

FAMILY & CONSUMER SCIENCES



May 2023
FCS Newsletter

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COOPERATIVE EXTENSION

 University of
Kentucky
College of Agriculture,
Food and Environment



Cooperative Extension Service

Wayne County

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"And I'm proud to be an American, where at least I know I'm free. And I won't forget the men who died, who gave that right to me." - Lee Greenwood



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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Nutrition Notes.....

(Alta) Gaye Hutchison,

EFNEP Assistant

(Expanded Food and Nutrition Education Program)

Healthy Choices
FOR EVERY BODY



Southwestern Vegetable Salad

INGREDIENTS:

- 1 cup cucumber, diced
- 1 cup frozen corn, thawed
- 1 14.5-ounce can diced no salt added tomatoes with chili pepper
- ¼ cup bell pepper, diced
- 2 tablespoons vinegar
- ½ teaspoon garlic powder
- ½ teaspoon chili powder
- ⅛ teaspoon black pepper
- ¼ teaspoon dried cilantro (optional)

DIRECTIONS:

1. In a medium mixing bowl, combine ingredients and mix well.
2. Chill and serve cold.



Nutrition Facts

12 servings per container	
Serving size	1/2 cup (66g)
Amount per serving	
Calories	20
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 0mg	0%
Potassium 122mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

MENU IDEA

Ham and cheddar cheese wrap on whole wheat tortilla

Southwestern Vegetable Salad

Banana

Water

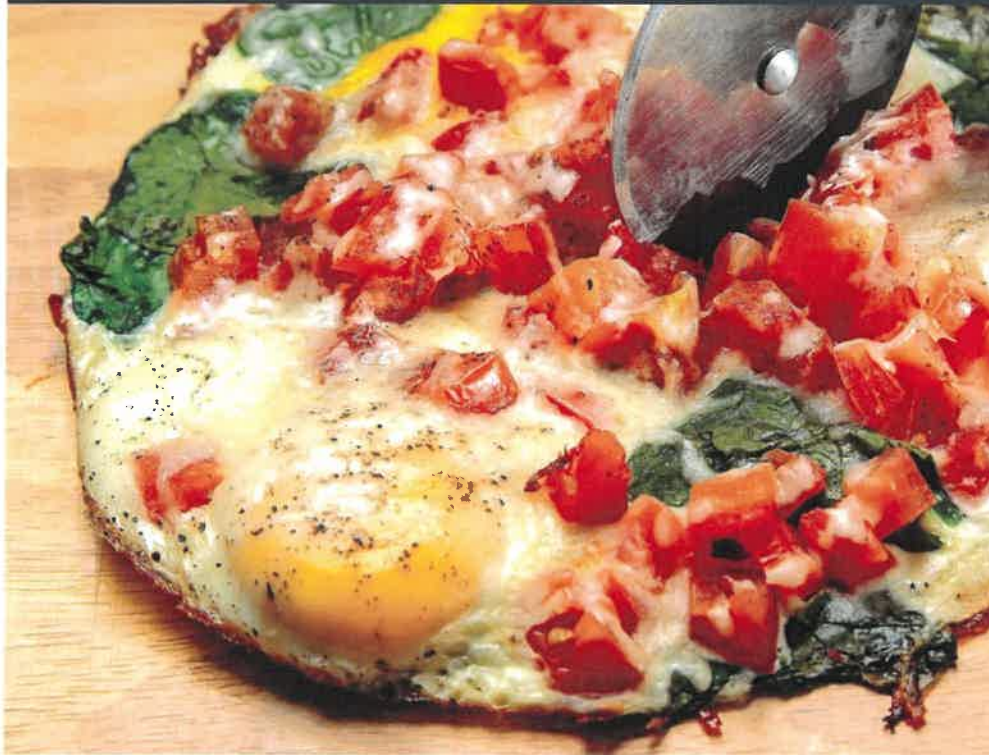
COST

\$3.08 per recipe

\$0.26 per serving

Source: United States Department of Agriculture, What's Cooking USDA Mixing Bowl, March 2015. www.usda.gov/whatscooking (Photo: 123rf.com)

Easy Tortilla Breakfast Pizza



Makes 3 servings
Serving size: 1/3 of pizza
Cost per recipe: \$3.25
Cost per serving: \$1.08

Nutrition facts per serving:
140 calories; 7g total fat; 3g saturated fat; 0g trans fat; 170mg cholesterol; 300mg sodium; 10g total carbohydrate; 1g dietary fiber; 1g total sugars; 0g added sugars; 10g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

Source:
Jean Najor, Program Coordinator II; and Jen Robinson, NEP Area Agent, University of Kentucky Cooperative Extension Service

- Nonstick cooking spray
- 1 (8 inch) whole-wheat tortilla
- 1 cup spinach
- 3 medium eggs
- 1/2 medium tomato, diced
- Dash of salt and pepper
- 1/4 cup shredded part-skim mozzarella cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spray a 10-inch skillet with nonstick spray and place tortilla inside.
3. Place spinach over the tortilla and make three slight wells with spinach. Crack an egg into each well so that it can be cut into three triangles once done.
4. Sprinkle tomatoes, salt, pepper, and mozzarella over the eggs.
5. Cover with lid and cook on medium-low heat for 12 minutes, or until egg yolk is cooked through.
6. Remove from heat and slice into three wedges with one egg each to serve.
7. Store leftovers in the refrigerator within 2 hours.

Taken from: May 2023 Nutrition Education Program Calendar



Extension Homemaker Club Meetings

Sunnybrook - May 4th @ 6:30 p.m. - Downstairs Meeting Room

Country Charmers - May 8th @ 6:00 p.m. - Downstairs Meeting Room

Pots & Pans - May 8th @ 6:00 p.m. - Upstairs Meeting Room

Charity - May 9th @ 5:00 p.m. - New Charity Baptist Church

Crafter's Anonymous - May 10th @ 1:30 p.m. - Downstairs Meeting Room

Odds 'N Ends - May 11th @ 12 noon - Downstairs Meeting Room

Creative Characters - May 16th @ 12:30 p.m. - Downstairs Meeting Room

Happy Chippers - May 18th @ 12:30 p.m. - Downstairs Meeting Room

Mudslingers - May 22nd - Assigned Appointments Only - Contact Seth Hart

Mudslingers - May 23rd @ 12 noon - Downstairs Meeting Room

Reminder: PLEASE turn in your monthly reports!



**Roll Call &
Thought of the Day
for KEHA Monthly
Club Meetings
May 2023**



Thought for the Day: "Motherhood is the biggest gamble in the world. It is the glorious life force. It's huge and scary--it's an act of infinite optimism." - Gilda Radner

Roll Call: In May, we celebrate mothers. Share a favorite Mother's Day memory.

Blood Drive!

Tuesday, May 9, 2023

Aspire Center

Charity 12:45 a.m.-3:15 p.m.

Sunnybrook 3:15 p.m.-5:30 p.m.

Donate Blood - Save a Life!



ELECTION

Extension Homemaker Clubs

**May is the month for CLUB OFFICER ELECTIONS and Membership Recruitment!
New Officers and Chairpersons will start their duties JULY 1st.**

Our NEW 2023-2024 program year is quickly approaching! Membership Drive begins in MAY. Membership dues are \$10 per year. Our NEW program year begins JULY 1st. Membership forms with PAID dues are due to the Extension Office by June 30th.

All Extension Homemakers are asked to begin Membership recruitment in MAY & JUNE. We want the majority of our Homemakers to be active members by JULY 1st so they don't miss out on our new program year activities.

Everyone who has their paid dues and membership form in by June 30th will receive a special Extension Homemaker incentive. Anyone who recruits a NEW member will receive an additional special membership recruitment incentive. Their NEW member will also receive it.

Please stop by the Extension Office to pick up a membership form. When filling out your form, please circle ALL clubs you are a member in. Also, remember we have available Membership Gift Certificates if you'd like to support a new Homemaker by paying their dues. Please let us know if you any questions.



Club Officer Elections & Chairperson Appointments

Our NEW program year begins JULY 1st. ALL County & Club Officer forms for the 2023-2024 program year need to be turned into the **Extension Office no later than JUNE 1st** so we can have program books ready to hand out on JULY 1st.

For clubs that do not meet throughout the summer, you will need to have your Officer Elections BEFORE your break for the summer and your paperwork turned into the Extension Office. NEW Officers & Chairpersons take office as of JULY 1st.

Our Adventures Await!! Wayne County Extension Homemakers!

Meetings will be at 5:30 p.m. Downstairs Mtg Room unless otherwise designated.
Additional meetings will be added as they are scheduled.

May 1st – June 30th – **Wayne Co. Extension Homemaker Membership Drive!**

May 4th @ 5pm – Christmas Village Planning Mtg.

May 9th -11th KEHA State Mtg. – Louisville

May 22nd – Wayne Co. HM Annual Meeting 6pm Downstairs Mtg Room

July 25th– **Officer Training** - Required for all county & club officers.

August 22nd – Scams – Knowing Scam Types

August 30th – LCA Officer & Chairperson Training - TBA

September 26th – Emergency Preparedness

October 9th – 13th – KEHA Week! Details, times & locations coming soon:

9th – HM Make & Take

10th – HM Movie Night

11th – HM Community Service Day

12th – HM Road Trip

13th – HM Grab & Go!

October 20th – LCA Holiday Event – Adair Co. more information soon!

October 24th – 26th – Extension Master Clothing Volunteer Training – Cave City

October 31st – LCA Extension Homemaker Council Mtg 10:30 EST Adair Co.

October 31st – Transferring Cherished Possessions: Estate Planning for Non-Titled Property

November 28th – Holiday Make & Take

December – Club Choice

January 23rd – Make Your Heart Happy -Valentine's Hearts & Other Lovey Things!

February 27th – Cultural Arts Lesson

March 26th – Spring Cleaning Your Home & Finances

April 23rd – Entertaining Little Ones

May 28th – Healthy Food Choices

Extension Homemakers - Volunteer Hours

Homemakers - Thank you so much for all you do in our community. Your time is needed and appreciated! Please keep up with your Volunteer Hours through June 30, 2023, and turn them in to your club chairperson or to our office before July 15, 2023.



Yard Sale Extravaganza
Fundraiser Photos



Let Your Light Shine!

Each month we will "feature" a Homemaker Club. Your club will be asked to send us information about your club. Where have you been? Any special projects? Community service? A club outing? etc. We like pictures too!

Your club will be spotlighted in the FCS Newsletter, Facebook, the Z93 Daily, and the Wayne Weekly. The month that your club has been assigned, you will be asked to do an article about your club, with a picture, or you can have a picture and a small write-up each week of your featured month. It is your choice.

This will be **FUN**, and we need to let others know how much fun it is to be a Wayne County Extension Homemaker.

February 2023 - Charity

March 2023 - Creative Characters

April 2023 - Country Charmers



May 2023 - Happy Chippers

June 2023 - Pots & Pans

July 2023 - Crafters Anonymous

****Remember:** You are welcome and encouraged to share your club happenings **anytime** and not just in your featured month. Please share your homemaker experience with others.

Happy Chippers Homemaker Club

Happy Chippers is a group of beginner and experienced wood carvers that meet on the third Thursday of each month. Past projects have included wood figure carvings, wood burning projects, learning how to use a router, and more.

What wood do we mainly use? - Basswood

Why Basswood? - It is an easily carvable wood.

Other popular woods include: Butternut, Black Walnut, and Aspen.

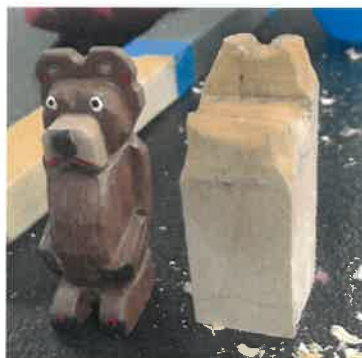
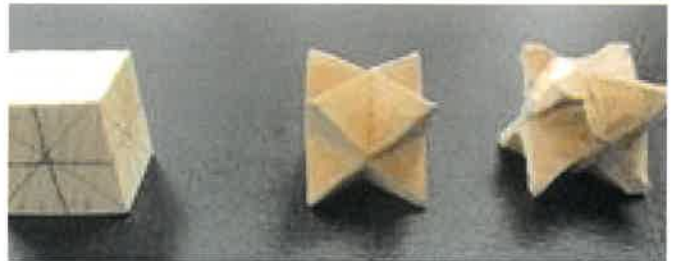
All wood used for projects are Wayne County sourced.

Where do we get the carving wood? Caron Payne either paid or traded carvings for our main wood stash. Koger Ramsey supplies other project wood for wood burning, router work, etc.

How boards turn into wood carving blanks:

- Plane rough cut lumber.
- Cut the wood to carving blank size.
- Cut project blank shapes

Do you want to join Happy Chippers but don't have wood carving tools? No problem! Wood carving tools are available for members (new and old) to use!



Crafter's Anonymous Extension Homemaker Club

Wednesday, May 10, 2023 @ 1:30 p.m.

Downstairs Meeting Room

Crafting Corner Project - Salt Dough Art

All supplies provided (there will be no cost for the supplies).

We will be painting and learning how to seal our salt dough art from April's meeting.

Happy Crafting!

Registration Deadline: May 8, 2023

To receive a craft kit, PLEASE call and let us know if you will be attending.



Safe Food Handling Class
Thursday, May 18th @ 5 p.m.
Downstairs Meeting Room
Wayne County Extension Office

If you need a Safe Food Handling Class Certificate, here's your chance.

This class is for any Extension Homemaker or other Extension volunteer/participant who wants to make or help serve food. It is mandatory to have this training BEFORE you can prepare food to bring to an event or help serve food at an event. The class will last approximately 30 minutes. Please contact the Extension Office to register for the class.

"Book Towers"

The **"Book Towers"** are READY!! We are ready to receive books and such for the public to have access to free books and family activities. The **Blue Book Tower** holds books. There will be a shelf for: 5 & under, grade school age, teen/young adult, adult, and magazines. The **Red Book Tower** holds games, puzzles, and media.





Seth Hart,
Program Assistant
for Community Arts

TRENDS Upcycling Creative Garden Labels

DIVISION 6042 - KENTUCKY 4-H TRENDS

TRENDS
1050 & 1051
UPCYCLING

UPCYCLING IS TAKING SOMETHING THAT YOU ARE THROWING AWAY AND MAKING IT INTO SOMETHING THAT MAINTAINS OR IMPROVES THE QUALITY OF THE MATERIALS. ENTRIES ARE LIMITED TO ONE ENTRY PER CLASS PER COUNTY.

CREATIVE GARDEN LABELS



DESIGNED AND PROVIDED BY
Seth Hart
Extension Program Assistant for Fine Arts
Wayne County Cooperative Extension Office
255 Rolling Hills Blvd.
Monticello, KY 42633
Office Phone: 606-348-8453
Cell Phone: 606-307-5327
seth.hart@uky.edu



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MATERIALS

JUMBO CRAFT STICKS (7 PER SIGN)

FINE POINT SHARPIE

PENCIL

COLOR OPTIONS

COLOR PENCILS
ACRYLIC PAINT

GLUE OPTIONS

HOT GLUE
TACKY GLUE
WOOD GLUE

SCISSORS

PROTECTANT SPRAY OPTIONS

KRYLON CRYSTAL CLEAR GLAZE
POLYURETHANE

FINE MOTOR SKILLS - USING TOOLS TO CREATE THE PROJECT, SUCH AS SCISSORS AND COLOR PENCILS

SCIENCE - DISCUSSION ABOUT SOIL AND PLANTING, THE PHYSICS OF HOW TO ARRANGE THE CRAFT STICKS IN A WAY TO MAKE IT SOUND FOR OUTDOOR USE AND HOW THE WAX IN COLOR PENCILS IS RESISTANT TO RAIN.

MATH - COUNTING THE NUMBER OF CRAFT STICKS NEEDED FOR THIS PROJECT

LITERARY - ALL ORAL LANGUAGE INVOLVED THROUGHOUT THE PROJECT ABOUT UPCYCLING AND HOW CERTAIN PROJECTS CAN BE MADE WITH MATERIALS THAT ARE ALREADY AT HOME, AND THE TRADITION OF GARDENING

INSTRUCTIONS ON BACK

FEATURING TUTORIALS ON HOW TO
DRAW VEGETABLES



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~ INSTRUCTIONS ARE ALSO FEATURED ON YOUTUBE ~

Assemblage: <https://www.youtube.com/watch?v=LGMDFiPOFog&t=53s>

Drawing Tutorial: https://www.youtube.com/watch?v=N_CDa-Wgllw



Seth Hart,
Program Assistant
for Community Arts

TRENDS

Upcycling

Creative Garden Labels

ASSEMBLE LABEL

1. ARRANGE FOUR CRAFT STICKS SIDEWAYS INTO WHAT WILL BE YOUR SURFACE TO DRAW EACH VEGETABLE.
2. CUT SHARP ENDS ON TWO CRAFT STICKS TO BE GROUND ANCHORS
3. ON THE BACKSIDE OF YOUR SIGN, APPLY GLUE TO THE CENTER FROM ONE END TO THE OTHER.
4. PRESS ANOTHER STICK ON THE GLUE TO BE YOUR LABEL
(THE END OF IT SHOULD BE ON THE EDGE SO THAT HALF OF IT PROJECTS FROM THE EDGE OF YOUR SIGN AS SHOWN).
5. WITH GLUE, APPLY BOTH ANCHOR STICKS ON EACH SIDE OF THE LABEL STICK, PLACING THE ROUNDED ENDS ON THE EDGE OF THE SIGN WITH SHARP ENDS PROJECTING FROM THE OPPOSITE SIDE THAT THE LABEL STICK PROJECTS FROM.
6. ALLOW TIME FOR GLUE TO DRY AND CREATE AS MANY AS YOU LIKE, DEPENDING ON THE AMOUNT OF VEGETABLES YOU PLAN TO GROW.



DRAW VEGETABLES

1. SKETCH THE IMAGE AND LABEL NAME WITH A PENCIL (DRAWING EXERCISES PROVIDED ON SEPARATE SHEET)
2. APPLY DETAILS WITH COLOR PENCIL AND OUTLINE WITH SHARPIE
3. APPLY A PROTECTANT SPRAY TO EACH LABEL AND SOFTLY TAP IT INTO THE GROUND.





Financial Considerations in Retirement



We often receive financial advice about the importance of retirement planning but less about what to do with our money once retirement arrives. If you are retired or will be soon, here are some tips to make your money go further.

- **Create a budget.** Know how much money you have coming and going is a simple but important concept. First, consider all income sources. This includes Social Security benefits, employer-sponsored benefit plans, and personal investments for many people.
- **Next, review your monthly expenses.** Expenses include those that are fixed, like a mortgage or car payment, as well as flexible expenses like groceries and utilities. You should also consider annual occasional expenses, like birthday gifts or vacations. Costs associated with new or continued hobbies may fit into the occasional expenses category. A key to financial health is understanding and controlling where your money goes.
- **Compare income to expenses to make sure ends meet.** This will let you know if you are on target when creating monthly and annual budgets that work for your retirement income. You may find, especially if there are rising inflation rates, that your retirement income will not last as many years as you originally intended. This could require you to reduce your spending in some areas or get a post-retirement job to generate additional income.
- If you have a spouse, go through the budgeting process together and communicate regularly about your retirement goals and ways to meet them.

Being retired does not mean that you should quit investing. Continuing to invest during retirement could help protect you against inflation and the rising cost of everyday living expenses like clothing and food--and ensure your money lasts as long as you think it will. Many different investment options are available to retirees, and like before retirement, what you invest in will depend on how comfortable you are with risk. Often the investments that carry the most risk are the ones with the most potential to have a higher rate of return. Talk with your financial advisor about your options and risk tolerance.

Source: Nichole Huff, Extension Specialist for Family Financial Management



Joy McGinnis,
FCS Program Assistant



New Homemaker Year

Homemakers,

As we look forward to our new homemaker year, I hope you are excited about the opportunities and possibilities for us as we serve our community.

As a group we are made up of many members who possess a wealth of talents and working together will enrich all our lives. Many of us are "getting older" and bring years of experience to our organization, while our younger homemaker members energize us with their enthusiasm and fresh new ideas.

It is wonderful that we can learn from each other and grow together as we work in our commitment to provide services to our families and community.

~Words from Ms. Jane Willis, one of our past county presidents from many years ago. This message holds true today!

Offering a Special "Thank You" from your FCS Program Assistant!

- To those who have taught monthly lessons and attended the leader trainings. (For your club to be represented at these meetings is SO very important.)
- To those that have served as a refreshment hostess at your monthly meetings.
- To those serving as county and club officers. (Your leadership is needed and appreciated.)
- To those members who attended state and area meetings.
- To the club secretaries who mailed or faxed your monthly club reports. (These are very helpful to us.)
- To the homemakers that attend any Extension event.
- To all homemakers that have faithfully attended your monthly club meetings. (It is very important to your club.)
- For all the volunteer hours that you donate to our community. (Be sure to turn those in. That is important also!)



May is **KY Derby**, **Cinco de Mayo**, **Mother's Day**, & **Memorial Day** month!

Volunteer or donate to our local animal shelter or KY Equine Humane Society.

Celebrate with friends and experience the culture involving Cinco de Mayo. Reach out to a neighbor, friend, shut-in, local family, etc. Go for a visit, send a card, make a call. Take time to honor and share with others. Visit with an older person that may not have family close by or local. Give the gift to a young mother by offering to babysit while she takes a break and some "mommy alone time." Volunteer and help clean up local cemeteries, take flowers to a grave no one ever visits, display an American flag, and create honor, respect, and pride for our community. Giving feeds the soul & makes our community a better place!



We are gearing up for our **"GET CREATIVE DAYS"** that will be held August 24th – 26th!!

We are looking for anyone willing to share their talents! If you need a "Get Creative Teacher's Form" please let us know! On your form please be specific as to the dates & times you will be teaching.

Thank you so very much for helping us to broaden the creative experiences and opportunities to our community!

County Extension Homemaker Annual Meeting
May 22, 2023 @ 6:00 p.m. EST
Wayne County Extension Office
Downstairs Meeting Room
Theme: Baskets of Blessings

Time: Registration begins 5:30 p.m. EST. Program begins @ 6:00 p.m. EST

Registration Deadline: May 12, 2023

Entertainment & Program: Jane Dalton - Historical Homes in Wayne County

All clubs are to bring:

- \$25 door prize tagged with Club name.
- Envelope with strips of paper with names of participants from their club attending the meeting. Envelope should have club name on the outside.
- The county will provide meat and bread.
- Individual clubs will bring side dishes and desserts.
- Each club will provide their own name tags.
- Each club will turn in names of members who plan to help with the meeting.
 - Set-up
 - Clean-up
 - Food Set-up (Pots & Pans Homemaker Club)





Fun-Fabulous-Fabric-Folded Star

Instructor: Ruby McFarland
May 18, 2023 @ 2:00 p.m.
Cost \$4.00
REGISTRATION IS REQUIRED!
Class Size Limited

Did I mention that there is NO SEWING!?! This awesome little star is made by simple folding, ironing, tucking, and gluing. Make it big or make it little. Use it as a Christmas ornament, broach, magnet, bookmark, earrings, etc. Combine them for garlands, fill a bowl with them, etc. You will go home with finished stars and the tools needed to make more!

Supplies Student needs to bring: Sharp scissors, small if possible.

Supplies Instructor will provide:

- Cotton fabric
- Glue
- Mini clip (student takes home)
- Forceps (student takes home)
- Printed instructions & list of online resources

Creative Writing Class

Instructor: Ranny Grady
2nd Thursday of the Month @ 10:00 a.m.
Wayne County Extension Office
Small Upstairs Meeting Room
Class Fee: FREE & Open to the Public
Everyone is welcome and encouraged to attend!
Call 606-348-8453 to register.

May's class will focus on: Writing Fiction ~ Children & Adult

Participants, please bring a sample of your writing. Any sample. It does not have to be fiction.



*Join us as we
explore our
creative side!*



Hooray USA! Painting Class with Suzanne Pogue

Thursday, May 25, 2023
6:00 p.m.-8:00 p.m. EST
Wayne County Extension Office
Downstairs Meeting Room
Deadline to Register - May 22, 2023
All supplies provided.
Fee \$30.00 (Prepaid)
Signs can be personalized.
This is a painting class. Paint is permanent. Please dress in clothing you don't mind getting paint on or wear a painting smock/apron.
Please call the Extension Office at (606) 348-8453 to register.

In-Stitches Quilt Class

Wednesday, May 17th
10:00 a.m.

Downstairs Meeting Room
Wayne County
Extension Office

We will be working on the
Squash Blossom & Cactus
Bloom Boxes!



*The Extension
Office will be closed on
Monday, May 29, 2023
in observance of
Memorial Day!*

I would like to express my gratitude to all of the Extension Homemakers and Extension Office staff who assisted with the Lake Cumberland Area Extension Homemakers Annual Meeting. I appreciate all the hard work and time you put into making this event successful!

Dobbie Shepherd





Dijon Chicken Asparagus Roll Ups

3 tablespoons Dijon mustard
1/2 cup low fat mayonnaise
1 lemon, juiced (approximately 3 tablespoons)
2 teaspoons dried thyme
2 teaspoons black pepper
1/2 teaspoon salt
16 spears fresh asparagus, trimmed
4 skinless, boneless chicken breast halves (about 5 ounces each)
4 slices skimmied mozzarella cheese
1 cup panko bread crumbs

Preheat oven to 400 degrees F. Grease an 11-by-7-inch baking dish. In a bowl, mix together the mustard, mayonnaise, lemon juice, thyme, salt and pepper; set aside. Place asparagus in a microwave safe dish and microwave on high 1-1/2 minutes. Place chicken breasts between two sheets of heavy plastic (a re-sealable freezer bag works well) on a firm surface. Pound the chicken breasts with the smooth side of a meat mallet to thickness of 1/4 inch. Place one slice of cheese and four asparagus spears on each breast. Tightly roll the chicken breasts around the asparagus

and cheese. Place each, seam side down, in the prepared baking dish. Apply a coating of the mustard mixture to each chicken breast and sprinkle each with the panko crumbs, pressing the crumbs into the chicken to secure. Bake 35 minutes or until the chicken temperature is 165 degrees F. For crisper chicken, place roll-ups under the broiler for 1-2 minutes on high.
Yield: 4 servings
Nutritional Analysis:
 370 calories, 10 g fat, 3.5 g saturated fat, 115 mg cholesterol, 1060 mg sodium, 2 g fiber, 2 g sugars, 41 g protein.



Very Berry Salsa

4 cups apples, finely diced
1 cup blueberries
1 cup strawberries, diced
1 cup raspberries, halved
1 cup blackberries, halved
1 tablespoon fruit preserves
1/2 tablespoon sugar
1/2 tablespoon brown sugar

In a large bowl, combine apples and berries. In a small bowl, mix together preserves and sugars until well blended. Pour preserve mixture over fruit and toss to coat. Cover and chill in the refrigerator for at least 30 minutes.

Yield: 32, 2 ounce servings
Nutritional Analysis: 20 calories, 0 g fat, 0 mg cholesterol, 0 mg sodium, 5 g carbohydrate, 1 g fiber, 4 g sugar, 0 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Kentucky Asparagus

SEASON: April through May.

NUTRITION FACTS: Asparagus is a good source of vitamin A and folate. One-half cup of fresh, steamed asparagus has 22 calories, 2 grams of protein and 4 grams of carbohydrate.

SELECTION: Choose bright green stalks with tightly closed tips. The tenderest stalks are apple green in color with purple-tinged tips.

STORAGE: Fresh asparagus will keep 1 week or more in

the refrigerator. Store upright with cut ends wrapped in wet paper towels in a plastic bag.

PREPARATION: One pound of asparagus will yield 4 one-half cup servings, about six spears per serving. Wash asparagus thoroughly in cool, running water. Eat asparagus raw or lightly boil, steam, stir-fry or grill. Overcooked asparagus will be mushy. Try seasoning it with herbs, butter or Parmesan cheese.

KENTUCKY ASPARAGUS

Kentucky Proud Project
 County Extension Agents for Family and Consumer Sciences
 University of Kentucky, Dietetics and Human Nutrition students
 March 2017

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand. <https://photos.uky.edu>



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Kentucky Brambleberries

SEASON: June-August

NUTRITION FACTS: All brambleberries are a valuable addition to the diet. They provide fiber and are a good source of potassium and vitamin C. One cup of raw berries contains 70 calories and no fat.

SELECTION: Look for plump fruit, uniform in color and appearing fresh. Berries should be free of stems or leaves. Avoid moldy, crushed or bruised fruit. Do not use berries that have moisture leaks staining the carton.

STORAGE: Store unwashed, covered berries in the refrigerator. Use within two days.

PREPARATION: Handle all berries gently. Raspberries are more delicate and perishable than

other brambleberries. Wash berries by covering them with water and gently lifting the berries out. Remove any stems and drain on a single layer of paper towels.

PRESERVING: Berries may be preserved by canning or freezing or used for making jellies or jam.

KENTUCKY BRAMBLEBERRIES

Kentucky Proud Project
 County Extension Agents for Family and Consumer Sciences
 University of Kentucky, Dietetics and Human Nutrition students
 June 2013

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COOPERATIVE
 EXTENSION
 SERVICE



University of Kentucky
 College of Agriculture,
 Food and Environment

Source: www.fruitsandveggiesmatter.gov

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DS/vm



We Grow
 Families.
www.ca.uky.edu



Website:
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Wayne County Cooperative
 Extension Family and
 Consumer Sciences

Cooperative Extension Service
 Agriculture and Natural Resources
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 4-H Youth Development
 Community and Economic Development

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LEXINGTON, KY 40546



Disabilities
 accommodated
 with prior notification.

2023 DATES to Book in Your Calendar!

Date	Time	Event	Meeting Room Location
May 1st		2023-2024 Extension Homemaker Membership Drive BEGINS!	
May 2nd	5:00 p.m.	Jams & Jellies Class (\$10 Registration Fee)	Upstairs
May 4th	6:30 p.m.	Sunnybrook Homemaker Club Mtg.	Downstairs
May 4th	5:00 p.m.	Christmas Village Committee Meeting	Small Upstairs
May 8th		Pots & Pans Homemaker Club Mtg.	Upstairs
May 8th	6:00 p.m.	Country Charmers Homemaker Club Mtg.	Downstairs
May 9th	12:45-5:30 p.m.	Community Blood Drive Charity Homemaker Club 12:45 p.m.-3:15 p.m. Sunnybrook Homemaker Club 3:15 p.m.-5:30 p.m.	Aspire Center
May 9th	5:00 p.m.	Charity Homemaker Club Mtg.	New Charity Baptist Church
May 9th-11th		2023 KEHA State Meeting	Louisville, Ky.
May 10th	1:30 p.m.	Crafter's Anonymous Homemaker Club Mtg.	Downstairs
May 11th	12:00 p.m.	Odds 'N Ends Homemaker Club Mtg.	Downstairs
May 11th	10:00 a.m.	Creative Writing Class	Small Upstairs
May 16th	12:30 p.m.	Creative Characters Homemaker Club Mtg.	Downstairs
May 17th	10:00 a.m.	In-Stitches Quilt Class	Downstairs
May 18th	12:30 p.m.	Happy Chippers Homemaker Club Mtg.	Downstairs
May 18th	5:00 p.m.	Safe Food Handling Class	Downstairs
May 18th	2:00 p.m.	Fabric Folded Star (\$4 Class Fee)	Upstairs
May 19th	All Day	Set up & Prep Wayne County Extension Homemaker Annual Meeting	Downstairs
May 22nd	All Day	Set up & Prep Wayne County Extension Homemaker Annual Meeting	Downstairs
May 22nd	5:30 p.m.	Wayne County Extension Homemaker Annual Meeting	Downstairs
May 23rd	12 noon	Mudslingers Homemaker Club Mtg.	Downstairs
May 25th	11:00 a.m.	Beef Jerky Class	Downstairs
May 25th	6:00 p.m.	Hooray USA Painting Class (\$30 Registration Fee)	Downstairs
May 29th		Office Closed - Memorial Day Holiday	
June 3rd	9:00 a.m.-4:00 p.m.	Pressure Canning Class (\$10 Registration Fee)	Downstairs
June 6th	All Day	Mountain Quilt Fest Trip	Pigeon Forge, TN
June 8th	10:00 a.m.	Creative Writing Class	Small Upstairs
June 8th	5:00 p.m.	Salsa Class-Water Bath Canning (\$10 Fee)	Upstairs
June 19th	All Day	Office Closed - Juneteenth Day	
June 28th	10:00 a.m.	In-Stitches Quilt Class	Downstairs
June 30th	All Day	Set Up for County Fair Exhibits	Whole Building
July 1st		NEW Homemaker Program Year Begins	
July 3rd		Entry Day & Judging Day for County Fair Exhibits	Whole Building
July 4th	All Day	Office Closed - July 4th Holiday	
July 5th-6th	8:00 a.m.	Public Viewing Days for County Fair Exhibits	Whole Building
July 7th		Pick Up Day for County Fair Exhibits	

Date	Time	Event	Meeting Room Location
July 11th	10:00 a.m.	Bingocize Class Begins	Upstairs
July 13th	10:00 a.m.	Bingocize Class	Upstairs
July 13th	10:00 a.m.	Creative Writing Class	Small Upstairs
July 13th	5:00 p.m.	Freezing Basics (\$5 Registration Fee)	Upstairs
July 18th	10:00 a.m.	Bingocize	Upstairs
July 19th	10:00 a.m.	In-Stitches Sit & Sew	Downstairs
July 20th	10:00 a.m.	Bingocize	Upstairs
July 25th	10:00 a.m.	Bingocize	Upstairs
July 25th	5:30 p.m.	OFFICER TRAINING NIGHT!	Downstairs
July 27th	10:00 a.m.	Bingocize	Upstairs
August 10th	5:00 p.m.	All Dried Out-Drying Your Foods (\$5 Fee)	Upstairs