



Extension - Health and Human Sciences

TIPPECANOE COUNTY EXTENSION HOMEMAKERS

Home Echoes

<https://extension.purdue.edu/county/tippecanoe/Tippecanoe-County-Extension-Homemakers.html>



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Tippecanoe County Extension Homemakers



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Articles for the
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“Tomorrow’s Future Depends on Us” was my theme as President 2022/2023. This has so much meaning. My year has come to an end. I have enjoyed serving you as President. It’s been a very rewarding experience and I want to thank everyone who has supported me during this journey. Thank you for supporting me at the Ladies Lunch Out and the tours. I will continue to support the Tippecanoe County Extension Homemakers in other ways. In closing, Tomorrows Future Depends on us. Please support the new Presidents and Vice President.

Mary Hancock
President
2022-2023

Have you driven past the Master Garden plots and wondered what was growing in the gardens and who was taking care of them? This is the time to get some of your gardening questions answered too.

***TOUR the Purdue Extension Master Gardens and Community Gardens
with Mickey Penrod, Master Gardener
10 am, Thursday, July 13, 2023***

Meet at the Gardens, 3150 Sagamore Parkway S, Lafayette

Wear head covering and clothing according to the weather.

Questions? Contact Kathy Delaney at 765 404-5384



PURDUE EXTENSION
MASTER GARDENER PROGRAM

Life's A Safari - Explore Mind, Body and Spirit

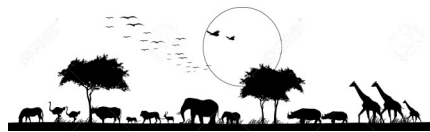
Your 2023-24 New President's Report from Kathy Delaney

*Linda Casey and I have agreed to share the job this year as your Co-Presidents. Linda and I have worked on many committees and projects together for Extension Homemakers. One thing we share is we both have so many ideas of what could be done for our organization! We don't always agree, but we do respect each other's opinions. Although we have Two different personalities we believe that the way to get the job done is with **TEAMWORK**.*

*Many times I recall some Words of Wisdom from Mary Kay Ash....
"If you have an idea and you keep yours, and I have an idea and I keep mine, we each have one. BUT - if you give me yours and I give you mine, we each have two!"
We hope you will share your ideas with us.*

Linda, Dottie (your New Vice President) and I would love to get to know YOU and YOUR club better so we hope that you will invite us to attend one of your club meetings. We hope to attend as many as we can.

*So, Come along with us and be prepared for an **Adventure** as we have some plans and **FUN** ideas while we also learn about the **Mind, Body and Spirit**. Thank you so much for your support.*



ATTENTION: All Club and County Officers and Focus Chairs

Officer's Training, August 10, 5:30 pm

Community Reformed Church, 2501 South 18th St, Lafayette

(Wear your EH Nametag)

What you can expect: Updated Forms
A FUN, Interactive program
Light Refreshments
A surprise or two....or more!

MARK YOUR CALENDARS!! PLEASE PLAN TO ATTEND!!

Presented by your Leadership Committee,
Nina Morgan & Nancella Dobbins, Co-Chairs and
Co-Presidents, Linda Casey and Kathy Delaney



Linda S. Casey - Co President

How I became an Extension Homemaker. Giving much thought of gratitude and pride of being an Extension Homemaker. After thinking for a long time and reflecting on the years I have been a member of Extension Homemakers. I realized what a wonderful time, I have had learning so much over the years. But getting back to how I became a member. I had just moved here and my daughter, Tina, was entering school in Klondike elementary. I met Martha Cox, who has a daughter also, in Klondike elementary school, and we became friends, she invited me to attend a meeting. She was in an Extension Homemakers Club already and was wanting to form a new one. Martha invited me to her home and I met her friends and she wanted us to form a Charter to become a Club, so we all signed and that was the beginning of our Club the Ladybugs Club. Charter was signed in 1980. Since I was new here in West Lafayette, Martha

took me under her wing, and helped me to meet her friends and their support is lasting to this day. Little did I know what I was in for, if anyone new Martha she had ideas and projects galore. Club meetings to other events and picnics. She would call me, Martha's voice a Southern drawl, she would say, "Your, on my List", we would laugh. She would ask me to help her, she knew I loved Art and Crafts, so I was involved in a lot of activities that were for Extension Homemakers programs, educational and worked with her in 4H and Girl Scouts, summer camps over the years. I have to say I have enjoyed the company of longtime friends that I have met and worked with many EH events. I learned a lot from all the special, treasured ladies thru time that have crossed my path, and each one had valuable advice for me. Working with these ladies, no one works harder than these Extension Homemakers, in the Country Kitchen over the years and other events have been forever grand memories for me. No one can say they don't carry their load. With lots of work and laughter we did so much. I still think of what we can do as Extension Homemakers. I see so much we can offer so many. Just like me when I first became an

Extension Homemaker. I was Raw, green and young. I learned so many things, experiences that taught me so much. I am truly thankful for that. If you asked me, what did I learn, well I learned leadership lessons that were given out everything from safety, how to be organized. To do demonstrations on making bread. Cooking new foods, Food safety, canning. Fashion shows, Purdue International Cultural show. Extension Homemakers Fashion shows, 4-H Open Show, Banquets at Purdue for Extension Homemaker's Women's Conference, Field trips to Columbus, Delphi, other towns. Meeting ladies from other counties. If you ask me what is an Extension Homemaker there is no one answer we do many things. You just don't see them all. In our world of Extension Homemakers, we do many things there is just not one thing. You can't describe in one word. I am so glad that Martha invited me so long ago to be a member. She taught me if you put your mind to it, it can get done. Most of all treasured lasting friendships, Extension Homemakers, faith, family. I Thank you. "There are two ways of spreading light to be the candle or the mirror that reflects it". By Edith Warton



**Kathy Delaney
Co-President**

My association with Extension Homemakers was as a child when my mother belonged to "Home Ec" as it was called then. She was very active; served as an officer, a leader, (including song leader) and attended every meeting she could until she was no longer able to do so; earning her 50 year pin at one time. Since we lived on a farm, we had a garden; she was a very good cook and preserved a lot of our produce while learning techniques from Purdue Extension educational programs and through the fellowship of members. 4-H was a predominant part of our family as my three brothers, my sister and I were all 10 year 4-H members. In our small community, 4-H and Extension Homemakers just naturally went together.

In about 1972, a few houses down the street lived Peg Bell and she invited me to go along with her to an Extension Homemaker meeting, called Laughing Lassies. Peg moved away and I stayed with the club and have many fond memories of all the fun we have had through the years.

Why do I stay in Extension Homemakers? For many of the same reasons my mother did: Education, Leadership development and by supporting community programs. Plus, I have gained the friendship of so many wonderful people.

I am happy to be partnering with my friend, Linda Casey, to serve as your Co-President!



**Linda and Kathy being pinned
At the Achievement Luncheon**



**Dottie Warner
Vice President**

Dottie grew up in Lafayette, leaving in 1977 with a Horticulture Degree from PU. Over the years she lived in six Indiana counties, raised five daughters and worked in Hort in growing, landscape design, installation, and maintenance, Christmas trees and garden center management. Involved with Extension in three of those counties, she returned here in 2016. Rejoining Homemakers was returning to her roots.

Cultural Arts Event

The 2023 Cultural Arts Event was held on April 19, 2023, during the Spring Education Workshop. There were twenty-six entries in four categories. There were no entries in the Knitting/Crocheting category.

Winners for the categories receiving entries were:

Needlework - Joan Jackson with her embroidered bag

Other Crafts - Kathy Delaney with her wreath

Quilts - Dawn Lowry with her quilt

Special Project - Fairy Garden

1st place - Cheryl McCool

2nd place - Eilene Wuenschel

Cheryl McCool will represent Tippecanoe County in the Indiana Extension Homemakers Assn. Cultural Arts/Heritage Skill Exhibit at the Home and Family Conference in June with her Fairy Garden. Joan Jackson was chosen to represent Tippecanoe County for the Standard Entry Categories.

Thank you to everyone who entered items in the competition. You are all winners for taking the time to create and enter crafts. Also, a big thanks to Donna Early and Dawn Lowry for assisting with the registration for the event. I look forward to having many more of our members participate in this event next year.

Jean Macy, Chair
Cultural Arts

Achievement Luncheon celebrated its 95th Anniversary on May 22, 2023. We had 65 members and guests in attendance. Our theme was "Women Stepping Forward". Centerpieces were Stiletto heels filled with flowers. They were so elegant. I want to thank Marilyn Hammack, Wanda Overpeck and Ruthann Augustyn for designing the Stiletto heel centerpieces.

Lunch was very colorful and delicious. Grilled Chicken with Gouda Sauce, Roasted potatoes and fresh green beans. Everyone loved it.

Our 95th cake came from Mammaw's Sweet shop on St Rd 38. Cake was very moist and delicious.

Bess Witcosky from Joyful Journey did an outstanding presentation discussing the history of Joyful Journey and the care given to their friends (people attending their day care). Joyful Journey accepts Medicaid waivers, insurance and cash. Friends can stay half a day or a full day. Friends do a lot of crafts, stand up exercises, games and chair games and exercises.

Two co-presidents were installed-Linda Casey and Kathy Delaney. The new Vice-President will be Dottie Warner.

Carol Smith did a remarkable job with the Memorials. She had a poster with pictures of the members who had passed away. She then read off a brief article about each person. Very interesting and well done. Kudos to Carol.

Special thanks goes to Nan Dobbins for preparing and printing the beautiful program book. We also want to thank everyone on the Achievement Luncheon Committee. Thank you.

Mary Hancock- Chair

Nina Morgan - Co-Chair

Carol Smith did an outstanding job doing the Memorials at the Achievement Luncheon. She made a poster with pictures and names of all the members who have passed away. During her presentation she read interesting articles about each member. A very Memorable memorial for our members. Kudos -Carol Smith. Also, Thank you Holly for all your help.



Submitted by Mary Hancock



2023 Achievement Luncheon Program and Centerpiece

2023 Graduating Senior Scholarship Winner



Meet Therese Bjork, our 2023 scholarship winner. She is daughter of Colleen Bjork, member of the Hillwood Homemakers Extension Club.

Therese was home schooled except for her freshman year where she attended Harrison High School. Her sophomore year her grandmother needed more help and came to live with her family. To help with her grandmother's care, Therese decided to complete her education by being homeschooled and being more available to assist with her care. She graduated this year and plans to pursue a degree in Psychology and Criminal Justice at Marian University. After she graduates from college, she plans to join the Navy to hopefully become a crime scene investigator.

Therese has been part of a group called the Antioch for 4 years where she has met with other high schoolers from all over the city. This group plan retreats for high schoolers every spring and fall. Therese has had leadership roles in planning and putting these retreats together. Her most important role has been to figure out the logistics for seating charts and working out group dynamics to make the retreat run smoothly. She has served as a leader in marketing and design which oversees designing shirts for participants. She has also painted banners and helped recruit kids to sign up for the retreat. She is currently serving as a role model and offers advice to others as needed.

Therese has also been active in her church participating in multiple fundraisers and events. Along with her family she served food to the homeless for Thanksgiving dinner the past two years. She has also collected and delivered food for the Food Pantry. The Tippecanoe Homemakers Scholarship committee is pleased to present her with a \$1,000 scholarship. We wish her well in her future endeavors.

Co-Scholarship Chairs - Paulette Niles & Carol York, Meadowlark Homemakers

Home and Family Arts Open Show

The 4-H Fair is fast approaching, so that means it's time for the Home and Family Arts Open Show. As some of you know, last year was my 10th year as chairperson of the Open Show, and most of my committee was retiring also. Well, I will be back for one more year as I have found a replacement, Mindy Swank of the Lamplighters club.

But this year's show must continue. At present we need chairpersons for Fine Arts, Hobbies and Crafts, Fiber Arts, Photography, and Quilting. If anyone would be willing to help, it would be greatly appreciated. You would need to be there Wednesday, July 19 from 4:00 pm-7:00 pm and Thursday, July 20 from 7:30 am until judging begins at approximately 10:30 am and is complete. You will also need to place all exhibits in a display for the Open Show. During the fair, you would need to sit at our hostess table to answer any questions from fairgoers and keep an eye on the exhibits. Sounds complicated, but really is not. Let me know if you are interested. Thanks!

Submitted by Nancy Jones



Lafayette District Fall Meeting Details:

"Denim & Doilies"

Wednesday, September 13, 2023

Beef House, 16501 North State Road 63
Covington, IN

Arrival at 9:00 am: cinnamon roll and coffee

Program begins at 10:00 am - 3:00 pm

Lunch: soup/salad/rolls/ice cream

Registration forms will be provided to the Club Presidents at the June 13 Council meeting. Cost is \$16/person. Send registration names and one check to County Treasurer by **August 15, 2023. Please honor this date!**

Submitted by Nancella Dobbins

Purdue Extension - Health & Human Science Educator Update

Hello everyone and hello Summer! Things in Extension are moving quickly and the Tippecanoe County Fair will be here July 21st-28th. I have been involved in presenting quite a few classes as well as joining many teams. We have created content promoting Men's Health Month for June, 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 some 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:

Ingredients: 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 - ½ teaspoon salt - 1 Cup chopped pecans

Instructions:

1. Preheat your 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 overmix.
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!

Brock Turner, MPH, MS, CHES®, CPT
Extension Educator, Health and Human Science
Purdue Extension Tippecanoe County
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Outreach/Membership Report from Garden Expo 4/22/2023

Our Tippecanoe County Extension Homemakers hosted a booth at the April 22nd, 2023 Garden Expo held at the Tippecanoe County Fairgrounds from 9am - 3pm. Committee members from the Outreach/Membership and Fund-Raising Project set-up for this event on Friday, April 21st from 3-6pm.

The Fund-Raising Project, decked out on red and white checked table covers, sold out of their vegetable soup, turkey or ham sandwich, and drink combo meals.

The other section of our booth featured tables, covered with royal plastic table covers, for youngsters to colorfully decorate pages of fruits, vegetables, butterflies, and Spring. At the front opening side of the booth, the Outreach table was draped with the royal TCEH/IEHA logo tablecloth. And offered an array of recipe packets along with brochures on slow-cooking, healthy plates, turkey, eggs, and rulers. A poster of healthy foods on an easel was the backdrop for baskets of fresh fruits and vegetables. This table also offered the informational 2-sided page listing Our Clubs meeting times & locations, Mission Statement, Community Projects, and contact numbers. Individuals stopping at the booth were encouraged to select a packet of seeds, or a Scatter Kindness heart from the display.

In addition to 4/22/2023 being Earth Day, it was National Jelly Bean Day. So those individuals that added their names to our contact list were given a small packet of blueberry jelly beans. Kids at the coloring table were offered jelly beans, with an attending adult's permission, spooned out by an EH volunteer.

This event generated a list of 32 new names of perspective members for the TCEH, with 3 individuals filling out New Membership Enrollment Forms that day.

Our next Membership activity will be hosting another informational table during the Tippecanoe County 4-H Fair, July 21-29, 2023. The preparation meeting for that activity is scheduled for June 9th, 2023 at the Extension Office at 1pm.

We are needing volunteers to work a time slot at the 4-H Fair for membership table. Holly Sietsma will be sending an email to volunteer through Sign Up Genius.

Submitted by: Emalese Adams, TCEH Outreach/Membership Co-Chair

Joyful Journey can use some supplies.

If your club can donate-Here are the things needed. All types of crackers, cookies pre-packaged, Paper towels, toilet paper, napkins, Lysol Cleaning Supplies, Wipes.

Fowler House will remain open. Fowler house was built 1852. The house is considered the finest example of Gothic Revival residence still standing in the United States. In 2015 to 2018 Matt and Dr Ann Jonkman started their restoration, repairs and code updates. The entire restoration cost them 1.3 million dollars. It's a great place for lunch or dinner. Christmas Luncheon are very delicious and the Christmas ambience is gorgeous. Please try to support them. It's a historical mansion and we encourage you to take the tour.

Mary Hancock won the "I want to go Again" scholarship and was notified by the State Representative. **Kathy Delaney** won "I want to go Again" by the District and was Notified by DR Jaynie Keniston and **Cheryl McCool** won the "First Timer Award" from the county. This year the conference will have 16 vendors.

Submitted by **Mary Hancock**



Education Focus Group

The Spring Workshop saw 60 members and guest enjoying three speakers. John Collier received the most comments & compliments after educating all of us on the history of Lafayette and what was in the loop for coming up in the future for Lafayette. Such a fun and informative speaker!

The second speaker, Mark Eberhardt with MD Home Inspections, answered so many questions to what & why it's important to have a structural inspection on a property before buying and also prior to selling your property. Encourage your loved ones to get that inspection.

Our third speaker, from St. Anthony's Healthcare explained how and why our bodies hurt. Ideas to relieve that pain were shared by doing some simple exercises. Beautiful platters of cookies and brownies were provided by St. Anthony's for our dessert. So many cookies were leftover so they went to the Master Gardener's Expo to be used in our lunch booth.

Submitted by **Phyllis Kochert**

2023 Garden Expo Lunch Review

Many thanks to the 23 volunteers, plus committee members who made the day a success! For a first-time-ever venture, we did well. As well as a fundraiser, Extension Homemakers had an opportunity to serve the public. We had delicious soup (vegan, gluten-free), ham and turkey sandwiches with cheese, chips, and canned pop. Mary Hancock collected an amazing number of donations, enabling us to have \$1736.27 in income. We over-produced, and donated soup, crackers, and chips to LUM, and condiments, a few buns, and pop to Grant's House and the Tippecanoe County Food Pantry.

Ladies signed in from Fairfield, Highland, Meadowlarks, Randolph, Hillwood, Lamplighters, and Quilt clubs; please turn in those hours through your clubs to Cathy Case for community service. Extra volunteers assisted Membership. Our treasurer Nan Dobbins, and Sandi Martin handled the cash box all day. Committee members were Dottie Warner, Kathy Delaney, Nina Morgan (who developed the recipe and shopping list), Marilyn Hammack (made signs), and Jan Wallace. And, thanks to Cheryl McCool and the Master Gardeners for getting a fridge.

Dottie has agreed to chair the lunch in 2024, and will be reaching out to Tippi Choral, Highland, L..bugs, Laughing L's, Hillwood, and Lamplighters for committee members and volunteers. There have been many, many suggestions for next year, so there are decisions to be made by the next committee. Committee will first meet in February!

Submitted by Dottie Warner

**TIPPECANOE COUNTY EXTENSION HOMEMAKERS
2023-2024
SLATE OF OFFICERS**

Executive Officers:

President:	Linda Casey	L...bugs	463-4128	bc4400@aol.com
Co-President:	Kathy Delaney	Laughing L's	404-5384	k42delaney@gmail.com
Vice-President:	Dottie Warner	Laughing L's	317-432-2933	dot_55@hotmail.com
Secretary:	Nina Morgan	Highlands	491-5724	quilterbee314@gmail.com
Treasurer:	Nancella Dobbins	Meadowlarks	426-7579	dobbinsni@comcast.net
Past President:	Mary Hancock	Fairfield	404-4800	mkhancock21@omcast.net

Council Focus Chairs/Co-chairs, Committee:

Education:	Barb Sondergrath Dawn Lowry	Hillwood Hillwood	420-7001 464-6991	bisondergrath@comcast.net quilterbugS0@yahoo.com
Leadership:	Nina Morgan Nancella Dobbins	Highland Tippe Choral	491-5724 426-7579	quilterbee314@gmail.com dobbinsnj@comcast.net
Vol. Community Support:	Jan Wallace Cathy Case	Hillwood Hillwood	427-5023 337-6454	nanaianwallace@yahoo.com cathyi1212@yahoo.com
Membership:	Cheryl McCool Emalese Adams	Fairfield L...bugs	447-9338 427-6057	mikeandcherylmc@msn.com emalese@hotmail.com
Cultural Arts:	Jean Macy	Quilt	446-1471	boilerjean@gmail.com
Scholarships:	Paulette Niles Carol York	Meadowlarks Meadowlarks	463-3475 413-9706	12iniles@yahoo.com carollyork@gmail.com
Historian:	Cathy Case Emalese Adams	Hillwood L...bugs	337-6454 427-6057	cathyi1212@yahoo.com emalese@hotmail.com
Achievement Event:	Nina Morgan Mary Hancock	Highland Fairfield	491-5724 404-4800	quilterbee314@gmail.com mkhancock21@comcast.net
Open Show:	Nancy Jones Mindy Swank	Wabash Lamplighters	474-4608 586-1456	james_jones_668@comcast.net meswank@12urdue.edu
Thumbodies:	Carol Smith	Randolph	418-6727	carolsmithjim@gmail.com

Household Hints by Mary Hancock

Have you ever cleaned your garbage disposal ring?

Remove the rubber gadget. Rinse and soak in vinegar
Take several pieces of paper towels, soak in vinegar and wipe
The underlying bottom where your gadget goes. You will remove a lot
Built-up residue. Rinse and replace your rubber gadget until you snap it in.

Do you have a lot of plastic containers with lids and hard to find lids?

What I have done, I number the bottom lid with a number and the lid with
a number. Easy to find no.1 lid to match No.1 Bottom

Are your greeting cards a disarray?

Organize your cards first, then take a file folder cut it into size of box and
write down name of cards.
From Baby showers to Thanksgiving. Have birthday cards, sympathy cards
and anniversary cards ready to go.

Tired of your cutting board slipping while you are cutting?

Place a wet wash cloth under your cutting board. No more sliding

Want your blankets or towels dry faster?

Place a dryer ball or balls into the dryer. It will dry so much faster

Want to make your own Weed be Gone?

Combine $\frac{1}{2}$ gallon vinegar and 1 cup and $\frac{1}{4}$ cup dawn soap. Place some in-
to a Squirt bottle. shake. Now ready to spread on weeds.

TCEH Book Club Interest Group

As a member of the TCEH, you are invited to be a member of the Book Club
Interest Group. We meet monthly the first Thursday of each month.

Coming up, July 6 and August 3, books are received from Indiana Humaniti-
ties, free of charge. "All the Light We Cannot See" will be our read for July
and August will be Cleopatra: A Life by Stacy Schiff.

For more information... contact Pam Byers 838-2529 Or pbyers4@gmail.com

Seriously Good Vegetable Soup**Makes 8 Servings****Preparation: 15 minutes, Cook Time: 40 minutes**

Use a big variety of vegetables - clean out your vegetable drawer! Sweet potatoes, green beans, butternut squash, potatoes, bell peppers, zucchini, sliced or quartered or yellow squash, Can use variety of beans as well.

4 tablespoons Extra Virgin Olive Oil divided
1 each medium onions chopped
3 each carrots chopped
2 stalks celery chopped
3-4 cups variety of seasonal vegetables - sweet potatoes, green beans, zucchini, etc.
1 teaspoon salt to taste
6 each cloves
garlic minced
1/2 teaspoon curry powder
1/2 teaspoon dried thyme
1 (28 oz) can diced tomatoes
4 cups vegetable broth
2 cups water
3 oz tomato paste
2 each bay leaves
1/2 teaspoon red pepper flakes optional
ground black pepper to taste
2-3 cups fresh spinach kale, collard green etc. or any greens
3-4 pieces chopped parsley
1 tablespoon lemon juice

1. Add chopped onions, carrot, celery, seasonal vegetables and 1/2 teaspoon salt. Cook, stirring often until onion has softened. 6-8 minutes.
2. Add garlic, curry powder and Thyme. Cook till fragrant about 1 minutes. Pour in diced tomatoes with their juices, add tomato paste and mix well and cook stirring often.
3. Pour in broth and water. Add 1/2 teaspoon more salt, 2 bay leaves and red pepper flakes (optional). Season with black pepper to taste. Raise heat and bring to boil, then partially cover pot and reduce to simmer.
4. Cook for 25 minutes then remove lid and added chopped greens. Continue cooking for 5 more minutes until greens have softened to your liking.
5. Remove pot from heat and remove bay leaves. Stir in lemon juice. Taste and season as needed.

Submitted by Nina Morgan - Used at the Garden Expo

SURVEY RESULTS

At the Spring Workshop each table had a survey for you to fill out & you didn't disappoint. Thank you for providing us with some great ideas. This will result in further great speakers and workshops.

1. WHAT DID YOU LEARN FROM THE WORKSHOPS THIS YEAR?

How important home inspections are!
John Collier's presentation was so good! Really enjoyed learning more about Lafayette.
Enjoyed learning about the Muslim religion.
All workshops have been beneficial, great handouts!
Vision of Hope, so good for our clubs to be involved in community.
Activities make us get out more and enjoy our friendships.
Prophetstown information from the District Meeting.
Fraud Prevention.

2. WHAT DID YOU LIKE THE LEAST OR WANT CHANGED IN THE FUTURE?

Would like workshops to be shorter, perhaps 2 speakers instead of 3.
Soup lunches like in the past, keep salad & pizza lunch.
Ask all attendees to turn off their phones during workshop.
Room was cold.

3. WHAT WOULD YOU LIKE TO SEE IN THE FUTURE WORKSHOPS?

Financial planner or lawyer to discuss protecting assets when going into nursing homes.
How to make a Will or how to go about it.
Differences in terms of insurance, Whole/Term/Life/Accidental, updating your insurance.
Information on changes at Purdue.
Technology Workshop.
Maybe a repeat of balance, coping with stress, relaxation, meditation, mental grief & family loss.
Sleep program - how much sleep do we need?
Knickerbocker Bar history.
Presentation of long arm quilter machine.
Sound system was good this time.

4. Would like to have more outings like:

Visit historical buildings.
Musical programs.
Local businesses.

Submitted by Phyllis Kochert

**News Articles for
Sept/Oct Issue due
August 1, 2023**



Extension Office Closed:
⇒ **Independence Day - July 4, 2023**

Home Echoes is published bi-monthly by the Purdue University Cooperative Extension Service, Tippecanoe County Office (765) 474-0793. We reserve the right to edit all articles, recipes, and photographs submitted for consideration in this and future newsletters.

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