

the *Extension Line*

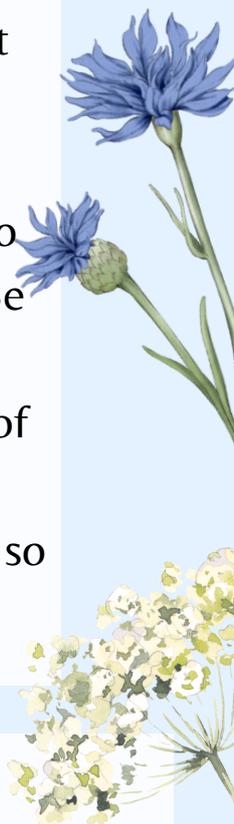
March/April 2024 Edition

Inside This Issue

Welcome _____page 1
EH Nook _____page 2
Mark Your Calendars ___page 3
Upcoming Program ____page 4
Educational Post _____page 5
Generational Post _____page 6
Recipe Corner _____page 7



Happy Spring everyone,
The weather has definitely been reminding us that spring is just around the corner! Soon it will be Easter family gatherings, egg hunts for the children. Gardens and flowers will be planted. Everyone is out and about with a “spring” to their step in the excitement of the next season! I have been very busy working on more programming. Dining With Diabetes will be coming to us in the future. I am presenting the Be Heart Smart Program for Cambridge Square Apartments during the month of March. Additionally, I will be holding more programs in the coming months, so keep an eye out.



Chrissie Lai

Health and Human Sciences
Extension Educator -
LaPorte County

lai241@purdue.edu
219-324-9407

2857 W. State Road 2, Suite A,
LaPorte Indiana 46350



facebook.com/PurdueExtension
LaPorteCounty



*Embracing
Change to meet
Tomorrow's
challenges*



Extension - LaPorte County

extension.purdue.edu/laporte



The Extension Homemakers Nook

Happy Spring! As we welcome this early spring (as predicted by that wonderful ground hog!) and begin preparing for our celebration of the Easter season. I hope you are all well and living life to the fullest! Our creed encourages us to live in the present and take advantage of all the wonderful opportunities as well as to look forward to the promises of the future. I was glad to see so many of you taking advantage of and enjoying our little get togethers the last few months. Our Souper Soup Tasting was well attended and quite tasty! Then the Funtastic Frolic was a great success, everyone seemed to enjoy playing games! Attending these functions and bringing guests is a great way to build a strong membership and worthy programming! So, I would like to encourage you all to make plans to participate in the upcoming activities such as the District Meeting on March 6th, the council meeting and election of officers on March 14th. Other activities include the "Full Tilt" excursion on March 21st., Lend a Hand on March 19th as well as a "Springfling" planned for April, (details will be unveiled at the council meeting), as well as the April Retreat on April 18th. So, let's all do our part to make our organization live up to the "pledge" we made as we recite our creed in our endeavor to make our world a better place! Looking forward to seeing you and your guest at our next county fun days!



Again, Happy Spring!
-Peggy Grzesiowski

March Birthdays

- Sherry Riehle 3/5
- Beverly Barnes 3/7
- Marla Bolaskowski 3/8
- Allie Tello 3/8
- Shirley Truhn 3/10
- Janice Schumaker 3/11
- Jan Daniels 3/17
- Betty Olsen 3/19
- Marlene Kievert 3/23
- Linda Pardue 3/24
- Angie Lenig 3/28

April Birthdays

- Victoria Kelsey 4/4
- Carla Sightes 4/9
- Delores (Dee) Dickman 4/12
- Peggy Grzesiowski 4/12
- Virginia Seitz 4/24

Have something to share
with the rest of the
Extension Homemakers?
Send us your news by
April 12th!



Mark Your Calendars

**Spring District Meeting:
Wednesday, March 6, 2024**

**Council Meeting:
Thursday, March 14, 2024 at 1:00PM at
Extension Office**

**First Timer Award:
Due March 9, 2024**

**Fun March Day at
"Full Tilt Arcade"
March 21, 2024
from 1:00PM to
3:00PM**

**Lend-A-Hand Day:
Tuesday, March 19,
2024 at 9:00AM to
8:00PM**

**Educational
Retreat: Thursday,
April 18, 2024 at
2:45PM to 5:30PM**

**LP County
Extension
Homemakers
Association Student
Scholarship forms
are due Wednesday,
May 1, 2024**

**IEHA Enthusiasm
Award
Application Due
Monday, April 15,
2024**

**Don't forget!
We spring
forward on
March 10th!**



Upcoming Programs & Events

LPCPL Creative Cooking - Slow Cooking with an Instant Pot

March 13 5:30 - 6:30PM

@ Union Mills Branch

- Register online at LPCPL Union Mills Branch website
- 100% free!
- Seats are first come first serve

LPCPL Desserts in an Instant Pot

April 17th 5:30 - 6:30PM

- Register online at LPCPL Hanna Branch website
- 100% free!
- Seats are first come first serve

Educational Retreat

April 18th 2:45pm - 5:30pm

- Vitamin Wisdom for Vital Aging
- Keeping Track of your Health Information
- Pot luck

2024 Cultural Arts Contest

May 23, 2024

All items must be at the Extension Office by 1:30PM
Judging begins promptly at 2:00PM

Educational Post

From Your Extension Educator Chrissie

As we transition into the spring season, let's prioritize our health by focusing on mindful eating. Embrace fresh, seasonal produce to nourish your body with essential vitamins and minerals. Incorporate a variety of colorful fruits and vegetables into your meals, aiming for a rainbow on your plate. This simple yet effective approach ensures a diverse range of nutrients, supporting your immune system, energy levels, and overall well-being. With each bite, feel the energy and vitality of the season infuse your being, empowering you to live your best life. May your journey towards vibrant health be as beautiful and bountiful as the spring itself.

Here is a list of spring vegetables:

- Artichokes
- Asparagus
- Carrots
- Chives
- Fava Beans
- Green Onions
- Leeks
- Lettuce
- Parsnips
- Peas
- Radishes
- Rhubarb
- Swiss Chard

Tips for Using and Shopping for Seasonal Produce:

1. Shop Local and Support Your Farmers
2. Understand the Harvest Calendar
3. Read the Labels
4. Experiment with Different Flavors
5. Store Seasonal Produce Properly
6. Cook and Prepare Seasonally
7. Enjoy Seasonal Produce in its Natural State
8. Consider Freezing Options

Check out the American Heart Association for Seasons of Eating infographic. And learn more at <https://www.heart.org/en/healthy-living/healthy-eating/add-color/seasons-of-eating-infographic>

Generational Post

10 LA PORTE HERALD-ARGUS, Tuesday, October 6, 1970



HOLIDAY BEAUTY — The traditional Christmas wreath as a favorite holiday decoration was the theme for the 1970 Christmas Workshop Monday afternoon and evening at the Civic auditorium, sponsored by the LaPorte County Homemakers Extension program. Exhibiting the finished products

made from imaginative, easily-obtained materials, are instructors, left to right, Mrs. James White, Maple Honeys club; Mrs. Myron Ramier, Charm 'n Chatter club; Mrs. Richard Jonushaitis, guest demonstrator from LaPorte, and Mrs. Ben Houseknecht, West Galena club. (Herald-Argus photo)

Christmas Wreath Know-How Shared At Workshop

LA PORTE — Christmas came early to the Civic auditorium and on Monday large numbers of women were getting a jump on the season as they shared ideas and talents in the annual Christmas workshop sponsored by the LaPorte County Homemakers Extension program.

Both afternoon and evening sessions were well attended and

the various demonstrations being given were a tribute to the skill and ingenuity of the homemakers.

Christmas wreaths was this year's theme. Demonstrating wreath-making were Mrs. James White, of the Maple Honeys, using feathers; Mrs. Myron Ramier, Charm 'n Chatter club, featuring plastic doilies; Mrs. Ronald Wood, Kit-

chen Kin club, using burlap; Mrs. Ben Houseknecht, West Galena club using mesh scrubbers and Mrs. Richard Jonushaitis, LaPorte, a guest demonstrator, with IBM cards.

Also featured at the workshop was a display of Christmas articles exhibited by individual clubs. On the workshop committee were Mrs. Walter Krull,

West Galena; Mrs. Lee Howell, Maple Honeys club; Mrs. Ramier, Charm 'n Chatter club and Mrs. Wood, Kitchen Kin club.

Those attending the workshop observed the instructors and will be prepared to return to their individual clubs and instruct them in the making of wreaths for the holiday season.

Bonnie's mother, Myrtle Felten was a member of Pleasant Twp. Home Extension club from 1950 to 1980. She remembers coming home from school to a home full of ladies from our county's neighborhood. She would learn how to make recipes such as Meatza Pie and try them out on our family. Another meeting might teach how to grow different flowers and then arrange them. Bonnie met Mrs. Clayton, Mrs. Erickson, Mrs. Tarnow, Mrs. LeRoy and many others. As she became a wife and mother, her mother talked her into joining the club so she could drive and carpool



her and five other ladies to the club meetings. Since Bonnie was only 35 years old and the other members were in their 80's and 90's, it made sense to be the chosen driver! She had learned a lot. They invited a man from a bakery to show how to decorate a very beautiful cake. They also took a bus trip to Chicago for the Home & Garden Show. Bonnie became the secretary and lesson giver. Years later Sue Howell asked her to join her club the Maple Honeys. Bonnie learned how to make chocolate crème candies and feather wreaths. She put on a demonstration at the county Christmas party with two other women and even went on TV for a Homemakers program out of South Bend. Jane Clayton asked Bonnie to join the Kitchen Kin club after she retired. Through the years,

Bonnie had helped with the fair booths, put on lessons and became an officer. Her daughter, Ruth Lile, and her daughter, Angela Lile, came to present a lesson on Heart Health. They now have their own club F.A.C.S.Y Folks where they meet at 5:00 and have a meal and include their families. Ruth's daughters: Tabitha, Angela, Melissa, and Theresa help to prepare the meal. Ruth has made baskets from her grandmother's house dresses.

Month by month they have learned from our elders and coped with family life. All the while cultivating confidence and building meaningful friendships!

The Recipe Corner

Blueberries and Cream Coffee Cake

TOTAL TIME: Prep: 20 min. Bake: 55 min. + cooling YIELD: 12 servings.

Ingredients

- 1 cup butter, softened
- 2 cups sugar
- 2 large eggs, room temperature
- 1 teaspoon vanilla extract
- 1-3/4 cups all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup sour cream
- 1 cup fresh or frozen unsweetened blueberries
- 1/2 cup packed brown sugar
- 1/2 cup chopped pecans, optional
- 1 teaspoon ground cinnamon
- 1 tablespoon confectioners' sugar



Directions

1. In a large bowl, cream butter and sugar until light and fluffy, 5-7 minutes. Add eggs, 1 at a time, beating well after each addition. Beat in vanilla. Combine the flour, baking powder and salt; add to the creamed mixture alternately with sour cream, beating well after each addition. Fold in blueberries.
2. Spoon half of batter into a greased and floured 10-in. fluted tube pan. In a small bowl, combine the brown sugar, pecans if desired, and cinnamon. Sprinkle half over the batter. Top with remaining batter; sprinkle with remaining brown sugar mixture. Cut through batter with a knife to swirl the brown sugar mixture.
3. Bake at 350° until a toothpick inserted near the center comes out clean, 55-60 minutes. Cool for 10 minutes before removing from pan to a wire rack to cool completely. Just before serving, dust with confectioners' sugar.

Recipe can be found at <https://www.tasteofhome.com/recipes/blueberries-and-cream-coffee-cake/>

The Recipe Corner

Asparagus Ham Dinner

Prep/Total Time: 25 min. Makes 6 servings



Ingredients:

- 2 cups uncooked corkscrew or spiral pasta
- 3/4 pound fresh asparagus, cut into 1-inch pieces
- 1 medium sweet yellow pepper, julienned
- 1 tablespoon olive oil
- 6 medium tomatoes, diced
- 6 ounces boneless fully cooked ham, cubed
- 1/4 cup minced fresh parsley
- 1/2 teaspoon salt
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/8 to 1/4 teaspoon cayenne pepper
- 1/4 cup shredded Parmesan cheese

Directions:

1. Cook pasta according to package directions.
2. In a large cast-iron or other heavy skillet, sauté asparagus and yellow pepper in oil until crisp-tender.
3. Add tomatoes and ham; heat through. Drain pasta; add to mixture. Stir in parsley and seasonings. Sprinkle with cheese.

Nutrition Facts:

1-1/3 cups: 204 calories, 5g fat (1g saturated fat), 17mg cholesterol, 561mg sodium, 29g carbohydrate (5g sugars, 3g fiber), 12g protein. Diabetic Exchanges: 1-1/2 starch, 1 lean meat, 1 vegetable, 1/2 fat.

Recipe can be found at <https://www.tasteofhome.com/recipes/asparagus-ham-dinner/>

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action institution. This material may be available in alternative formats.



Monday-Friday 8am-4pm | (219) 324-9407 | extension.purdue.edu/county/laporte

Office Hours & Contact

Lauren Allison, 4H Extension Educator
Mary Komenas, Community Development Educator
Kathy Ulman, Office Manager
Kelly Wozniak, 4-H Admin
Megan Sholey, Marketing & Communications

Kelsey Guadarrama
County Extension Director
4-H Extension Educator
ksajdera@purdue.edu

Sue Salisbury
ANR & HHS Secretary
salisbk@purdue.edu

Christie Lai
Extension Educator
Health & Human Sciences
lai241@purdue.edu

PURDUE EXTENSION - LAPORTE COUNTY OFFICE STAFF

