

# PURDUE EXTENSION TIPPECANOE COUNTY





# HEARTFELT HIGHLIGHTS



Happy February! December and January brought us the joyous celebrations of the holiday season, with twinkling lights, cozy gatherings, and the warmth of shared laughter. We navigated the crisp days of the year's start, setting intentions, and embracing resolutions.

Now, as the winter frost begins to thaw, we look forward to the signs of spring. February invites us to celebrate love in its various forms, and March promises us of longer days and the awakening of nature. 4-H is in full swing and we have many opportunities coming in the next couple months. We appreciate how involved the people of Tippecanoe County have been and we anticipate a better and stronger community because of it.

Make sure to join the journey of Purdue Extension-Tippecanoe County on social media. Real time updates and information for you to enjoy.

*Facebook- **Purdue Extension- Tippecanoe County***

*Instagram- **@tippeco\_extension***

Happy reading!

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**Amanda Graupner**  
Marketing and Virtual Programming

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**We will be a leader in  
providing relevant,  
high-impact  
educational programs  
that transform the  
lives and livelihoods  
of individuals and  
communities in  
Indiana and the world.**



# AGRICULTURE AND NATURAL RESOURCES

PURDUE EXTENSION'S AG AND NATURAL RESOURCES (ANR) EDUCATORS SERVE AS A RESEARCH BASED, UNBIASED INFORMATION SOURCE FOR COUNTY AND STATE CONSTITUENTS ON A VARIETY OF TOPICS INCLUDING: CROPS, AG BUSINESS, LIVESTOCK, NATURAL RESOURCE, HORTICULTURE, SMALL FARMS, URBAN AG, PESTICIDE USE, AND LAND CONSERVATION. IN PARTNERSHIP WITH PURDUE UNIVERSITY SUBJECT MATTER EXPERTS, ANR EXTENSION EDUCATORS CAN PROVIDE RELEVANT AND PROVEN BEST MANAGEMENT PRACTICES TO ADDRESS MANY CLIENT'S SITUATIONAL NEEDS.

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## Master Gardeners of Tippecanoe County

The Master Gardeners of Tippecanoe County met January 9th at the Tippecanoe County Extension Office for their monthly Education and Business meeting.

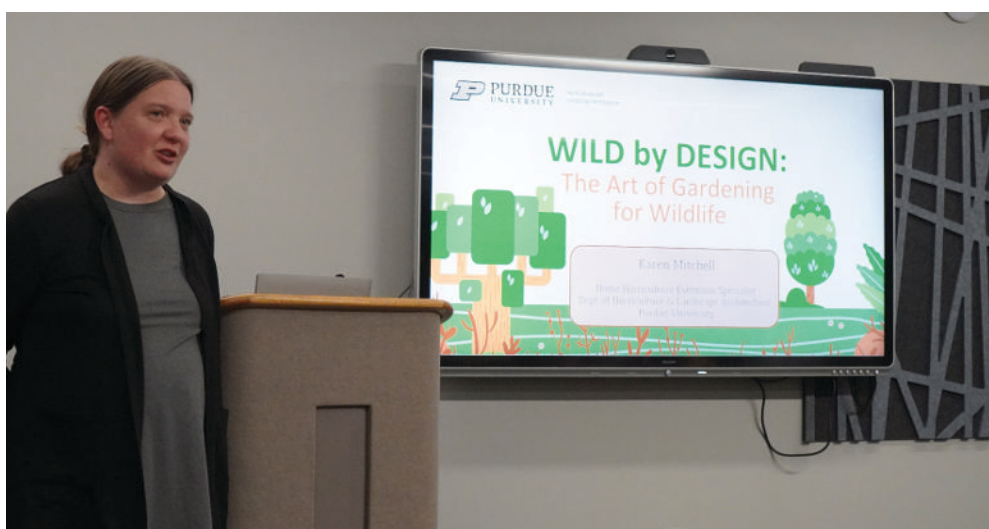
The meeting began with the presentation by guest speaker Karen Mitchell, Consumer Horticulture Extension Specialist Dept. of Horticulture & Landscape Architecture Purdue University Extension.

The title of her talk was Wild by Design: The Art of Gardening for Wildlife. Karen's talk highlighted the need for conservation starting in our own yards, by providing the elements necessary to support the complete life cycle of native species. This includes food, water, shelter and native plants (in particular host plants for insects) to support the entire life cycle, while eliminating as much as possible man-made hazards. At the end of her talk she provided resources for certification and continuing education.

If you are interested in becoming a Master Gardener please contact the Extension Office.



Master Gardeners working in the Children's garden and the Display and Idea gardens.



Karen Mitchell, Consumer Horticulture Extension Specialist, presenting "Wild by Design: The Art of Gardening for Wildlife."



# COMMUNITY WELLNESS COORDINATOR

OUR COMMUNITY WELLNESS COORDINATORS HELP MAKE THE HEALTHY CHOICE THE EASY CHOICE. THEY COLLABORATE WITH COMMUNITY PARTNERS ON BROADER COMMUNITY CHANGE THAT INVOLVES POLICY, SYSTEM, AND ENVIRONMENTAL CHANGES.

We are excited to invite Farmers Market colleagues to join us for a special in-person event focused on Indiana's electronic Farmers Market Nutrition Program (eFMNP). This event aims to bring together market managers, market vendors, and farmers interested in participating in the eFMNP program in 2024.

This event is an excellent opportunity for networking and engagement with key stakeholders, including IDOH (Indiana Department of Health), Market Link, FNS (Food and Nutrition Services), and other valuable resources such as information on Double-UP Indiana and other nutrition incentive programs.

By participating in this event, you will have the opportunity to sign up for eFMNP with the support and guidance of IDOH staff. Additionally, you can connect with fellow farmers, market managers, and various resources that can enhance your experience in these valuable programs in the coming season.

## Indiana Farmers' Market Nutrition Programs eFMNP Regional In-person Farmer Enrollment Events

Produce growers can sign up to accept WIC & Senior FMNP benefits electronically

Farmers and Market Managers can sign up to accept SNAP

To register for your selected event, scan the QR code



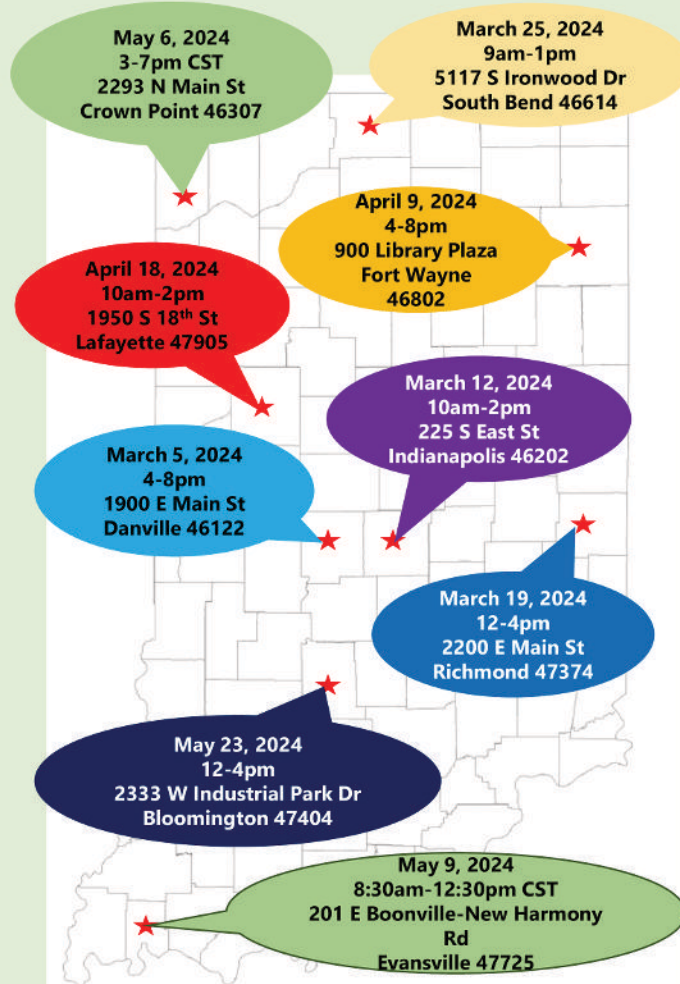
or go to

<https://infmcp.org/food-access/wic-sfmnp-more/>



Extension

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



# 4-H YOUTH & DEVELOPMENT HEALTHY LIVING PROGRAM

LOCATION: WEA PRAIRIE LIBRARY

**FEBRUARY 1ST, 2024**

6:00 P.M. - 7:00 P.M.

NO REGISTRATION REQUIRED




# BE HEART SMART

LOCATION: TIPPECANOE COUNTY EXTENSION OFFICE

**MARCH 1ST, 8TH,  
15TH AND 22ND**

9:00 A.M. - 10:00 A.M.

\$15 REGISTRATION FEE

MUST REGISTER TO ATTEND  
(765) 474-0793




# Visit the State House

**Tuesday, February 13th**  
7-12th grade youth are invited to Visit the Statehouse with their Educators! We will be touring the building, meet with our representatives, participate as pages, and watch a live session.

**Cost is \$20 to attend**  
Space is limited. You must either provide your own transportation or work with your educator to arrange for transportation.

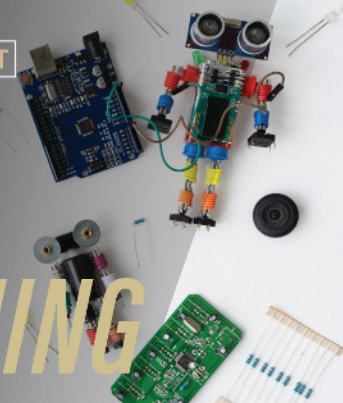



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# 4-H YOUTH AND DEVELOPMENT

WEA PRAIRIE BRANCH LIBRARY  
WEDNESDAY FEB. 21ST AND MARCH 20TH  
6:00 P.M. - 7:00 P.M.

# S.T.E.M. PROGRAMMING



# 4-H YOUTH AND DEVELOPMENT

TIPPECANOE COUNTY FAIRGROUNDS  
FEBRUARY 23RD

# ABC'S OF AG





# NUTRITION EDUCATION PROGRAM ADVISORS

BEST KNOWN FOR COOKING DEMONSTRATIONS AND SHARING FOOD SAMPLES AND COOKING TOOLS, OUR CERTIFIED NUTRITION EDUCATION PROGRAM ADVISORS (NEPAS) OFFER FREE LESSONS FOR CHILDREN, TEENS, AND ADULTS THAT CAN MAKE A HEALTHY DIFFERENCE IN THEIR LIVES.

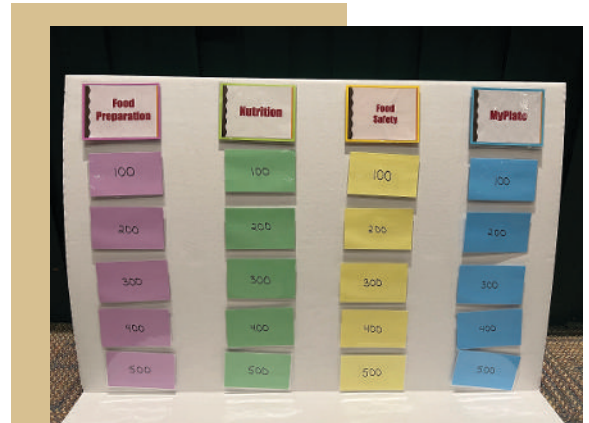
Our Nutrition Education- Youth Advisor, Tammy Martin, concluded her CATCH series with 3rd grade students at Woodland and Wea Ridge Elementary. Final lessons included the importance of beginning each day with a healthy breakfast (watching out for those sugary cereals and bars) and eating foods and drinks high in calcium to promote bone health. For snack, students enjoyed making fruit and yogurt parfaits and their own granola bars and adding various dried fruit.

In late December, Tammy began a new CATCH series with a second group of 3rd grade students from Wea Ridge and a class of 3rd graders at Mayflower Mill. This series of CATCH lessons will continue through February and will focus on topics including choosing healthy snacks (adding fruits and vegetables when possible), drinking more water and less sugary beverages, and incorporating more move time and less screen time into their daily routines. Students will also learn to identify foods and drinks containing added sugar, fats, and sodium. Snack preparation is always a highlight. Students will be sampling a variety of fresh and dried fruits and vegetables, as well as preparing fruit and yogurt

parfaits, veggie wraps and smoothies.

In December, Jessica Fleck wrapped up her Teen Cuisine classes with her 8th grade girls at Benton Central. One skill the girls really improved on is their ability to measure with measuring cups and spoons. For the last lesson, Jessica let the girls build their own salads with lots of different healthy choice toppings, and the girls tried so many new things on their salads. They also loved the Jeopardy-style review game Jessica created for her last lesson. It was the perfect way to end the year!

In January, Jessica started teaching her CATCH lessons to the 7th grade boys at Benton Central. The boys are so eager to learn and love participating in the lessons. They especially love the snacks Jessica brings. One of their favorites this month was the fruit smoothie she brought them during her lesson on watching out for sugar in the beverages they are drinking.





# 4-H YOUTH DEVELOPMENT



THE INDIANA 4-H YOUTH DEVELOPMENT MISSION IS TO PROVIDE REAL-LIFE EDUCATIONAL OPPORTUNITIES THAT DEVELOP YOUNG PEOPLE WHO WILL HAVE A POSITIVE IMPACT IN THEIR COMMUNITIES AND THE WORLD.

## JUNIOR LEADERS

Junior Leaders is a project that is offered through 4-H for any member that is in Grade 7 or above. Junior Leaders is based on community service opportunities, especially related to the 4-H program and the county fair. Junior Leaders also serve as mentors and role models for younger 4-H members by interacting with them and sharing their experiences with them.

In order to complete the Junior Leaders project, you need to gain 100 points or more. Junior Leaders earn points by volunteering at different events and attending meetings, approximately one hour of time equals 10 points. Additionally, if a Junior Leader earns more than 125 points, they qualify for the Junior Leader Achievement Trip.

In December, the Junior Leaders donated items to the Kris Kringle Event at the YWCA. A group of Junior Leaders shopped at Walmart together to pick out items that they wanted to donate. They selected items such as toys, games, toiletries, kitchen supplies, and hats/gloves. Additionally, Junior Leaders made a monetary donation to Food Finders for Giving Tuesday. Lastly, Junior Leaders had their kickoff meeting on January 10.

If you or someone you know might be interested in this project, please reach out to our office at (765) 474-0793 to get involved today.

## QUALITY LIVESTOCK CARE (QLC) CLASSES

These classes will begin on February 28. Classes will be in person at the Extension Office and will cost \$3 per person. This is a requirement for youth to show livestock at the County or State Fairs. YQCA will also be accepted, but it is online only and costs \$12 per youth.

## LAFAYETTE CHRISTMAS PARADE

Our office participated in the Lafayette Christmas Parade on December 2, and we had so much fun. This was our second year taking part in the parade, and we hope to do it again this year! We were able to pass out candy along with 4-H and Purdue Extension fliers.

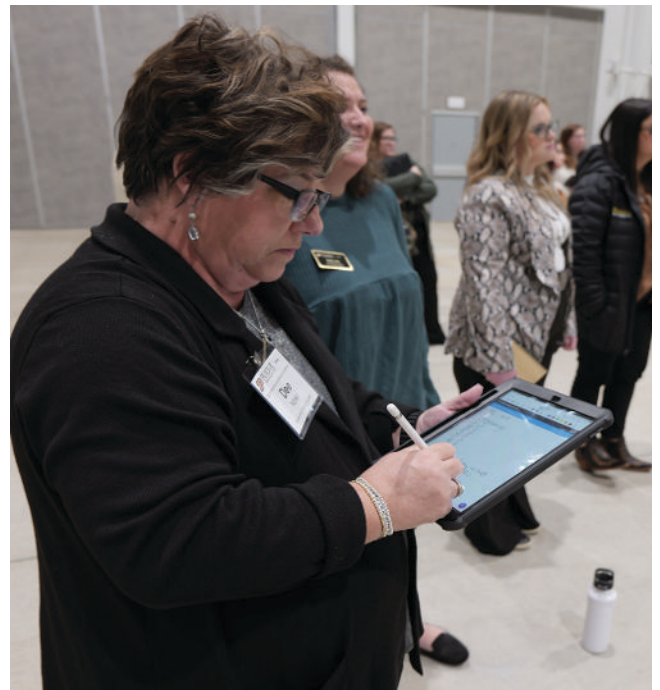
## 4-H ENROLLMENT

Drop/Add Deadline for livestock and non-livestock projects will be May 15.

If you have questions about enrolling in 4-H for the 2023-2024 program year, contact the Extension Office.

## LIBRARY PROGRAMMING

4-H will be at the Wea Prairie Library every first Thursday of the month and the third Wednesday from January-April. In January, the 4-H Educators led a program on creating healthy, easy snacks at home along with a program on STEM building activities. Come join us in the future!



4-H Educator, Dee Nicley, using her new technology at the Purdue Extension Professional Development Conference.



# *CHRISTMAS* *PARADE*



# *PURDUE EXTENSION* *CONFERENCE*





# HEALTH AND HUMAN SCIENCE

PURDUE EXTENSION HEALTH AND HUMAN SCIENCES PROVIDES EDUCATION TO INDIVIDUALS AND COMMUNITIES IN EACH OF INDIANA'S DIVERSE COMMUNITIES. WE BRING UNIVERSITY INFORMATION TO THE LOCAL LEVEL - BOTH IN PERSON AND ONLINE - TO HELP PEOPLE STRENGTHEN RELATIONSHIPS, EAT SMART, IMPROVE HEALTH, AND ACHIEVE FINANCIAL WELLNESS.

## A.I. ADVANCEMENTS UNVEILED

December saw our educator, Brock Turner, at the forefront of technology and education. He collaborated with his team to present on "Artificial Intelligence in Extension" at the Professional Development Conference, emphasizing the role of A.I. in shaping the future of Extension services.

## NATIONAL RECOGNITION

The National Extension Association of Family and Consumer Science recognized our educator's expertise on a national level. Brock presented on "Artificial Intelligence in Family and Consumer Science" during the Hot Topic sessions, contributing to the national dialogue on the intersection of technology and family sciences.

## EMPOWERING SPACES

Brock extended his expertise to the local community by presenting "Empower Me To Be Clutter Free" at the West Lafayette Library and the Purdue Women's Club. This initiative aimed to empower individuals to de-clutter their lives, fostering a sense of mental, environmental, and physical well-being.

## NUTRITION AND FITNESS INSIGHTS

Collaborating with Food Finders Food Bank, our educator conducted a doubleheader of impactful presentations. The first focused on "Functional Foods and Functional Fitness," enlightening participants on the symbiotic relationship between nutrition and fitness. The second session delved into the critical importance of "Sleep Health," offering valuable insights for overall well-being.

## SPRING INTERNSHIP LAUNCH

Hi! My name is Lizzy Lenart, and I am a second-year Master of Public Health student concentrating in family and community health. I graduated from Purdue with my undergraduate degree in public health last year. Now, I am completing my practicum experience at Tippecanoe County Purdue Extension before graduating with my MPH this spring! After graduation, I will head to Adams County to be the Health and Human Sciences Educator at Purdue Extension! In my free time I love to play guitar and go bowling with friends!



HHS Educator, Brock Turner, presenting on A.I. at the Purdue Extension Professional Development Conference.





Extension Educators at the Purdue Extension Professional Development Conference in December.

## *FROM OUR KITCHEN TO YOURS: THE JOY OF SHARING HOMEMADE CREATIONS*

Home is where the heart is, and what better way to warm your heart and soul than with a delicious, homemade meal. In a world filled with fast food and pre-packaged convenience, there's something truly special about preparing a dish from scratch in the comfort of your own kitchen. There's a unique sense of joy that comes from taking a cherished family recipe or a personal culinary creation and offering it to others. It's more than just sharing ingredients and instructions; it's about sharing a piece of ourselves and our culture.

### **Bonnie's Green Bean Recipe**

**By: Deidra Nicley**

My mom was an amazing cook and loved to collect recipes but almost never made a dish the same way twice except for her delicious green beans. You could ask her how she made something and it would have different ingredients in it each time. Her green beans were one recipe that was always the same though. They were and still are one of my family's favorites and we like to have them at Holidays especially. I hope you will enjoy them as much as we do!

#### **Recipe:**

Green Beans either fresh or canned- Amount will depend on number of servings needed

3 Minced Garlic Cloves or 2 TBS Garlic Powder

1 Onion Chopped

1 lb Bacon cut into 1" pieces

2- 3 TBS Olive Oil

Water

1. Place oil, bacon, and onions in large Dutch oven or pot. Let simmer on medium until the onions become transparent and the bacon starts to brown.
2. Add the minced garlic. Let cook for 3-5 minutes.
3. Add in the green beans along with enough water to fill the pot  $\frac{1}{4}$  of the way up the sides.
4. Cook on medium heat until the pot begins to boil. Then reduce heat to low and let simmer for 30 minutes or until green beans are the desired firmness. Serve warm with your favorite meal!

# UPCOMING EVENTS

## EVENTS FOR THE MONTHS OF FEBRUARY AND MARCH

### February

Continuing CATCH series at Miami, Edgelea, Glen Acres, Miller and Murdock Elementary (NEPA)  
Finishing up CATCH series with 7th grade boys at Benton Central (NEPA)  
1st- "Healthy Living Program" at TCPL Wea Prairie Branch 6:00 p.m. (4-H)  
7th- Junior Leaders Meeting at Tippecanoe County Extension Office 6:30 p.m. (4-H)  
6th- "Train Your Brain" at Food Finder's Food Bank at 11:00 a.m. (HHS)  
12th- 4-H New Family Orientation at Tippecanoe County Extension Office 6:30 p.m. (4-H)  
15th- 4-H Beef ID at Tippecanoe County Fairgrounds 4:00-6:00 p.m. (4-H)  
15th- 4-H Camp Counselor Training at White County 6:00 p.m. (4-H)  
17th- 4-H Beef ID at Tippecanoe County Fairgrounds 9:00-11:00 a.m. (4-H)  
19th- Exhibit Association Meeting at Tippecanoe County Extension Office 7:30 p.m. (4-H)  
21st- "STEM Program" at TCPL Wea Prairie Branch 6:00 p.m. (4-H)  
23rd- "ABC's of Ag" at Tippecanoe County Fairgrounds- Open House 5:00-7:00 p.m. (4-H)  
28th- "Indiana Quality Livestock Care Class 1" at Tippecanoe County Extension Office 6:00 p.m. (4-H)

### March

Continuing CATCH series at Miami, Edgelea, Glen Acres, Miller and Murdock Elementary (NEPA)  
Starting Teen Cuisine with 8th grade boys at Benton Central (NEPA)  
1st- "Be Heart Smart" at Tippecanoe County Extension Office 9-10 a.m. (HHS)  
7th- "Healthy Living Program" at TCPL Wea Prairie Branch 6:00 p.m. (4-H)  
8th- "Be Heart Smart" at Tippecanoe County Extension Office 9-10 a.m. (HHS)  
12th- Junior Leader Meeting at Tippecanoe County Extension Office 6:30 p.m. (4-H)  
12th- "Empower Me To Be Clutter Free" at TCPL Wea Prairie Branch 6:30 p.m. (HHS)  
15th- "Be Heart Smart" at Tippecanoe County Extension Office 9-10 a.m. (HHS)  
18th- Exhibit Association Meeting at Tippecanoe County Extension Office 7:30 p.m. (4-H)  
20th- "STEM Program" at TCPL Wea Prairie Branch 6:00 p.m. (4-H)  
21st- "Indiana Quality Livestock Care Class 2" at Tippecanoe County Extension Office 6:00 p.m. (4-H)  
22nd- "Be Heart Smart" at Tippecanoe County Extension Office 9-10 a.m. (HHS)

***Please call the Tippecanoe County Extension Office for any further information. (765)474-0793***



Extension

**LET'S STAY TOGETHER.**

**PURDUE EXTENSION  
TIPPECANOE COUNTY OFFICE**

1950 South 18th Street  
Lafayette, IN 47905



**FOLLOW US!**