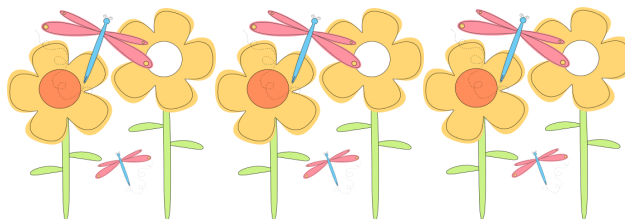




Horizons

A publication of Purdue Extension Hamilton County



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April 2025

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Spring Greetings!

I LOVE this time of year when everything is fresh and new. What a great time to celebrate. The focus of Extension Homemakers continues to be the home, family, and the communities in which we live and you continue to make a huge impact in our county! You are truly “difference makers.”

I encourage you to continue to get involved by volunteering, participating, and inviting a friend or neighbor to join you to expand our impact.

I look forward to seeing many of you over the next couple of months at the county fair, Achievement Day, and Home & Family Conference,



Enjoy the beauty of spring that surrounds us each day!

Susan L. Peterson
County Extension Director
Extension Educator, HHS

Dear Extension Homemakers,

Spring is here and the birds are singing. The temperatures are sporadic and unpredictable but I appreciate this time of year when newness abounds. In this issue of *Horizons* you will find information on flexibility, spring cleaning, a fresh vegetable guide, how to prevent seasonal allergies, and making delicious flavored water to stay hydrated. Check out Purdue's Day of Giving and participate if you can or donate to 4-H Awards for the county fair.

The IEHA Home & Family Conference is in Hamilton County once again this year so think about attending one event, one day, or the whole thing. Additional information is online or in the office. If you have been crafting all winter, enter something in the Cultural Arts contest. Entries are due May 5th. Hamilton County's best entry will travel to the conference in June.

The fair is just around the corner and we need your help volunteering at the many events sponsored by homemakers. Find something that interests you and jump in with both feet. Take time to smell the flowers this month. Happy spring.



Bernie Huber
Program Assistant
Health & Human Sciences



CALENDAR 2025



May 5 - 30	Cultural Arts Entries & Voting	
May 6	Office Closed - Primary Election	
May 7	May Tea—CANCELLED	
May 13	Board Meeting Council Meeting	9:30 a.m. 10:30 a.m.
June 2 - 4	Home & Family Conference Embassy Suites - Hamilton Town Center	
June 3	Melody Makers Concert - public welcome Riverside Jr High School, Fishers	7:00 p.m.
June 10	Board Meeting Council Meeting	9:30 a.m. 10:30 a.m.
June 26	Achievement Day	

Message from the president

Greetings to all Hamilton County Extension Homemakers,

It has been a busy spring. A huge thank you to all who helped us present a fantastic Spring District Meeting. Especially a big Thanks to Betty Clark and Sally Thieme who spearheaded the committee, to Carol Koch and Jane Catlin who provided morning snacks and to the many Homemakers who showed up on Tuesday to get everything ready. We couldn't have done it without you. Also a big thank you to those who showed up to make the accessories for our hats and the nametags. Also thank you to the Culinary Club for decorating the horse cookies. They were exceptionally nice.

This week a group showed up to help Candy Voit staple cards to bags for the annual food drive. Thank you Tiffany, Sally, Betty, Sandy, Kathy and Candy who set it up. Don't forget to write down your volunteer hours for next year's report.

The Scholarship Committee also met and selected scholarship winners and have sent their letters. Hope you have a great Easter and are getting ready for all our spring activities. You all are fantastic.

Gloria Del Greco, Hamilton County President



Committee members - Betty Clark,
Candy Voit and Sally Thieme



North Adams



Verna Kennedy

Derby Day District Meeting April 2, 2025



Speakers from Hickory Hall Polo Club



Fall Creek Home Arts



Silvernotes



East Wayne member, Mary Schwartz

Derby Day Recipes

The World-Famous Hot Brown

(makes 2)

2 oz. whole butter
2 oz. all purpose flour
8 oz. heavy cream
8 oz. whole milk
1/2 cup pecorino Romano cheese + 1 Tablespoon for garnish
Pinch of ground nutmeg
Salt and pepper

14 oz. sliced turkey breast, sliced thick
4 slices of Texas Toast
4 slices of crispy bacon
2 roma tomatoes, sliced in half
Parmesan cheese
Paprika
Parsley



In a two-quart saucepan, melt butter and slowly whisk in flour until combined and forms a thick paste (roux). Continue to cook roux for two minutes over medium-low heat, stirring frequently. Whisk heavy cream and whole milk into the roux and cook over medium heat until the cream begins to simmer, about 2-3 minutes. Remove sauce from heat and slowly whisk in Pecorino Romano cheese until the Mornay sauce is smooth. Add nutmeg, salt and pepper to taste.

For each Hot Brown, place two slices of toast with the crusts cut off in an oven safe dish, one slice is cut in half corner to corner to make two triangles and the other slice is left in a square shape, then cover with 7 ounces of turkey. Take the two halves of Roma tomato and two toast points and set them alongside the base of the turkey and toast. Next, pour one half of the Mornay sauce to completely cover the dish. Sprinkle with additional Pecorino Romano cheese. Place the entire dish under a broiler until cheese begins to brown and bubble. Remove from broiler, cross two pieces of crispy bacon on top, sprinkle with paprika and parsley, and serve immediately.

Kentucky Derby Pie

1 unbaked 9-inch pie crust

Filling:

1 cup butter, melted
1/2 cup granulated sugar
1/2 cup light brown sugar
2 eggs
2 Tablespoons Kentucky bourbon
1 teaspoon vanilla extract
1/2 cup all purpose flour
1 cup semi-sweet chocolate chips
1/2 cup walnuts



Instructions:

1. Preheat oven to 350 degrees.
2. Prepare and roll out pie crust. Place in a buttered 9-inch pie dish and flute edges. Set aside.
3. In a large mixing bowl, whisk together melted butter and sugars.
4. Add eggs, vanilla, bourbon, and flour, and whisk again until combined.
5. Fold in chocolate chips and walnuts.
6. Pour filling into prepared pie crust.
7. Bake at 350 degrees for about 45 minutes, until edges are set.

TheGraciousWife.com

Mint Julep Mocktail

For the mint syrup

1 cup water
1/2 cup sugar
1 cup mint

For the julep mocktail

1 cup ginger ale or non-alcoholic bourbon
Crushed ice
Mint sprigs to garnish (optional)



1. To make the mint syrup, combine sugar and water in a small saucepan over medium heat. Stir until the sugar dissolves.
2. Add mint and increase the heat until the mixture comes to a gentle boil, stirring occasionally.
3. Reduce heat to low, replace the lid and simmer for 10 minutes.
4. Remove from the heat and leave covered until the mixture cools (the longer you leave it, the stronger the mint flavor will be.) Let cool then strain.
5. Fill your cups with crushed ice. Add 1/2 cup of ginger ale or non-alcoholic bourbon to each cup, then 1/4 cup of mint syrup.
6. Stir gently and garnish with a mint sprig.

Traditionally, mint juleps are made with bourbon. Although it is delicious with ginger ale, if you're looking for a more authentic experience, find a non-alcoholic bourbon in your area (most likely online!)

"A Bird's Eye View"

Hamilton County
Extension Homemakers
Flower Show

July 17 - 18, 2025

Booklets in the office



HAMILTON COUNTY FOOD and CRAFT SHOW

Open to the public
July 19 - 21, 2025

Booklets with categories in the office
on online

[https://extension.purdue.edu/county/hamilton/
hamilton-county-fair/public-participation.html](https://extension.purdue.edu/county/hamilton/hamilton-county-fair/public-participation.html)



Hamilton County 4-H
Fair
July 17 - 21, 2025



Books!

Hamilton County Extension Homemakers
are once again having a **USED BOOK SALE**
as a part of the Hamilton County 4-H Fair.

All proceeds go towards Scholarships

Books!

BOOKS!

As you spring clean, please donate
your gently used cooking, gardening,
stitchery, holiday, craft, travel, birds,
decorating, woodworking, or children's
books to this popular sale.

NEW this year!!

Accepting "like new" word search,
crossword books and puzzles.

You may bring your books at anytime
in June or July to the Extension Office.
(No magazines please)



Storytime Daily @
1:00 pm in Hall B
Homemaker readers



CULTURAL ARTS

Quilts – full sized quilts, crib/baby quilts

Needlework – needlepoint, counted cross stitch, embroidery, crewel embroidery

Crafts/Miscellaneous – all items not included in one of the above categories

2025 SPECIAL PROJECT—placemat

Bring entries to the extension office by **May 5th**.

Home and Family Conference

June 2 - 4, 2025

<https://ieha-families.org/data/files/homeandfamilyconference25registration.pdf>

Hotel: Embassy Suites at 13700 Conference Center South Dr
near Hamilton Town Center

One day registration - \$110

FULL registration - \$200

Hotel room costs extra or you can go home at night since it's in Hamilton County.



Silvernotes will perform with

Melody Makers

June 3, 2025 @ 7 pm

Cost - \$10.00

Riverside Jr High

10910 Eller Road, Fishers

Public Welcome

Indianapolis District Retreat

September 15 - 16, 2025

Waycross Camp and Conference Center
7363 Bear Creek Road
Morgantown, IN 46160

Single room \$175

Double room \$140

Luck of the Irish



Installation of New Officers at Achievement Day

Term begins August 1



2025 - 2026 Slate of Officers

President

Vice President

Secretary

Treasurer

Asst. Treasurer

Recorder

Education

Leadership

Volunteer Community

Support

Public Relations

Past President

Gloria Del Greco, Friendly Eagles

Sally Thieme, East Wayne, Culinary Club

Tonekka Hall, Roaring 20's

Linda Westbrook, Fall Creek Home Arts

Jessica Gahimer, Roaring 20's

Lisa Gambrel, Fall Creek Home Arts

Iris Beechler, Roaring 20's

Sandy Parks—North Adams

Candy Voit, Fall Creek Home Arts

Valerie Carson, Roaring 20's

Sharon Parker, Harbourites

Hamilton County Master Gardeners Association 26th Annual

PLANT SALE

Saturday, May 17th
8:00 am - 3:00 pm

Hamilton County 4-H Fairgrounds
2003 Pleasant Street, Noblesville, IN 46060

Shop from our large selection of plants, including:

- ✓ Native Plants
- ✓ Hostas
- ✓ Perennials
- ✓ Vegetables
- ✓ Water Plants
- ✓ some Shrubs and Small Trees

BRING YOUR OWN WAGON!

Bearded Iris dug to order from our own beds!

Free Gardening information and expert planting advice!

Cash, Credit Card or Check for Payment

No dogs allowed the day of the sale.

Hamilton County Master Gardeners Association is a nonprofit organization.



PURDUE UNIVERSITY

Extension

PURDUE EXTENSION MASTER GARDENER PROGRAM

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

You can receive this newsletter *IN COLOR*
-e-mail Bernie (bchuber@purdue.edu)
OR
-contact the office at 317-776-0854.

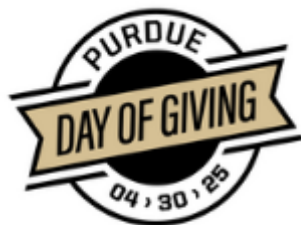
We have a facebook page called **Hamilton County IN Extension Homemakers.**

Let us know what you are doing. If you have club photos, stories, or events to post, share them with Bernie then look for it on our page.

“like” it to receive information on your personal facebook news feed

“follow” it to make it easier to find in a news feed

Email: bchuber@purdue.edu.



April 30, 2025



@PurdueExtensionHamiltonCounty

Bonus Hour Challenges:

9:00 a.m. - Donations from faculty/staff

3:00 p.m. - Donations from Alumni

4:00 p.m. - Donations from faculty/staff

9:00 p.m. - Donations from Alumni of (2009-2019)

What is Purdue Day of Giving?

Purdue Day of Giving is a 24-hour online fundraising event that takes place this year on April 24. County Extension offices are encouraged to participate in healthy competition, as counties will be able to individually participate on leaderboards. Participation in hourly and full-day challenges can make your gift go even further, and any donation can help your county claim the top spots on the donation and participation leaderboards for additional bonus funds!

Learn more at the Purdue Day of Giving website.

<https://dayofgiving.purdue.edu/campaigns/hamilton-county-1eacf9aa-0512-40ef-a008-24bb6fa87e3d>

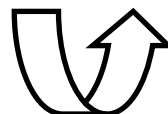
Crock Pot Cooking Renewed

Remember this appliance? On the days when you don't feel like turning on the oven, the slow cooker can be your best friend! We will share flavorful, healthy, family-friendly meals for the crock pot or slow cooker. Also learn how to make meals for one or two using a few simple ingredients. Date to be determined depending on construction timeline. Hopefully in June sometime.



<https://forms.gle/9PSseFERBZiJcBYaq9>

Heritage Basics interest form - get on the "list" to be in the "know."



Tips on Spring Cleaning

Safety

- Open window or run ventilation fan
- Wear protective gear
- Keep sprays and other cleaners out of children's reach

Cleaning

- Assess clutter
- Determine value of set items
- Create plan for organizing clutter (Keep, trash, or donate bin)
- Celebrate small wins

Sustainability

- Evaluate spending habits
- Create a plan to keep spaces organized
- Be patient with yourself

Check out this article on the HHS program *"Empower Me to be Clutter Free."* Consider offering this program in your community!



Resources

- <https://chatham.ces.ncsu.edu/2023/05/healthy-home-spring-cleaning-tips-for-the-kitchen/>
- https://extension.usu.edu/news_sections/home_farm_y_and_food/spring-cleaning-life

Fresh Vegetable Guide



Eat your vegetables!

Vegetables are an excellent source of several nutrients our bodies need, such as vitamins A and C, fiber, and potassium.

Both fiber and potassium are considered nutrients of public health concern, because most of the population does not consume enough of these important nutrients. Eating a well-balanced diet with plenty of vegetables can help increase your daily intake.

Research shows many benefits to eating vegetables. Eating vegetables is linked to lower risk of many chronic health conditions including overweight and obesity, type 2 diabetes, heart disease, stroke, and certain types of cancer. A diet filled with vegetables can also improve eye and gut health. The potassium in vegetables helps with blood pressure and fluid regulation, while the fiber promotes regular bowel movements and fullness.

There are many vegetables to choose from stores, farmers markets, and gardens. When eating vegetables, it is important to include different colors of vegetables for health benefits. Examples of vegetables in each color category include:

Red: peppers, radishes, tomatoes

Orange: carrots, pumpkin, squash, sweet potatoes

Yellow: cauliflower, leeks, onions, rutabaga, peppers, potatoes, squash, sweet corn

Green: asparagus, broccoli, Brussels sprouts, cabbage, cucumbers, leafy greens, kale, okra, peas, peppers, snap beans, spinach, zucchini

Blue or Purple: beets, eggplants, kale, kohlrabi



Seasonality is Important

For optimal saving and flavors, select fresh vegetables that are in-season. Options for harvest months in Iowa are:

May: asparagus, leaf lettuce, radish, spinach

June: asparagus, beans, beets, bok choy, broccoli, cabbage, carrots, cauliflower, chard, collards, leaf lettuce, leeks, kale, onions, peas, potatoes, radishes, spinach

July: asparagus, beans, beets, bok choy, broccoli, cabbage, carrots, cauliflower, chard, collards, cucumber, leaf lettuce, leeks, onions, peppers, potatoes, radishes, spinach, summer squash, sweet corn, tomatoes, zucchini

August: beans, beets, bok choy, cabbage, carrots, chard, collards, cucumber, eggplant, kale, kohlrabi, leaf lettuce, leeks, okra, onions, peppers, potatoes, radish, rutabaga, spinach, summer squash, sweet corn, tomatoes, zucchini

September: beans, beets, bok choy, Brussels sprouts, cabbage, carrots, chard, eggplant, kohlrabi, leaf lettuce, leeks, okra, onions, peppers, potatoes, pumpkin, radish, rutabaga, spinach, summer squash, sweet corn, sweet potatoes, tomatoes, turnips, winter squash, zucchini

October: beets, bok choy, Brussels sprouts, cabbage, carrots, chard, kohlrabi, leaf lettuce, peppers, potatoes, pumpkin, spinach, sweet potatoes, turnips, winter squash

When fresh vegetables are not in season, frozen or canned varieties provide optimal savings and flavors with as much, if not more, nutritional benefits.



Vegetable Prep Tips

Raw produce can carry bacteria or viruses (from soil, people who handle produce, or knives/cutting boards in your kitchen) that can make you sick.

Steps to prepare fresh vegetables:

1. Wash your hands with soap and warm water and dry them with a clean cloth or paper towel before starting to prepare any produce.
2. Use a clean cutting board, knife, and other kitchen equipment. Try to use different cooking utensils for produce and protein items. If that is not possible, be sure to wash cutting boards, knives, and other kitchen equipment well with hot, soapy water prior to preparing produce. Avoid using steak knives and wood cutting boards.
3. It is best to wash most produce immediately prior to preparing them.
4. Wash all produce, even if you plan to peel it; bacteria and viruses on the surface can be transferred into the edible portion throughout the preparation process. The exception to this rule is pre-cut, pre-washed leafy greens: washing these items actually increases the risk of foodborne illness.
5. Wash produce under cool or warm running water. Neither soap nor produce rinses are necessary. Use a scrub brush on firm vegetables. Various leafy greens may need to be rinsed several times to remove soil or sand.
6. Dry produce with a clean cloth or paper towel. Or allow the produce to air dry on a rack set over a pan.
7. Try not to wash leafy greens until immediately prior to preparation. If necessary, be sure to blot off any excess water with a clean cloth or paper towel and store in a clean, clear plastic bag or container.

Revised by Ruth Litchfield, state extension specialist. Originally prepared by Barbara Anderson and Catherine Strohbehn, retired extension specialists, and Alyson Miller, former dietetic intern.

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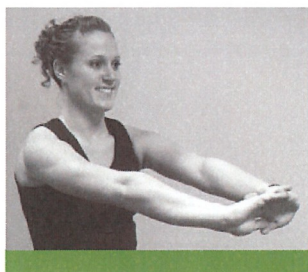
VEGETABLE	SELECTION	STORAGE TIPS
Asparagus	Firm, plump, straight spears with compact tips; medium green color with purple tinge; (white stalks are often tough)	Wrap cut ends in damp paper towel; put in plastic bag; store in refrigerator crisper up to 4 days
Beets	Smooth, hard, round, deep color; smaller size usually more tender	Cut off greens before storing in refrigerator up to 2 weeks
Bok choy	Thick, fleshy, firm stalks with bright-colored whole green leaves	Store in plastic bag in refrigerator for 1 to 2 days
Broccoli	Dark green to purple buds, tightly closed, with firm stems; avoid heads with yellowing	Store in plastic bag in crisper drawer for 3 to 5 days
Brussels sprouts	Firm, compact, bright green, heavy for size	Store in refrigerator for 3 to 5 days
Cabbage	Crisp, firm, packed head that is heavy for its size and does not smell too strong	Tightly wrap in plastic and refrigerate; flavor and odor increases with storage
Carrots	Firm, bright orange color, smooth, well-shaped	Keep in plastic bag in refrigerator up to 2 weeks
Cauliflower	Firm, compact, creamy-white heads with florets tightly pressed together; avoid heads with brown spots on florets	Keep in plastic bag in refrigerator about 1 week
Cucumber	Firm, deep green color, well-shaped, small to medium in size; no soft or yellow spots	Refrigerate up to 1 week
Eggplant	Firm, shiny skin, heavy for size, green stems; no soft spots or wrinkled skin	Keeps in refrigerator up to 4 days
Kohlrabi	Small, smooth bulb-stems, firm green leaves	Remove leaves; store in refrigerator for several weeks
Leafy Greens (chard, collards, kale)	Deep green color; fresh, plump, crisp leaves; no thick stems or strong odor	Refrigerate in plastic bag for 3 to 5 days
Leaf lettuce (romaine, butterhead)	Bright color, crisp leaves; avoid decaying or browning leaves	Store whole heads in plastic bag for 3 to 5 days
Leeks	Fresh, green tops with a branched neck and no more than an inch or two in diameter; avoid wilted or damaged tips.	Store in the refrigerator and use within 1 week
Okra	Young and tender pods; avoid dull or shredded pods	Refrigerate in plastic bag for 3 to 5 days
Onions (red, white, yellow)	Blemish-free, dry, shiny, firm, tightly closed neck	Store in loosely woven bag, in a cool, dark, dry area
Peas	Bright green pods filled with pearl-shaped peas	Store in plastic bag in refrigerator for 3 to 4 days
Peppers	Firm, bright color, heavy for their size; no brown or soft spots	Store 3 to 4 days in refrigerator
Potatoes	Firm and smooth, few eyes, blemish-free; no sprouts, soft spots, or green coloring	Store in cool, dry place for 2 weeks; cut out any green areas and trim any sprouts before using
Pumpkin	Rock-solid, firm, full stem, matte skin	Store in cool, dry place; thick-skinned keeps longer than thin-skinned
Radishes	Firm, crisp roots with fresh and bright green leaf tops; avoid large roots and limp, slimy green leaf tops	Refrigerate in plastic bag for up to 2 weeks with tops cut off; green leaf tops can be added into salads
Rutabaga	Smooth and firm roots with a round shape; avoid puncture, deep cuts, cracks, or other signs of decay	Store in a cool, dry place for up to 3 months
Snap Beans	Tender, crisp, well-shaped, smooth, velvety skin	Store in plastic bag for 4 or 5 days
Spinach	Deep green-colored, crisp leaves	Refrigerate in plastic bag for 2 to 3 days
Summer squash (patty pan, zucchini)	Small to medium size, shiny skin, solid flesh	Refrigerate in plastic bag for 2 to 3 days
Sweet corn	Bright green, snug-fitting husk; evenly spaced, plump kernels visible when husk peeled back	Refrigerate in tightly wrapped plastic bag for 1 to 2 days
Tomatoes	Firm, fully colored, plump, green stems; no brown spots	Place stem-side down at room temperature; refrigerating causes flavor loss
Winter squash (acorn, butternut)	Rock-solid, firm, full stem, matte skin, heavy for size; no soft spots or bruises	Store in cool, dry place; thick-skinned will keep longer than thin-skinned

being active

Lesson 4: Flexibility

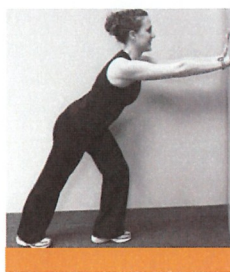
Flexibility helps to prevent injuries and improve simple motions of everyday life. Being flexible allows for better movement and reduced pain in joints, making it **easier to perform daily activities**. It is important to warm your muscles before stretching. Also, remember to stretch after the cool-down portion of each workout.

- Do not bounce into a stretch or during a stretch. Movements should be slow and steady.
- Mild discomfort when stretching is normal. But you should never feel pain. If you do, it means you are stretching too far and you need to reduce the stretch so it doesn't hurt.
- Always breathe throughout the stretch; never hold your breath.
- Avoid locking your joints in place during stretches. (Example: Try to avoid locking elbows and knees.)
- Hold each stretch for 15-30 seconds. Repeat each stretch 2-4 times, trying to extend farther each time.



◀ Upper Back and Side Stretch

Lace your fingers and push your hands away from your chest, rolling your shoulders forward. Then, press your hands straight up in the air and to the left and right sides.

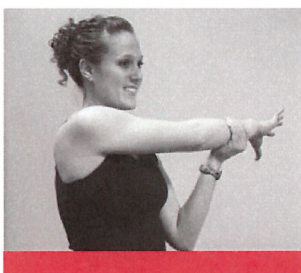


◀ Calf Stretch

Put both hands on the wall and press one leg back straight, keeping your front knee bent. You should feel a stretch in your calf muscle.

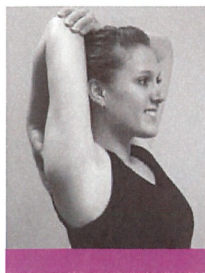
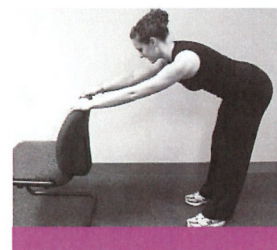
Shoulder Stretch ▶

Bring your arm across your body and stretch out the back part of your shoulder while keeping the thumb pointed down. Make sure you are not pressing directly on the elbow with the opposite hand. Repeat with the other arm.



Hamstring Stretch ▶

Hold on to the back of a chair or countertop and bend forward at the hips, keeping your back and shoulders straight and your knees together. You should feel a stretch in the back of your thighs.



◀ Triceps Stretch

Lift your arm straight up in the air and bend at the elbow. Gently press the elbow back with the opposite hand. Lift your head and look straight ahead. You should feel a stretch in the back part of the upper arm. Repeat with the other arm.



◀ Quadriceps Stretch

Hold on to the back of a chair or countertop and slowly pull your right ankle toward your buttocks, keeping your back and shoulders straight, knees together. You should feel a stretch in the front of your thigh.



Extension - Nutrition
Education Program

Find more great tips, recipes and videos at eatgathergo.org

Ask about
free lessons!



Purdue University is an EOE/AA employer. All individuals, including minorities, women, individuals with disabilities and veterans, are encouraged to apply. This material was funded by the USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county Extension office.

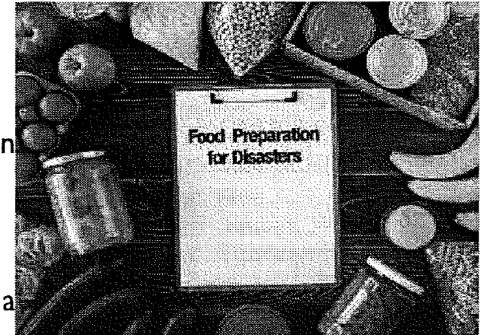
Food Safety: How to Keep Food Safe After a Natural Disaster

Written by Elaine Wang, Purdue University Nutrition and Dietetics, Fitness and Health '27

California is facing one of its worst wildfires in history, with flames threatening thousands of homes and food supplies. Natural disasters like fires, floods, and storms can be dangerous to food supplies in California or wherever they happen, even in Indiana. For example, water and food can become contaminated and at risk for foodborne illness in the event of a natural disaster.

It's important to know how to keep your food safe to protect your family if you ever face a natural disaster. Here are some tips to keep food safe:

- Keep your fridge at 40°F or lower and your freezer at 0°F
- Use coolers and dry ice to keep food cold if the power goes out
- Keep fridge and freezer doors closed
- Throw away food that touches floodwater or wildfire smoke if it isn't in waterproof packaging.
- Clean and sanitize metal cans, counters, and utensils.
- Use bottled water for drinking, or boil tap water if needed.
- Food that is not kept at cool temperatures should not be eaten after a certain amount of time

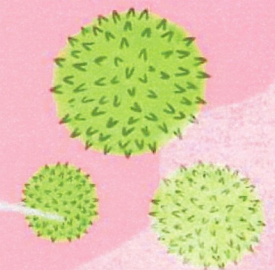


Source: <https://www.eatright.org/food/home-food-safety/safe-food-storage/food-safety-after-a-natural-disaster> <https://www.cdc.gov/food-safety/foods/keep-food-safe-after-emergency.html#:~:text=Keep%20refrigerator%20and%20freezer%20doors,perishable%20foods%20in%20the%20cooler>

Preventing and Treating Seasonal Allergies

Avoid triggers

Keep doors and windows shut in spring and summer

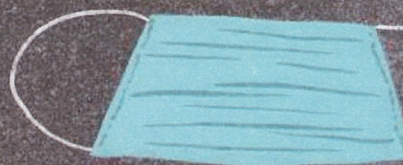


Use an air purifier

Shower before bed



Take extra precautions during high pollen counts



OTC meds



Stay Hydrated!

Fruit-infused water is a healthy alternative to juices or soda. It's all natural, with more vitamins and minerals, and no added sugar. Try the recipes below or come up with your own combinations. (Each recipe makes one gallon.) Best if chilled overnight in the refrigerator.

Blackberry Mint

- 40 blackberries
- 40 mint leaves

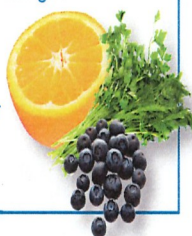
Tear mint leaves in half and smash blackberries to release flavors before adding to water.



Blueberry Orange Basil

- 30 to 45 blueberries
- 3 oranges
- 9 basil leaves

Squeeze the blueberries, quarter the oranges, and tear the basil leaves in half before adding to the water.



Citrus

- Slice your choice of oranges, lemons, and grapefruit.
- Use one of each fruit for every gallon of water.
- Chill overnight in the refrigerator.



Pineapple Orange

- ¼ pineapple
- ½ orange

Slice the pineapple. Leave the peel on the orange slices. You may be able to add water 2 to 3 more times before the flavor is gone.



Raspberry Lime

- 40 raspberries
- 4 small limes

Smash raspberries and remove rind from limes before adding to water. Let sit overnight for maximum flavor.



Strawberry Kiwi

- 5 strawberries
- 2 kiwi

Slice the strawberries and kiwi before adding them to the water to release the flavors.



Apple

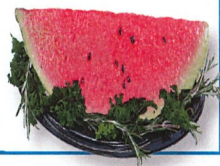
- Slice 2 apples for every gallon of water.
- Add 2 sticks of cinnamon for every gallon of water.
- Chill overnight in the refrigerator.



Watermelon Rosemary

- ¼ seedless watermelon
- 2 sprigs rosemary

Scoop watermelon directly into container. Add rosemary and fill the rest of the way with water. Let sit overnight.



Remember these food safety tips:

- Wash hands, containers, fruit, and preparation surfaces.
- Do not mix batches. Use it up, clean the container, and make a new batch.

Programs and activities offered by the West Virginia University Extension Service are available to all persons without regard to race, color, sex, disability, religion, age, veteran status, political beliefs, sexual orientation, national origin, and marital or family status. The WVU Board of Governors is the governing body of WVU. The Higher Education Policy Commission in West Virginia is responsible for developing, establishing, and overseeing the implementation of a public policy agenda for the state's four-year colleges and universities.



HAMILTON COUNTY 4-H COUNCIL, INC
2003 Pleasant Street
Noblesville, Indiana 46060-3697
Phone: 317-776-0854

March 4, 2025

4-H FAIR AWARDS SPONSORSHIP

Dear Friend of 4-H,

The Hamilton County 4-H Fair is just around the corner, and we invite you to be part of a time-honored tradition—celebrating the hard work, dedication, and achievements of our 4-H youth! Each year, awards are presented to outstanding 4-H members who earn Grand Champion, Reserve Grand Champion, and Champion honors in their respective project areas. Your sponsorship helps us recognize their efforts and inspires them to continue growing in leadership, responsibility, and skill. Plus, sponsorship is an affordable way to show your support for 4-H while gaining recognition for your business or family.

Award sponsorships are available at the following levels:

- **Grand Champion Banner/Plaque** – \$20
- **Reserve Grand Champion Banner/Plaque** – \$15
- **Livestock Champion Banner** – \$10
 - New in 2025, Non-Livestock Champions will receive rosette ribbons.

As a sponsor, your name will be listed in the 2026 Hamilton County 4-H Fairbook, acknowledging your commitment to youth development. To participate, simply complete and return the form below by **May 16, 2025**, to the **Purdue Extension Hamilton County Office**. If you have any questions, please contact **Kris Grinstead** at krisgrin@purdue.edu or **317-776-0854**. Thank you for your continued support in shaping the future of Hamilton County's youth through 4-H!

For Youth,

Kathleen Bohde
4-H Youth Development Extension Educator

I would like to sponsor the following awards. I have listed the project areas requested in order of preference. I know that in some cases I may not get my first choice.

QUANTITY

Livestock Division Champion Banner (\$10)	_____ x	\$10.00	=	\$ _____
Reserve Grand Champion Banner/Plaque (\$15)	_____ x	\$15.00	=	\$ _____
Grand Champion Banner/Plaque (\$20)	_____ x	\$20.00	=	\$ _____
		TOTAL		\$ _____

Project Area(s) Requested: _____

☐ Please check if you wish to receive a receipt for tax purposes.

☐ Please check if you're a new donor.

Sponsor's Name: _____

Sponsor's Mailing Address: _____

Sponsor's phone number: _____

Sponsor's Email address: _____

Make checks payable to the **Hamilton County 4-H Council, Inc.**

Please return this form with your check by **May 16, 2025** to:

Purdue Extension Hamilton County, 2003 Pleasant Street, Noblesville, IN 46060-3697

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