

# Noble County Extension Showcase Fall 2021

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You are cordially  
invited to attend the  
Purdue Extension Noble County  
Annual Public Review

**Date:** Wed., Nov. 3rd, 2021 **Time:** 6-8pm  
**Location:** Rome City- United Methodist Church  
297 Washington St. Rome City In, 46784

Bring your family & join us in learning about all the great things that happen in Extension. Enjoy speakers and demonstrations from Agriculture & Natural Resources, Home, Health & Human Sciences and Youth Development & 4-H

This kid friendly **OPEN HOUSE** will include free food, drinks & DOOR PRIZES from area donors.

Master Gardeners, Extension Homemakers & 4-H leaders will be on site to answer any question about their programs. RSVP encouraged but not required.  
Call 260-636-2111 or email ANDE1307@purdue.edu



Enjoy those beautiful summer flowers while you can, nature is about to change her color palate once again. Noble County flowers at Sunrise, Photo Credit: Andrew Lash.

### Area Festivals & Events:

Sat. 10/2: Kendallville Farmers Market CLC- last outdoor market of the year,

Sat. & Sun. 10/2 & 10/3: Apple Festival Kendallville

Tue. & Wed. 10/14 & 10/15: 4H Showcase at Wolf Lake Elementary School

Sat. 10/23: Extension Homemakers will be at the Five Medals Festival Ligonier

Sun. 10/31. 2-5pm: 4H Educator will be at the Burr Oak Church Trunk or Treat Event

Wed. 11/3: Extension Public Review, Rome City

Sat. 12/4 Kendallville CLC- Indoor Market

JOIN



**4-H**  
**GROWS HERE**

*"To make the best better"*

Interested in joining 4-H?

Indiana 4-H Week is October 3rd- 9th  
Enrollment for the 2022 year starts Oct. 1st.

Go to [v2.4holine.com](https://v2.4holine.com) to sign up.

Feel free to contact the Extension Office with any questions at 260-636-2111

PURDUE EXTENSION NOBLE CO- HHS  
CLASS AT THE CLC KENDALLVILLE

SAVE  
THE  
DATE

*Making  
Holiday Jams  
& Jellies*

Additional Info to come

FRIDAY OCT. 29TH

QUESTIONS EMAIL ABIGAIL  
CREIGH@PURDUE.EDU



# 4-H & Youth Development

## 2021 Indiana State Fair Top Livestock Winners from Noble County

### **Poultry:**

Justin Krider : Poultry GRAND CHAMPION 4-H COMMERCIAL WATERFOWL Grand Champion Commercial Waterfowl

Justin Krider : Poultry Champion Commercial 4-H Duck Champion Commercial 4-H Duck

Justin Krider : Poultry Reserve Best Commercial in Show Chicken-Waterfowl Reserve Best Commercial in Show Chicken-Waterfowl

### **Horse:**

Garrett Parks : Horse Flag, Horse, Intermediate Champion Flag

### **Beef:**

Reid Barker : Beef Chianina & Chi-Angus Senior Heifer Calves Reserve Champion Heifer, Indiana Bred Champion Heifer, Grand Champion 4-H Senior Beef Showman - Supreme Finalist

Remi Earnhart : Beef Intermediate Showmanship Champion Intermediate Showman

Kyla Sickafoose : Beef Dairy Beef Class 223 5th Overall 4-H Market Beef

Tenlee Phares : Beef Dairy Beef Junior Showmanship 5th Overall Jr Beef Showman

Tenlee Phares : Beef Dairy Feeder Steer Class 208 Medium Weight Division Champion

Sage Lawrence : Beef Hereford Spring Yearling Heifer Division 3 Champion, Champion Heifer

Sage Lawrence : Beef Hereford Senior Showmanship Champion Senior Showman

Robert Rogers : Beef Maine-Anjou & Maintainer Market Steers 25% subclass 2 Indiana Bred Reserve Champion Market Steer

Kylee Barker : Beef Maine-Anjou & Maintainer Junior Showmanship Reserve Champion Junior

Weston Ott : Beef Market Heifers Intermediate Showmanship Reserve Champion Intermediate Showman

Allie Basinger : Beef Mini Hereford Market Steer Champion Market Steer, Indiana Bred Champion Market Steer

Allie Basinger : Beef Mini Hereford Senior Showmanship Champion Senior Showman

Zoe Pfenning : Beef Red Poll Senior Heifer Calves Indiana Bred Reserve Champion Heifer

Andrea Weaver : Beef Red Poll Spring Yearling Heifer Reserve Champion Heifer

Andrea Weaver : Beef Red Poll Senior Showmanship Champion Senior Showman

Zoe Pfenning : Beef Red Poll Senior Showmanship Reserve Champion Senior

Warner Ott : Beef Shorthorn & Shorthorn Plus Spring Yearling Heifer Division 2 Champion, Champion Heifer, Supreme Champion Heifer

Delaney Ott : Beef Shorthorn & Shorthorn Plus Steers Reserve Champion Market Steer, Indiana Bred Champion Market Steer

Bayleigh Huelsenbeck : Beef Shorthorn & Shorthorn Plus Market Steers Class 18 subclass 3 Reserve Champion Market Steer

### **Dairy:**

Tenlee Phares : Dairy Holstein Junior Showmanship Champion Junior Showman

Mackinley Lortie : Dairy Holstein Junior Showmanship Reserve Champion Junior Showman

### **Swine:**

Gage Crick : Swine Chester White Barrow Senior Showmanship Reserve Champion Senior Barrow Showman

Brady Crick : Swine Poland China Barrow Senior Showmanship Champion Senior Barrow Showman

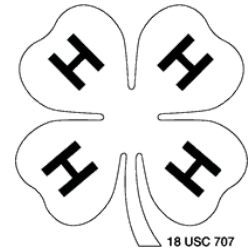
Jakob Eminger : Swine Yorkshire Barrow Senior Showmanship Champion Senior Barrow Showman

Jakob Eminger : Swine Yorkshire Gilt Senior Showmanship Champion Senior Gilt Showman

### **Sheep:**

Brynn Lortie : Sheep Southdown Market Lambs Class 27 Reserve Champion Market Lamb, Indiana Bred Champion Market Lamb

Brynn Lortie : Sheep Dorset Advantage Junior Ewe Showmanship Reserve Grand Champion Junior 4-H Breeding Sheep Showmanship



**Congratulations to everyone who competed!**

**Thank you for representing Noble County!**

**For Complete list of Winner go to Purdue Extension - Indiana 4-H Home**



# 4-H & Youth Development

## 2021 Indiana State Fair Top Static Project Winners

### TOP 10 HONOR GROUP:

Fashion Revue: Grade 8-12, Formal Wear- Brumbaugh, Audrey- Orange

### CHAMPION:

Poultry Illustrated Talk : Grade 9-10, Senior- Hochstetler, Natalee NPIP Blood Testing -Blue

### State Fair Orange Ribbon Winners:

#### State Garden

Single Vegetable: Beans, snap, green, or wax- Kimmel, Riley

Single Vegetable : Peppers, Bell type- Kimmel, Riley

Single Vegetable : Peppers, Banana, long, wax, or Hungarian type- Kimmel, Riley

**Arts and Crafts:** Needle Craft - Peters, Kathleen

**Cake Decorating:** Grade 3-5, Beginner Square cake - Rucker, Eleanor

**Child Development:** Grade 10-12, Level D - Peters, Kathleen child development poster

**Consumer Clothing:** Grade 3-5, Beginner - Carmien, McKynzie consumer clothing outfit

**Foods, Preserved:** Grade 5, Frozen Pizza - Hopf, Lily frozen pizza

**Forestry:** Grade 9-12, Level 3 - DeLong, Alayna poster

**Home Environment:** Grade 9-12, Level 3, Furniture - Lemon, Mitchel Bench

#### Llama-Alpaca Crafts or Poster :

Grade 3-5, Level 1, Poster - Mains, Katherine Emergency Cria Warming

Grade 6-8, Level 2, Poster - Mains, David Dangers to Alpacas

Grade 6-8, Level 2, Craft - Moser, Lilly raw fleece, washing, carding, and spinning it.

Grade 9-12, Level 3, Poster - Mains, Elisabeth Natural parasite control

Grade 9-12, Level 3, Craft- Holbrook, Hailey

#### Photography:

Grade 3-5, Level 1, Color Prints - Mault, Cora Experiences in Color: 10 color prints -variety

Grade 3-5, Level 1, Cell Phone Print - Mault, Cora Photo of a Isa brown chicken in a field.

Grade 6-8, Level 2, Cell Phone Print - Kempf, Kaylee

Grade 9-12, Level 3, Color Salon Print - Palmer, Alice Storm

Grade 3-5, Level 1, Poster - Coats, Jacob "Title: Coop Sweet Coop poster

**Sewing Construction:** Grade 4, Non-Wearable - Griffiths, Katherine cactus shaped pillow

**Small Engines:** Grade 3-5, Level 1 - Coats, Jacob -Title: Are you ready for winter? poster

**Wildlife:** Grade 9-12, Level 3 - DeLong, Alayna -poster

**Woodworking:** Grade 3-4, Level A - Pippenger, Ethan show box

#### RIBBON COLORS MEANING:

Green – participation

White – poorly constructed or barely meets exhibit requirements

Red – adequately constructed or does not fully meet exhibit requirements

Blue – very complete exhibit, meets exhibit requirements, and is well constructed

Orange – exceptional blue ribbon exhibit (Merit)



Thought about joining 4-H?

There are projects for everyone, come check us out!



And you don't have to live on a farm to join 4-H. The Purdue Extension Noble County would like to invite you to come explore 4-H. Learn skills for life, make new friends & get involved in your community!

#### Projects include:

Livestock, Family Pets

Archery, Air Rifle, ATV

Outdoor Sports, Arts & Crafts

Cooking, BBQ, Food Preservation

Cake Decorating, Microwave foods

Bikes, Creative writing

Child Development

Home Environment

Computers, Electronics & STEM

Sewing & Fashion

Entomology, Gardening, Geology

Genealogy, Engines,

Photography, Fishing, Weather,

Wildlife, Wood Science

& SO MUCH MORE...

Open to all Indiana kids:

Minis K-2nd grade

Regular 4-H 3rd-12th grade

4-H Enrollment for 2022 Season

Starts October 1st & runs till

January 15th, 2022. go to

[v2.4honline.com](http://v2.4honline.com) to sign up!

Contact The Noble County

Extension office at

260-636-2111 for more info!



Extension - 4-H Youth Development





# Extension Health & Human Sciences



Registration closes five business days prior to training/exam date. Mail-In-Deadline is 10 business days prior to the training/exam date. Registration Deadline: September 29, 2021

## ServSafe Food Manager 1- Day Class & Examination

ServSafe educates food service workers about food safety. ServSafe Food Protection Manager is their highest certification, and focuses on five aspects:

- Foodborne microorganisms and allergens
- Personal hygiene
- Purchasing, receiving, and storage
- Preparing, cooking, and serving
- Facilities, cleaning/sanitation, and managing pests

The full 1-day training includes a manual and proctored paper exam. You must score 75 percent or greater to earn the certificate. The certification is valid for five years. A photo ID with signature is required to take the exam (driver license, state ID, student ID, military ID, employee ID, U.S. green card, or valid passport)

### Event Date:

Training - October 13th, 2021

Exam - October 19th, 2021

### Location:

Noble County Complex - South,  
2090 N State Road 9, Albion, IN 46701

### Cost:

Training, Exam, & Manual: \$165

Training & Exam: \$115

Exam Only: \$65

Registration: 8:00 AM - Oct. 13th

Class: 8:30 AM - 4:30 PM

Exam: 9:00 AM - Oct. 19th

(All Times Eastern)

**For more information go to:**

[www.purdue.edu/servsafe/](http://www.purdue.edu/servsafe/)

### PREFERRED REGISTRATION METHOD:

Online registration [www.purdue.edu/servsafe/workshops](http://www.purdue.edu/servsafe/workshops) or <https://www.cvent.com/d/gjqtp0>

MAIL TO: The Education Store 301 S. 2nd Street Lafayette, IN 47901 Email: [edustore@purdue.edu](mailto:edustore@purdue.edu) // Phone: 765-494-6795

Lid

Headspace

Level of liquid

- 1/4" Sweet Spreads
- 1/2" Fruit, Pickles, Tomato products
- 1" Vegetables, Meats, Pie Filling
- 1 1/4" Some meats

## For Good Measure!

Proper headspace assures a safe vacuum seal

NORTH CENTRAL REGION FOOD SAFETY

[www.ag.ndsu.edu/ncrfoodsafety](http://www.ag.ndsu.edu/ncrfoodsafety)

NORTH CENTRAL REGION FOOD SAFETY

TEST YOUR GAUGE ANNUALLY

### How accurate is your dial gauge?

Contact Abigail at  
Purdue Extension Noble County  
2090 N. State Rd 9 Suite D Albion In 46701  
[Creigh@Purdue.edu](mailto:Creigh@Purdue.edu)  
call for an appointment : 260-636-2111  
\$5.00 per dial gage testing & canner inspection.

# Extension HHS & Nutrition



Want to make an impact in your community while meeting new friends and learning new skills? Ask about becoming an Extension Homemaker! Contact the Extension Office for club info & meeting dates near you!

Call: 260-636-2111



## Extension Homemakers Updates:

2021 was the return of Extension Homemaker Camp! 8 of our ladies from Noble County attended the annual camp in Marion Indiana. It was 3 days of crafting, games and fun. This was a great opportunity to catch up with old friends while welcoming some new faces.

**Congratulations to our very own Ellen Campbell was named camp Queen!**

(Picture: Judy Lepper, Becky Thompson, Bonnie Sanders, Ellen Campbell, Margaret Menges, Sharon Cripe, Jo Atz, and Andrea Duesler.)

Many Extension Homemakers were present at the fair in various fund raising and educational events. Thank you to all those who participated in Open Class in the Floral Hall, Bake-A-Rama and the various auctions and demonstrations at the Noble County Fair.

The Ladybugs participated at Stone Trace Festival again this year. Three of the Charter members were daughters of Mr. Blue who helped found Stone Trace Festival. In support of the festival Ladybugs have been a demonstrator. They have cooked over open fires either making candied apples, caramel apples, corn fritters and for many years apple fritters. This has become a family affair with 3 generations working together and making many memories.

Also look for the Ladybugs at the new Five Medals Festival held at Stone Trace on October 23rd & 24th. This will give them an opportunity to raise money for the Extension Homemakers Scholarship fund. Don't forget, coming up is our Fall Gathering on October 11th in Cromwell and our project day October 14th at the Extension office. Contact the Extension Office with any questions!

## Noble County Extension Homemakers Christmas Raffle 2021

Drawing Dec. 3rd at 1pm // Pick up @ Purdue Extension Noble County.  
2090 N State Rd 9 Suite D, Albion IN (Winners will be notified)

**\$2 per ticket or 3 for \$5 \*All Proceeds to Extension Homemaker Scholarship Fund**

1st Prize: \$100 Walmart Gift Card

2nd Prize: 6 Quilted Christmas Placemats w/Table Runner

3rd Prize: Christmas Tree Skirt

4th Prize: Tote Bag with Cookbook

5th Prize: Decorative Cross w/ Candle

Money & Ticket Stubs due to  
Extension office Friday Dec.

3rd 10am-12pm

Drawing at 1pm on

Dec. 3rd, 2021.

For tickets contact the  
Extension Homemakers Or  
the Noble County Extension  
Office staff at 260-636-2111



**PURDUE**  
UNIVERSITY

Extension  
NUTRITION EDUCATION PROGRAM

This institution is an equal opportunity provider.  
This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP.

## FREE (VIRTUAL) NUTRITION LESSONS

The Nutrition Education Program provides fun, engaging, and free nutrition education lessons to limited-resource youth and adults throughout Indiana.

Our virtual lessons teach new skills that can be used at home every day - planning meals, grocery shopping, cooking tips, and simple solutions for healthy eating and physical activity.

Contact your local Nutrition Education Program Assistant to learn more about our FREE virtual lessons.

Tracy Cochran; [cochrantr@purdue.edu](mailto:cochrantr@purdue.edu)

Serving Noble, Whitley, Steuben, LaGrange,

and DeKalb Counties. Contact Tracy today!

Purdue Extension,  
Noble County  
2090 N State Rd 9 Suite D  
Albion IN 46701  
260-636-2111  
Monday-Friday 8am-4pm



Purdue Extension Nutrition Education Program

@PurdueNEP

For free nutrition and  
health resources  
visit us online at  
[eatgathergo.org](http://eatgathergo.org)



# Ag & Natural Resources



## Indiana Junior Master Gardener Training Workshop Thursday Sept. 30th, 2021



Noble County Extension Office

2090 N State Road 9, Albion, IN 46701



COME, LEARN AND PLAY!

This will be a hands-on training workshop designed to introduce and immerse you in the JMG curriculum in general with a focus on the Level 1 Curriculum, including Learn Grow Eat and Go materials. If you have your own copy of the JMG Level 1 and/or LGE curriculum materials, bring them along. We will have a limited quantity to purchase on site.

### PROGRAM AGENDA #

5:30 pm  
6:00-9:00 pm

Registration  
JMG Training Program



**\$25.00 Registration fee** includes workshop materials, lunch and light refreshments. JMG® Curriculum will be available to purchase the day of training. Please note: curriculum is not included in the registration fee. Purchase of these items is optional, you will have what is needed for training.

If you have any questions please contact:

Dr. Kathryn Orvis, [orvis@purdue.edu](mailto:orvis@purdue.edu)  
765-426-2355 or 765-494-8432  
615 Ag Mall Dr.; Dept HLA  
West Lafayette IN 47992



Registration link: <https://event.me/jz1DNm>



Women in Agriculture Team  
Sponsored Webinar



## Recognizing Hazards Around the Farm

September 22nd

12:00 PM EST

Register At:

<https://tinyurl.com/WIAWebinars21>

Presented by  
Kurt Lanzone,  
Purdue Extension



For generations we have known farming is not just an occupation, but can also be a way of life. Seeking to pass on this way of life to the next generation is one of our most important goals. Passing on the ability to recognize hazards, and how to avoid them could be one of the most important pieces to pass on. Hopefully in the future farming will become less dangerous. Until then let's all take time to recognize hazards, and how to prevent accidents on the farming operation.

For questions or if you need a reasonable accommodations to participate, please contact Jenna Nees at 765-653-8411, or e-mail [smith535@purdue.edu](mailto:smith535@purdue.edu).

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

## Upcoming PARP Class

Dec. 2nd, 2021

5:00-7:00pm

Purdue Extension  
Noble County -Dekko Room  
2090 N SR 9 Suite D.  
Albion In 46701

**Agenda to include:**  
**2021 Crop Review**  
**TAR SPOT &**  
**Preparing for 2022**  
**More info to follow!**

Check out our Website <https://extension.purdue.edu/county/noble/>  
Follow us on Facebook @ Purdue Extension Noble County



Have a pesky critter messing with your crops?  
Don't know why slugs have over taken your garden?  
Wonder why your trees are looking less than happy?  
We may be able to help! Contact the Extension office for guidance and resources for your home, garden and farm needs. Call 260-636-2111



**• STAY ALERT**  
**• BE PATIENT**  
**• SHARE THE ROAD**  
**LET'S GET EVERYONE HOME SAFELY**

Harvest is upon us; be aware of your surroundings and watch for higher rural traffic.  
Be aware and slow down.

<https://www.extension.purdue.edu/noble>



Extension



# Ag & Natural Resources



Extension Master Gardener Program  
Helping Others Grow

The Noble County Master Gardeners have been busy with farmer markets and produce stands this summer. Make sure you stop by one of our stands and look for some yummy veggies and fruits to add to your table. Proceeds raised go towards area scholarships, 4-H awards, and community education programs.

September 7th, a new Class of Master Gardener's begin their training. We can't wait to add them to our team! For info on joining Master Gardener's or future classes and training contact us at 260-636-2111.

September 22nd and 23rd the Master Gardeners will be taking West Noble Middle Schools on a nature hike to explore plants insects and animals in our area. Great opportunity to get kids excited in gardening and in nature.

## Queen of the Prairie

**Native Royalty: Queen of the Prairie - *Filipendula rubra***, member of the Rose Family *"The leaves and floures farre excell all other strowing herbes, for to deck up houses, to straw in chambers, balls, and banqueting houses in the Summer time, for the smell thereof makes the heart merrie, delighteth the senses."* 'Herball, or Generall Historie of Plantes' (1597), John Gerard

Queen of the Prairie, also called Queen of the Meadow (UK) or Meadowsweet is a wonderful native plant that stands 3'-8' tall and 1.5'-4' wide with cloud-like blooms of pink or white towering above the toothed maple-like leaves. The plant was 'strewn' or tossed in the middle ages over the floor for fragrance. Propagated by division (less successful seed) and easily maintained, the seemingly delicate fronds stand up to wind and less than ideal soil conditions. Not only attractive to butterflies and birds, it is also deer resistant! This plant thrives in partial to full sun, preferring moist rich soils that are acidic (pH<6.8). Better Homes and Gardens suggests creating your own meadow and planting Queen of the Prairie toward the back with other natives in front such as beebalm, rudbeckia, aster, little bluestem or blue sedge.

Historically, this "Queen" has been around for centuries! The name Meadow-sweet comes from the Anglo-Saxon Meodu-swete- or meade sweetener – according to folklore author Jo Woolf, in her Hazel Tree blog, Meadow-sweet has long been used in beer, wine and meade. The Irish claim Aine, their goddess of Summer, love, fertility and agriculture, gave meadowsweet its name. Not a goddess to be trifled with, Aine had command of all the crops and animals! Celtic lore does seem to have a history with the plant as the boughs were placed into a bridal wreath with a bit of irony, as the fronds were sweet smelling for the young bride, but when crushed they became bitter and putrid -pointing toward a more "realistic" advice the young woman needed when embarking into marriage! However, an educated religious subset of the Celts, the Druids, believed Meadowsweet to be among the three sacred herbs (along with mint and vervain) and Meadowsweet had the power to "converse with fairies".

He beneath whose sun-kissed feet  
Daisies rise to kiss the sun,  
Lily, rose, and meadow-sweet, –  
Love, that is all flowers in one.

J. Comyns Carr -from: King Arthur: A Drama in a Prologue and Four Acts 1895  
All in all, Queen of the Prairie is a native plant to consider, with a deep history and mythology to enhance the beauty of its majesty.



See: <https://www.wildflower.org/>  
<https://d.lib.rochester.edu/camelot/text/carr-king-arthur>  
<https://www.bhg.com/gardening/plan-t-dictionary/perennial/meadowsweet/>  
<https://www.thehazeltree.co.uk/>

Article contributed by Master Gardener Intern, Cecilie Keenan



# News Notes to Parents

October 2021

## National Children's Health Month

Children's Health Month reminds us of the importance of protecting our children's health from environmental hazards in places where they live, play, and learn. Children are vulnerable to exposure to environmental contaminants, such as lead. The United States Environmental Protection Agency created a list for ways to improve your child's health.

**Get Your Child Tested for Lead:** Have your child tested for lead at 12 & 24 months old by their health care provider or your local health department.

**Keep Our Air Breathable:** Instead of driving your children to school and after-school activities, have them walk, bike, or use public transportation.

**Reduce Your Use of Plastic Bags and Bottles:** Pack children's school lunches in reusable bags and give them a reusable bottle for water at lunch and during practices.

**Help Kids Eat Healthier Food:** Feed your kids more fruits and vegetables, less sugar, and fewer carbonated beverages and processed foods. Have regular family meals. Be a role model by eating healthy yourself.

**Be Sun Wise:** Help kids avoid sunburns with sun-protective clothing, hats and sunscreen, and by seeking shade when the sun's rays are strongest.

**Help Children Avoid "Nature Deficit Disorder":** Cut back on screen time and help kids enjoy the great outdoors.

**Don't Smoke Around Children:** Until you quit, choose to smoke outside. Do not smoke in your home or car and do not allow family and visitors to do so.



sources: <https://www.epa.gov>

<https://blogs.cdc.gov/yourhealthyenvironment/2020/10/01/leading-the-way-towards-safe-healthy-and-protective-environments-where-children-live-play-and-learn>



# Bullying Prevention Month

More than 1 out of every 5 students will be bullied this year.

Bullying directly affects a student's ability to learn. Students who are bullied often do not want to go to school, may find it difficult to concentrate, and lose self-esteem and self-confidence.

Consider reading some of these books with your preschooler to encourage kindness, acceptance, and inclusion of their peers.

Llama Llama and the Bully Goat  
Billy Bully  
When Sophie's Feelings are Really, Really Hurt  
The Recess Queen  
Chrysanthemum  
Stick & Stone  
Stand Tall, Molly Lou Melon



## Apple Cinnamon Baked Oatmeal

Before you  
begin:  
Wash your  
hands

### Ingredients:

1½ cups milk  
½ cup packed brown sugar  
½ cup egg whites  
1 tablespoon melted margarine  
½ teaspoon cinnamon  
2 cups rolled oats (not instant)  
1 teaspoon baking powder  
1½ cups chopped apples

### Instructions:

Preheat oven - 350°F (176°C).

In a bowl, mix milk, brown sugar, egg substitute/whites, margarine and cinnamon.

In another bowl, combine oats and baking powder.

Pour wet mixture into bowl with oats; add apples and stir.

Spoon mixture into a 8x8-inch pan coated with cooking spray and bake for 30 to 40 minutes, until top is firm and a toothpick comes out clean.

Serving size: 1 square  
Serves 9  
Calories: 160  
Total fat: 3g  
Saturated fat: < 1g  
Sodium: 80mg  
Carbohydrate: 30g  
Dietary Fiber: 3g  
Sugars: 18g  
Protein 4g  
Vitamin A: 248 IU  
Vitamin C: 1.5 mg  
Calcium: 56mg.

source: [www.kidseatright.org](http://www.kidseatright.org)

If you have comments or questions, contact:

Abigail Creigh, MS RD LD - HHS Educator

Email: [creigh@purdue.edu](mailto:creigh@purdue.edu) // Phone: 260-636-2111

2090 N State Road 9 - Ste D, Albion, IN 46701

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Extension - Noble County

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## Extension Office

Noble County Extension Educators are available.  
If you can't reach us, feel free to email!

Ann Kline (CED, ANR Educator): [kline60@purdue.edu](mailto:kline60@purdue.edu)  
Joanna Claudy Youth and 4-H educator: [jclaudy@purdue.edu](mailto:jclaudy@purdue.edu)  
Abigail Creigh (HHS): [creigh@purdue.edu](mailto:creigh@purdue.edu)  
Sara Weeks, Financial Admin & office manager: [sweeks@purdue.edu](mailto:sweeks@purdue.edu)  
Jan Cunningham, Program Assistant: [cunni134@purdue.edu](mailto:cunni134@purdue.edu)  
Brandy Anderson, Technical Admin: [ande1307@purdue.edu](mailto:ande1307@purdue.edu)

***"How do we change  
the world? One  
random act of  
kindness at a time.  
-Morgan Freeman***