

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!

April 29: Move Your Way: Exercise for Everyone Homemaker Lesson at 10 AM and 12 PM via Zoom. Contact us if you would like the Zoom links emailed to you.

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

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.

Cooking through the Calendar will not meet during the month of May. Join the next Cooking through the Calendar on June 11 at the Central City Public Library or June 25 at the Extension Office. June's recipe is Rice and Bean Salad.

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

June 20: End of Year meeting to compile KEHA reports at 10 AM at the Extension Office.

June 30: KEHA Year Ends

July 4: Independence Day, Office Closed

Volunteer Hours Forms and Program of Work Report Forms can be picked up at the Extension Office. We know you do great work throughout the year. By turning these reports in we can share the value of Homemakers. Reports are due in June.



Muhlenberg County Homemakers
Celebrating 100 Years

Happy May, Everyone!

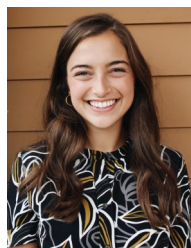
As many of you know, my husband and I will be moving to Alabama at the end of this month. It's a bittersweet time as we prepare to close this chapter and begin a new one. Serving as your Family and Consumer Sciences Agent here in Muhlenberg for the past two years has been a true honor. I'm incredibly grateful for the support, kindness, and love you've shown to both me and my husband. This truly has been a dream job, and it's all because of this amazing community. Muhlenberg is a special place, and it will always hold a special place in my heart.

As Laura Ingalls Wilder once wrote in *Little House in the Big Woods*: "The true way to live is to enjoy every

moment as it passes, and surely it is in the everyday things around us that the beauty of life lies."

Thank you for making my everyday moments here so meaningful.

With heartfelt thanks,



Alex Kelly

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

A Note from your Homemaker Council President

I want to thank all of you who came to the funeral home, sent cards, offered to be there, the beautiful lantern I received and the Material Girls who sent me wind chimes, but especially the prayers. Death is a hard thing to go through. It really made me slow down and do a lot of soul searching, thinking on how we live and treat others. I sure do miss my dad. I know time will heal my broken heart. I've never been good at this point in life but I hope when others are there I can provide the kindness that others need. I love and appreciate you all!

In other news, as Alex is leaving us to start a new journey in she and Tanner's lives, I wish them well. They are both such a joy to know and she will truly be missed.

I hope that we all can work together to fill the gap her absence will leave. I will let you know as I might need extra help from time to time. Thank you, Alex, for being so awesome! You will truly be missed.

Thank you again ladies for your kindness.

Tammy Dozer

Mailbox Members

Handouts for the *Move Your Way* lesson are included with this newsletter for mailbox members.



Thought for the Day

"There's no load I can't hold,
a road so rough, this I know,
I'll be there when the light
comes in, just tell 'em we're
survivors."

Life is a Highway-Rascal
Flatts, 2006 or Tom
Cochrane, 1991

Broccoli Grape Pasta Salad

¾ cup diced pecans	2 cups seedless red grapes	¾ cup low-fat mayonnaise
8 ounces whole grain pasta (bow tie or other type)	1 pound fresh broccoli	¼ cup honey
5 slices turkey bacon		½ cup diced red onion
		½ cup red wine vinegar

Preheat oven to 350 degrees F. **Bake** pecans in a single layer in a shallow pan for 5 to 7 minutes or until lightly toasted and fragrant, stirring halfway through.

Prepare 8 ounces of pasta according to package directions. **Cook** bacon according to package directions. Cool and crumble into small pieces. **Cut** the broccoli florets from stems and separate florets into small pieces using the tip of a paring knife. **Slice** 2 cups of grapes into halves. **Whisk** together mayonnaise,

honey, diced red onion and vinegar in a large mixing bowl. **Add** broccoli, cooked pasta and grapes; stir to coat. **Cover** and **chill** for 30 minutes. **Stir** in bacon crumbles and diced pecans just before serving.

Yield: 16, ½ cup servings

Nutritional Analysis: 160 calories, 7 g fat, 1 g saturated fat, 5 mg cholesterol, 125 mg sodium, 24 g carbohydrate, 3 g fiber, 9 g sugars 4 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**

Garden Your Way to Better Health

Gardening is fun and healthy. It makes your space look nice, gives you fresh food, and helps your body. Digging, planting, pulling weeds, and watering plants are all great ways to work out and stay healthy.

Gardening is something anyone can do. It doesn't matter how old you are. It's a simple way to move your body while using a lot of muscles. Michigan State University says gardening can help adults reach the Centers for Disease Control and Prevention's goal of 150 minutes of moderate exercise each week. Moderate exercise gets your heart rate up and makes you breathe a little faster. When you garden, it gives your whole body a workout. It offers many benefits, such as:

1. **Burning Calories:** Gardening can burn 200 to 400 calories an hour, based on how hard you work.
2. **Heart Health:** It helps your heart stay healthy by raising your heart rate and getting better blood flow.
3. **Building Strength:** Tasks like lifting tools and digging make your muscles stronger.
4. **Stretching and Balance:** Bending, stretching, and reaching help you stay flexible and balanced.
5. **Stress Relief:** Spending time in nature helps you feel calm, lowers stress, and lifts your mood.

By gardening regularly, you can stay active, feel happier, and enjoy the reward of growing your own plants while spending time in nature.

References

[Gardening for Health: a Regular Dose of Gardening by Richard Thompson](#)
[Home Vegetable Gardening in Kentucky](#)

Source: Monica Mundy, Extension Specialist for Community and Family Health

All products are proudly grown or made in Muhlenberg County!

APRIL

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Regular FM Mid-Week Hours
Regular FM Saturday Hours
Special Events
Winter Hours

Shop with our local artisans and crafters

May - Beef month
June - Dairy Month
July - KY Cut Flower month
National Farmers Market Week:
First week of August

20 25

MUHLENBERG COUNTY

FARMERS MARKET

604 CLEATON ROAD • POWDERLY, KENTUCKY



604 Cleaton Road • Powderly, KY 42367

Regular Hours:
Tuesday & Thursday • 3 p.m. - 6 p.m. (or sell out)
Saturday • 8 a.m. until 12 p.m. (or sell out)

Winter Hours:
Saturdays 8 a.m. - 12 p.m. (or sell out)

Kentucky Proud

Cooperative Extension Service

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

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Lexington, KY 40506

Disabilities
accommodated
with prior notification.



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

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Disabilities
accommodated
with prior notification.