

Extension News in Tippecanoe County

PURDUE EXTENSION *TIPPECANOE COUNTY*



JUNE 2024

[Tippecanoe County Website](#)



Extension - Tippecanoe County

EVER GRATEFUL, EVER TRUE!



I first want to thank Tippecanoe County for the support on Purdue Day of Giving. We ended up in the top ten which rewarded our county with \$400 dollars in bonus money. We appreciate everyone who donated and helped make that day extra special.

Spring came and gone very quickly and now we are in full summer mode. Many classes and events wrapped up the last two months just as the 4-H Fair approaches. We have done so much this April and May and I can't wait to share it all with you.

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



**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.

Spring is always a busy time in the world of ANR educators. In April, Dr. Pat Williams started off with a 4-part lecture series for WALLA (Wabash Area Lifetime Learning Association). Pat also gave a presentation to the MGATC on looking at invasive plants from a different perspective. He consulted with the Dayton Town Council on establishing a community garden. The decision was made to be ready for spring 2025. Pat continued his horticulture series at both Tippecanoe County Library Branch (Klondike) and the West Lafayette Public Library. He did another 4-part mini lecture series for RDM Farms spring opening and rounded out the month with an online Zoom lecture to Master Gardeners trainees in Charlotte County, FL on plant propagation and the successful MGATC annual Garden Expo and Plant Sale.

May had him making up a missed presentation from March and held two programs at the West Lafayette Public library and one at the Tippecanoe County Library Branch (Wyandotte). He completed his first 4-part DIY Lawncare Series with the public and had an informational booth

at the Native Plant Fest held at Ross Camp. We finished the month with our first two evening Junior Master Gardener (JMG) events with the help of our summer interns (Dilynn, Jaden, Madison, and Payton) and the 4-H Educators. We have 11 youth participating this summer and with starting earlier, we hope to have more vegetables by program's end in August.



Dr. Pat Williams presenting at his DIY Lawncare Series



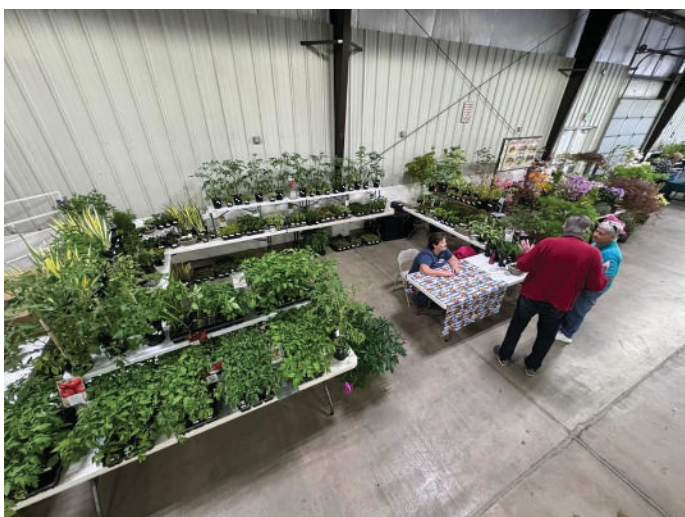
Participants tending to their gardens during the Junior Master Gardener Program

MASTER GARDENER ASSOCIATION OF TIPPECANOE COUNTY

GAAP (Great Annual Annual Planting) is a time when the Master Gardeners of Tippecanoe County serve the community and make it more beautiful by planting annual and perennial flowers in public locations around town. The Master Gardeners plant at Tippecanoe County Courthouse, Columbian Park Zoo, Lafayette Art Museum, Indiana Veterans Home, Myers Pedestrian Bridge and the Master Gardener Vegetable Demonstration Garden.



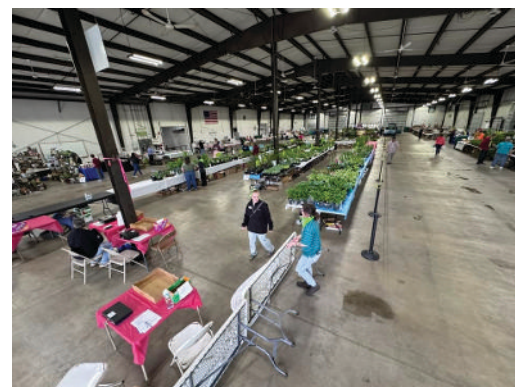
Master Gardeners
volunteering their time at
Columbian Park



Views from the 2024 Garden Expo



In April, the Master Gardeners had their annual Garden Expo. This event was located at the Tippecanoe County Fairgrounds and consisted of thousands of plants as well as other vendors. It was a huge success this year!



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.

FARMERS MARKET SIGN UP

Betsy hosted the eFMNP (electronic Farmers Market Nutrition Program) Sign-Up Day and presented at the Lafayette and West Lafayette Farmers Market meetings. Through the sign-up day and meetings, we were able to get 7 farmers/vendors signed up to accept WIC (Women, Infant, and Children) benefits at the farmers market.



Besty Coffing presenting with WIC Director Alicia Keen at the West Lafayette Farmers Market meeting.

IT'S A GIRL!

Our CWC, Betsy, found out last month that her and her husband are expecting a girl this coming October.

We couldn't be happier for her and her growing family!



WELCOME OUR *SUMMER* INTERNS

MEET JADEN MAZE

SUMMER INTERN



My name is Jaden Maze and I am from Boone County. I will be a junior at Purdue and am majoring in agricultural communications. Growing up, I was very involved with FFA and 4-H. I spent seven years in 4-H and my favorite project was verbal communications. I'm looking forward to working with Tippecanoe County this summer and am excited to meet new 4-H families!

MEET DILYNN HAMILTON

SUMMER INTERN



Hi, my name is Dilynn Hamilton. I am an upcoming senior at Purdue University studying Developmental and Family Sciences. I was a ten year 4-H member in Tippecanoe County. My favorite project was Swine and I love helping my brother with his Dairy project as well. I am excited to now experience the other side of extension and have an amazing fair with you all!

MEET MADISON REESE

SUMMER INTERN



Hi I'm Madison Reese. I am a sophomore at Murray State University studying Pre-Veterinary Medicine. I was a 10 year 4Her here in Tippecanoe County, where my favorite projects were sewing and showing sheep. I can't wait to see everyone at the fair!

MEET PAYTON HARRISON

SUMMER INTERN



My name is Payton Harrison and I was born and raised in Lafayette Indiana. I graduated from Jefferson high school and I am currently a senior at Purdue Fort Wayne University where I major in Organizational Leadership and minor in HR management. My interest is physical health and I love animals.

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.

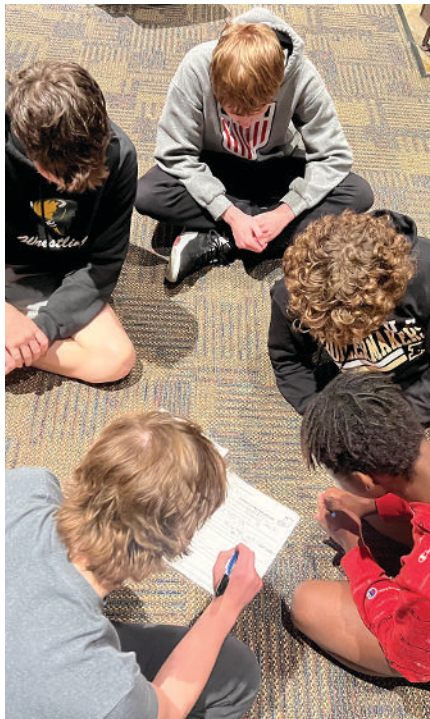
April was another busy month for our NEPA's. Jessica wrapped up her Teen Cuisine lessons with her 8th classes at Benton Central Jr/Sr High School and then started CATCH classes at both Earhart Elementary School (4th Grade) and Glen Acres Elementary School (3rd Grade). She really enjoyed her time with the classes at BC, and the teachers are asking and excited for her to come back in the beginning of next school year.

Tammy continued to share the CATCH Program with youth throughout Tippecanoe County. She wrapped a lesson series with 3rd grade students at Miller and Murdock Elementary. Their final lessons focused on making healthy choices for breakfast and limiting trips to fast food restaurants. Students enjoyed preparing fruit and yogurt parfaits and veggie wraps for snack. "I am always amazed at the number of students excited about sampling spinach, cucumbers, and avocados and ask for a second wrap!" Tammy said.

The month of May was filled with lots of CATCH classes as Jessica ended the school year teaching at both Amelia Earhart Elementary and Glen Acres Elementary. The students looked forward to her weekly lessons and were so eager to learn. Jessica was impressed with how well each class did

reaching their weekly goals she set with them. For example, the week after her lesson on making healthy choices when it comes to the beverages kids drink, Jessica saw a water bottle on almost every student's desk!

Tammy also completed another series of CATCH lessons with 4th grade students at Miami Elementary and 3rd grade students at Glen Acres and Edgelea Elementary. Lesson topics included choosing healthy snacks, getting 60 minutes of exercise daily, limiting sugary drinks, and choosing more "GO" foods (fruits and veggies) and a few less "WHOA" foods (chips, candy, cookies, etc)..



Students prepare fruit and veggie kabobs for a snack

During a lesson, the students worked together to complete a worksheet where they investigated the ingredients in various cereals



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.

NATIONAL 4-H CONFERENCE

National 4-H Conference took place April 19-24 in Washington DC. National 4-H Conference is the pinnacle experience in 4-H Civic Engagement, providing the opportunity for young people to connect, learn, engage, lead and impact their communities, nation and world. At the conference, delegates worked together in groups composed of teens from all 50 states including Puerto Rico, Guam, and the Virgin Islands. They were to address community issues and premier their findings and solutions to a national agency in the Pentagon, White House, Dept. of Energy, FEMA and more. The youth were able to tour Washington DC, monuments, and engage in developing friendships with others across our country.

Tippecanoe County 4-Her, Carolina Mendez attended the conference. She researched the topic: Community Resilience and Climate Change and presented her findings and potential solutions to the Federal Emergency Management Agency (FEMA). Tippecanoe County Educator, Megan Skiba accompanied the Indiana 4-H Youth as a chaperone.



Megan Skiba and Carolina Mendez in Washington, D.C.



4-H Seniors who attended the 4-H Senior Dinner in May

4-H SENIOR DINNER

In May, 4-H held a dinner for the seniors. During the event, seniors were recognized for their commitment to 4-H and shared with the crowd their plans for the future. We are so proud of these seniors and can't wait to see them finish their last year in 4-H strong this July and August.

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.

COMMUNITY HEALTH ASSESSMENT COMPLETED

Our MPH student, Lizzy, successfully completed her Community Health Education Needs Assessment. This comprehensive assessment provides valuable insights that will help tailor our health education initiatives to better serve the community's needs.

WHOLE PERSON WELLNESS WITH TOPS

Brock presented on Whole Person Wellness and other health topics to the local TOPS (Taking Off Pounds Sensibly) organization. This session aimed to inspire and support individuals on their journey to healthier lifestyles.

STAYING SCAM SAFE

At FoodFinders Foodbank, Brock delivered an informative presentation on "Staying Scam Safe." Participants learned how to protect themselves against fraudulent schemes, enhancing their safety and peace of mind.

CLUTTER-FREE LIVING

The "Empower Me to Be Clutter Free" series continued with Session 2 in April and concluded with Session 3 in May at the Wea Prairie Library. Attendees delved deeper into strategies for maintaining organized and harmonious living spaces.

HANDS-ON AI WORKSHOP

At the annual HHS Update conference, Brock co-presented a hands-on workshop on Artificial Intelligence. This interactive session showcased the potential of AI in health education and fostered a deeper understanding of technological advancements.

MATTER OF BALANCE PROGRAM CONCLUDES

This month, we successfully wrapped up the "Matter of Balance" program. Participants completed the course with enhanced confidence and improved physical activity levels, reducing their fear of falling and promoting overall well-being.

COMMUNITY HEALTH NEEDS ASSESSMENT INPUT

Brock attended community sessions to provide valuable input on the future community health needs assessment being developed by IU Health and North Central Health Services. Their contributions are helping shape the direction of future health initiatives in our community.

LEADERSHIP ROLE

In recognition of his dedication and expertise, Brock was elected as the Vice Chair for the MaPSAC Compensation and Benefits subcommittee for the 2024 to 2025. This leadership role will allow him to further his impact within the organization.



HHS Educator, Brock Turner, presenting "Be Heart Smart"



Participants in Brock's "A Matter of Balance" class this May



Marketing Professional, Amanda Graupner, and 4-H Educator, Megan Skiba, attending Purdue's Spring Fling



Tippecanoe County Extension Homemakers Annual Luncheon

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.

Pecan and Peanut Butter Cookie Recipe

By: Brock Turner and AI

Hello everyone and hello Summer! I have been involved in presenting quite a few classes as well as joining many teams. I am joining the Management and Professional Staff Advisory Committee on Purdue Campus, and I have been added to the Leadership Experience for the National Extension Association of Family and Consumer Sciences for this year. I have also created a team to test out Artificial Intelligence (AI) tools to see how it can enhance the work of Purdue Extension Educators. I want to share one with you here. I asked an AI program, ChatGPT, for "the best pecan and peanut butter cookie recipe" (those were two ingredients I had at the time) This is what the AI created:

Recipe:

1 cup unsalted butter(softened)	1 cup granulated sugar	1 cup packed brown sugar	1 cup peanut butter
2 large eggs	1 teaspoon vanilla extract	3 cups all purpose flour	1 teaspoon baking powder
1 teaspoon baking soda	1/2 teaspoon salt	1 cup chopped pecans	

1. Preheat oven to 350 degrees. Line baking sheets with parchment paper.
2. In a large mixing bowl, cream together the softened butter, granulated sugar, and brown sugar until light and fluffy.
3. Add the creamy peanut butter, eggs and vanilla extract to the creamed mixture. Mix well until all the ingredients are thoroughly combined.
4. In a separate bowl, whisk together the flour, baking powder, baking soda, and salt. Gradually add the dry ingredients to the peanut butter mixture, mixing until just combined. Do not over mix.
5. Gently fold in the chopped pecans into the dough until evenly distributed.
6. Scoop rounded tablespoon of dough and roll them into balls. Place the dough balls onto the prepared baking sheets, spacing them about 2 inches apart.
7. Using a fork, make a crisscross pattern on each cookie, gently pressing down to flatten them slightly.
8. Bake the cookies in the preheated oven for 10-12 minutes, or until the edges are golden brown. (I'll admit, I had to cook about 14 minutes because of the cooking sheet I used)
9. Remove the baking sheets from the oven and let the cookies cool on the sheets for 5 minutes. Then transfer them to a wire rack to cool completely.
10. Once cooled, enjoy these delicious Pecan and Peanut Butter Cookies with a glass of milk or your favorite beverage!

UPCOMING EVENTS

EVENTS FOR THE MONTHS OF JUNE AND JULY

June

3rd- Get WalkIN' Program (June-September) (HHS)
5th- 4-H Camp at Camp Tecumseh (4-H)
6th- 4-H Camp at Camp Tecumseh (4-H)
6th- Junior Master Gardener Program at Extension Community Gardens 9 a.m. - 10:30 a.m. (ANR and 4-H)
7th- 4-H Camp at Camp Tecumseh (4-H)
12th- 4-H Academy at Purdue University (4-H)
13th- 4-H Academy at Purdue University (4-H)
13th- Junior Master Gardener Program at Extension Community Gardens 9 a.m. - 10:30 a.m. (ANR and 4-H)
14th- 4-H Academy at Purdue University (4-H)
19th- Office Closed
20th- Junior Master Gardener Program at Extension Community Gardens 9 a.m. - 10:30 a.m. (ANR and 4-H)
20th- Foodscaping at Wea Prairie Branch Library 6:30 p.m. - 7:30 p.m. (ANR)
24th- Mini 4-H Camp at Tippecanoe County Extension Office 9:00 a.m. - 3:00 p.m. (4-H)
24th- 4-H Roundup at Purdue University (4-H)
24th- 4k for 4-H at Tippecanoe County Fairgrounds 6:00 p.m. (4-H)
25th- Mini 4-H Camp at Tippecanoe County Extension Office 9:00 a.m. - 3:00 p.m. (4-H)
25th- 4-H Roundup at Purdue University (4-H)
26th- 4-H Roundup at Purdue University (4-H)
26th- Stump the Educator at West Lafayette Library 10:30 a.m. - 11:30 a.m. (ANR)
27th- Junior Master Gardener Program at Extension Community Gardens 9 a.m. - 10:30 a.m. (ANR and 4-H)
28th- Fair Entry Project Registration Due and QLC or YQCA Due (4-H)

July

4th- Office Closed
11th- Junior Master Gardener Program at Extension Community Gardens 9 a.m. - 10:30 a.m. (ANR and 4-H)
12th-18th- Pre Fair (4-H)
17th- Indiana Food Vision Focus Group at Mental Health America 9:00 a.m. - 10:30 a.m. (CWC)
18th- Junior Master Gardener Program at Extension Community Gardens 9 a.m. - 10:30 a.m. (ANR and 4-H)
18th- Building Curb Appeal with Landscape Design at Klondike Library 6:30 p.m. - 7:30 p.m. (ANR)
19th-27th- Tippecanoe County 4-H Fair (4-H)
25th- Junior Master Gardener Program at Extension Community Gardens 9 a.m. - 10:30 a.m. (ANR and 4-H)

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



Extension

LET'S STAY TOGETHER.

**PURDUE EXTENSION
TIPPECANOE COUNTY OFFICE**

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FOLLOW US!