

Home and Heart EH NEWSLETTER

June 2025

EHC Month

We were busy in May! As you all know, May was EHC Month, and we had several events to honor our wonderful organization. Judge Brent Pinkerton proclaimed May EHC Month in Howard County during the Quorum Court meeting, and EHC hosted an amazing Chamber of Commerce Coffee at the EH house. The array of goodies was impressive, and special thanks to everyone who contributed to the special day!



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June EH Leader Training and Board Meeting

The June EH Leader Training topic is “Frauds & Scams,” scheduled for Tuesday, June 24 at 10 a.m. in the EH Center. The monthly EHC board meeting will follow.



Monthly Quilt/Crochet Workshop

The Quilt/Crochet Workshop will be held on Friday, June 27, at 9:00 a.m. at the EH Center.

Intro to Barn Quilt Workshop

Hempstead County Extension is hosting an “Intro to Barn Quilt” workshop in Hope on Thursday, June 26, from 5:30 – 8:00 p.m. at SW Arkansas Arts Station located at 200 E Division Street in Hope. Cost is \$15 – refreshments and supplies are provided. Call the Hempstead Co. office at 870-777-5771 to pre-register.



EH Center Cleaning Schedule

JUNE - New Horizon

JULY – Twilight

AUGUST – 4-H Members

EHC Yearbook

The Yearbook Committee has met and has a wonderful list of Leader Trainings scheduled for next year. If your club has any changes to its club officers, meeting time, meeting place, etc., please contact the Extension office as soon as possible.

Farmer's Market

I visited the Farmer's Market last week. There were several great vendors, and some are beginning to offer farm-fresh produce. Plus, food trucks are being invited to participate as well. There are weekly drawings for prizes, and if you've never seen a crocheted octopus that is smaller than a thimble, you're in for a treat! The Farmer's Market is every Friday from 7:00 – 11:00 a.m. I will be there **June 6 & August 22**, conducting food demonstrations if you want to drop by to say hi!



Extension Get Fit

If you would like a good workout where you can exercise at your own pace with no judgment, plan to join us each Monday and Wednesday at the EH Center at 10:00 a.m. Dress in comfortable, breathable clothes, and we will guide you through the rotation. There is a \$20.00 charge for the class.

Pressure Canner Testing

I recently sent Howard County's testing gauge to Presto to have it checked and calibrated and I'm ready to test your dial gauge pressure canners to determine accuracy of the gauge. Dial gauges should be tested annually to assure that the pressure indicated on the dial is accurate. Pressure gauge testing is free!

I'll bring the canner tester to the June Leader Lesson Training and test gauges if you want to bring your lid to that meeting, but if you're unable to attend, you may bring your pressure gauge (lid only) and drop it off at our office at 421 N. Main in Nashville for testing and we will call you when it's ready to be picked up. Older canners have gauges that do not separate from the lid so bring the entire lid. You may also bring the rubber gaskets from your canner lids, and I'll advise you on if it's time to order a new one. If you would rather schedule an appointment, please call our office to do so. Please note that we do not test weighted gauges.



Recipe of the Month

Orange Freeze Pie – Dana Newberg

This recipe sounded so good! This recipe comes from the Howard County EHC
Homemade With Love cookbook from 1999.

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|----------------------------------|--|
| 2/3 c. orange juice | 1 can mandarin oranges, drained |
| 1 (3 oz.) pkg. orange Jello | 1 (9 oz.) carton whipped topping, thawed |
| 1 c. vanilla ice cream, softened | 1 deep-dish baked pie crust |

Bring orange juice to a boil and dissolve Jello in juice. Add ice cream by spoonful's, blending until dissolved. Chill until slightly thickened. Stir in mandarin oranges. Fold in whipped topping. Pour into pie shell. Freeze for 2 hours. Can substitute sugar-free or fat-free products to reduce sugar and calories.



Sincerely,

A handwritten signature in black ink that reads "Angie Freel". The script is cursive and fluid, with the first name "Angie" and last name "Freel" clearly distinguishable.

Angie Freel
County Extension Agent – FCS

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