

Wabash County Extension Homemakers

April Newsletter 2018

Purdue Extension

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Mindy Mayes

Health & Human Sciences
Educator

Jane's Corner

It seems Spring is never coming nor warm weather either. But I do have Hyacinths blooming on the South side of our home. That's a good sign, isn't it?

Bonita Kirkland and I have already made reservations to go to IEHA Conference in June at Keystone Sheraton. Anyone wanting to stay with us is welcome. (June 4-6, 2018). It should be great fun.

Hope everyone is busy with Spring Cleaning.

Please be thinking about a fund-raiser for our county. Maybe a garage sale? When?

Hope everyone is busy sewing tote bags for Riley. I made eight and gave them to Barbara Meyers. I even made one for my three year old great granddaughter.

We had a fun day at the Kokomo district meeting held at the Peru Community Center last week. There were ten of us attending from Wabash County plus our HHS Educator, Mindy Mayes, so we got the 'car award' again. Someone made the comment that maybe it should be ours permanently.

The craft project for conference is a recycled item. Any ideas?

Are we having an election of officers this year? Anyone want to jump in and be an officer? It's great fun.

Any other news please let me know. The next council meeting is May 8, 2018.

President: Jane Long

Pictured to the left:

Wabash County Extension Homemakers with Mindy at the Kokomo Area Spring District Meeting



www.ieha-families.org

To strengthen families through continuing education, leadership development, and volunteer community support.



Wabash County Extension Homemakers

Upcoming Events

- ◆ Home and Family Conference
 - ◆ June 4-6, 2018
- ◆ Wabash County Fair
 - ◆ July 13-20, 2018
- ◆ Indiana State Fair
 - ◆ August 3-19, 2018

Other Notes

Sewing Day at Wabash County Fair

We will have a sewing day at the fair, once the date is confirmed Mindy will let the club presidents know.

Adult Open Show

Entry date for Open Show has changed!

Projects can be entered on Thursday, July 12, 8am-11am. Judging will follow at noon. Registration forms are available at the Extension Office or on the Purdue Extension Wabash County website, <https://extension.purdue.edu/wabash>

Recipe of the Month

Chicken and Shrimp Cauliflower Fried Rice

Servings: 6; 133 calories, 5.4 g fat, 4.6 carbs, 16.8 g protein

Ingredients: 1/2 lb shrimp, 1/2 lb chicken, 2 eggs, 1 tbsp olive oil, 3 tsp minced garlic, 1/2 tsp ground ginger, 2 tbsp soy sauce, green giant riced cauliflower

Directions:

-Marinate shrimp and chicken in 1/2 tbsp. olive oil, 1 1/2 tsp garlic, 1/4 tsp ginger, 1 tbsp soy sauce (1 hour to overnight)

-In wok or frying pan cook shrimp and chicken, remove

-Heat 1/2 tbsp. olive oil, 1 1/2 tsp minced garlic, 1/4 tsp ground ginger. Cook over medium heat for 1 minute. Add riced cauliflower and cook until crisp

-Stir in 1 tbsp soy sauce and cook 1 minute, Enjoy!

If you try this recipe let Mindy know how you like it!

Meet Mindy L. Mayes Health and Human Sciences Extension Educator



Mindy joined us as our Health and Human Sciences Extension Educator on January 1, 2018. She is not a stranger to us as she transferred from Grant County.

Mindy is a native of Emporia, VA, but has been in Indiana since 2007, when she moved to Indiana to pursue a Master of Public Health with a focus on Public Health leadership. She also holds a Bachelor of Science from Norfolk State University, Norfolk, VA, and a Master of Divinity from Christian Theological Seminary, Indianapolis, IN.

Prior to coming to serve with extension as a Health and Human Sciences Extension Educator, Mindy worked as a Health and Wellness Educator at Bloomington Hospital (now IU Health-Bloomington) through AmeriCorps. She also served as the Project Assistant to the Monroe County Long Term Recovery Committee, a Project of United Way of Monroe County.

Mindy's specialty area is health. She is passionate about the total well-being (physical, mental, spiritual), of people in the communities that she serves. She loves working as a Health and Human Sciences Extension Educator as everyday she gets to do work that strengthens families, helps people spend smart, eat right and live well.

Mindy loves cauliflower and zucchini, our recipe this month is one of her favorites!