

Connect | Inspire | Grow

Steuben County Health

Purdue Extension Health and Human Sciences

April-May 2018 Edition

Welcome and thank you for reading *Connect, Inspire, Grow Steuben County Health*.

The mission behind *Connect, Inspire, Grow* is to **connect** community members to information and resources, **inspire** healthy living, and **grow** Steuben County community health efforts.

Thank you for your interest and your support!

For more information or to contribute, contact Megan Peterson, Health and Human Sciences Extension Educator at 260.668.1000 ext. 1400 or at mpeterson@purdue.edu

A decorative graphic featuring overlapping mandala patterns in shades of purple and white, set against a solid purple background.

Yoga Classes

at Cameron Hospital

April
Sorry, No Classes

May
Mindful Mommas
17th, 6:30-8 pm
Senior Yoga
29th, 10:30 am-Noon

For Mindful Mommas,
register at:
<http://bit.ly/2sKG9wA>
For Senior Yoga, register
at: 260-667-5584



3 Uses for Dandelions this Spring



Apple Dandelion Green Smoothie

Ingredients:

- 1 cup water
- 1 apple, cored and diced
- 1 fresh or frozen medium banana
- 1 cup dandelion greens
- 1/2 lemon, peeled and seeded

Instructions:

Place all the ingredients into your blender and blend for 30-45 seconds or until the desired consistency is reached. –Healthy Smoothie Headquarters

Dandelion Leaf Tea

Collect six young, tender leaves. Wash leaves and pat dry. Cut leaves into small pieces. Place them in your tea cup, cover with boiling water, and steep for 5-10 minutes. Sweeten with honey and enjoy. -Mama's Homestead



Dandelion Salad

Ingredients:

- 1 lb Tender dandelion greens
- 5 bacon slices
- 1 1/2 tablespoons finely chopped shallot
- 1 1/2 tablespoons cider vinegar
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper



Instructions:

Cut greens into 1 1/2 inch lengths, cook bacon until golden and crispy then chop finely, whisk together shallots, vinegar, salt, and pepper and then add 3 tablespoons of bacon fat. Toss greens with warm dressing and sprinkle with bacon. –Epicurious Recipe

In Our Corner

Extension Homemaker News and Events



Upcoming Events:

April

- 3– Achievement Day Committee Meets, 7 pm
- 12-13– State Board Meeting, Indianapolis
- 26– Achievement Day Program, 6 pm

May

- 1– Council Meeting, 7 pm
- 28– Memorial Day– Office Closed

Quilt Club Schedule

April

- 2– Monday Class
- 17– Tuesday Class

May

- 7– Monday Class
- 15– Tuesday Class

Contact Donna Thrasher at

dthrasher@msdsc.us or at 260-316-1488

Notes from the Extension Office

- The Educational Extravaganza registration form is enclosed along with a campus map. The form is due to Adams Co. by April 15th. I'll be teaching a chair yoga and foot health program titled, "Mind, Body, and Sole." I hope to see you there!
- New programs will be uploaded to the IEHA website on April 14th. Each HHS program ar-

ea will be sharing a complete program designed for Extension Homemakers to teach. This year, I'll be uploading my "De-stress in the Garden" program.

- Visit the IEHA website for Extension Homemakers' News and Updates:

<http://www.ieha-families.org/>

- Like us on Facebook!

"Steuben County Extension Homemakers"

Happy Birthday to You!

April

- 10– Debbie Delancey
- 13– Sharon Graham
- 16– Alice Friend
- 20– Leora Johnson
- 26– Sharon Huss

May

- 6– Bonnie Booth
- 26– Janet Albright



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Coming Soon



PURDUE
EXTENSION

LOCAL FACES
COUNTLESS CONNECTIONS