

# Heart Lines.....Your link to Purdue Extension

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Purdue Extension  
Madison County  
Health & Human Sciences

3424 Mounds Road  
Anderson IN 46017  
765-641-9514

**Fax**  
765-641-9517

**June  
2021**



**Welcome  
New  
Member**

Shelby Guffey  
*Frankton Homebuilders*



## Looking Ahead

- |  |   |
|--|---|
| June 1 - 3 - Home & Family Conference                            | July 20 - 23 Extension Homemakers Exhibits                  |
| June 16 - Executive Board 10:00 a.m.                             | July 19 - 24 Plant Sale at the Fair                         |
| June 4 - Achievement Night Paperwork Due                         | July 23rd - E.H. Project Release                            |
| June 24 - Achievement Night                                      | July 30 - August 22 - Indiana State Fair                    |
| July 5 - Office Closed   | August 4, 2021 E.H. Council - 11:30                         |
| July 12 - 16 - Prejudging at 4-H Fair                            | September 1, 2021 - Fall District Mtg.<br>(Delaware County) |
| July 18 - 24 Madison County 4-H Fair                             | October 13, 2021 - Living Well Conference                   |
| July 19th - E.H. enter non-perishables 1-6 pm                    | October 21, 2021 - Craft Wellness Expo                      |
| July 20th - E.H. enter food, flowers, garden<br>7:30 - 8:45 a.m. |   |
| July 20th - E.H. Judging   |   |

## Achievement Night "Kindness is Free Sprinkle It Everywhere"

June 24, 2021  
6:30 p.m.  
Madison County  
Farm Bureau 4-H Building





Greetings to all!

Here at Shuter Farms we are busy trying to get the crops planted, hay baled, and other spring chores done. If you live around Frankton I hope you have enjoyed our beautiful yellow field of canola. The bright blossoms are starting to mature so the yellow is diminishing. When this field is harvested later this summer we plan to plant sunflowers, 180 acres of them! So again, if you are in this area, watch for some unusual sights.

As I write this (my last as your President) some of us are looking forward to the IEHA State Conference. If you choose not to attend this informative event seek out someone who does to learn of opportunities within our organization and our affiliated organizations.

Also in June we will have our Achievement meeting to recognize our accomplishments and install our new officers. 2020 was basically a "bust", but we still have things to celebrate and look forward to. I know Kimberly Powless will lead our organization with energy and enthusiasm. Please, come to the meeting and welcome her to her new position as our leader. We will also be doing a little something to thank DeMarcus for his service to Madison County Extension Homemakers, and recognizing our Lula Boone scholarship winners.

I hope many of you are preparing for our fair in July. As of this writing, we are planning on our usual activities with the exception of the auction. Alternative plans are being made regarding our baked goods. So, PLEASE, continue to bring your perishable and non-perishable exhibits when they are due. You may use anything you created for the 2020 fair, or anything newly made. Also, remember plants for the plant sale, and volunteer to help at one of the activities where help is needed. Many hands make for light work and fun fellowship!

Finally, thank you for allowing me to be your leader these past 2 years. We may not have accomplished as much as we would have liked, but we are still here and ready to carry on! I apologize if I didn't get to visit your club, but as I return to being president of my club I will still try to visit those that I missed in 2020. Let's all work together to make the coming years good ones!

Sincerely,  
Susan Shuter

## New Castle

### Fall District Meeting



September 1, 2021

Registration opens at 8:30 am

Registration due August 25th to:

Peg Peter

3411 E. 8th Street

Anderson, IN 46012



### 4-H Fair Plant Sale July 19 - 24, 2021



Fair time is just around the corner, hopefully you have all your plants ready. Club president's received sign-up sheets at the Council luncheon. Check times and work assignments. If you deliver your plants prior to 10:00 a.m., you can drive your vehicle up to the tent or 4-H building. This helps with the traffic problems.

For questions contact:

Kimberly Powless - 765-620-4642

**Plant Sale Hostesses Needed**  
**Please call or mail sign-up sheets to:**



Kimberly Powless  
9119 N. W. Oak Street  
Alexandria, IN 46001  
765-620-4642

**Pre-register Exhibits**

Peg Peter  
3411 E. 8th Street  
Anderson, IN 46012  
643-9769  
Email: peggydp@comcast.net

Fair information was given to your President at the May Council meeting. If you did not receive information it is available at the Extension Office.



Women in Agriculture Team  
Sponsored Webinar



**Dairy: Good for the Gut!**  
**Remember Food Safety!**

**June 7th**  
**12:00 PM EST**

Register At:  
<https://tinyurl.com/WIAWebinars21>

**Presented by**  
**Abbi Sampson,**  
**Purdue Extension**



June is National Dairy Month! Join us for a free webinar and learn about dairy food products and their safety implications. Registered Dietitian and Extension Educator, Abbi Sampson will discuss ways to incorporate dairy into your diet!

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).

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**Strawberry Crisp**

**Ingredients**

**Filling:**

- 5 heaping cups fresh strawberries,, hulled and quartered
- 1/4 cup granulated white sugar
- 1 teaspoon vanilla extract
- 3 Tablespoons cornstarch

**Topping:**

- 1 cup all purpose flour
- 3/4 cup old fashioned oats
- 2/3 cup granulated white sugar
- 2/3 cup packed brown sugar
- 1/2 teaspoon salt
- 3/4 teaspoon cinnamon
- 1/2 cup (1 stick) butter,, melted

**Instructions**

Preheat oven to 350 degrees. Grease a deep dish pie plate or large baking dish with butter or cooking spray and set aside.

Combine the chopped strawberries and sugar in a large bowl and mix until the strawberries fully absorb the sugar. Add in the cornstarch and vanilla extract and stir until all of the strawberries are evenly coated. Pour into the prepared baking dish.

In a separate medium size bowl, combine the flour, oats, brown sugar, granulated sugar, salt, and cinnamon. Pour in the melted butter and stir well until well coated and crumbly. Sprinkle the crumb mixture evenly over the top of the strawberries.

Bake in the preheated oven for 35-40 minutes until fruit is bubbly and topping is golden brown. Allow to cool slightly before serving. Serve warm with vanilla ice cream on top. Enjoy!





## Volunteers for 4-H Pre Judging



| DATE & TIME  | PROJECT  | LOCATION         |
|--|--|------------------|
| Thursday, July 8<br>12:30 p.m.<br>Recording Results  | 1. Sewing - Level A  | 4-H Exhibit Hall |
|  | 2. Sewing - Level B & C                                    |                  |
|  | 3. Sewing - Level C & D                                    |                  |
|  | 4. Wearable Arts   |                  |
| Tuesday, July 13<br>9:00 a.m.<br>Recording Results   | 5. Basic & Miscellaneous Crafts                            | 4-H Exhibit Hall |
|  | 6. Ceramics  |                  |
|  | 7. Construction Toys                                       |                  |
|  | 8. Electric  |                  |
|  | 9. Fine Arts   |                  |
|  | 10. Models   |                  |
|  | 11. Needlecraft  |                  |
|  | 12. Beekeeping, Entomology, Geology, Soil & Water, Weather |                  |
|  | 13. Drug Abuse, Health, Sports                             |                  |
|  | 14. Collections  |                  |
|  | 15. Reading  |                  |
|  | 16. Scrapbooking   |                  |
|  | 17. Shooting Sports/Sport Fishing                          |                  |
|  | 18. Llama/Alpaca, Fiber Craft & Posters                    |                  |
| July 13 1:00 p.m.                                    | 19. Computer   | 4-H Exhibit Hall |
|  | 20. Forestry/ Wildlife                                     |                  |
|  | 21. Genealogy  |                  |
|  | 22. Veterinary Science/ Consumer Livestock/ Microbiology   |                  |
| Wednesday, July 14<br>8:30 a.m.<br>Recording Results | 23. Child Development/ Gift Wrapping                       | 4-H Exhibit Hall |
|  | 24. Home Environment, Self-Determined                      |                  |
|  | 25. Photography  |                  |
|  | 26. Recycling  |                  |
|  | 27. Small Engines/ Welding                                 |                  |

| DATE & TIME  | PROJECT                       |                               | LOCATION         |
|--|-------------------------------|-------------------------------|------------------|
| Thursday, July 15<br>8:30 a.m.<br>Recording Results                  | 28. Cake Decorating (1)       |                               | Exhibit Hall     |
|  | 29. Cake Decorating (2)       |                               |                  |
|  | 30. Crops                     |                               |                  |
|  | Recording Results             | Wrapping Foods                |                  |
| Thursday, July 15<br>8:30 a.m.<br>Recording Results & Wrapping Foods | 31. Foods - Level A - Cookies | 45. Foods - Level A - Cookies | 4-H Exhibit Hall |
|  | 32. Foods - Level A - Muffins | 46. Foods - Level A - Muffins |                  |
|  | 33. Foods - Level B           | 47. Foods - Level B           |                  |
|  | 34. Foods - Level C           | 48. Foods - Level C           |                  |
|  | 35. Foods - Level D           | 49. Foods - Level D           |                  |
|  | 36. Microwave Foods/Food Pres |                               |                  |
|  | 37. Woodworking               |                               |                  |
| Thursday, July 15<br>12:30 p.m.<br>Recording Results                 | 38. Strawberries & Gardening  |                               | 4-H Exhibit Hall |
| Thursday, July 15<br>12:30 p.m.<br>Recording Results                 | 39. Flowers                   |                               | Exhibit Hall     |

### Sign-Up Sheet for 4-H Pre-Judging Volunteers

If there are additional volunteers in your club, please write the information on a sheet of paper.

Please return by June 28, 2021 to:  
Madison County Extension Office  
3424 Mounds Road, Anderson, IN 46017

|                             |
|-----------------------------|
| Name _____                  |
| Address _____               |
| _____                       |
| Phone _____                 |
| Date & Time _____           |
| Project or Activity # _____ |

|                             |
|-----------------------------|
| Name _____                  |
| Address _____               |
| _____                       |
| Phone _____                 |
| Date & Time _____           |
| Project or Activity # _____ |

CLUB\_\_\_\_\_

### 2021 4-H PLANT SALE SIGN-UP

Please indicate a 1st, 2nd & 3rd choice on the form below. Times will be assigned based on the date received. Return form by **July 1<sup>st</sup>** to:

Kimberly Powless  
9119 N. W. Oak Street  
Alexandria, IN 46001  
765-620-4642

Name\_\_\_\_\_ Phone\_\_\_\_\_

Address\_\_\_\_\_ Zip\_\_\_\_\_

Monday, July 19      1 - 4 pm\_\_\_\_\_ 4 - 7 pm\_\_\_\_\_ 7 - 10 pm\_\_\_\_\_

Tuesday, July 20      1 - 4 pm\_\_\_\_\_ 4 - 7 pm\_\_\_\_\_ 7 - 10 pm\_\_\_\_\_

Wednesday, July 21      1 - 4 pm\_\_\_\_\_ 4 - 7 pm\_\_\_\_\_ 7 - 10 pm\_\_\_\_\_

Thursday, July 22      1 - 4 pm\_\_\_\_\_ 4 - 7 pm\_\_\_\_\_ 7 - 10 pm\_\_\_\_\_

Friday, July 23      1 - 4 pm\_\_\_\_\_ 4 - 7 pm\_\_\_\_\_ 7 - 10 pm\_\_\_\_\_

Saturday, July 24      1 - 4 pm\_\_\_\_\_ 4 - 7 pm\_\_\_\_\_ 7 - 9 pm\_\_\_\_\_

-----  
CLUB

### 2021 4-H FAIR EXHIBIT SIGN-UP

Please indicate a 1st, 2nd & 3rd choice on the form below. Times will be assigned based on the date received. This form needs to be sent by **July 1<sup>st</sup>** to: Peg Peter, 3411 E. 8<sup>th</sup> Street, Anderson, IN 46012, 765-643-9769

Name\_\_\_\_\_ Phone\_\_\_\_\_

Address\_\_\_\_\_ Zip\_\_\_\_\_

**Monday, July 19** - Help with check-in 12:30-3:30\_\_\_\_\_ Help with check in 3:30 - 6:30\_\_\_\_\_

**Tuesday, July 20** - Help with check-in 7:30am-9:00am \_\_\_\_\_

Help Judges 9:00am-12:30pm \_\_\_\_\_

Help Judges & Committee 12:30-3:30 \_\_\_\_\_

Hostess 3:30-6:30 \_\_\_\_\_ 6:30-9:00 \_\_\_\_\_

**Wednesday, July 21**- Hostess 9:30am-12:30pm \_\_\_\_\_ 12:30-3:30\_\_\_\_\_ 3:30-6:30\_\_\_\_\_ 6:30-9\_\_\_\_\_

**Thursday, July 22**- Hostess 9:30am-12:30 \_\_\_\_\_ 12:30-3:30\_\_\_\_\_ 3:30-6:30\_\_\_\_\_ 6:30-9\_\_\_\_\_

**Friday, July 23** - Help with release of projects & Clean-up      **9:30-12:00 pm**

Without your help with these tasks, we cannot have an exhibit at the Fair. Many hands make light work. Thanks for your help.

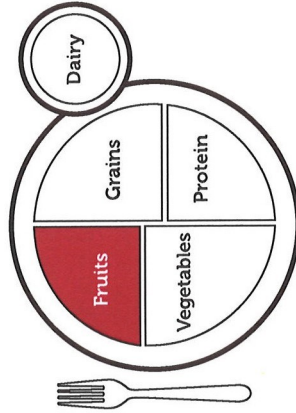




# STRAWBERRY

## WHAT IS IT?

Available fresh in the spring and summer, strawberries are a fruit grown on flowering plants in the rose family.

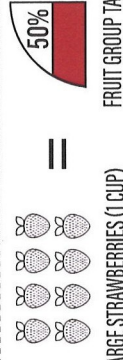


## FOCUS ON WHOLE FRUITS

Strawberries are a lower-calorie sweet treat that can be easily consumed fresh or frozen in a variety of snacks and meals.

## HOW IT FITS INTO MYPLATE

A 2,000 calorie diet has a daily Fruit Group target of 2 cups. Snacking on strawberries adds up quickly toward your goal!



8 LARGE STRAWBERRIES (1 CUP)  
To find your food group targets, go to [ChooseMyPlate.gov/Checklist](http://ChooseMyPlate.gov/Checklist)

## FUN FACTS & TIPS



Strawberries were first commercially grown in America in the 1800s.



Approximately 90% of America's strawberries are produced in California.



For a fun family outing, visit a farm that offers pick-your-own strawberries.



Blend fat-free or low-fat yogurt with fresh or frozen strawberries for a sweet smoothie.



For more information go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov)  
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August 2017