

May, 2025



Cooperative
Extension Service

Family & Consumer Science May Newsletter

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

Upcoming Events/Meetings to Remember!

- **Pickleball** - Come and learn to play with us at Oldham Park in Beaver Dam! We will play at 3 p.m. May 12 and 19 and at 10 a.m. every Monday in June, weather permitting!
- **Food Dehydrating Class** will be held at 10:30 a.m. or 5:30 p.m. May 13 at the Extension Office. Call to RSVP!
- **Ohio County Health Coalition** will meet at 11:30 a.m. May 15 at the Extension Office. Everyone is welcome.
- **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! Call to RSVP!
- **Living with Alpha-Gal** educational Zoom will be held at 6 p.m. May 29. See flier for information about how to register!
- **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.
- **Book Club** will be held at 5 p.m. June 3 at the Extension Office. See flier for book information!
- **Homemaker Council** will meet at 9:30 a.m. June 4 at the Extension Office. Please make sure one representative from your club can attend.
- **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.
- **County Annual Homemaker Picnic** will be held on July 15.

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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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!**

Food!
Silent Auction!
Fun!

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Disabilities accommodated with prior notification.



Banana Pancakes



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

Prep time: 10 minutes

Cook time: 20 minutes

- 2 large very ripe bananas
- 1 cup low-fat milk
- 2 tablespoons packed light brown sugar
- 1 1/2 tablespoons vanilla extract
- 1 1/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 teaspoons ground cinnamon
- 1/4 cup chopped pecans or walnuts (optional)
- Nonstick cooking spray

Optional Topping

- Nonfat light vanilla yogurt
- Peanut butter
- Sliced bananas
- Cinnamon

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat a skillet or griddle on the stove over medium-low heat.
3. In a medium bowl, mash the very ripe bananas using a fork or masher. Stir in the milk, brown sugar, and vanilla extract. Mix until combined.

4. Add the flour, baking powder, salt, and cinnamon. Mix just until the batter is moistened with no dry spots remaining. Batter will be lumpy. Fold in nuts if using.
5. Spray the heated skillet or griddle with nonstick cooking spray. Drop about a 1/4 cup of the batter into sections of the pan and spread out each into a 4-inch round.
6. Cook pancakes until bubbles form on top and the edges start to brown, about 6 to 8 minutes. Flip and continue cooking until the bottoms of the pancakes are golden brown and easily release from the pan, about 3 to 4 minutes more.
7. Transfer the pancakes to a warm plate. Repeat, cooking the remaining batter.
8. To serve, stack 2 pancakes on a plate and top with desired toppings. Serve immediately.
9. Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving size: 2 pancakes
Cost per recipe: \$9.03
Cost per serving: \$1.13

Nutrition facts per serving:

140 calories; 0.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 85mg sodium; 29g total carbohydrate; 2g dietary fiber; 9g total sugars; 4g added sugars; 3g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium

Source:

Brooke Jenkins, Extension Specialist for Curriculum; and Bethany Pratt, Extension Specialist for Food Systems, University of Kentucky Cooperative Extension

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/>



UK Cooperative Extension Service

3 PM ~ May 12 & 19
10 AM ~ every Monday in June
Weather permitting.

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!

WE WILL MEET AT THE PICKLEBALL COURTS AT OLDHAM PARK IN BEAVER DAM.

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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).

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Join us at the FARMERS Market

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

June 7th: 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 14th: Recipe demonstration and sampling of KY Proud Spring Harvest Salad

July 5th: 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 12th: Recipe demonstration and sampling of KY Proud Tomato Basil Salad

July 19th: 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 26th: 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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Living with Alpha-gal Syndrome

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

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

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

Jonathan Larson, PhD
 Assistant Extension Professor
 Department of Entomology

Hannah Tiffin, PhD
 Assistant Professor
 Department of Entomology

Heather Shaw
 Area Agent
 Nutrition Education Programs



 **Martin-Gatton**
 College of Agriculture,
 Food and Environment



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.

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

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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 6th to register

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

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BOOK CLUB

This month's pick is any book by Kristin Hannah! Pick a favorite you've already read or read one of hers you haven't read yet, then come and tell us all about it!

Light snacks will be provided!

June 3 • 5:00 PM

Ohio Co. Extension Office

1337 Clay St., Hartford

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

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March 13 - June 13, 2025

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BIG BLUE BOOK CLUB

takes
a
road trip!



UKFC.NET/BIGBLUEBOOKCLUB