



the Extension Line

July - August Edition



As the vibrant summer season arrives, it's the perfect time to emphasize the significance of health and safety in our daily lives. In this edition, we are focusing on practical tips for safe grilling, ensuring that your holiday barbecues are not only enjoyable but also health-conscious. It's important to remember that small steps in food safety, such as using a meat thermometer and avoiding cross-contamination, can make a big difference in maintaining our well-being.

Thank you for your continuous support
Chrissie Lai



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If you have any information for our September/October edition of the Extension Line, please have that sent in by August 16.

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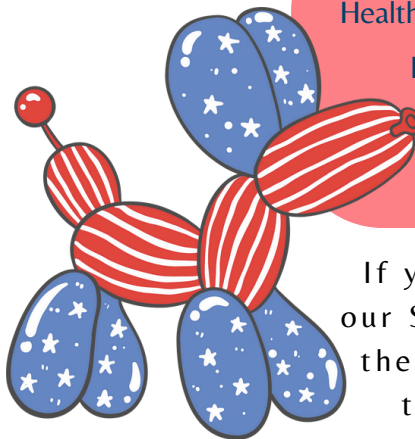
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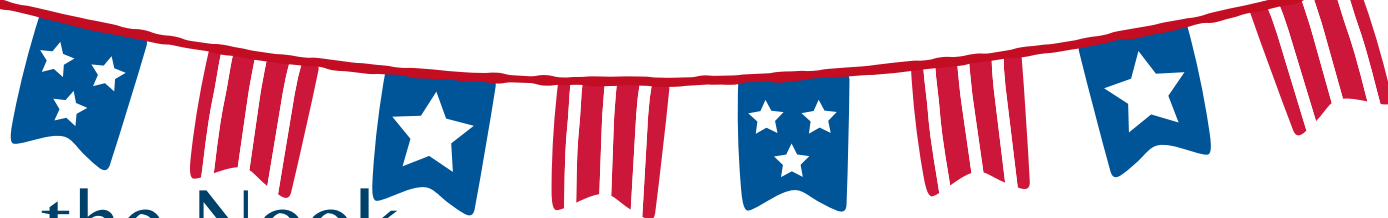


Embracing
Change to meet
Tomorrow's
challenges



Extension - LaPorte County

extension.purdue.edu/laporte



the Nook

A letter from your President

Hello! Welcome to Summer! As I finish the first term and begin the second, I have to say I am proud of our members for stepping up to volunteer for a committee or two! We are hoping this new concept for organizing and presenting our programs will bring new life and vitality to our organization. I would like to stress that guests are always welcome at our events to encourage membership. We are planning a membership drive sometime in Sept/October, more info to follow. Our monthly get togethers are going well and will continue if you have ideas - please let us know! A picnic and taco Tuesday are currently in the works and board game competitions are being considered. Fair booth plans are in full swing, we still have openings, so if you haven't signed up to help, call the office to get on the schedule. Open class projects for the fair are being accepted, lets help get this part of our fair growing and show off our SKILLS! Call the fair office for details. As we start the new term with an updated Executive Committee, we are planning a bigger and better program and hope to see more members participate! This is your organization - What do you want it to be? Speak up and let me know. Hope to see you all at the fair!



Happy Birthday
to our Extension Homemakers

JUL

Sue Kaiser 7/4
Jean Caddy 7/4
Karen Barnhart 7/30
Anastasia Kelsey 7/30

AUG

Ruth Lile 8/2
Margo Brust 8/5
Marcia Wolff 8/9
Ray Kissinger 8/12
Janet Thode 8/13
Cindy King 8/29
Janet Gourley 8/29

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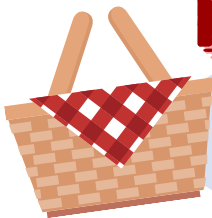
Mark Your Calendars

FAIR BOOTH

Don't forget to work your shift!! July 6th - 13th



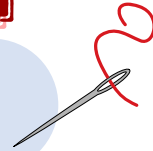
MONTHLY EVENT



Upcoming Picnic - TBA

LEND-A-HAND DAY

Wednesday, August 14, 2024



IEHA CONFERENCE 2025

The “special project” for Home & Family conference **2025** will be a single placemat. Guidelines: up to 14 x 20 is the maximum, however, you can make it smaller. It can be rectangle, oval, round just as long as it is not over the 14 x 20. You can use any medium you like: plastic, canvas, crochet, knit, quilting, whatever you desire! The committee hopes to see a lot of creativity!!



Educational Post

From your Extension Educator

Safe Grilling Tips for a Healthy Holiday Weekend

As you prepare to fire up the grill for the upcoming holiday weekend, keep these safety tips in mind to ensure a fun and healthy barbecue:

- 1. Preheat and Clean Your Grill:** Always preheat your grill and clean the grates to reduce harmful residues and prevent flare-ups.
- 2. Keep Raw and Cooked Foods Separate:** Avoid cross-contamination by using separate plates and utensils for raw and cooked meats.
- 3. Cook to the Right Temperature:** Use a meat thermometer to ensure your meats reach the safe internal temperatures:
 - Chicken: 165°F
 - Beef, pork, lamb: 145°F (allow to rest for 3 minutes)
 - Ground meats: 160°F
- 4. Avoid Charring:** Prevent charred bits by grilling at medium heat and flipping often. Charring can create harmful chemicals.
- 5. Marinate for Safety and Flavor:** Marinate meats in the fridge, not on the counter, to prevent bacteria growth. Marinades can also reduce the formation of carcinogens.
- 6. Stay Hydrated and Sun-Safe:** Drink plenty of water and apply sunscreen regularly, especially if you're grilling outdoors for extended periods.

Enjoy your holiday with delicious and safe grilling! Happy BBQ-ing!

Learn more at

<https://www.nfpa.org/education-and-research/home-fire-safety/grilling>

the Recipe Corner

Pickle Cheeseburger Bites



Ingredients:

- 1 lb. ground beef
- 1/2 tsp. salt
- 2 Tbsp. ketchup
- 2 Tbsp. mayonnaise
- 1 Tbsp. olive oil
- 4 slices American cheese
- 28 dill pickle chips
- 14 slices plum tomatoes
- 14 small lettuce leaves

YIELDS: 4 - 6 serving(s)

PREP TIME: 20 mins | TOTAL TIME: 20 min

Directions:

1. Shape the ground beef into 1½-inch patties (about 14) and sprinkle with the salt.
2. In a small bowl, combine the ketchup and mayonnaise.
3. Heat the olive oil in a large cast-iron skillet over medium heat. Working in batches, cook the patties 2 minutes per side, topping each with a small slice of American cheese after flipping.
4. Thread the patties onto skewers with the dill pickle chips, sliced plum tomato and lettuce. Serve with the ketchup-mayonnaise mixture.

Did you know?

150 million hot dogs are consumed each July 4th.

the Recipe Corner

Ice Box Cake

Ingredients

- 1 box (400g) graham crackers
- 1 pkg (250g) cream cheese, softened
- 2 pkgs (102g each or 3.4oz each) INSTANT vanilla pudding mix
- 2 & 1/2 cups (625ml) milk
- 3/4 cup (188ml) heavy cream
- 2 cups sliced strawberries
- 2 cups blueberries



YIELDS: 12-16 serving(s)

PREP TIME: 20 mins | TOTAL TIME: 20 min

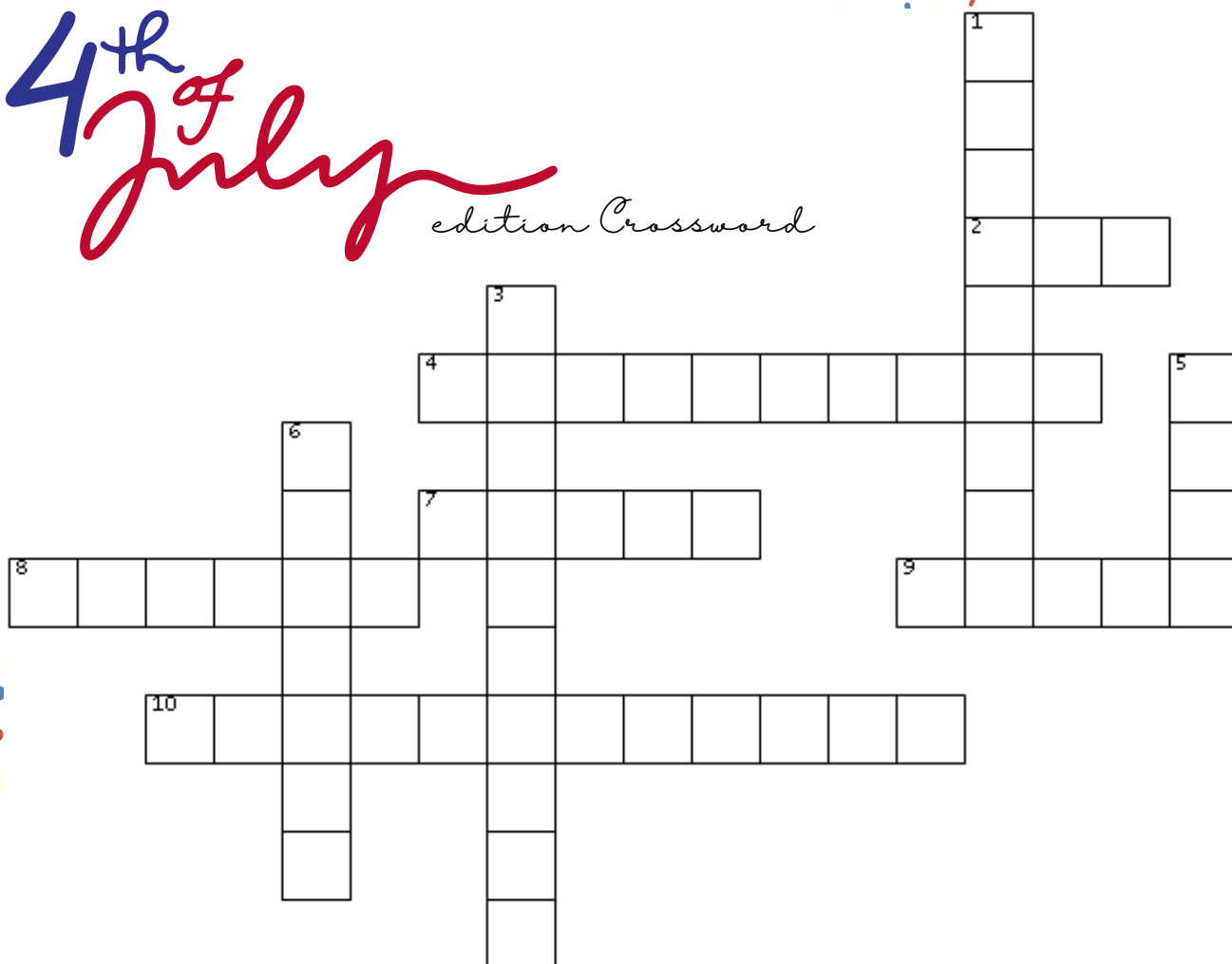
Directions

1. You start by beating the heavy cream to stiff peaks. Set aside.
2. Then you combine a block of cream cheese with the instant vanilla pudding mix.
3. Slowly mix in the milk.
4. Fold in the whipped cream until the mixture is combined.
5. In a 9×13" pan, spread a thin layer of cream on the bottom and layer some graham crackers on top.
6. Spread 1/3 of the cream mixture on top of the crackers followed by a cup of blueberries.
7. Repeat for another layer with strawberries.
8. Then finish the last layer with the remaining crackers, cream, and berries. Chill for 4 hours or overnight and let the fridge do its magic.

Recipe found at: <https://www.littlesweetbaker.com/4th-of-july-icebox-cake/#tasty-recipes-9160>

4th of July

edition Crossword



Across

2. The color ___ on our flag represents bravery.
4. George ___ served as the first President of the United States from 1789 - 1797.
7. Your club President for the 2024-2025 year.
8. United ___ of America
9. The color ___ on our flag represents purity.
10. The 4th of July is ___ Day.

Down

1. Looking for volunteer watchers for the week of July 6-13, for this.
3. Juicy, sweet fruit with seeds and high water content.
5. The color ___ on our flag represents justice.
6. America was settled by Pilgrims seeking religious ___.

First crossword completed brought into to the Extension Office wins a cookbook!

Happy INDEPENDENCE Day!

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Extension - LaPorte County

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