

April, 2025

 Cooperative
Extension Service

Family & Consumer Science April Newsletter

Ohio County Cooperative Extension Office, 1337 Clay St., Hartford, KY 42347 • 270-298-7441

Upcoming Events/Meetings to Remember!

- **Homemaker Council** will meet at 9:30 a.m. April 9 at the Extension Office. Please make sure one representative from your club can attend.
- **Make & Taste** will be held at 5 p.m. April 15 in the building on the hill. We will be recycling/reusing t-shirts - bring two!
- **Ohio County Health Coalition** will meet at 11:30 a.m. April 17 at the Extension Office. Everyone is welcome.
- **Pressure Canning 101** will be held from 9 a.m. to noon and from 5-8 p.m. April 22 in the building on the hill.
- **Homebased Microprocessing Workshop** will be from 9:30 a.m. to 2:30 p.m. April 29 at the Extension Office.
- **Book Club** will be held at 5 p.m. April 29 at the Extension Office.
- **Make & Taste** will be held at 4 p.m. May 20 in the building on the hill. Bring an empty cereal or cake mix box - we are learning to junk journal!
- **Food Dehydrating Class** will held at 10:30 a.m. or 5:30 p.m. May 13 at the Extension Office.
- **Living with Alpha-Gal** educational Zoom will be held at 6 p.m. May 29. See flier for information about how to register!
- **County Annual Homemaker Picnic** will be held on July 15.

See attached fliers! For more information or to register to attend, call the Ohio County Extension Office at 270-298-7441! We look forward to seeing you!

Happy Spring!



Kelly Bland

Kelly Bland

Extension Agent, Family & Consumer Science

Brandy Garcia

Program Assistant, Family & Consumer Science



**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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties. Cooperating.



Disabilities
accommodated
with prior notification.

Lexington, KY 40506

Homemaker Happenings

Fordsville

President Cathy Green
270-256-4082

Meets second Tuesday, 10 a.m.,
Jack & Joan Edge's Community Room

Liberty Belles

President Norma Barrett
270-256-8044

Meets second Tuesday, 10 a.m.,
Liberty Church in Beaver Dam

Taylorstown

President Marsha Young
270-274-2633

Meets third Thursday, 10 a.m.

Specialty Club:

Beda

President Regina Hudson
270-298-3680

Meets second Thursday, 9:30 a.m.

Specialty Club:

Roadrunners

President Brenda Renfrow
270-298-4460



BOOK CLUB

"Persuasion" by Jane Austen

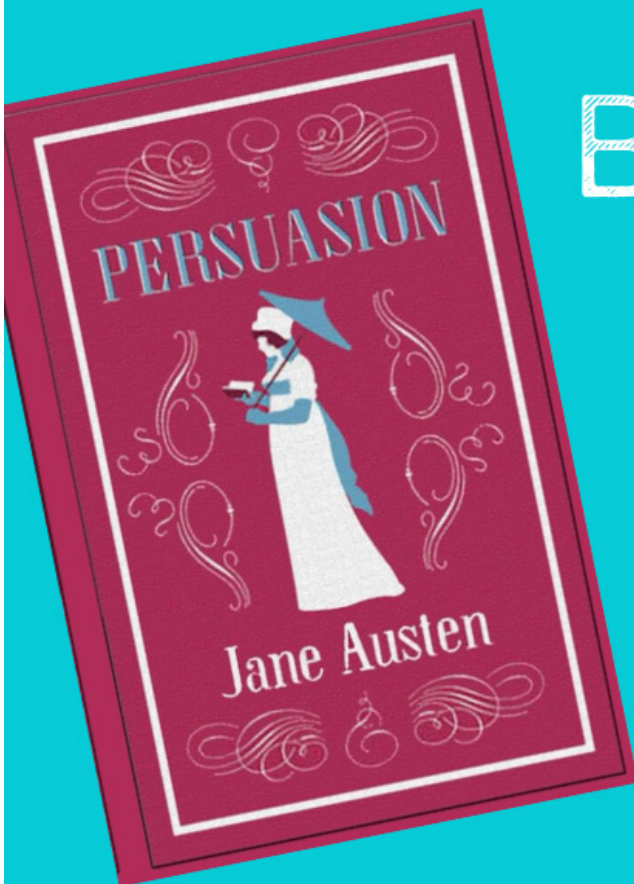
Each month, a book from a different genre will be chosen! Join us to discuss this Classic! Light snacks will be provided!

April 29 • 5:00 PM

Ohio Co. Extension Office

1337 Clay St., Hartford

FOR MORE INFORMATION, CALL THE OFFICE AT 270-298-7441!





Lemon Broccoli Pasta



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

Prep time: 15 minutes
Cook time: 25 minutes

- 1 box (16 ounces) whole-wheat pasta (rotini, spaghetti, bowtie, elbow macaroni)
- 1 package (12 to 14 ounces) frozen broccoli
- Zest of one lemon
- Juice of one lemon (about 2 tablespoons of lemon juice)
- 2 tablespoons olive oil
- 2 1/2 teaspoons garlic powder or 1 clove of garlic, minced
- 2 cups spinach
- 1 cup grated parmesan cheese
- 1 cup reserved pasta water
- Salt and pepper, to taste

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Boil water and prepare pasta according to package directions. Be sure to save 1 cup of pasta water for later use.

3. While the pasta cooks, microwave broccoli for about 5 minutes, or until thawed.
4. In a large saucepan over medium heat, add oil and sauté broccoli for 3-5 minutes.
5. Add cooked pasta to the saucepan with the broccoli. Add lemon zest, lemon juice, garlic, spinach, and reserved pasta water. Use tongs or a spoon to evenly combine everything. Cook until spinach is wilted, about 5 minutes.
6. Sprinkle over parmesan cheese and stir to combine. Reduce heat to low and cook for an additional 3 to 5 minutes or until it reaches desired texture.
7. Serve.
8. Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving size: 1 1/2 cups
Cost per recipe: \$8.56
Cost per serving: \$1.07

Nutrition facts per serving:

320 calories; 9g total fat; 2.5g saturated fat; 0g trans fat; 10mg cholesterol; 200mg sodium; 51g total carbohydrate; 7g dietary fiber; 2g total sugars; 0g added sugars; 13g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium

Source:

Jeannie Noble, RD, Extension Specialist for Nutrition; and Jen Robinson, NEP Area Nutrition Agent, University of Kentucky Cooperative Extension Service

Looking for new recipe ideas? Check out www.planeatmove.com

Follow us online!



<https://ohio.ca.uky.edu/>
<https://www.facebook.com/OCExtensionService>

Listen to the UK Family & Consumer Sciences podcast at <https://ukfcsext.podbean.com/>



Green River District
HEALTH DEPARTMENT



UK Cooperative
Extension Service

Celebrate the Baby!

DRIVE THRU BABY SHOWER

FOR FIRST TIME PARENTS WITH CHILDREN
1-YEAR-OLD AND YOUNGER

4:30-5:30 P.M.

THURSDAY, APRIL 10

OHIO COUNTY EXTENSION OFFICE

1337 CLAY STREET, HARTFORD

To RSVP, call the Ohio County Extension
Office at 270-298-7441!



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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



UK Martin-Gatton
College of Agriculture,
Food and Environment

MAKE & TASTE

5 P.M. ~ APRIL 15

Bring two t-shirts you don't wear anymore! We are going to recycle/reuse them and make a no-sew Farmers Market tote bag and a plant hanger! We will also try a sample of the April recipe (Lemon Broccoli Pasta) from the NEP Food & Nutrition 2025 calendar!

OHIO COUNTY EXTENSION OFFICE
(BUILDING ON THE HILL)
1337 CLAY ST., HARTFORD

Please RSVP by calling the office at
270-298-7441.

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Lexington, KY 40506

PRESSURE CANNING 101

Join us for a hands-on pressure canning workshop where you'll learn how to safely preserve low-acid foods like vegetables, meats, and soups.

Whether you're a beginner or need a refresher, this class will cover:

- Basics of pressure canning
- Equipment & safety tips
- Step-by-step canning process
- Troubleshooting & common mistakes

OHIO COUNTY EXTENSION OFFICE
(ON THE HILL)

TUESDAY, APRIL 22ND
9:00 A.M. - 12:00 P.M. OR
5:00 - 8:00 P.M.

SPACE IS LIMITED

Call the Ohio County Extension Office for questions, or to register.

270-298-7441

UK Cooperative
Extension Service
An equal opportunity organization



"Discover KEHA - A Hidden Treasure"

2025 KEHA State Meeting

May 6-8, 2025

Hyatt Regency Lexington

Check out your State KEHA
Newsletter for all the details!



For more information, call the Extension
Office at 270-298-7441!



Homebased Microprocessing Workshop



Homebased Microprocessors are farmers who grow and harvest produce to use in their value-added products. Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky.

April 29, 2025

9:30 a.m. - 2:30 p.m.

Ohio County Extension Office
1337 Clay Street
Hartford, KY

\$50
Fee

To register & for additional
dates/locations:
ukfcs.net/HBM

or call (859) 257-1812

March 13 - June 13, 2025



BIG BLUE BOOK CLUB

takes
a
road trip!



UKFCI.NET/BIGBLUEBOOKCLUB

FOOD DEHYDRATING 101

Tuesday, May 13th
10:30 a.m. OR 5:30 p.m.
Ohio County Extension Office

Come and learn the basics of food dehydrating, what foods dehydrate well, and proper storage techniques for long shelf life.

Call the Ohio County Extension office at (270) 298-7441 to reserve your seat.

An equal opportunity organization

Make & Taste

4 P.M. ~ MAY 20

Bring an empty cereal or cake mix box & any other items you want to include! We are going to learn how to make a junk journal! We will also try a sample of the May recipe (Banana Pancakes) from the NEP Food & Nutrition 2025 calendar!

**OHIO COUNTY EXTENSION OFFICE (BUILDING ON THE HILL)
1337 CLAY ST., HARTFORD**

Please RSVP by calling the office at **270-298-7441 (so we have enough supplies).**

Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Disabilities accommodated with prior notification.



Living with Alpha-gal Syndrome

When: Thursday, May 29
Time: 7:00 PM EDT/6:00 PM CDT
Where: Zoom

Register: ukfcs.net/AgS or scan the QR Code below



Presenters: **Heather Norman-Burgdolf, PhD**
Associate Extension Professor
Department of Dietetics and Human Nutrition

Jonathan Larson, PhD
Assistant Extension Professor
Department of Entomology

Hannah Tiffin, PhD
Assistant Professor
Department of Entomology

Heather Shaw
Area Agent
Nutrition Education Programs