



Health & Human Sciences Connections

Greetings all,

I hope this newsletter finds you well and enjoying the summer. I just recently ate my first fresh tomato of the season. Yum! The garden-fresh produce at our local farmers' markets is in abundance and changing from week to week. There are a few recipes inside this newsletter to give you ideas on how to prepare the fruits/vegetables you find at the markets. Be sure to head on down for the best of the seasonal produce, not to mention the other edible goodies and craft items.

Did you make it to the County Fair this year? The improvements to the landmark Homecoming Hall are fantastic! I'm looking forward to next year when the entire remodel is complete. Thank you to all who submitted projects. There was a great variety and it made a nice display. I'm already thinking of projects for next year. It's never too soon to start!

Summer is the season for outdoor activities. Have fun, but also be safe. Wear sunscreen and sunglasses and drink plenty of water to stay hydrated. Give your pets water and shade. Please check on your elderly neighbors and family to ensure they are also safely enjoying the sun and fun.



Be well and enjoy the summer,

Annette Lawler



<https://www.facebook.com/HarrisonCoExtension/>



<https://extension.purdue.edu/Harrison>



<https://www.youtube.com/channel/UC41otnw75UqhuBVpSMiWY7w>



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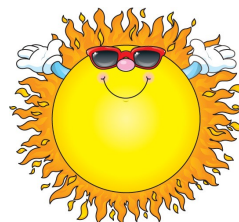
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Dates to Remember

JULY

July 5-Extension Office Closed-4th of July observed
July 16-18-4-H Horse & Pony Open Show Event

AUGUST

August 6-22-Indiana State Fair
August 21-ServSafe Food Safety Management Class
August 25-Fall Bedford District meeting-Harrison Co
August 26-ServSafe food safety management class

SEPTEMBER

Sept 6-Extension Office Closed-Labor Day
Sept 10-Extension Homemakers-Book Readings at the
Corydon Farmers Market
Sept 14-Extension Homemakers-International Day
Sept 17-Annual Carnival for Cancer
Sept 24-Cookies to Extension office for Repair Affair
Sept 27-Ext. Homemakers Presidents Council Meeting

OCTOBER

Oct 4-Extension Office closed-Columbus Day

An investment in
KNOWLEDGE
always pays the
best interest.
Benjamin Franklin

SAFELY PRESERVING FOOD

With so many fresh vegetables coming from our gardens this summer, it's time to think of how to preserve their freshness and flavor for the fall and winter months.

It is important to use the most recent tested recipes for food preservation. Two of the best sources for these are the books "So Easy to Preserve" by the Cooperative Extension-University of Georgia and "The USDA Complete Guide to Home Canning" by the U.S. Department of Agriculture. A third book is the "Ball Blue Book Guide to Preserving" by Ball Newell Brands. Be sure to use the most recent editions of these books as recommended safe procedures change.

If using a pressure cooker, Have you had it checked recently? Bring it by the Extension office for Annette to check the accuracy of the pressure gauge and other possible issues.

Have any questions on food preservation?
Email Annette at aclawler@purdue.edu.
Leave a number in the email if you'd like to have her call you.

New to canning? Interested in a class using a water bath or pressure canner? We only need a minimum of 5 participants to hold a class showing you how to use the equipment and provide food safety instruction to ensure your produce is properly canned. Email Annette at aclawler@purdue.edu for class info.



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Why is Hydration Important?

Excerpt from article by Alexis Noirot, Jr in Developmental and Family Sciences, Purdue University '22



The warmer the weather gets, the more water we lose and the more risk there is of losing too much water or “dehydration”. Our bodies lose water through sweating, breathing, and urinating. Make sure to have enough water in your body by following some simple practices.

Know the signs and symptoms. If you are thirsty, you are already dehydrated!

Other signs include dry or sticky mouth, headache, muscle cramps, dark urine.

Drink the recommended amount of water daily. Women should drink about 11 cups of water daily and men should drink around 16.

Spice it up. Try out different kinds of iced teas or add fruit or vegetables to spice up your water. Water does not have to be plain.

Avoid caffeine and sugar-sweetened drinks. The caffeine in soda can make your body lose fluids and the sugar adds calories without adding nutrients. Drinking milk, water, and other beverages with little or no sugar, and without caffeine, will keep you hydrated and healthy.

Making sure to stay hydrated is important to keep your body temperature stable, fight off illness, deliver nutrients to all body cells, and to keep joints and the entire body working as it should. Drinking enough water is also good for mental health.

Other benefits of hydration include:

- Good skin complexion
- Help with weight loss
- Get rid of bacteria
- Keep a healthy blood pressure
- Encourage good digestion

Fruit Slush Recipe - a refreshing and hydrating drink

Ingredients

- 2 2/3 cups cantaloupe or watermelon
- 1 2/3 cups kiwi (all fruits chopped, seeded, and peeled)
- 2 tablespoons sugar (optional)
- 2 tablespoons lime juice
- 2 cups water
- Ice



Directions 1. Mix fruit, sugar, and lime juice in a blender until smooth 2. Combine fruit mix and water in a pitcher 3. Pour through strainer to get rid of pulp (optional) 4. Cover and refrigerate

Stir fruit slush well, and pour into glass with ice and enjoy!! Consume this refreshing drink within a week of making it.

Nutrition Facts (per serving) Calories: 37 Protein: 1g Carbs: 9g 5. Fat: 0g *foods included in the TEFAP (The Emergency Food Assistance Program)

Source : <https://www.myplate.gov/recipes/supplemental-nutritionassistance-program-snap/fruit-slush>

KEEP COOL IN THE KITCHEN!



SUMMER CORN SALAD PREP/COOK TIME ABOUT 30 MIN, SERVES 8

INGREDIENTS FOR SALAD BASE:

- 6-8 Ears of corn
- 2 Tbsp olive oil
- 1/2 red onion, diced
- 1/2 red bell pepper, diced
- 1 avocado, seeded, peeled, chopped

FOR DRESSING: 4 TBSP olive oil, 6 Tbsp apple cider vinegar, 1 tsp sugar, 1 tsp Dijon mustard, juice of one lime, salt and pepper to taste

DIRECTIONS:

1. Whisk dressing ingredients together and set aside
2. Add 1-2 inches of water to a large skillet. Bring to a boil. Add shucked corn ears. Cook for 3-4 minutes, rotating to cook on all sides. Drain water.
3. Brush ears lightly with olive oil. Bring heat up to medium high and lightly sear corn rotating as they cook. This step can also be done on an outside grill for a smoky flavor.
4. Allow ears to cool enough to handle. Cut corn from cob and place in large bowl. Add remaining ingredients and drizzle with desired amount of dressing. Toss to combine. Refrigerate until ready to serve.

OPTIONS:

You can change or add more vegetables to this salad and adapt it to your liking. Some suggestions are black beans, cherry tomatoes, chopped cucumber, fresh basil, feta cheese, or grilled zucchini.

QUICK GREEN BEANS PREP/COOK TIME ABOUT 15 MIN, SERVES 4

INGREDIENTS:

- 1 pound fresh snap beans, trimmed
- 1/3 red onion sliced
- 1 glove garlic, peeled and crushed
- 1/4 c fat-free vinaigrette dressing
- 2 Tbsp slivered almonds



DIRECTIONS:

- Bring a large pot of water to a boil.
Wash and snap beans into 2 inch long pieces.
Add beans to boiling water and boil until bright green (4-5 minutes).
Remove beans to serving bowl.
Add onion, crushed garlic, and dressing to bowl and mix.
Top with slivered onions. Serve.

OPTION:

Add halved cherry tomatoes or sliced mushrooms.

Source: <https://extension.purdue.edu/foodlink/recipe.php?recipe=Quick%20Green%20Beans>

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Harrison County Homemaker News

The Fair by the Numbers

2021 marked the 162nd consecutive Annual Harrison County Agricultural Fair. Ours is the oldest continuously run fair in Indiana. It even pre-dates the Civil War! Pike's Peak Gold Rush began and James Buchanan was President of the United State.

In the open class exhibits, there were 103 exhibitors. These men, women, and children used their baking, canning, growing, craft, artistic and needlecraft skills to enter 667 items.

Due to the early date of the Fair, there was only one entry for the Biggest Vegetable or Fruit entries this year. Jenny Tuell won with a 2.5 lb. head of cauliflower.

The Apple Pie Contest and Auction was a sweet success with 22 pies entered. \$1325 was raised during the auction.

The first place winner was Marcia Dodge. Her best baked beauty was purchased for \$200 by the Harrison County Republican Party. Adrienne & Company sponsored the 1st place prize of \$25.

2nd place went to Elaine Fischer. Her appetizing apple pie was purchased by Ralph Sherman for \$200. Kellum Imprints sponsored the 2nd place prize of \$20.

3rd place went to Jan Woertz with her homemade pie. Her sweet creation was purchased by the Harrison County Agricultural Society for \$200. The Depauw Extension Homemakers Club sponsored the 3rd place prize of \$15.

Congratulations and thanks to all who worked hard to complete projects and pies!

FALL BEDFORD DISTRICT MEETING **Wednesday, August 25**

Registration at 9:00 am

Program starts at 9:30 am

**Location: Purdue Extension office bldg.
247 Atwood St
Corydon, IN 47112**

**The theme this year is
"Aprons of the Past,
Present, and Future"**

**Featuring an Apron Parade!
Hosted by Harrison County
Extension Homemakers**



Light breakfast, boxed lunch,
and refreshments provided.

Cost of registration is \$8.50.

Please send your name and registration
fee to Elaine Fischer by **August 2.**

See form below.

Please bring a mask to the program.

**BEDFORD FALL DISTRICT MEETING
Wednesday, August 25**

I will be attending the meeting:

NAME: _____

Enclosed is my \$8.50. Check #: _____

Mail with \$8.50 to: Elaine Fischer
2140 Spring Branch Rd NE
New Salisbury, IN 47161
812-738-4236

Must be received by Monday, August 2. Please mail early.

Harrison County Homemaker News



Book Readings at the Farmers Market

Friday, September 10

Readings at 5:00 pm & 5:30 pm

Listen in on some great stories read by members of the Harrison County Extension Homemakers. Readings will start at 5:00 pm and again at 5:30 pm. Enjoy this quiet pastime with your children or grandchildren.

NOTE: Volunteer readers are needed. Please call Harriett Reed if

INTERNATIONAL DAY September 14, 2021

Registration begins at 9:30 am.
Program begins at 10:00 am

Blue River will be hosting this year at the Purdue Extension office building.

This year's theme is
“Sing-a-long Celebration”



If you have a song you'd like to sing/share, please let Karen Schwartz know. Call her at 812-736-2373.

Please do not bring any food. No refreshments provided.

Program will be over by Noon.

HARRISON COUNTY REPAIR AFFAIR

September 25, 2021

Please bring your homemade cookies to the County Extension Office by **NOON** on **Friday, September 24**. Cookies are donated to the Repair Affair work crews.

****We would like each club to make at least 4 dozen cookies****

Volunteers are needed to package the cookies into bags of one dozen.

Elaine Fischer will give more information during the International Day program.



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Harrison County Homemaker News

Carnival for Cancer

September 17, 2021 at 5:00 pm
Fountain United Methodist Church

Please join the Blue River All Stars 4-H Club and the Blue River Extension Homemaker Club for an evening of food, fun, and fellowship to support a great cause.

All proceeds benefit the Betty Goldman Memorial Endowment and are matched through a grant from the HCC Foundation.



Chili supper, Silent and Live Auction, Carnival Games, Cake Walk, Sweet Shop, and much more.

Call Janny Sauerheber at 812-738-2985 for details

EXTENSION HOMEMAKERS **DATES TO REMEMBER**

Indiana State Fair-August 6-22, 2021

Fall District meeting-August 25, 2021

Book reading at Farmers Market-Sept 10

International Day-September 14, 2021
(Blue River Club in charge of Int'l Day)

Carnival for Cancer-September 17

Homemakers Presidents meeting-Sept 27, 2021

Cookies for Repair Affair due-September 24

Holiday Workshop-November 9, 2021
(Mauckport & Laconia)

Extension Homemakers
Presidents Council
The Presidents Council will meet on
Monday, Sept 27, 2021
at 12:30 pm in the
Washburn Room at the Extension Office

NEW MEMBERS

Do you have a new member in your club?

Please be sure you get their information to the Extension office so they will get their program book and receive their Health & Human Sciences Newsletters.

Would you like to join Harrison County Extension Homemakers? Call the Extension office at 812-738-4236 for the name of a club near you.

A Word from the President

I'd like to thank all those who helped during the Fair with preparing the Homecoming Hall, check-in, arranging entries, assisting judges, watching over the projects, and finally with check-out. Each of you are invaluable not only to the Fair, but also to myself.

Thank you also to those who entered projects. The flowers were fragrant, arts and crafts were beautifully made, and baked goods and preserved foods looked delectable.

I'm looking forward to the further renovations to our Homecoming Hall, especially the lighting!

Please read through this newsletter for all of our upcoming Extension Homemaker events and other interesting information.

I wish you all a safe and happy summer,
Carolyn Beanblossom



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HHS Newsletter



Health and Human Sciences Newsletter

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INDIANA STATE FAIR
July 30-August 22

Celebrating the
“Hoosier Spirit”

This year's State Fair is celebrating all things Indiana and the resiliency of the “Hoosier Spirit”.

Changes to the Fair include an extra weekend on the front end of the Fair schedule, as well as the Fair being closed on Mondays & Tuesdays

Go to <https://www.indianastatefair.com/p/state-fair> for more information about The Great 2021 Indiana State Fair!