

Purdue Extension HHS

Fall 2024 Newsletter

PURDUE EXTENSION



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Where Does Your Money Go

This program will be offered this month for anyone who needs to fill a financial literacy requirement or want to get a handle on their budget as we prepare to enter into the holiday season. This two-session class will be offered at the Extension Office on October 15th and 29th at 5:00 pm. Participants who complete both sessions will receive a budget planner to help you start your budgeting journey. Registration is required for this class. Please call Carmen at 219-866-5741 or email at cfortney@purdue.edu.

ServSafe

This will be offered on Saturday December 7th at 9:00 am at the Extension Office. Registration information will be available in the coming weeks on Facebook and the county website.

Charcuterie Anyone?

Do you enjoy making snack boards or charcuterie boards for your family or friends? Maybe you've wanted to do one but don't know where to start? Come on out to the Extension Office on November 8th at 5:00 pm to learn about the history of charcuterie boards, food safety and to make a board of your own! Grab your favorite platter or board and I will supply the food. The cost of the class is \$25. Registration is required; please call me at the office to sign up. Payment can be made at the office by cash or check. All participants will be entered into a drawing to win a new board!

Food Budgeting and Meal Planning

Food Budgeting and Meal Planning will take place on October 26th at 10 am at the Extension Office. Come out and learn how to budget your food dollars and how to save money by creating a meal plan. We will also explore using AI to come up with new ideas for meals. The cost of this class is \$10. Participants will receive a meal planner at the end of the class. Register for this class by calling the office at 219-866-5741 or emailing Carmen at cfortney@purdue.edu.

Equal Opportunity Statement

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.

Plant-based Eating: The Pros and Cons of a Plant-Based Diet

Diet teaches you the health benefits of plant-based eating as well as the challenges and why it's so popular. Join me on November 11th at 12:00 pm to learn about plant-based eating and sample a recipe highlighting a plant-based recipe. The cost of the class is \$10 and registration is required. Please call Carmen at 219-866-5741 or email at cfortney@purdue.edu.



Autumn Squash Bisque with Ginger

Prep time:
15 minutes

Cook time:
45 minutes

Servings:
10 cups

Autumn Squash Bisque with Ginger

Ingredients:

- 2 teaspoons oil
- 2 cups sliced onions
- 2 pounds winter squash, peeled, seeded, and cut into 2-inch cubes (4 generous cups)
- 2 pears, peeled, cored, and diced, or 1 can (15 ounces) sliced pears, drained and chopped
- 2 cloves garlic, peeled and crushed
- 2 tablespoons coarsely chopped, peeled fresh ginger, or 1 teaspoon powdered ginger
- 1/2 teaspoon thyme
- 4 cups chicken or vegetable broth (see notes)
- 1 cup water
- 1 tablespoon lemon juice
- 1/2 cup plain nonfat yogurt

Directions:

1. Heat oil in a large pot over medium heat.
 2. Add onions and cook, stirring constantly until softened, 3 to 4 minutes.
 3. Add squash, pears, garlic, ginger and thyme; cook, stirring, for 1 minute.
 4. Add broth and water; bring to a simmer.
 5. Reduce heat to low, cover, and simmer until squash is tender, 35-45 minutes.
 6. Puree soup, in batches if necessary, in a blender. (If using a blender, follow manufacturer's directions for pureeing hot liquids.)
 7. Return soup to pot and heat through. Stir in lemon juice.
 8. Garnish each serving with a spoonful of yogurt.
- Refrigerate leftovers within 2 hours.

Quick Tips

Tip: Broth can be canned or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.

Did you know? Extra lemon juice can be frozen to be used later.