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 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!

Lexington, KY 40506



Kelly BlandExtension 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.





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.

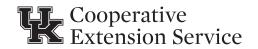
Specialty Club: Beda

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!







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
- 11/2 tablespoons vanilla extract
- 11/4 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.

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

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



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.

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









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 or 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!



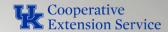






College of Agriculture, Food and Environment

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 ProfessorDepartment of Entomology

Heather Shaw Area Agent

Nutrition Education Programs



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.



Cooperative Extension Service Agriculture and Natural Resources Pently and Consumer Sciences MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
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BOOK CLUB

This month's pick is any book by <u>Kristin</u>

<u>Hannah!</u> 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!

<u>Light snacks will be provided!</u>

June 3 • 5:00 PM

Ohio Co. Extension Office 1337 Clay St., Hartford

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

Cooperative Extension Service

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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