

**EDGAR COUNTY
HOME & COMMUNITY EDUCATION ASSOCIATION
March/April, 2024**



Meetings

<u>Date</u>	<u>Time</u>	<u>Unit</u>	<u>Hostess</u>
March 12	1:30 p.m.	Bell Ridge	Karen Nuckols
March 28	7 p.m.	Chrisman Nite Chrisman Christian Church	Jenni Ray
March		Redmon Night	TBA
March		Stratton	TBA
April	Annual Meeting	Bell Ridge	No unit meeting
April 26	7 p.m.	Chrisman Nite Brinkley's Market	Nancy Harper/Dorothy Quick
April	Annual Meeting	Redmon Night	No unit meeting
April	Annual Meeting	Stratton	No unit meeting

Check out our website: extension.illinois.edu/cce

100th Annual IAHCCE Conference
“Diamonds Are Forever and So is IAHCCE”
Tuesday, March 12 – Thursday, March 14, 2024
Keller Convention Center - Effingham, IL



University of Illinois—U.S. Department of Agriculture—Local Extension Councils Cooperating
 University of Illinois Extension provides equal opportunities in programs and employment.
 If you need a reasonable accommodation to participate in any of the programs mentioned in
 this newsletter, please contact University of Illinois Extension, Edgar County office – 217-465-8585.

Edgar County H.C.E. Board Members

Co-Presidents – Pat Brazelton, 217-822-6183
Kate Morecraft, 217-822-4956

First Vice – Paula Coombes, 217-822-4058

Second Vice – Becky Step, 217-264-6855

Secretary/CVH – Cindy Bruce, 217-948-1021

Treasurer – Carole Halloran, 217-251-2384

International /Public Relations – Trudy Arrasmith
217-822-7262

Cultural Enrichment/Community Issues – Dona Hoult
217-822-2419

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If you have something to place in the newsletter to share with the membership, please send it to Rebecca at the Extension Office at schiver@illinois.edu, or mail to 210 W. Washington St., Paris.

Please send unit news to the same address. We want to know about your unit's activities and successes. The due date is the 20th of the month before publication. Thank you for helping Edgar County HCE.

All new memberships of \$12 should be sent to Carole Halloran, 13556 N. 800th St., Paris, IL 61944. Thank you for your help in keeping the membership and officers lists correct. (For memberships running from January until May 1, only \$6 should be collected.)

ATTENTION UNIT TREASURERS: Unit dues are due to Board Second Vice, Becky Step, by May 1. Dues are \$12 each.

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Join us for local leader training for the May major lesson:

Five Flavors: How the Palate Changes

Wednesday, April 26 1:30 p.m. Extension Office

How does our palate change through our lifecycle? Learn about the five senses, the process of aging, and the connection between smell and taste. What are some ways to enhance flavor using color and spices? What is behind the psychology of taste? Learn answers to these questions at this training.

Bring a friend.

The March package lesson,
“Happy Hacks for More Positivity & Well Being”
has been printed & is ready for pick-up at the
Extension Office.



From Dona Hoult, Cultural Enrichment Chairperson

We had a great turnout of entries for this year's Cultural Arts contest. The winners are going to the State Conference in March.

The winners are:

Gail Pruitt, Chrisman Night Unit – Quilt selected - Quilt made from her mother's aprons

Other Projects:

1. Trudi Arrasmith – greeting cards
2. Dona Hoult – wall hanging
3. Marge Houghland – holiday item
4. Nancy Harper – artwork
5. Debbie Cook – wreath
6. Dona Hoult – machine embroidery
7. Peggy Cline – cross stitch
8. Shirley Rideout – cross stitch – child's apron

Don't forget we are celebrating 100 years of HCE at the State Conference this year. Contact Dona in early March to arrange pick-up of your items for conference Cultural Arts contest. 217-822-2419

From HCE Co-Presidents, Pat Brazelton & Kate Morecraft

It's March!! Can spring be far behind? The snowdrops were so pretty. Of course to me, any flower is pretty! The more the merrier!

The HCE Board finished up the year-end reports, so we are ready for the year 2024!

The Annual HCE Meeting will be held on Tuesday, April 30. Registration is 5:30 – 6 p.m. and the meal is at 6 p.m. Please fill out and return to the Extension Office the below form by April 22 for your reservation.

Great food and entertainment! You don't want to miss this fun time.

Remember to collect items for the Blessing Boxes. This is an ongoing (24/7days a week – 365 days a year) time frame. You may put the items in the Blessing Boxes or drop them at the Extension Office and we will distribute.

Some members are attending the IAHCE 100th Anniversary meeting on March 12 – 14 in Effingham. They will report at the annual meeting.

DIAMONDS ARE FOREVER AND SO IS IAHCE

April 30 – ECHCE Annual Meeting

Plan now to attend the Edgar County HCE Annual Meeting on Tuesday, April 30 at the Edgar County 4-H Fairgrounds. Registration will begin at 5:30 p.m. with the meal being served at 6 p.m. Cost is \$10.

Please fill out the below registration form and return it to the Extension Office before April 22.

Name: _____

HCE Club: _____

Number attending: _____

Meals are \$10 each. Amount enclosed: _____

Please return this reservation to the Extension Office by April 22.

210 W. Washington St., Paris

ECHCE Scholarship:

Don't forget that Edgar County provides a \$1000 scholarship, paid in two installments, to any student beginning their second year of an Associate Degree or their third year of a bachelor's degree in a program related to Family and Consumer Sciences. The first half of the scholarship (\$500) will be paid by July 1. The second half of the scholarship (\$500) will be paid no earlier than January 1. Applications are available at the Extension Office in Paris or by emailing schiver@illinois.edu. Applications must be postmarked no later than April 1, 2024. If you know of an eligible candidate, please encourage them to apply.



Members of Redmon Night HCE brought laundry detergent, dryer sheets and monetary donations to donate to the monthly Laundry Day Project supported by Edgar County ROSC. Members above left to right: Marion Powers, Denise Step, Cindy Muchow, Laura Bogue, Becky Step, Judy Carroll Benton, Joan Mattingly, Cindy Bruce, and Sandy Randall.



Redmon Night HCE honored members Becky and Denise Step at their February meeting for their dedication in providing the unit a place to meet each month. They were presented with a beautiful garden spinner to be placed at Step Station as a thank you from the unit.



DUES

Don't forget that \$12 dues should be paid by May 1. If you are presently a unit member, please pay your treasurer and she will send one check (made to ECHCE) to cover the unit's membership. Please include a list of members and officers. If you have a new community member or bride, they only pay \$6 for the year. Thanks for your cooperation.

Carole Halloran, ECHCE Treasurer
13556 N. 800th St.
Paris, IL 61944
217-251-2384

Edgar County HCE Board Meeting January 2024 Minutes

The ECHCE Board met on January 2, 2024, at Pat Brazelton's home. The Pledge of Allegiance and the Homemakers Aim was led by Kate Morecraft. Cindy Bruce read the roll call with Becky Step and Dona Hoult being absent. She also read the minutes from December, 2023 and they are on file. Carole Halloran said the reservations for the State HCE Conference being held in March have been sent in. There is \$5526.60 in the regular account and \$4126.04 in the premier account. We approved to send

\$50 to the Horizon Health Foundation for the Non-emergency Medical Transportation. Carole was to talk to Blake Gough about having another presentation about keeping your house safe, crime & etc. Cindy said she could talk to him as she sees him at ballgames. Permission was given for Cindy to talk with Mr. Gough. We need to get our year-end reports in to the state when they are due. Carole has paid the membership dues. Becky will send the end-of-year membership report to Karen Cahill. CVH hours are prepared to go to Ashley Davis. The County of the Year application is being prepared. Dona Hoult will complete the cultural arts show registration.

As of December 31, 2023, we had 59 members in Edgar County HCE.

The IAHCE Conference is March 12 – 14, 2024 in Effingham.

We need a speaker for the annual meeting in April. Also, we need to set a date so the building can be reserved.

Do any units have any ideas for community projects? Talk about projects in your units and if you have any ideas, let one of the board members know.

If you have anything for the state newsletter, please get it turned in. The newsletter articles are due by April 1, July 1 and November 1 of each year.

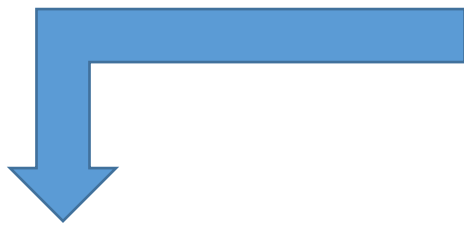
Our next board meeting is February 6 at 1 p.m. at Pat Brazelton's home.

Cindy Bruce

Secretary

IAHCE Newsletter Information

The IAHCE newsletter can be read free online at IAHCE.org. If you would like a copy mailed to you, please send a \$10.00 check, payable to IAHCE. Newsletters are mailed in May – August – December. Mail to: Emily McDowell, IAHCE Public Relations Director, PO Box 522, Pierron, IL 62273. Please include your name, address, telephone number, county and email. Please also indicate if this is a new or renewal subscription or if your address has changed.



Crawford County HCE is collecting plastic caps & lids

Crawford County HCE continues to collect plastic caps & lids to have benches made to place throughout their county. We are accepting these at the Edgar County Office. Why not save your caps to help your fellow HCE members, while helping the environment too? Please be sure to wash the caps before bringing them to the office. Here is the list of accepted items:

medicine bottle caps
detergent caps
spray paint caps
deodorant caps
mayonnaise lids
cream cheese lids

drink bottle caps
flip-top caps (i.e. ketchup, mustard)
toothpaste tube caps
cottage cheese container lids
coffee can lids
peanut butter lids

milk jug caps
hair spray caps
ointment tube caps
Cool Whip lids
yogurt lids
ice cream bucket lids

Thank you!

Are you interested in keeping up on the latest Extension activities and events? Why not consider submitting your email address to receive the weekly eBlast from the Extension Office. Each Friday morning, an email will be sent to you with all of the news, announcements, and upcoming opportunities available to you through Extension. Please send your email address to Rebecca at the Extension Office at schiver@illinois.edu or give her a call at 217-465-8585. Thank you!

UPCOMING EXTENSION EVENTS

Let's Amp Up the Veggies! **March 1 2:30 p.m. and March 7 6:30 p.m.**

Paris Public Library Tired of droopy broccoli? Do you serve canned corn as your go-to side? Did you know that we are supposed to eat 2-3 cups of vegetables per day? Learn how to make veggies interesting and delicious!

Presented by Mary Liz Wright, University of Illinois Extension Nutrition and Wellness Educator

Rain Garden Essentials: Design, Build, Plant **March 5 1:30 p.m.**

Live Zoom Webinar Discover the power of rain gardens, which act as nature's filter by slowing storm water runoff, reducing soil erosion, and relieving strain on storm water systems. Register for this free program at: extension.illinois.edu/plants/four-seasons-gardening

Herbs **April 4 6 p.m. and April 5 2:30 p.m.**

Paris Public Library Did you buy cute little herb plants this spring? They smell so good – but what should you do with them? Learn how to use fresh herbs in recipes and how to preserve them to use this winter. Presented by Mary Liz Wright, University of Illinois Extension Nutrition and Wellness Educator.

April in Paris Garden Seminar **April 11 8:30 a.m.** Lake Ridge Christian Church, Paris, IL

Cost is \$30 Speakers and topics are: Jan Phipps, Master Gardener – *Of Naked Ladies and Forget-Me-Knots*, stories behind the common names of some of our favorite plants, from the book written by Allen M. Armitage; Nathan & Lisa Campbell, Danville Gardens – *New Varieties of Plants for 2024*; Chris Enroth, Illinois Extension Horticulture Educator – *Trees for Your Landscape or Not: Choosing the Right Trees for Your Home Landscape* Trees are a long-term investment. A tree can either add value to your property or cost a lot of money to cut down. This presentation will help you make informed decisions about the trees you choose for your home landscape. Best practices for selecting, planting and maintaining trees, plus favorite trees and trees that are best to avoid will be discussed.

Register at go.illinois.edu/aprilinparis or by calling the Edgar County Extension Office at 217-465-8585.

Soil Testing Week **April 14 – 19** Soil samples will be collected at the Edgar, Clark & Crawford County Extension Offices during this week. Samples will be sent to KSI Laboratories for analysis. Results will be mailed to you. Cost is \$20 per sample.

This is just a partial list of upcoming Extension events. Find all of the offerings at:

go.illinois.edu/cce/events

Spring Cleaning Your Pantry

March, 2024 Minor Lesson

Source: Mary Liz Wright, Extension Nutrition and Wellness Educator

The birds are chirping the flowers are blooming—Spring is here! Makes you want to roll up your sleeves and get to it! Time for Spring cleaning! I'm not talking about digging into your closets and under your bed—ferreting out the dust bunnies and donating unused items "Kondo" style—although it is a good idea. I'm talking about Spring cleaning your pantry!

Clean eating or "spring eating" (my term) is a meal plan wherein you eat less processed foods, more fruits, veggies, beans, nuts. Spring eating means paying attention to the nutrient content of your foods (read labels) and in addition to paying attention to what goes into your mouth, get enough sleep and physical

activity. Good friends, laughter and having a purpose round it all out to make for a long and happy life. www.mayoclinic.org

So, how are we going to do that?

Take a look in your pantry:

- All those winter-time comfort snacks (cookies, chips, etc) need to go
- Think light and bright when you are planning meals (dark colored fruits and veg—meat and cheese as flavorings not the star of the show)
- Get outside—clean up your yard, go for a walk, plant a garden
- Plan a lunch date with an old friend, visit with your neighbors

In essence—get out there and smell the roses/daffodils/tulips—they are blooming NOW! Don't waste this precious opportunity to improve your health.

Go to <https://www.fruitsandveggiesmorematters.org/> for some great recipes or try the one below:

Sautéed Radishes

1 tablespoon butter or vegetable oil

1 to 2 bunches radishes (about 1 pound with tops), trimmed and each cut into quarters or halves if small

Salt and coarsely ground black pepper

1 tablespoon chopped fresh dill (optional)

1. In nonstick 12-inch skillet, melt butter or oil. Add radishes, 1/4 teaspoon salt, and 1/8 teaspoon pepper; cook 14 to 15 minutes or until radishes are fork-tender and lightly browned.
2. Remove skillet from heat; toss radishes with dill and transfer to warm serving bowl.
 - NUTRITIONAL INFORMATION Calories: 45, Total Fat: 3 g, Saturated Fat: 1 g, Cholesterol: 0 mg, Sodium: 210 mg, Carbohydrates: 4 g, Fiber: 2 g, Protein: 1 g

Soil Testing

April, 2024 Minor Lesson

Source: <https://extension.illinois.edu/soil/soil-testing>

Fall is a great time to test garden soils.

There is one aspect of our gardens that is often overlooked and may underlie many of the problems we experience, our soils. Fall is an excellent time to reflect on the past growing season and look toward next spring's gardening opportunities with the lessons from this year in mind. Testing can also be done in the spring.

Productive soils

Soils need attention to remain productive, but how often have you taken a quantitative measure of soil fertility and other soil attributes? A soil test is an excellent way to gauge current soil productivity, discover soil issues, and plan for maintenance of soil health through the addition of appropriate soil amendments. These tests are relatively inexpensive and provide valuable knowledge and insight into our soils.

Overfertilization and the subsequent offsite movement of excess nutrients into our streams and rivers is a major water quality issue nationwide. Although a large amount of this non-point source pollution is typically attributed to industry, it is still important for smaller-scale lawn and garden applications to stay within recommended limits. In recent years, some research has shown alarmingly high levels of nutrient runoff from urban areas. Soil tests and proper fertilizer applications ensure we're doing our part.

Soil testing tips

- Separate samples of areas where plants thrived from those that did not and compare the results.
- Test areas where you plan to plant different crops next year.
- For overall soil health testing, collect sampling from across the area.
- Combine individual samples into a plastic bucket and mix well. Do not use a metal bucket or rusty spade. Galvanized products skew the test results with added zinc.
- Remove one cup of the mixture and submit it in a plastic bag. Label the bag with your name, date, and type of soil, such as "garden" or "lawn."



Figure 1. USDA Soil Texture Triangle

Tests you can do at home

There are many different resources to determine the texture of your soil. The simplest and most generic method is the feel test; rub a moist sample of soil between your fingers. Sand will feel gritty, silt smooth, and clay sticky.

Another test is the ribbon test: squeeze a small, moistened ball of soil between your thumb and forefinger to create a ribbon.

- Sand or sandy soils won't ribbon; loam, silt, silty clay loam, or clay loam soil ribbons less than 1 inch
- Sandy clay loam, silty clay loam, or clay loam ribbons 1 to 2 inches
- Sandy clay, silty clay, or clay will ribbon more than 2 inches

There are other tests available, such as the jar test and ball squeeze test. Get to know your soil and try one of the at-home texture methods. The NRCS has a [nice flow diagram](#) to help with determining your soil texture. The USDA Soil Texture Triangle could also be used when determining texture.

Understand the pH and nutrient availability

In addition to soil texture, it is vital to know and understand the pH and nutrient availability of your soil. Soil pH and nutrient availability can be assessed through a soil sample. Check out our section that details how to sample your soil for sending off to a soil lab. Figure 2.

Soil sampling is not something that needs to be done every year. Ideally, it would be done every 3 years. Soil pH is a measure of acidity or alkalinity with an ideal soil pH of 6.5; the pH ranges from 6.0 to 7.0 is ideal for most

Crop	Range of soil pH optimum for selected crops					
	5	5.5	6	6.5	7	7.5
Asparagus						
Bean						
Cabbage						
Carrots						
Corn						
Cucumber						
Kale						
Lettuce						
Mustards						
Onions						
Parsnips						
Peas						
Pepper						
Potatoes						
Radishes						
Spinach						
Squash						
Tomatoes						

garden vegetables. See Figure 2 for pH specifics for different vegetable crops. Soil pH can be raised (more alkaline) with the addition of lime or lowered (more acidic) with the addition of sulfur. Raising and lowering your pH does take time; once lime or sulfur is applied, it can take a year or more to see any movement in pH.

The soil test also provides information about the level of nutrients available. Depending on the soil test you choose, Phosphorus, Potassium, Magnesium, and Calcium are the most common nutrients you will receive information about. Nitrogen is an essential nutrient; however, it can be very mobile within the soil with values changing constantly which is why it is not included in a basic fertility test. Nitrogen is also the nutrient that plants need in the largest quantity.

When organic matter is broken down in the soil, nitrogen is available for plant use. The nitrogen from organic matter usually is not adequate to meet the demands of many vegetables, so additional nitrogen from fertilizer is needed. If the organic matter level is high or manure has been applied, the only added nitrogen fertilizer needed is for vegetables that benefit from high levels of nitrogen which includes sweet corn, cole crops (broccoli; cabbage; cauliflower; kale; Brussels sprouts), and leafy green vegetables. It is recommended to apply one or two applications of nitrogen as a side-dressing after planting for these crops. For soils high in phosphorus (25 ppm or higher), no phosphorus fertilizer is suggested. Crop yield is not likely to be improved by applying additional phosphorus on high-phosphorus soils, so there is no benefit from its use. Potassium levels of 125 ppm and above are considered high and no additional fertilizer should be added. Other nutrients (calcium, magnesium, boron, etc.) are not known to be deficient in most Illinois soils, so it is not recommended to apply these nutrients; however, if issues arise within your garden, it is typically a good idea to test for micronutrient deficiencies.

Nutrients can be added to soil in many forms, the most common being manure, compost, or commercial fertilizers. Manure and compost are nice options as they also add organic matter to the soil. Applications of fertilizer should be made based on your soil test levels.

APRIL IN PARIS GARDENING SEMINAR

Thursday, April 11 8:00 a.m. registration, Program 8:30 a.m. – noon
Lake Ridge Christian Church, 122 E. Steidl Road, Paris

Speakers and topics include:

Jan Phipps, Edgar Co. Master Gardener

Of Naked Ladies and Forget-Me-Knots – Stories Behind the Common Names of Some of Our Favorite Plants

Nathan & Lisa Campbell, Danville Gardens – 2024 New Plant Varieties

Chris Enroth, Illinois Extension Horticulture Educator

Trees for Your Landscape or Not

Cost is \$30 which includes all speakers, a delicious breakfast, handouts, and horticulture-themed vendors offering interesting & useful products.

Register at: go.illinois.edu/aprilinparis or call the Extension Office at

217-465-8585



Pictured left to right: Mrs. Schuler, principal, Mary Forsythe, Betty Lewis, Nancy Harper, Gail Pruitt and Vickie Hollingsworth.



At their January meeting, the Chrisman HCE unit collected school supplies, mittens, gloves and hats for the Chrisman Elementary School. Several students saw the goodies the club had brought & they were so excited that they asked if they could be in the picture too!

Spring

Spring, spring is coming soon,
Grass is green and flowers bloom,
Birds returning from the south,
Bees are buzzing all about,
Leaves are budding everywhere,
Spring, spring is finally here!

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Paris, IL 61944

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MARCH/APRIL, 2024
EDGAR COUNTY HCE NEWSLETTER

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Extension Office 217-465-8585
RETURN SERVICE REQUESTED
