



BUSY BEE BUGLE

www.extension.purdue.edu/dearborn



February 2019

Dear EH Members,

February continues to be filled with programming. I am currently teaching 7 classes of Captain Cash. Liz and I continue to present My Empowerment at Aurora Elementary School. Next week, I will assist with Strengthening Families Program in Ripley County. I will also be promoting America Saves Week via Purdue Extension-Dearborn County Facebook. Check out and share these posts with family and friends. You might help someone just by sharing information.

Thank you to Lois Butler for sharing her Sauerkraut Soup recipe with me. You will find the recipe in the Bugle.

You will also find information about American Heart Month, National Cherry Month and Canned Food Month.

Hopefully you are keeping physically active with the February calendar. It is helping me reach my 2019 resolution to be more physically active. I have included the March calendar for you. Kudos to West Virginia Extension for The Health Motivator Program.

I am working on program ideas for the Lesson Bazaar. If you have an idea, call me or email me.

Spring is on the way. Be sure to make reservations to attend the Madison District Spring meeting through Sandy Bruce. She will send reservations and payment next week.

I look forward to seeing you soon!

Sincerely,
Marcia Parcell
Extension Educator
Health and Human Sciences

Dates to Remember

- March 5, 2019 Homemaker's Council Meeting at 9:30 AM Extension Office
- March 19, 2019 Spring District Meeting in Madison, IN
- April 1, 2019 Get Walkin' begins and runs for 12 weeks. Let me know if you want to participate. I will add you to the group and send emails.
- April 23-25, 2019 Ag Days
- May 8, 2019 Lesson Bazaar, Switzerland County
- May 14, 2019 Lesson Bazaar, Bartholomew County, 6:00pm
- June 3-5, 2019 Home & Family Conference
- June 15-22, 2019 Dearborn County Fair
- June 17, 2019 Get Walkin' 12th Week Program completion.

Extension Facebook Page

Watch Purdue Extension Dearborn County Facebook February 25-March 2, 2019 America Saves Week for daily posts. (<https://www.facebook.com/PurdueExtensionDearbornCounty/>)

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FROM THE KITCHEN OF JAN

I can't believe February is over half gone.

- March 5 is the council meeting at 9:30 at the Extension Office.
- March 19 is the Spring District meeting in Jefferson County. The cost is \$14.00. Registration is 8:30-9:30.

- Ag Days—we will need help at the Homemakers booth April 23-24, with rain date of the 25.
- We need some ideas what kind of programs you would like for the next year.
- Fair Dates—June 15 projects check in. Flower show is June 19. June 19—Bake-off is Blackberries and Pies for Prizes.
- Home & Family Conference June 3-5. Cultural Arts 4 categories—Quilts, Needlework, Other Crafts and Knitting/Crocheting. Special project—Birdhouse.
- Achievement Day??????

Stay warm Hope to see you on the 5th

Jan Uhlmansiek Dearborn County Extension Homemakers President

Importance of Family Meals

The hustle and bustle to and from school events, meetings, and other activities can make sitting down for a family meal every night seem challenging. However, recent research shows that eating family meals improves kids diets later in life. Eating family meals more often is linked with a better overall diet that includes eating more fruits and vegetables. This means that the more sit-down family meals that happen, the more likely children will choose fruits and veggies, and eating more fruits and veggies leads to a happier and healthier life!

Heart disease and diabetes are becoming more common. Eating a healthy diet that includes fruits and vegetables is an important way to lower the chances of getting these diseases. Research shows that not only do we benefit from making healthier decisions now, but that our future selves will also benefit! Here are some tips for family meal planning:

1. Make a master list of 10 to 20 go-to meals.
2. Plan meals ahead of time to make preparing them easier.
3. Write down your meal plan on paper.
4. Keep it simple. Family meals don't need to be fancy to be healthy.
5. Turn off cell phones, TV's, and all technology and tune into each other.

Source: Indiana's Emergency Food Resource Network

Thanks to Lois Butler for sharing activities keeping her busy in February as well as a soup recipe. Try the recipe. Let us know your review of the recipe.

Sauerkraut Soup—Pat Roll

- | | |
|-------------------------------------|----------------------------|
| 1 lb. kielbasa sliced (any variety) | 2 14-oz cans chicken broth |
| 2-3 potatoes | 1 can sauerkraut (14 oz.) |
| 1 onion | 1 8-oz. can tomato sauce |
| 2-3 carrots | |

In a large pot combine onion, potatoes, carrots, sausage and 14 ounces chicken broth. Bring to a boil, cover and simmer for 30 minutes. Add sauerkraut, tomato sauce and 14 ounces chicken broth. Return to boil, cover and simmer 30 minutes more. You may need to add more chicken broth or water to thin out a bit.



5 Easy Ways to Save While You Shop

There's a certain thrill you get when you treat yourself to a new wardrobe or restock your fridge with fresh groceries. It feels like a well-deserved reward. While shopping might seem completely harmless, it can be detrimental to your budget.

Here are five ways to save money the next time you shop.

1. Leave your debit or credit card at home

Leaving your card at home limits your ability to overspend. Before you hit the store, decide exactly how much money you plan to spend and withdraw that amount in cash. This way, you won't be able to go over your budget...even if something catches your eye.

2. Make a list

Making a list, and checking it twice, helps you stay on track to only purchase what you need. If you've ever gone out to buy one thing but left the store with five, making an effective list is a great way to prevent this from happening again. Be thorough and thoughtful as you think about what you need so you can follow your list to a T. If you're going grocery shopping, it's helpful to visualize yourself walking down the aisles to get a better feel of what you need. You can also check your fridge and see what's running low.

3. Find out what's on sale

With your list on hand, head straight to the clearance section when you get to the store. If you make the clearance section your first stop, you'll be able to see which items you can save money on. Stopping at clearance first will ensure that you snag those deals before you add full price items to your basket. Just remember that buying something on sale isn't saving money if you didn't need it in the first place. Stick to your list.

4. Compare Prices

This trick is especially helpful when you make expensive purchases like electronics or furniture. For example, if you're looking to buy a new TV, you can start by choosing which one you want. Then you can search the web or various stores that carry the item you're looking for. Make a list of the prices you come across and choose the cheapest! You can save big by comparing prices.

5. Always keep your savings goals in mind.

If you plan to buy a car in the near future or you want to build an emergency savings account, keeping that in mind while you shop should help you be more cautious with your spending. Ask yourself, "Do I really need this?" or "Is spending this much going to help me reach my goals?" before you make a purchase. You can even write those questions on your credit card with a piece of tape as a reminder! Usually, the answer is no and you'll be able to walk away from unnecessary purchases.

Let America Saves help you save money so you can feel confident about your finances. It all starts when you make a commitment to yourself to save. Take the first step today and take the America Saves pledge to save money, reduce debt, and build wealth over time. And it doesn't stop there. America Saves will keep you motivated with information, advice, tips, and reminders to help you reach your goal. Think of us as your own personal support system.

Source: <https://americasaves.org/blog>

February is Canned Food Month

February was officially declared "Canned Food Month" in 1987 by the Canned Food Information Council. The goal is to clear up myths about canned food and help distribute cans to those in need.



So why is Canned Food Month so Important?

1. Cans make cooking so much easier!
2. They can help save money due to their longevity, and they are easy to buy in bulk.
3. Cans are very easy to organize and they don't take up too much space in the pantry.

Myths about Canned Foods

1. Canned foods are poor in nutrients.
 - Canned foods do have the same amount of fiber and protein content as their fresh counterparts, and provide vitamins as well.
2. Canned foods have too many preservatives.
 - This is not true! The heat and pressure used in the process of canning keep the bacteria out and freshness in, so not all canned products have preservatives.
3. Canned foods have too much sodium.
 - Although this is true for some canned food options, there are plenty of canned goods that are low-sodium or sodium free!

Source: *Indiana's Emergency Food Resource Network*

Oatmeal Pecan Waffles

For waffles:

1 cup whole-wheat flour
½ cup quick-cooking oats
2 teaspoons baking powder
1 teaspoon sugar

¼ cup unsalted pecans, chopped
2 large eggs, separated
1 ½ cup fat-free (skim) milk
1 tablespoon vegetable oil

For fruit topping:

2 cups fresh strawberries, halved
1 cup fresh blackberries

1 cup fresh blueberries
1 teaspoon powdered sugar

Preheat waffle iron. Combine flour, oats, baking powder, sugar, and pecans in a large bowl. Combine egg yolks, milk, and vegetable oil in a separate bowl, and mix well. Add liquid mixture to the dry ingredients, and stir together. Do not overmix; mixture should be a bit lumpy. Whip egg whites to medium peaks. Gently fold egg whites into batter. Pour batter into preheated waffle iron, and cook until the waffle iron light signals it's done or steam stops coming out of the iron. A waffle is perfect when it is crisp and well browned on the outside with a moist, light, airy and fluffy inside. (Or make pancakes.) Add fresh fruit and a light dusting of powdered sugar to each waffle, and serve. Yield: 4 servings.

Tip: For pancakes, do not separate eggs. Mix whole eggs with milk and oil, and eliminate steps 4 and 5.

Source: <http://wecan.nhlbi.nih.gov>

February is American Heart Month



Stroke Symptoms

Use the letters in "F.A.S.T." to spot stroke signs and know when to call 9-1-1.

F-Face Drooping—Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven or lopsided?

A-Arm Weakness—is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S-Speech—is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence.

T-Time to Call 9-1-1—If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

Additional Symptoms of Stroke. If someone shows any of these symptoms, call 9-1-1 or emergency medical services immediately.

- Sudden numbness or weakness of face, arm, or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding speech.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause.

Source: *American Heart Association*

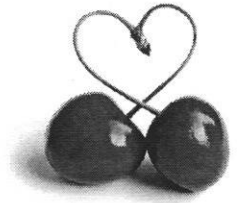
Common Heart Attack Warning Signs

- 1 Pain or discomfort in chest
- 2 Lightheadedness, nausea, or vomiting
- 3 Jaw, neck or back pain
- 4 Discomfort or pain in arms or shoulder
- 5 Shortness of breath

Learn More at Heart.org/HeartAttack

National Cherry Month Activities

1. Drink cherry juice before and after exercise. Cherries, according to a study by the University of Vermont, contain massive amounts of anti-inflammatory properties and can be a tremendous aid in reducing soreness from working out. Drink cherry juice, workout longer, and feel better.
2. Snack on cherries. Everyone needs a sugar rush every once in a while, but it can be done without Skittles. Cherries pack a sweet punch, but a cup only has 87 calories and a puny amount of fat. Also, a serving contains three grams of fiber with no artificial ingredients.
3. Reduce your risk of heart disease. The pigment that makes cherries red is also a disease-fighting antioxidant, so eat up.
4. They're delicious and good for us. Food that's good for you never tastes good, right? Wrong: Cherries are filled with vitamin A, B, C, and E. Together, these vitamins help blood circulation, hair growth, stress management, and reduce cancer risk just to start. Take that, multivitamins.
5. Strawberries had better start sweating because cherries can be baked, juiced, jammed, grilled, dried, and even put in cocktails. Cherry ice cream, cherry jelly, cherry Coca-Cola, cherry cobbler, cherry barbecue sauce, and so on. Hungry yet?



Source: <https://nationaltoday.com/national-cherry-month/>

11 Health Benefits of Cherries

When you eat cherries, you enjoy much more than just their amazing taste. They're packed with antioxidants and offer many health benefits, including help with insomnia, joint pain and belly fat. Cherries could be just what the doctor ordered.

Here are 11 good reasons to start eating this powerfood today!

1. Protects Against Diabetes

Sweet cherries have a low glycemic index of 22 — lower than apricots (57), grapes (46), peaches (42), blueberries (40) or plums (39). This makes them a better snack than many other fruits, especially for diabetics.

2. Promotes Better Sleep

Tossing and turning at night? Cherry juice to the rescue! Drink cherry juice 30 minutes after waking and 30 minutes before your evening meal. In a study, participants boosted their melatonin intake by following this routine. Cherries are a good source of melatonin, which helps us regulate our sleep cycles. Cherries have also been found to help with jet lag.

Note: there is a higher level of melatonin in tart cherries compared to sweet cherries.

3. Decreases Belly Fat

Researchers found that rats who were fed whole tart cherry powder, in a high fat diet, didn't gain as much weight or body fat as rats who did not eat tart cherry powder.

4. Helps Ward Off Alzheimer's

The Alzheimer's Association includes cherries as one of the memory boosting foods because they are rich in antioxidants.

5. Reduces Risk of Stroke

Tart cherries provide cardiovascular benefits. The anthocyanins, which are the pigments giving tart cherries its red color, may activate PPAR which regulates genes involved in fat and glucose metabolism. This reduces the risk of high cholesterol, blood pressure and diabetes, according to research from the University of Michigan Health System.

6. Slows the Aging of Skin

Cherries have the highest antioxidant level of any fruit. Antioxidants help the body fight the free radicals that make us look old. Drinking one glass of tart cherry juice daily slows down the aging process, according to Scientists from the Michigan State University. Cherry juice is also recommended as an alternative treatment for other skin conditions.

7. Lowers Risk of Gout Attacks

Eating cherries lowers risk of gout attacks by 35 percent in a study with 633 gout patients, done by Yuqing Zhang, professor of medicine and public health at Boston University. Gout patients who consumed cherries over a

two-day period had a 35 percent lower risk of gout attacks, compared to those who did not eat the cherries. “Our findings indicate that consuming cherries or cherry extract lowers the risk of gout attack, the gout flare risk continued to decrease with increasing cherry consumption, up to three servings over two days,” said Zhang.

8. Reduces Muscle Pain

A cup and a half of tart cherries or one cup of tart cherry juice can reduce muscle inflammation and soreness studies suggest. A group of marathon runners drank tart cherry juice twice daily for seven days before their race. The group who drank the cherry juice group experienced less muscle pain after the race than those who drank another fruit drink.

9. Helps Regulate Blood Pressure

Cherries are very high in potassium, which helps regulate heart rate and blood pressure and reduces the risk of hypertension. The phytosterols in cherries help reduce bad cholesterol levels.

10. Helps with osteoarthritis relief

The pain and discomfort of swollen joints were reduced when tart cherry juice was consumed twice a day for three weeks in a study of twenty women ages 40 to 70 with inflammatory osteoarthritis.

11. Helps to Prevent Colon Cancer

Substances in tart cherries can reduce the formation of the carcinogenic chemicals that develop from the charring of hamburger. Researchers added tart cherries to ground beef patties. “The fat contents of the cherry patties were, as expected, lower than that of the control patties, whereas the moisture contents were greater. Cherry tissue will not only slow down the oxidation deterioration of meat lipids, but will also substantially reduce the formation of heterocyclic aromatic amines,” reported J. Ian Gray, PhD, Professor of Food Science at Michigan State.

Now you have many good reasons (11 to be exact!) to eat cherries.

Source: <https://www.care2.com>

Cherry-Almond Ice Cream Sauce

This homemade ice cream sauce is easy to make and will delight your taste buds. Tart cherries are cooked with amaretto and brown sugar until thickened and bubbly, and then further flavored with a touch of almond extract. It tastes so good you may never want to buy that store-bought chocolate sauce again!”

1 tablespoon packed brown sugar or brown sugar substitute equivalent to 1 tablespoon brown sugar (see Tip)

½ teaspoon ½ to 1 teaspoon cornstarch (see Tip)

1 tablespoon butter

2 cups fresh or frozen unsweetened pitted tart red cherries

1 tablespoon amaretto or water

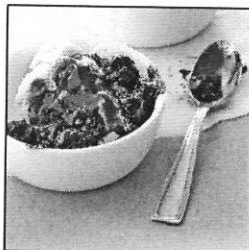
½ teaspoon almond extract

2 cups low-fat or light Neapolitan, mocha almond fudge or fudge nut sundae ice cream

In a small bowl, combine brown sugar and cornstarch; set aside. In a medium skillet or saucepan, heat butter over medium heat just until melted. Remove from heat. Cook and stir for 2 to 3 minutes or until mixture is thickened and bubbly. Cook and stir for 1 minute more. Remove from heat. Stir in almond extract. Cool about 20 minutes. Serve warm over ice cream.

Tip: If using a sugar substitute, we recommend Sweet’N Low® Brown or Sugar Twin® Granulated Brown. Follow package directions to use product amount equivalent to 1 tablespoon brown sugar. If using fresh cherries, use ½ teaspoon cornstarch; if using frozen cherries, use 1 teaspoon cornstarch.

Recipe by: Diabetic Living Magazine





Madison District Spring Meeting
Tuesday, March 19, 2019



Blooming In Jefferson County

Madison Township Firehouse
3413 N Michigan Rd.
Madison, IN 47250

\$14.00 per person

Reservations & County \$5.00 door prize
Money due by March 5, 2019 to :

Dianna Giltner
1665 S. Co. Rd. 1000 W
Lexington, IN 47138
812-866-9667

Make checks payable to:
Jefferson County Extension Homemakers

Registration & Refreshments 8:30-9:30 a.m.
Meeting begins at 9:30 a.m.

Lunch: Soup, Salads, Sandwiches & Desert



