

June, 2025

 Cooperative  
Extension Service

# Family & Consumer Science June Newsletter

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

## Upcoming Events/Meetings to Remember!

- **Tai Chi** led by Kelly will be held at 8 a.m. every Monday in June and July at the Farmer's Market pavilion in Beaver Dam.
- **Pickleball** - Come and learn to play with us at Oldham Park in Beaver Dam! We will play at 9 a.m. every Monday in June, weather permitting!
- **Farmer's Market** opening day will be June 7! See flier for days when Kelly will be there with activities!
- **Everything Sourdough** classes will be at 10:30 a.m. and 5:30 p.m. June 10 at the Extension Office.
- **Book Club** will meet at 5 p.m. July 8 at the Extension Office. For July's book selection you will read a Memoir, then we will come together and discuss them with each other!
- **County Annual Homemaker Picnic** will be held at 6 p.m. July 15.
- **Water Bath Canning Class** will be held from 9 a.m. to noon and 5-8 p.m. on July 22. Sign-up by July 18.

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



*Kelly Bland*

**Kelly Bland**

Extension Agent, Family & Consumer Science

**Brandy Garcia**

Program Assistant, Family & Consumer Science



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Agriculture and Natural Resources  
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4-H Youth Development  
Community and Economic Development

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



# 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

## **Specialty Club: Roadrunners**

President Brenda Renfrow  
270-298-4460

## **Taylortown**

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.

**Has your club done something fun or  
newsworthy? Send it to us and we'll  
put it in the newsletter!**

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## **Ohio County Homemakers**

# Annual Picnic

**July 15**

*Registration begins at 5:30 p.m.*

*Meeting begins at 6 p.m.*

**Entertainment will be provided!  
Wear your red, white and blue!**

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Recipes from the 2025 Food and Nutrition

# Recipe Calendar



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## Rice and Bean Salad



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

**Prep time: 10-15 minutes**

**Cook time: 20 minutes**

### Dressing

- 1/4 cup red wine vinegar
- 1 1/2 teaspoons Dijon mustard (or any type)
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 3/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup canola or vegetable oil

### Salad

- 1 can (15 ounces) no-salt-added black beans, rinsed and drained
- 1 can (15 ounces) low-sodium chickpeas, rinsed and drained
- 1 1/2 cups fresh, canned, or frozen corn
- 2 cups cooked brown rice
- 1/2 small red onion, diced
- 1/2 bunch cilantro or parsley, chopped
- 3 cups spinach, chopped
- 1/2 jalapeno, seeded and diced (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse cilantro and jalapeno under cool running water and pat to dry.
3. In the bottom of a large bowl, whisk red wine vinegar, mustard, Italian seasoning, garlic powder, salt, and black pepper. Slowly add the vegetable oil while whisking vigorously until evenly combined.
4. Add black beans, chickpeas, corn, rice, red onion, cilantro, spinach, and jalapeno (if using). Gently toss until dressing evenly coats salad.
5. You can eat the salad immediately. For the best flavor, though, allow it to sit in the fridge for at least one hour.
6. Store leftovers in the refrigerator within two hours.

Makes 7 servings  
Serving size: 1 1/2 cup  
Cost per recipe: \$14.01  
Cost per serving: \$2.00

### Nutrition facts per serving:

350 calories; 18g total fat; 1.5g saturated fat; 0g trans fat; 0mg cholesterol; 370mg sodium; 39g total carbohydrate; 7g dietary fiber; 4g total sugars; 0g added sugars; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 18% Daily Value of potassium

### Source:

Jeannie Noble, RD,  
Extension Specialist for  
Nutrition, University of  
Kentucky Cooperative  
Extension Service

*Looking for new recipe  
ideas? Check out  
[www.planeatmove.com](http://www.planeatmove.com)*

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<https://ohio.ca.uky.edu/>

<https://www.facebook.com/OCExtensionService>



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



# Join us at the FARMERS Market

Look for the Ohio County Extension booth at the Beaver Dam Community Farmers Market this season!

**June 7<sup>th</sup>:** For the kids – Stop by our booth and start your garden by planting a seed!

For the grownups – stop by and pick up information on gardening, composting, and more! PLUS, try a sample of KY Proud Strawberry Salsa

**June 14<sup>th</sup>:** Recipe demonstration and sampling of KY Proud Spring Harvest Salad

**July 5<sup>th</sup>:** For the kids – Farmers' Market Bingo! Stop by and grab a card, then visit booths to fill your squares.

Return to our booth to collect your prize!

For the grownups – KY Proud Awesome Watermelon Salad sampling

**July 12<sup>th</sup>:** Recipe demonstration and sampling of KY Proud Tomato Basil Salad

**July 19<sup>th</sup>:** For the family – Stop by and grab a passport and walk our Mindfulness Trail. When you finish, present your passport for a prize!  
KY Proud Blackberry Lemon Upsidedown Cake sampling

**July 26<sup>th</sup>:** Recipe demonstration and sampling of KY Proud Cucumber, Corn and Bean Salsa

**OPENING DAY: SATURDAY JUNE 7TH 8:00 A.M. - 12:00 P.M.**

Beaver Dam City Park ~ 217 S Main Street, Beaver Dam

**WE CAN'T WAIT TO SEE YOU THERE!**

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# pickleball



## 9 AM

### June 2, 9, 16, 23 & 30

**Learn the basics of this fun, fast-growing sport so you can play with your friends! If you have your own pickleball paddle, bring it with you (some will be provided)! Let us know you're coming - call 270-298-7441!**

### MEET AT THE PICKLEBALL COURTS AT OLDHAM PARK IN BEAVER DAM!

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Clear your mind, destress, and experience meditation in motion with

# Tai Chi

Join us at the Beaver Dam Park Famers' Market Pavilion for a eight week session of Tai Chi.

**Mondays at 8:00 a.m. all June and July**

All Tai Chi classes build on one another, with movements broken down for easier learning.

Beginners are welcome.

Classes are free to all. Please call (270) 298-7441 for any questions or to register.

 Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.



Dr Paul Lam  
Tai Chi for Health Institute  
EMPOWERING PEOPLE TO IMPROVE THEIR HEALTH AND WELLBEING

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**The Homemaker  
Council is  
seeking  
new council  
members and  
chairpersons!**

**If you want to  
get involved,  
call Patsy  
Eddins at 270-  
256-6906 or  
email her at  
eddinswl@aol.  
com!**

**WE NEED YOU!**





# EVERYTHING Sourdough

COME AND JOIN US TO LEARN:  
WHAT IS SOURDOUGH  
HOW TO MAINTAIN SOURDOUGH  
THE HEALTH BENEFITS OF SOURDOUGH  
HOW TO MAKE A LOAF OF BREAD  
USING SOURDOUGH DISCARD IN OTHER RECIPES

**Tuesday, June 10th**  
**Ohio County Extension Office**

2 classes offered: 10:30 a.m. or 5:30 p.m.

**REGISTRATION IS REQUIRED**

Call (270) 298-7441 by Friday, June 6<sup>th</sup> to register

**\*\*Bring a 16-32oz. jar and take home some sourdough starter for yourself!\*\***

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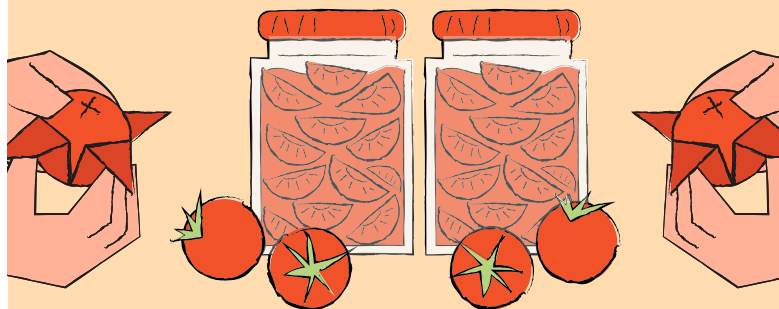


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**FOOD PRESERVATION**

JOIN US FOR A

## WATER BATH CANNING CLASS



**Learn the Art of Preserving Fresh Produce!**

Discover the joy of home canning and gain the confidence to safely preserve fruits, tomatoes, jams, and more using the water bath canning method. Learn safe water bath canning techniques, the equipment and tools needed, food safety, and more in this hands-on class. Whether you're a beginner or looking to refresh your skills, this class is perfect for you

Tuesday, July 22nd

9:00am-12:00pm OR 5:00-8:00pm

Ohio County Extension Office

Space is limited and registration is required.

Call 270-298-7441 by Friday, July 18th to reserve your spot.

## 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, AUGUST 5TH**

**9:00 A.M. - 12:00 P.M. OR**

**5:00 - 8:00 P.M.**

**SPACE IS LIMITED**

Registration is required.

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

270-298-7441

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# 2025—2026 HOMEMAKER LESSONS

Trainings at the Daviess County Cooperative Extension Service Office.

*Recording available the day following the training at*

*<https://www.youtube.com/@greenriverareahomemakers9114>*

## 10:00 A.M. LESSON TRAINING

### SEPTEMBER LESSON THE BIG FREEZE

**August 19** - This lesson will help you get the most out of your freezer by teaching good freezing techniques for a variety of foods. You will be able to minimize food waste, save money, and time.

★ Food, Nutrition, and Health

## 11:00 A.M. LESSON TRAINING

### OCTOBER LESSON INDOOR AIR QUALITY

**August 19** - Raise awareness and knowledge about indoor air quality, how it can be affected by things in our indoor spaces, how it can affect one's health, and steps for improvement.

★ Environment, Housing & Energy

### NOVEMBER LESSON LAUGHTER IS A MUST

**October 28** - This lesson will test your knowledge of laughter, identify its short- and long-term benefits, explore what keeps you laughing with your spouse, and share ways to increase laughter in your relationship.

★ Family and Individual Development

### JANUARY LESSON SELECTING SHEETS

**October 28** - Cooling? Percal? Bamboo? Let's put these questions to bed and unravel the mystery of thread count, too! This lesson will cover all the basics.

★ Management and Safety

### FEBRUARY LESSON USING AN AIR FRYER

**January 20** - This lesson will focus on what air fryers are and how they work. We'll discuss the pros and cons, and consumers will feel informed when buying an air fryer.

★ Food, Nutrition, and Health

### MARCH LESSON STRETCHING YOUR FOOD DOLLAR

**January 20** - "Making Ends Meet" is getting harder in today's economy. This lesson will cover how to make your dollars and resources go farther.

★ Management and Safety

### APRIL LESSON YOGA-TA TRY THIS

**March 17** - Yoga is far from a new practice, but has become popular today as a mainstream form of exercise. There are many health benefits of doing yoga beyond physical activity. This lesson introduces yoga - what it is, why you might be interested in trying it, and some poses.

★ Food, Nutrition, and Health

### MAY LESSON INSPIRING GRANDCHILDREN TO BE GRAND COOKS

**March 17** - Learning cooking skills early in life improves skills and confidence in the kitchen, which can lead to higher diet quality to support health later in life. We'll share ideas for bringing different generations together in the kitchen in ways that build confidence, share knowledge, and create lasting memories.

★ Family & Individual Development Lesson

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