



May 2022 Newsletter

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Cooperative Extension Service

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The world's favorite season is the spring. All things seem possible in May. - Edwin Way Teale

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Agriculture and Natural Resources
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LEXINGTON, KY 40546



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accommodated
with prior notification.



Nutrition Notes.....

(Alta) Gaye Hutchison,
EFNEP Assistant

(Expanded Food and Nutrition Education Program)

April 2022

Nutrition

Education

Program

Calendar Recipe

NO FUSS OVEN FRITTATA



Nutrition facts per serving:

190 calories; 13g total fat; 5g saturated fat; 0g trans fat; 265mg cholesterol; 380mg sodium; 6g total carbohydrate; 2g dietary fiber; 3g total sugars; 0g added sugar; 14g protein; 6% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 8% Daily Value of potassium.

Source: Brooke Jenkins, Extension Specialist, University of Kentucky

- 2 teaspoons vegetable oil
- 1 small onion, diced
- 1 (8-ounce) package fresh sliced mushrooms
- 1 bunch asparagus, trimmed and sliced into 1 1/2-inch pieces
- 8 eggs
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt
- 3/4 cup shredded sharp cheddar cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Gently scrub the onion and asparagus with a clean vegetable brush under cool running water before preparing them. Rinse the mushrooms under cool running water, being sure to remove any dirt; pat dry.

3. Preheat oven to 350 degrees F.
4. Heat oil in a large ovenproof skillet. Add onion, mushrooms, and asparagus. Cook until tender (about 5 minutes). Remove from heat.
5. Crack eggs into a bowl; add black pepper and salt. Whisk until mixture is uniform in color and texture.
6. Pour eggs over vegetables in skillet. Sprinkle top with shredded cheese.
7. Place skillet in preheated oven. Bake 10 to 15 minutes until eggs are firm and a thermometer inserted into the center reaches 160 degrees F.
8. Cut into six slices and serve warm.
9. Store leftovers in the refrigerator within 2 hours.

Makes 6 servings

Serving size: 1 slice

Cost per recipe: \$8.82

Cost per serving: \$1.47

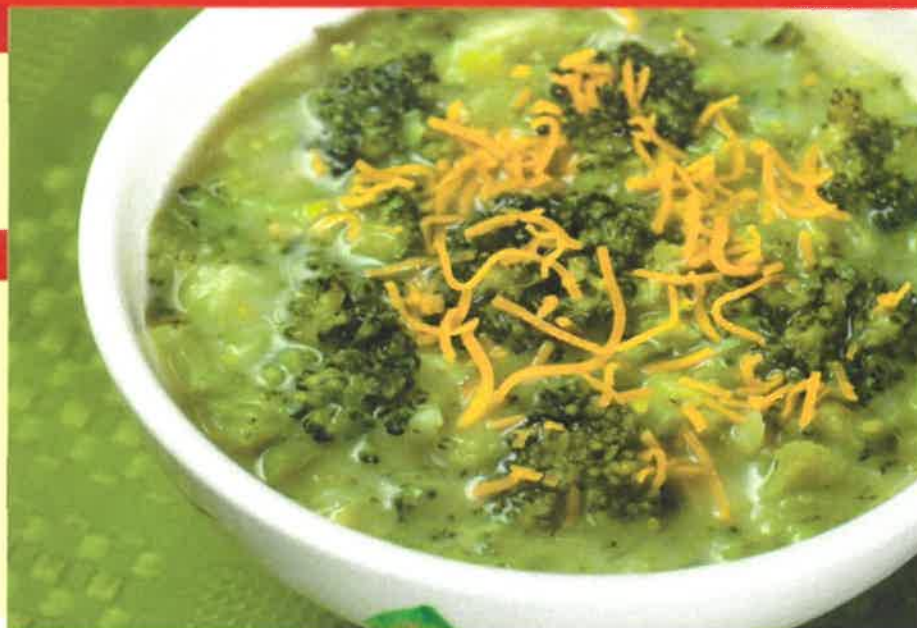
BROCCOLI POTATO SOUP

MAKE IT A MEAL

- Broccoli Potato Soup
- Grilled cheese sandwich
- Grapes
- Low-fat milk

TIPS

1. Can make ahead and freeze into single servings.
2. Broccoli makes this dish a great source of vitamins A and C.
3. Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. Make them the basis for meals and snacks.



- 4 cups chopped broccoli, may use frozen
- 1 small chopped onion
- 4 cups low sodium chicken or vegetable broth
- 1 cup evaporated nonfat milk
- 1 ½ cups instant mashed potatoes, prepared with water
- Salt and pepper to taste
- ¼ cup cheese, shredded cheddar or American

1. Mix broccoli, onion, and broth in large sauce pan.
2. Bring to a boil.
3. Lower heat. Cover and simmer about 10 minutes or until vegetables are tender.
4. Add milk to soup. Slowly stir in potatoes.
5. Cook and stir until bubbly and thickened.

6. Season with salt and pepper; stir in a little more milk or water if soup starts to become too thick.
7. Ladle into serving bowls.
8. Sprinkle 1 tablespoon cheese over each serving.

MAKES 4 SERVINGS

Serving Size: ¼ of recipe

Cost Per Recipe: \$ 4.34

Cost Per Serving: \$ 1.09

SOURCE: USDA Recipe Finder

NUTRITION FACTS PER SERVING:

200 calories; 6 g total fat; 2 g saturated fat; 0 g trans fat; 10 mg cholesterol; 350 mg sodium; 25 g total carbohydrate; 2 g fiber; 15 g protein; 15% Daily Value of vitamin A; 110% Daily Value of vitamin C; 30% Daily Value of calcium; 8% Daily Value of iron

Taken from: April 2013 Nutrition Education Program Calendar

Source: Adapted from USDA Recipe Finder



Extension Homemaker Club Meetings

Sunnybrook - May 5th @ 6:30 p.m. - Downstairs Meeting Room
Country Charmers - May 9th @ 6:00 p.m. - Downstairs Meeting Room
Charity - May 10th @ 5:00 p.m. - New Charity Baptist Church
Dough Rollers - May 10th @ 12 noon - Upstairs Meeting Room
Odds 'N Ends - May 12th @ 12 noon - Downstairs Meeting Room
Pots & Pans - May 16th @ 6:00 p.m. - Downstairs Meeting Room
Creative Characters - May 17th @ 1:00 p.m. - Downstairs Meeting Room
Happy Chippers - May 19th @ 1:00 p.m. - Downstairs Meeting Room
Mudslingers - May 24th @ 1:00 p.m. - Downstairs Meeting Room

Blood Drive!

May 31st

Aspire Center

Odds 'N Ends 11:45 a.m.-3:00 p.m.

Charity 3:00 p.m.-6:15 p.m.



May Fun Facts:

- May is named for the Roman goddess Maia, who ruled over growth of plants.
- The birthstone for May is the emerald, which represents love and success.
- The birth flower for May is Lily of the Valley.
- May was once considered a bad luck month to get married. There is a poem that says "Marry in May and you'll rue the day."
- Blue jeans were officially invented in May of 1873 after Levi Strauss and Jacob Davis obtained a patent for the pants on May 20th.

Source: <https://www.americantraininginc.com/mayfacts/>

Hold the Dates!

Thursday, July 21st - Saturday, July 23rd for our first annual Get Creative Days! We are seeking teachers!! Enclosed in the newsletter you will find a Get Creative Teacher Form. If you are interested in teaching classes, please fill out and return by May 15th. We are looking for ALL kinds of creative classes. Sewing, Quilting, Crafting, Fine Arts, Cooking....etc.



Wayne County Extension Homemakers' Annual Meeting



Date: May 23, 2022

Location: The Barn at McKinley Farms, Monticello

Time: Registration @ 5:30 p.m. & Meeting @ 6 p.m.

Entertainment: Kentucky Chautauqua-Being Aunt Jemima, the Pancake Queen

Registration: Due NO LATER than May 18th.

Please contact the Extension Office at (606) 348-8453 to register.



Christmas Village Committee Meeting

Thursday, June 9, 2022 @ 5:00 p.m.

Small Upstairs Meeting Room



Clubs will be discussing the items from the last committee meeting. Please come prepared to engage for planning and decision making. Call the Extension Office at (606) 348-8453 to let us know that you plan on attending the meeting.

Kentucky Humanities
presents Debra Faulk as



Nancy Green
*Being Aunt Jemima,
the Pancake Queen*

script by Bo List

Kentucky Chautauqua.®
The impact is

dramatic.

Date: May 23, 2022 Time: 6:00 p.m.

Place: The Barn at McKinley Farms

Sponsored by: Wayne County Extension Homemakers

An exclusive presentation of



With support from:



Carson-Myre Charitable Foundation

*Christina
Lee Brown*



Passport Program!



Starting July 1st, we will be starting a new Passport Program! We will be traveling throughout the new program year doing educational learning adventure tours! To be eligible for the Passport Program, you must be a paid Wayne County Extension Homemaker Member (membership form and \$10 dues for the July 1, 2022-June 30, 2023 program year). For each "Trip" you will receive a STAMP in your Passport. There will be special rewards and incentives along the way and at the end of the program year for those who participate. Contact the Wayne County Extension Office for your Passport to a new year of Learning Adventures! *Clubs who do educational learning tours can be approved for special passport stamp with prior approval of your adventures!* **The Passports will not be available until July 1st!**

2022-2023 Extension Homemakers' Membership Drive

Wayne County Extension Homemakers!

It is time for our 2022-2023 Membership Drive and New Program Year Planning!

Theme for 2022-2023 Year: Our Adventure Awaits

Homemakers who turn in their membership forms and dues **BY JUNE 30th** will receive a special gift! A beautiful embroidered Wayne County Extension Homemaker Apron!

Anyone who recruits a NEW member receives an extra special gift and so does the new member.

We are so EXCITED about this new year! Please use the "lemon" color form only for the 2022-2023 program year. Remember you can also pay for a new member and gift them a membership. We have special certificates for that. Just make sure their membership form is properly filled out. Let us know if you need a membership gift certificate.

Dues: \$10 - Please make checks payable to Wayne County Extension Homemakers. Membership forms and dues are DUE together at the same time.

Attention: Wayne County Extension Homemaker County & Club Officers

Our new program year will begin on July 1st.

We would like to announce a new Leadership Recognition Program for **Officers Only!**

We recognize that there is extra work and dedication when serving as an officer.

We want to acknowledge all your devotion to the Wayne County
Extension Homemaker organization.

There will be special events, incentives, and rewards throughout the new program year!

First event for the new program year for all County & Club Officers:

Our Adventures Await with Food, Fun, & Friendship!

Mark your calendars for Thursday, June 23rd, at 6:00 p.m. in Downstairs Meeting Room.

Please call the Extension Office to reserve your spot so we can be prepared for you!



Our Adventures Await! Just Down the Road Trip - July 29th



Join us for a trip Just Down the Road. Get to know a few of our local historical sites.

- Meet at the Wayne County Extension Office at 9:30 a.m.
- Guided tour of local museum and new exhibits - no admission fee, donations to the museum are appreciated.
- Lunch and tour at Historic Dunagan's General Store at Mill Springs - approximate pricing: Sandwich \$6 to \$8, sides & drinks \$1 each.
- Historic guided tour of Brown-Lanier House - included in your registration fee.
- For those who wish to make the trek, you will have time to visit the Historic Mill. Trail is laid stone for good accessibility but slightly steep.
- Refresh with ice cream at Conley Bottom Resort - approximately \$3 to \$5.

Call and reserve your spot! When you call to register, please let us know if you are riding in our vans or driving. Only 20 spots available in vans, first come first served. ***If you are driving and taking others in your vehicle, you must be on our approved drivers list. See us for more details.***

Wear comfortable walking shoes. If you are an Extension Homemaker, you are encouraged to wear your t-shirt. Bring an umbrella in case of rain.

Registration Deadline: Monday, July 25th.

Registration Fee: \$5 includes Brown-Lanier House Tour and information packet. All other expenses are on your own.

Note: If you are a Wayne County Extension Homemaker, this trip will count towards your Passport Program!

Comfort Birds



Seth Hart,
Program Assistant
for Community Arts



The Happy Chippers Homemaker Club created Comfort Birds. This will be a new item for them to sell at Christmas Village. As their name implies, Comfort Birds are often **used to bring comfort to people who are anxious or have been through trauma**. They are also used by people in physical pain, who may be grieving a loss, or facing the end of life. The birds provide a smooth, comforting, tactile experience. (letstalklife.com)

Tutorial Featured - Presented by Carson Payne



https://www.youtube.com/watch?v=twsiWqs_6k0&list=PL9UvEHv8h9gLwyVHsShbzMGaQo2edPo4c&index=49



Cooking Thru the Calendar!



Wayne County Extension Office
Downstairs Meeting Room
12 Noon

Recipe Demos & Taste Testing!
Free Classes!

Must register so we can be prepared for
you!

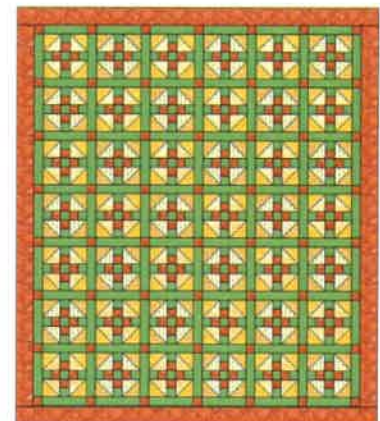
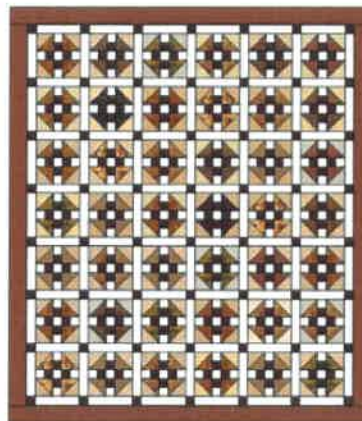
Call (606) 348-8453

Wednesday, May 25th - Farmer's Market Strawberry Sorbet

Wednesday, June 22nd - Zubeanie Boats

Monday, July 11th - Garden Fresh Tomato Pizza

Wednesday, August 24th - Easy Baked Fish with Pineapple Salsa



In Stitches

Wednesday, May 18, 2022 @ 10:00 a.m.

Wayne County Extension Office
Downstairs Meeting Room

"Spring Rain"

Pattern by: Missouri Star Quilt Company - Quilt is 82" x 94"
Contact the Extension Office for supplies needed and to register.

Pattern & Instructions Cost: \$5 per student.

Don't forget to bring your items for Show & Tell!



University of Kentucky
 College of Agriculture,
 Food and Environment
 Cooperative Extension Service
 Family and Consumer Sciences



FOOD DEHYDRATION

Beef Jerky



255 Rolling Hills Blvd
 Monticello, KY 42633
 (606) 348-8453

JOIN US

June 10th at 1PM EST at the Wayne County Extension office for a FREE Beef Jerky Basics course. Beef Jerky samples and a recipe will be provided to all participants. Learn how to prepare, dehydrate, and store your own homemade jerky. Space is limited, please RSVP by June 3rd, 2022.

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Disabilities
 accommodated
 with prior notification.



Joy McGinnis,
FCS Program Assistant

May is National Blood Pressure Education Month

Understanding High Blood Pressure, the Silent Killer

Read on if you're one of the approximately 1.7 million Kentuckians with high blood pressure (HBP). The information below might help you better understand this medical malady. About one-third, or 16 million, of the people with HBP don't know they have this problem because it may not have warning signs or symptoms. Therefore, it's often referred to as "the silent killer." If not controlled, HBP contributes to severe health risks including kidney failure and cardiovascular diseases (CVD).

Blood pressure (BP) is the force of blood pushing against artery walls as it ravel to all parts of the body. When health professionals measure BP, they record two numbers. Systolic, the top number, is pressure when the heart beats. The bottom number, or diastolic, is pressure when the heart is resting. When BP is high, the heart must work harder. This can damage the heart, as well as exert extra pressure on the circulatory system that can damage arteries and veins. The recommended BP level is 120/80. Even if only slightly above this rate, elevated blood pressure can be unhealthy. However, research has shown that lowering blood pressure, even by a small amount, can decrease health risks. Hypertension is constant HBP measured at a systolic pressure of 140 or more, and a diastolic reading of 90 or higher. Having a health professional regularly check your BP is the only way to know if you have hypertension or are at risk for it. If you have any risk factors for CVD and haven't had your BP checked by a medical provider in the past year, schedule an appointment as soon as possible. Otherwise, be sure to see a health care provider at least once a year. The causes of HBP aren't know in 90 to 95 percent of the cases. However, research shows that many people can lower HBP and maintain a better rate by making moderate lifestyle changes including eating more nutritious meals and engaging in more physical activities. Take off some pounds if you're overweight because the extra weight puts more pressure on the circulatory system, among other circulatory and health benefits. Since smoking damages blood vessels, among other health risks, quit now if you smoke. Relaxing for short intervals during the day will slow down the heart and expand blood vessels, reducing pressure on the circulatory system.



Asparagus

Asparagus is a nutritious vegetable that can be used in a variety of different ways. When buying asparagus, choose odorless asparagus stalks with dry, tight tips. Avoid limp or wilted stalks. Store asparagus in the refrigerator for up to four days by wrapping ends of stalks in wet paper towel and placing in a plastic bag. When preparing asparagus, simply cut or break off the bottom portion of the stalk and rinse under water to clean. Asparagus can be steamed, blanched, microwaved, grilled, used in a stir-fry, or simply sauteed on the stove top. It is high in vitamins A and C and folate. Enjoy asparagus in one of the many ways it can be prepared.

Source: <https://snaped.fns.usda.gov/seasonal-produce-guide/asparagus>

Asian Asparagus Salad



Fun Facts About Asparagus

- Asparagus can be found in three colors: green, white, and purple.
- Asparagus is related to onions, leeks, and garlic.
- 90% of asparagus is eaten fresh.
- The "Martha Washington" is one of the most popular varieties of asparagus.
- California grows 80% of all the asparagus in the U.S.
- It takes 2 years to start a farm field of asparagus.
- Asparagus roots can grow 20 feet deep.

Source: USDA Wisconsin Department of Public Instruction

<https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pfd/fact-sheet-asparagus.pdf>

Ingredients	Directions
1-pound fresh asparagus 1 1/2 Tbsp. low sodium soy sauce 2 tsp. sugar or artificial sweetener 1 Tbsp. olive oil 2 tsp. sesame seeds	<ol style="list-style-type: none">1. Snap off and discard the root ends of the asparagus.2. Wash remaining stalks thoroughly.3. Slice stalks into 1 1/2-inch lengths on the diagonal.4. Blanch asparagus for 1-3 minutes in boiling water, until bright green in color.5. Cool immediately under cold water and drain.6. Combine soy sauce, sugar, olive oil, and sesame seeds in a small glass bowl. Mix dressing until sugar is dissolved.7. In a gallon zip-seal bag, add asparagus and dressing. Turn bag to coat asparagus with dressing and chill in the refrigerator for 15 minutes. Turn bag again and chill for an additional 15 minutes before serving.



Yield: (4) 1/2 cup servings

Nutritional Analysis: 70 calories, 4.5 g fat, 5 g sat. fat, 0 mg cholesterol, 250 mg sodium, 7 g carbohydrates, 2 g fiber, 3 g protein

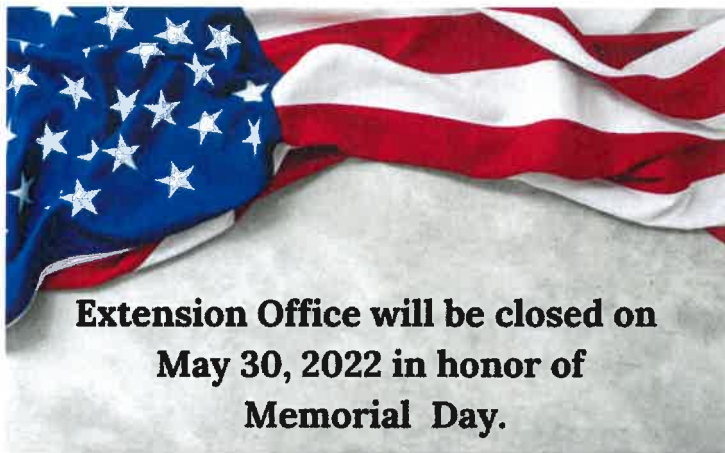


Farmers' Market Kick-Off
June 18th Special Event
8:00 a.m.-12 noon
Homebuilders Building
112 Harper Drive
Monticello, KY



Farmers' Market opens on May 7th.

Fresh produce, artisan crafts, fresh baked goods,
farm eggs, etc. and free Plate It Up/KY Proud recipes &
tasting samples!



EXPO coming soon!
Get your items ready!
Entry day will be July 5th from
9:00 a.m. to 1:00 p.m. at the
Wayne County Extension Office.

Debbie Shepherd

Debbie Shepherd, CEA FCS
Wayne County Extension Agent
for Family & Consumer Sciences
debbie.shepherd@uky.edu
DS/vm



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Teacher Form



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

We are looking for ALL kinds of creative classes. Sewing, Quilting, Crafting, Fine Arts, Cooking... Etc.



Please Print Legibly!

Name: _____ Cell: _____

Address: _____

Email: _____

Class Title: _____

Class Fee per student: _____

Class Description:

Supplies Student Needs to bring to class:

Supplies Instructor Provides:

_____ # Tables (6ft) needed _____ # Chairs

Yes No Electricity Needed

_____ Maximum # of Students _____ Minimum # of Students

_____ Class time requirements, i.e. 1hr., 2hr. 3hr., etc.

Include a quality color photo or bring item to Extension Office for us to take a photo of class project.

Check preferred teaching time: *Check all that apply*

_____ Thursday _____ Morning _____ Afternoon

_____ Friday _____ Morning _____ Afternoon

_____ Saturday _____ Morning _____ Afternoon

Return this form to the Wayne County Extension Office

NO Later Friday April 29th!

Debbie Shepherd, CEA FCS debbie.shepherd@uky.edu (606) 348-8453

Wayne County Extension Office 255 Rolling Hills Blvd. Monticello, KY 42633

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