

FCS NEWS & NOTES

Cooperative Extension Service
 Muhlenberg County
 3690 State Route 1380
 Central City, KY 42330-5512
 (270) 338-3124
 extension.ca.uky.edu



Don't forget to call us at (270) 338-3124 to sign up for upcoming events!

March 28: Laugh and Learn one-hour play date for parents and children ages 5 and under at 10 AM at the Extension Office. At this Laugh and Learn we're turning our space into a kid-friendly clinic where toddlers can learn, play, and have fun with doctors.

April 3: Pure Home Series: Soy Candle Making at 10 AM / 5 PM at the Extension Office. Please contact us to sign up and let us know which time you'll be attending. Class is free. You'll go home with your own custom scented soy candle. Space is limited.

April 7: Transferring Cherished Possessions: Estate Planning for Non-Titled Property Homemaker Lesson at 10 AM and 12 PM via Zoom. This lesson will be shown at 10 AM at the Extension Office. Contact us if you would like the Zoom links emailed to you.

April 8: Pasta Class at 10 AM/5:30 PM at the Extension Office. Learn to create your own pasta noodles. Space is limited. Please contact us to sign up.

April 9: Cooking through the Calendar at 12 PM at the Central City Public Library. This month's recipe is Lemon Broccoli Pasta.

April 10: Block of the Month Quilting Group meeting at 9 AM at the Extension Office.

April 12: Opening Day of the Farmers Market for the 2025 season: 8 AM to 12 PM. Farmers Market hours will be: Tuesdays and Thursdays 3-6 PM, Saturdays 8 AM-12 PM.

April 21: Annual Day Planning meeting at 9:30 AM at the Extension Office.

April 22: Book Club meeting at 11 AM at the Extension Office. April's book is *No More Secrets* by Lucy Score. This book is \$2.99 on Amazon Kindle; and there is a library copy circulating. Grab your copy and join the group to discuss.

April 23: Cooking through the Calendar at 12 PM at the Extension Office. This month's recipe is Lemon Broccoli Pasta.

April 29: Move Your Way: Exercise for Everyone Homemaker Lesson at 10 AM and 12 PM via Zoom. Handouts for this lesson will be mailed to mailbox members. Contact us if you would like the Zoom links emailed to you.

April 30: Annual Day Planning meeting at 9:30 AM at the Extension Office.

May 2: Laugh and Learn one-hour play date for parents and children ages 5 and under at 10 AM at the Extension Office. This Laugh and Learn is all about transportation. Youth can "touch a truck"-fire truck, police car, school bus, tractor, and ambulance.

May 6-8: KEHA State meeting in Lexington, KY

May 17: Homemakers 100th Annual Day at **11 AM** at the Extension Office. **Deadline to register is May 8. Registration fee is \$18 per person. Members are welcome to bring a guest.**



May 22: Homemaker Council meeting at 9:30 AM at the Extension Office.

May 26: Memorial Day, Office Closed

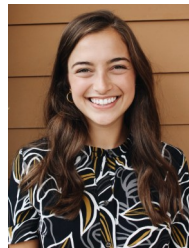
May 28: Creating Welcoming Communities Homemaker Lesson at 12 PM via Zoom. Handouts for this lesson will be mailed to mailbox members. **This lesson will also be offered via Zoom on May 29 at 10 AM.** Contact us if you would like the Zoom links emailed to you.

May 29: Living with Alpha-Gal Syndrome Webinar offered via UK Extension at 6 PM. Register online at ukfcs.net/AgS. This will not be offered in person; online only.

June 10-14: Muhlenberg County Fair. Visit mcfairky.com and check out the Exhibit Hall Entries section to see all of the categories you can enter items in. Start gathering your crafts now. You can drop off items at the Exhibit Hall inside the fairgrounds June 9 from 4 to 7 PM or June 10 from 8 to 10 AM.

June 19: Juneteenth, Office Closed

July 4: Independence Day, Office Closed



Alex Kelly
Alex Kelly
Muhlenberg County Extension Agent for Family & Consumer Sciences Education

A Quip from the Cultural Arts Committee

On Friday, March 14, 17 Muhlenberg County Homemakers attended the Spring Seminar and Cultural Arts Day at the Christian County Extension Office. We had 32 entries submitted from Muhlenberg County. Muhlenberg brought home 11 blue ribbons, 11 red ribbons, and 5 white ribbons. Great job ladies! Thanks to all who brought things for this event. I think we were well represented but I'd love to see a lot more next year! There were some amazing things brought in by Muhlenberg County as well as the other participating counties. As I was looking over the items, my wheels started turning for items I might attempt for next year. I hope yours were too if you were there. The theme of the day was "Culinary Journey Across the Bluegrass." With our very own Brandy Garcia beginning the day as the new Pennyryle Area Homemaker President, the meeting included a demonstration by Angie York on benedictine sandwiches (complete with samples), and was followed by a presentation by Joni Phelps on hot brown sandwiches. Hot browns were our entrée for lunch along with burgoo, a piece of Kentucky chocolate pecan pie (aka derby pie) and Ale8 to drink. After lunch we were able to view the cultural arts entries before a lesson from Jill Harris on Kentucky chocolates. The programs were all excellent, informative, and very interesting. It's such a fun and very enjoyable day.

Mailbox Members

Handouts for the *Transferring Cherished Possessions* lesson are included with this newsletter for mailbox members.



Thought for the Day

"A-we gonna do what they say can't be done, we've got a long way to go, and a short time to get there."

Eastbound and Down (from Smokey and the Bandit)-Jerry Reed and Deena Kaye Rose, 1977

Spring Harvest Salad

5 cups torn spring leaf lettuce

2½ cups spinach leaves

1½ cups sliced strawberries

1 cup fresh blueberries

½ cup thinly sliced green onions

Dressing:
4 teaspoons lemon juice

2½ tablespoons olive oil

1 tablespoon balsamic vinegar

1½ teaspoons Dijon mustard

2 teaspoons Kentucky honey

½ teaspoon salt

¼ cup feta cheese crumbles

½ cup unsalted sliced almonds

1. Combine leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.

2. Prepare dressing by whisking together the lemon juice, olive oil,

balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and toss to coat.

3. Sprinkle salad with feta cheese and sliced almonds.

4. Serve immediately.

Yield: 8, 1 cup servings.

Nutrition Analysis: 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Contact Us



(270) 338-3124



Facebook Pages:

Muhlenberg County Cooperative Extension

Muhlenberg County Homemakers



LIVING WITH ALPHA-GAL SYNDROME

WEBINAR

About the event

In response to the growing interest and concern around Alpha-Gal Syndrome, UK Extension is offering a statewide webinar opportunity.

- ✓ COVERING THE BASICS OF ALPHA-GAL SYNDROME
- ✓ TICK BITE PREVENTION
- ✓ DIET/LIFESTYLE MANAGEMENT
- ✓ LIVE Q&A SESSION

Register online

**Thursday,
May 29, 2025**

6:00-7:30 PM



ukfcs.net/AgS

Muhleberg County Cooperative Extension 3690 State Route 1380 Central City, KY 42330 Phone: (270) 338-3124

**Cooperative
Extension Service**

Agriculture and Natural Resources
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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



Disabilities
accommodated
with prior notification.

Celebrating 100 Years

**MUHLENBERG COUNTY
HOMEMAKERS**

2025

ANNUAL DAY

**17 MAY 11 AM-
2025 2 PM**

100 YEARS IN THE MAKING

**100 YEARS SERVING
MUHLENBERG COUNTY**

**MUHLENBERG COUNTY HOMEMAKERS
100th ANNUAL DAY
MAY 17, 2025**

Registration

Please review the menu below and return this form, along with your \$18 fee, **by Thursday, May 8, 2025. No registrations will be accepted after Thursday, May 8.**

Name: _____ Phone: _____

Homemaker Club: _____

Guest: _____

Payment Information (\$18 fee per person): Cash _____ OR Check #: _____
Checks must be made payable to: Muhlenberg County Homemakers.

Meal:

Baked Chicken
Wild Rice
Green Beans
Carrots
Salad
Rolls

Dessert Choices:

Heath Bar Cake
Cherry Delight Pie

**Drink choices will be bottled water, sweet tea, unsweet tea,
and lemonade.**

Catering by Carin Stewart.

You may mail your registration to:
Muhlenberg County Cooperative Extension
ATTN: Annual Day
3690 State Route 1380
Central City, KY 42330