



VOL. 2024-05

Cooperative Extension Service

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Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated with prior notification.



Nutrition Notes.....

(Alta) Gaye Hutchison,
NEP Assistant
(Nutrition Education Program)

May 2024
Nutrition
Education
Program
Calendar Recipe

Taco Pie

- 1 small white onion, chopped
- 1 pound lean ground turkey or ground beef
- 3 tablespoons reduced-sodium taco seasoning
- 1 can (15 ounces) unsalted tomato sauce
- 1 can (15 ounces) black beans, drained and rinsed
- 2 (8 inch) whole-wheat tortillas
- 1/2 cup shredded cheddar or Mexican blend cheese
- **Optional:** serve with taco toppings such as salsa, cilantro, jalapeno, onion, low-fat sour cream

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Preheat oven to 375 degrees F.
4. Over medium-high heat, add onion to a large skillet. Sauté 1-2 minutes until slightly softened.
5. Lower the heat to medium. Add ground turkey to the skillet, allow it to fully cook and reach an internal temperature of 165 degrees F using a food thermometer, about 7 to 8 minutes.
6. To the skillet, add taco seasoning, tomato sauce, and black beans. Stir to combine and allow to simmer for about 2 to 3 minutes until heated through. Remove from heat.
7. Using a 9-inch round glass baking dish, add one-third of the meat mixture. Place one tortilla on top of mixture. Next, add the same



8. amount of meat mixture. Place the second tortilla on top of mixture. Finally, add the remaining meat mixture on top of tortilla.
8. Bake for 20 minutes. Remove from the oven, top with cheese and bake for an additional 5 minutes or until cheese is melted.
9. For best results, allow it to cool 5 minutes before serving. Slice and serve alone or with your favorite taco toppings.
10. Refrigerate leftovers within 2 hours.

Makes 6 servings
Serving size: 1/6th of pie
Cost per recipe: \$10.20
Cost per serving: \$1.70



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts per serving:
300 calories; 5g total fat; 2g saturated fat; 0g trans fat; 45mg cholesterol; 600mg sodium; 34g total carbohydrate; 7g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium

Source:
Kristi Shive, Warren County Agent for Family and Consumer Sciences, University of Kentucky Cooperative Extension Service

HCEB Broccoli Salad

Ingredients:

- 6 cups broccoli, chopped
- 1 cup raisins
- 1 medium red onion, diced
- 2 tablespoons sugar
- 8 reduced-sodium turkey bacon slices, cooked and crumbled
- 2 tablespoons lemon juice

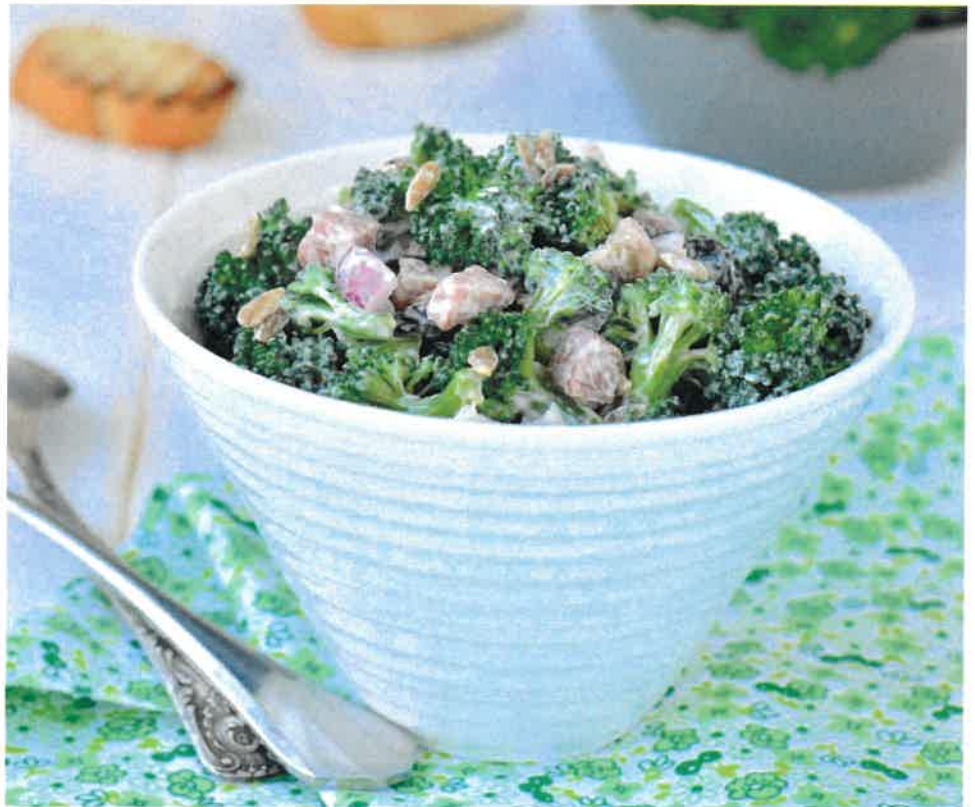
Yield:

Servings: 8,

Serving Size: 1 cup

Recipe Cost: \$5.77

Cost per serving: \$0.72



Directions:

1. Combine all ingredients in a medium bowl, mix well.
2. Chill for 1 to 2 hours.

Nutritional Analysis:

250 calories; 3.5g total fat; 1g saturated fat; 0g trans fat; 15mg cholesterol; 190mg sodium; 9g total carbohydrate; 1g fiber; 47g total sugar; 3g added sugar; 7g protein; 0% Daily Value vitamin D; 6% Daily Value calcium; 15% Daily Value iron; 20% Daily Value potassium.

Make it a Meal

Pair this salad with a BBQ sandwich on whole wheat bread, apple sauce, and milk.

Source: United States Department of Agriculture, What's Cooking USDA Mixing Bowl, March 2015. www.usda.gov/whatscooking



Extension Homemaker Club Meetings

Country Charmers - May 2nd @ 5:30 p.m. - Downstairs Meeting Room

Sunnybrook - May 2nd @ 6:30 p.m. - Small Downstairs Meeting Room

Crafter's Anonymous - May 8th @ 1:30 p.m. - Downstairs Meeting Room

Odds 'N Ends - May 9th @ 12 Noon - Downstairs Meeting Room

Pots & Pans - May 13th @ 6:00 p.m. - Upstairs Meeting Room

Charity - May 14th @ 5:00 p.m. - New Charity Baptist Church

Happy Chippers - May 16th @ 12:30 p.m. - Downstairs Meeting Room

Creative Characters - May 21st @ 12:30 p.m. - Downstairs Meeting Room

Mudslingers - May 27th - Assigned Appointments Only-Contact Seth Hart

Note: Mudslingers - May 27th - No Wheel Time - Office Closed - Memorial Day

Mudslingers - May 28th @ 12:30 p.m. - Downstairs Meeting Room

Reminder: PLEASE turn in your monthly reports!



Roll Call and Thought of the Day for KEHA Monthly Club Meetings May 2024



Thought for the Day: "Every life matters. Be like Mother Nature and love everyone without judging." ~ Debasish Mridha

Roll Call: In May, we celebrate mothers. Share a favorite memory with your mother.

Blood Drive!

Tuesday, May 28, 2024

Aspire Center

Charity ~ 12:30-3:00 p.m.

Creative Characters/Mudslingers

~ 3:00-5:30 p.m.



Thank you,

Wayne County Community

for the 30 volunteer donors

who gave blood on

March 26 and helped

save a life!

UPCOMING EVENTS

Wayne County Extension Homemakers! Dates to Book in Your Calendar

MAY 2024

May 1 - Homemaker Membership Drive Begins

May 7th-9th - KEHA State Meeting - Bowling Green

May 15th - In-Stitches Quilt Class @ 10:00 a.m. - Downstairs Meeting Room

May 16th - LCA Homemaker Annual Meeting - Adair County

May 27th - Memorial Holiday - Extension Office Closed

May 28th - Homemaker Leader Lesson "Healthy Food Choices" @ 5:30 p.m. - Downstairs Meeting Room

May 30th - Cast Iron Cooking Event @ 9:30 a.m.

JUNE 2024

June 6 - County Homemaker Meeting @ 6:00 p.m. - Downstairs Meeting Room

June 19 - Juneteenth Holiday - Extension Office Closed

June 26 - In-Stitches Quilt Class @ 10:00 a.m. - Downstairs Meeting Room

June 30 - Homemaker Membership Incentive Ends

JULY 2024

July 1 - Wayne County EXPO Entry Day

July 2-4 - EXPO Viewing Days

July 5 - EXPO Pickup Day

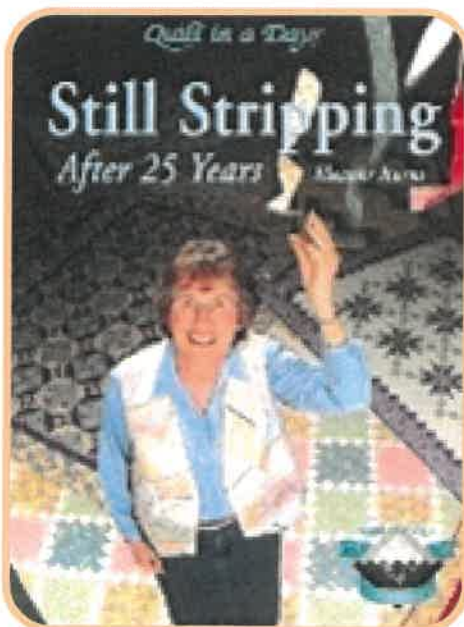
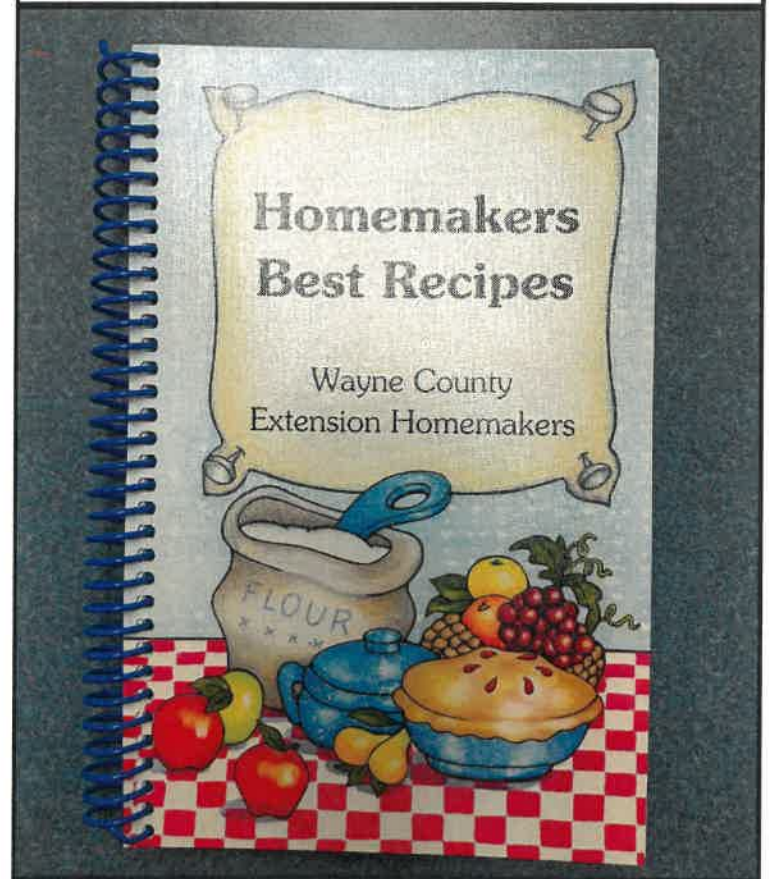




Homemakers Best Recipes Cookbooks

Cookbooks are now available for sale at the Extension Office. Cost is \$15.00. An Extension Homemaker member can check out 5 cookbooks to sell. Within 3 weeks after signing out 5 cookbooks, you will need to turn in the receipts, money, and any cookbooks that didn't sell.

**Crafter's Anonymous
Homemaker Club Meeting
May 8, 2024 @ 1:30 p.m.
Downstairs Meeting Room
The club will be painting pine
cones to make a bouquet.**



**In-Stitches Quilt Class
Stars & Four Patches Quilt (Part II)
Wednesday, May 15, 2024 @ 10:00 a.m.
Downstairs Meeting Room**

We will create and assemble the Seminole Border. The "Still Stripping" book is available at the Extension Office at the discounted price of \$15.00. Call the Extension Office for class prep information.

Extension Homemaker Club Membership Drive for 2024-2025 Program Year

Time to GEAR UP for a new program year.

- Membership drive begins May 1st.
- Our NEW program year begins July 1st.
- Membership dues are \$10 per year.
- Membership forms with PAID dues are due to the Extension Office by June 30th.
- Everyone who has their paid dues and membership form turned in by June 30th will receive a special 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.
- We have Membership Gift Certificates available if you'd like to support a new Homemaker by paying their dues.

**County Homemaker Meeting
Thursday, June 6, 2024 @ 6:00 p.m.
Downstairs Meeting Room**



ALL Wayne County Homemakers are invited to attend!

This is NOT the annual meeting. The County Homemaker Annual Meeting is scheduled for September 26th.

The main purpose of this meeting is to VOTE for our County Officers.

Light refreshments will be served. Please register to attend so we can be prepared for you.



New Homemaker Club Kickoff Meeting
Monday, May 20, 2024 @ 1:00 p.m.
Downstairs Meeting Room

Come see what all the BUZZZZ is about!

As requested, here is an opportunity to engage in starting a NEW Homemaker Club! This club's focus will be educational learning opportunities & adventures, community service & volunteering opportunities, as well as fun activities and fellowship.

This is just the beginning meeting. Interested members will set their actual meeting dates and times. An organizational meeting will be held in June for planning and then the Club will officially start July 1st. We are so excited for you all! So come on out and see what all the BUZZZZ is about! EVERYONE is welcome!



INFO

Join us for 'Let's Have a Garden Party' presented by Adair County Homemakers. Enjoy fellowship, regional history, and delicious food for \$15 payable at your county extension office. Cost includes lunch, activities, and don't miss out on our door prizes!

Thursday, May 16th 9:30 AM CST
Registration opens at 9:00 AM CST
Adair County Extension Office
409 Fairground St. Columbia, KY 42728

ENTERTAINMENT



FINE DINING

Main Course:
 Italian Chicken Cutlets or Roast Beef
Sides:
 Mashed potatoes, Green Beans, Rolls,
 Broccoli & Cauliflower Salad
Dessert:
 Variety of Cupcakes

RSVP DUE TO YOUR COUNTY BY FRIDAY, MAY 3RD

Cooperative Extension Service
 Family and Consumer Sciences
 644 South Broadway
 Lexington, KY 40506

MARTIN-CATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
 409 Fairground St. Columbia, KY 42728
 606-348-8453



Back to the Basics:
Cooking with
Cast Iron

Thursday, May 30th
Registration: 9:30 a.m. EST
Program: 10 a.m. EST

Wayne County Extension Office
 255 Rolling Hills Blvd., Monticello
 606-348-8453

Learn all about:

- The History & Basics of Cast Iron
- Restoration of Cast Iron
- Caring for Cast Iron
- Multiple Cast Iron Cooking Demos



Registration and \$15 fee due to the
Wayne County Extension Office by May 10th.

KENTUCKY COOPERATIVE EXTENSION

Cooperative Extension Service

MARTIN-CATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



UNIVERSITY OF KENTUCKY RESEARCH



Volunteers
Needed
for
Research
Study!

Researchers at the University of Kentucky invite you to participate in a research study about the effectiveness of combining **music therapy** and **social work** to address the well-being of community members.

You may be eligible to participate if you:

- are 65+ years old
- live in Kentucky
- are comfortable participating online

For more information:

Alaine Reschke-Hernandez
 IMAGN.lab@uky.edu
 859.2574536

If you are interested in participating, please scan this QR code:



www.UKclinicalresearch.com

music social work study

HS-002_Pyer

Active Homemaker Club Members
& Mailbox Members:
Please bring your
finished 12" square to the
Extension Office by
4:30 p.m. on May 3rd.

2024 KEHA Quilt Square Showcase and Auction

The KEHA Quilt Square Showcase and Auction is back for the ninth year at the KEHA State Meeting. Anyone wishing to participate should make a 12-inch finished quilt square. (Finished means piece the square, put in the batting, put on backing and finish the edges just like you would a complete quilt. Finished applique squares are also eligible.) This special showcase is an opportunity to highlight quality work from KEHA members across the state.

As you prepare your quilt square(s), consider designs that you would want to purchase. Bring the 12-inch finished square(s) to the KEHA State Meeting in Bowling Green. Please write your name and county on a small slip of paper and attach to the back of the square.

If you are unable to attend the KEHA State Meeting, please feel free to send your square(s) with another KEHA member. If you have any questions, please contact Ann Porter, KEHA 1st Vice President, 606-584-2510 annsporter42@gmail.com



SURVEY

A survey for suggestions you would like us to take into account as we prepare for our 2024–2025 program year is enclosed. Kindly complete and submit it back to the Extension Office by June 1st.



Preparing & Growing Your Garden
Good soil is the backbone of a healthy garden. Soil supplies plants with nutrients for growth and support for the roots. Good soil helps produce healthy vegetables. Stop by the Extension Office for gardening resources.



Seth Hart

**Program Assistant
for Community Arts**

Barn Quilt Painting Workshop

BARN QUILT PAINTING WORKSHOP

Instructor: Seth Hart



Monday,

June 03

5:00 - 9:30 pm EST

SIZE OPTIONS

2 ft x 2 ft ... \$40.00

4 ft x 4 ft ... \$75.00

NO PREVIOUS SKILLS ARE REQUIRED

*ALL MATERIALS AND SUPPLIES
WILL BE PROVIDED*

\$5.00 DISCOUNT TO WAYNE COUNTY HOMEMAKER MEMBERS

CLASS SIZE LIMIT: 15 SPACES

 **Cooperative
Extension Service**

Deadline to Register:

Friday, May 17

PRE-PAYMENT REQUIRED

**Due to limited spacing,
our waiting list fills
quickly. If you cancel, it
must be one week prior
to class in order to
receive a refund. This
will allow us adequate
time to notify someone
else who wants to join
the workshop.**

For more information, contact

Seth Hart

Extension Program Assistant for Community Arts

Wayne County Cooperative Extension Service

255 Rolling Hills Blvd.

Monticello, KY 42633

606-348-8453

seth.hart@uky.edu



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Disability
accommodated
with prior notification.



Joy McGinnis

FCS Program Assistant



Nature lovers know that ticks can be a nuisance, but they can also be life-threatening carriers of Lyme disease. Know the symptoms and how to prevent it. National Lyme Disease Awareness Month reminds us to be vigilant, and to spread awareness to help save lives.

Lyme Disease is often misdiagnosed. Early symptoms can include a rash, fever, headaches, and fatigue. If the disease is left untreated, it can result in joint and heart problems, chronic pain, and cognitive problems such as difficulties concentrating or remembering things. As with many diseases, treatment is more effective if Lyme Disease is diagnosed early.

It is so important that awareness is spread, and people learn how to protect themselves, their families, and their pets from this potentially dangerous disease. To help protect yourself wear long-sleeved shirts and closed shoes when in tick infested area. Use insect repellent to significantly reduce the chance of tick bites and the transmission of Lyme disease and other tick-borne diseases. DEET is the primary active ingredient in most tick repellents and is considered the most effective.

Talk to your veterinarian about: The best tick prevention products for your dog and tickborne diseases in your area. To further reduce the chances that a tick bite will make your dog sick, check your pets for ticks daily, especially after they spend time outdoors. If you find a tick on your pet, remove it right away and wash your hands thoroughly. Reduce tick habitat in your yard. Note: Cats are extremely sensitive to a variety of chemicals. Do not apply any tick prevention products to your cats without first asking your veterinarian. Learn more at May is National Lyme Disease Awareness Month.

Source: CDC and Lyme Disease Awareness

Learn more <https://newsinhealth.nih.gov/2021/07/protect-yourself-lyme-disease>

Hosting a Yard Sale?

Yard sale season has arrived. If you are considering hosting a yard sale, consider the following tips to make sure your sale is a success:

*Plan well in advance. Preparing for a yard sale takes time. Start organizing the items you want to include in the yard sale in one spot.

*Sort items into similar groups (household goods, children's clothing, women's clothing, shoes and toys, baby items).

*Consider your location. Will buyers be able to easily access your sale? If your location is not ideal, talk with a friend or family member about hosting a joint or multifamily sale at their location.

*Price items before the sale. Attend other yard sales in your neighborhood to get an idea of how to price items.

*Check your city ordinances for information on permits and advertising.

*Consider hosting your sale early in the month, people tend to have more disposable income at the beginning of the month as opposed to the end.

*Advertise! Spread the word through friends, neighbors, and social media. Consider free online classifieds or plan an ad in your local newspaper.

*Make certain you have either another family member or friend to help you on the day of the sale.

*Do not leave your cash box unattended. Make certain you have bills and coins for making change.

*Consider pricing items in 25 cent increments, to help make change easier.

*Have a notepad or calculator on hand for adding up prices and making change.



Source: Jennifer L. Hunter

<https://fcs-hes.ca.uky.edu/files/v4-i6-moneywise-newsletter.pdf>

The Extension Homemakers' Bake Sale was a huge success.

Thank you to everyone who participated in the bake sale and made baked goods. The Extension Homemakers also made goodie donations to the Police Department, Dispatch, and local Emergency Personnel.





It is not too early to start planning for the Wayne County Fair EXPO!
Updated EXPO catalogs will be available May 1, 2024.
Entry Day - July 1, 2024 ~ 8:30 a.m.-1:00 p.m.



Debbie Shepherd

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



We Grow Families.
www.ca.uky.edu



Website:
wayne.ca.uky.edu



Wayne County Cooperative
Extension Family and
Consumer Sciences



Cooperative
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Agriculture and Natural Resources
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Please Fill Out & Return ~ Thank You! Please return by June 1st

Things I'd like to learn: _____

Community Service Projects I'd like to do: _____

Places I'd like to go: _____

Ideas for Fund Raisers: _____

Things I'd like for us to do for Fun & Fellowship: _____

Talents & Things I'm willing to teach & share: _____

Other things/ideas: _____
