaching their "Healthy Living" series at the Tippecanoe County Public Library

ABC'S OF AG

INDIANA 4-H QUALITY LIVESTOCK CARE

Once again YQCA will not be required this year for youth to show livestock at the county or Indiana State Fair. Instead, Indiana 4-H has a program called Indiana 4-H Quality Livestock Care. In person workshops will be delivered here at the Extension April 30, May 22, and June 18. The cost is \$3 and registration will be made through 4-H Online with payment being made in person by cash (please bring exact change) or check before or at the event. No credit cards will be accepted. Space is limited and will fill quickly. Register for these workshops in 4-H Online under events. YQCA is still available to you online for \$12. Both will be accepted at the County and Indiana State Fairs. Certification from one of them is required to show at both fairs.

JUNIOR MASTER GARDENER PROGRAM

Registration is open for the 2024 Junior Master Gardener Program! This program is designed to inspire and educate young minds about the joys of gardening, sustainability, and environmental stewardship.

Grades: 3-6

Where: Extension Community Gardens

When: Every Thursday Pre JMG is May 16th, 23rd, 30th
JMG Program is June 6th - August 1st

Participants will have the chance to cultivate their OWN raised garden plot and see their hard work come to life as they watch their plants grow and flourish. Spaces are limited, so be sure to register early to secure your spot! \$10 4-H Members, \$20 Non 4-H Members. **Financial assistance available upon request*

For more information and to register, please call our office at (765) 474-0793.

ABC'S OF AG

Tippecanoe County 4-H partnered with McCutcheon High School FFA to put on ABC's of Ag for 3rd and 4th grade students in the county. We had schools from LSC, TSC, and LCSS participate in a day full of Agriculture education. The students rotated around to stations learning different aspects of agriculture like using drones in fields, interacting with a variety of livestock, exploring inside a tractor, and learning interesting facts about where our food comes from and what ingredients are in them! It's always a great time every year.



HEALTH AND HUMAN SCIENCE

PURDUE EXTENSION HEALTH AND HUMAN SCIENCES PROVIDES EDUCATION TO INDIVIDUALS AND COMMUNITIES IN EACH OF INDIANA'S DIVERSE COMMUNITIES. WE BRING UNIVERSITY INFORMATION TO THE LOCAL LEVEL - BOTH IN PERSON AND ONLINE - TO HELP PEOPLE STRENGTHEN RELATIONSHIPS, EAT SMART, IMPROVE HEALTH, AND ACHIEVE FINANCIAL WELLNESS.

TRAIN YOUR BRAIN

At FoodFinders Food Bank, Brock presented "Train Your Brain," a session designed to foster cognitive health and well-being through stimulating activities and exercises. Empowering participants to prioritize brain health is a crucial step towards overall wellness.

AI BASICS FOR COMMUNITY WELLNESS

During a professional development meeting, Brock shared insights on "AI Basics" with community wellness coordinators. This session provided essential knowledge on the fundamentals of artificial intelligence, empowering attendees to leverage technology for community health initiatives.

ABC'S OF AG DAY

At the ABC's of Ag day event, Brock shared with local 3rd graders on "What it takes to make a cookie, & alternative ingredients." With the help of Tippecanoe County Extension Homemakers, this engaging session explored the science behind baking while highlighting alternative ingredients recipe variety.

ANNUAL EXTENSION BOARD MEETING

The Annual Extension Board Meeting was a great way to showcase the amazing work Purdue Extension was able to accomplish over the past year to many of their community partners.

BE HEART SMART PROGRAM LAUNCH

March marked the commencement of our "Be Heart Smart" program, a four-session initiative aimed at empowering

participants with knowledge and strategies for cardiovascular health. This program promises to foster heart-smart habits and promote well-being among our community members.

EMPOWERING SPACES

At the Wea Library, Brock shared insights on decluttering and harmonizing living spaces through the "Empower Me to Be Clutter Free" session. This empowering

program not only promotes physical organization but also cultivates mental clarity and well-being.

YOUTH SUMMIT MODERATOR

Serving as a moderator for the TRRN Prevention Team Youth Summit, Brock helped facilitated meaningful discussions and empowered young minds to champion preventive health initiatives. The valuable input will pave future community efforts.



HHS Educator, Brock Turner, teaching the Be Heart Smart Series



HHS Educator, Brock Turner, presenting at ABC's of Ag this February



A photo from the Annual Extension Board Meeting on February 29th, 2024

FROM OUR KITCHEN TO YOURS: THE JOY OF SHARING HOMEMADE CREATIONS

Home is where the heart is, and what better way to warm your heart and soul than with a delicious, homemade meal. In a world filled with fast food and pre-packaged convenience, there's something truly special about preparing a dish from scratch in the comfort of your own kitchen. There's a unique sense of joy that comes from taking a cherished family recipe or a personal culinary creation and offering it to others. It's more than just sharing ingredients and instructions; it's about sharing a piece of ourselves and our culture.

Sausage Bread Recipe

By: Amanda Graupner

My husband is a teacher and every once in awhile they have "pitch ins" at his school. One time, a teacher made this bread to share. My husband loved it! He asked her for the recipe and we had to share. It's a great recipe to take to a party! A Final Four party perhaps?

Recipe:

2 lbs sausage	1 tsp accent	5 tbsp parmesan cheese
1 1/2 tbsp parsley flakes	1 tsp onion powder	1 lbs shredded mozzarella cheese
1 tsp garlic salt	1 tsp oregano	2 loafs frozen white bread (thawed)
1 egg		

1. Preheat oven to 350 degrees.
2. Cook sausage with spices until brown. Drain and cool.
3. Roll each loaf of dough into a rectangular shape.
4. Mix sausage mixture with cheeses.
5. Divide mixture in half and spread on dough.
6. Roll from long edge to opposite edge.
7. Place on large cookie sheet and pinch ends.
8. Glaze bread with beaten egg. Sprinkle mozzarella cheese on top.
9. Bake for 25 minutes. Let cool. Enjoy!



UPCOMING EVENTS

EVENTS FOR THE MONTHS OF APRIL AND MAY

April

Continuing the CATCH series at local schools in Tippecanoe County (NEPA)

3rd- WALLA "Home Horticulture Series" at St. Andrew United Methodist Church 9:00 a.m. (ANR)

4th- 4-H "Healthy Living Series" at TCPL Wea Prairie Branch 6:00 p.m. (4-H) *for youth only

8th- WALLA "Home Horticulture Series" at St. Andrew United Methodist Church 9:00 a.m. (ANR)

10th- WALLA "Home Horticulture Series" at St. Andrew United Methodist Church 9:00 a.m. (ANR)

17th- 4-H "STEM Programming" at TCPL Wea Prairie Branch 6:00 p.m. (4-H) * for youth only

18th- "Staying Scam Safe" at Food Finders Food Bank 11:00 a.m. (HHS)

18th- "Solving Invasive Plant Problems in Your Neighborhood" at TCPL Klondike Library 6:30 p.m. (ANR)

18th- Indiana eFMNP Sign Up Day in Lafayette 10:00 a.m. - 2:00 p.m. (CWC)

24th- Purdue Day of Giving

24th- "Starting a Vegetable Garden" at West Lafayette Public Library 10:30 a.m. (ANR)

27th- Master Gardener Assoc. of Tippecanoe County "Plant and Garden Expo" at TC Fairgrounds 9:00 a.m - 3:00 p.m. *\$2 admission (18 & under FREE)

30th- "A Matter of Balance Series" at Tippecanoe County Extension Office 9:30 a.m. - 11:30 a.m. (HHS) *must register to attend

May

Continuing the CATCH series at local school in Tippecanoe County (NEPA)

3rd- "A Matter of Balance Series" at Tippecanoe County Extension Office 9:30 a.m. - 11:30 a.m. (HHS) *must register to attend

4th- Sheep and Goat ID at Tippecanoe County Fairgrounds 9:00 a.m. - 11:00 a.m. (4-H)

4th- "Foodscaping" at West Lafayette Public Library 10:30 a.m. (ANR)

6th- "DIY Lawn care Series" at Tippecanoe County Extension Office 6:00 p.m. (ANR) *must register to attend

7th- "A Matter of Balance Series" at Tippecanoe County Extension Office 9:30 a.m. - 11:30 a.m. (HHS) *must register to attend

8th- "DIY Lawn care Series" at Tippecanoe County Extension Office 6:00 p.m. (ANR) *must register to attend

9th- Sheep and Goat ID at Tippecanoe County Fairgrounds 5:00 p.m. - 7:00 p.m. (4-H)

10th- "A Matter of Balance Series" at Tippecanoe County Extension Office 9:30 a.m. - 11:30 a.m. (HHS) *must register to attend

13th- "DIY Lawn care Series" at Tippecanoe County Extension Office 6:00 p.m. (ANR) *must register to attend

14th- "A Matter of Balance Series" at Tippecanoe County Extension Office 9:30 a.m. - 11:30 a.m. (HHS) *must register to attend

15th- "DIY Lawn care Series" at Tippecanoe County Extension Office 6:00 p.m. (ANR) *must register to attend

16th- "A Matter of Balance Series" at Tippecanoe County Extension Office 9:30 a.m. - 11:30 a.m. (HHS) *must register to attend

16th- "How to Have a Successful Lawn" at TCPL Wyandotte Library 6:30 p.m. (ANR)

18th- Host an informational booth for "Native Plant Fest" at Ross Camp 9:00 a.m. - 3:00 p.m. (ANR)

21st- "A Matter of Balance Series" at Tippecanoe County Extension Office 9:30 a.m. - 11:30 a.m. (HHS) *must register to attend

22nd- "Maintaining your Vegetable Garden" at West Lafayette Public Library 10:30 a.m. (ANR)

23rd & 30th- Junior Master Gardener Program kicks off at Community Gardens 5:30 p.m. (ANR/4-H) *registration required to attend

24th- "A Matter of Balance Series" at Tippecanoe County Extension Office 9:30 a.m. - 11:30 a.m. (HHS) *must register to attend

Please call the Tippecanoe County Extension Office for any further information. (765)474-0793



Extension

LET'S STAY TOGETHER.

**PURDUE EXTENSION
TIPPECANOE COUNTY OFFICE**

1950 South 18th Street
Lafayette, IN 47905
(765) 474-0793

