



University of Kentucky
 College of Agriculture,
 Food and Environment
 Cooperative Extension Service

**Bath County Cooperative
 Extension Service**
 2914 East Hwy. 60
 Owingsville, KY 40360
 Phone: 606-674-6121
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FAMILY AND CONSUMER SCIENCE APRIL 2023 NEWSLETTER

Hello everyone!

This month's newsletter contains lots of information for upcoming programs that are being offered, don't miss out on those!

I have created a Facebook page specifically for Family and Consumer Sciences updates; search Bath County Family and Consumer Sciences Extension to follow and 'LIKE'.

There is also a Facebook group for the Recipe Club. If you would like to join the FB group, search Bath County FCS Recipe Club to join.

Enjoy this newsletter!

Waiting for you inside!

- Club Meetings
- Sewing Day
- KEHA State Meeting 2023
- Recipe Club
- Laugh & Learn
- Family Dinner Table Project
- Savor the Flavor: Oils & Vinegars
- Medicare 101
- Bingocize
- Recipe



Allee Sallee

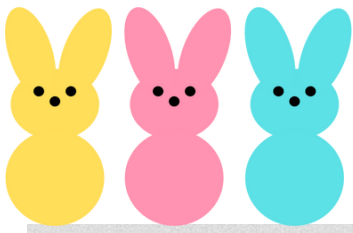
**County Extension Agent for
 Family & Consumer Sciences**

Cooperative Extension Service
 Agriculture and Natural Resources
 Family and Consumer Sciences
 4-H Youth Development
 Community and Economic Development

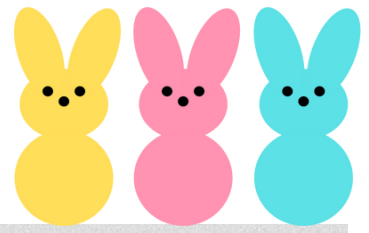
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
 LEXINGTON, KY 40546



Disabilities
 accommodated
 with prior notification.



April Club Meetings



Homemaker Club Meetings

Bethel Nite: April 13th, 5:30 pm @ Bethel Christian Church

Country @ Heart: April 10th, 5:30 @ Slate Valley Church

Hill N' Dale: April 17th, 6 PM @ Ramsey Building OCC

Salt Lick: April 4th, 12 PM @ Bath County Ag Center

Sharpsburg: April 7th, 11:00 AM @ Cracker Barrel Mount Sterling

All groups please send Judy Whaley a list of who read the most books, those with perfect attendance, and head count by May 1st.

Master Clothing Volunteers

When: April 18th

Where: Lewis

Time: 10 AM

Project: Purse

Paper Hugs

When: April 5th

Where: Bath County AG Center

Time: 10 AM

When: April 4th

Where: Bath Co. AG Center

Time: 10am

Project ♥ Linus



If your group/club would like to promote meeting dates, news, announcements, upcoming events, etc. into the next months newsletter, please email alexandra.sallie@uky.edu with a caption, photos, etc. The goal is to share each club/groups activities and encourage more to be involved when possible. Please have any information sent or brought in by the 25th of each month.



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Sewing Day



Second Monday of Every Month

Next Meeting: April 13th

Help assist on a special project making peasant dresses for Operation Christmas Child Shoe Boxes.



Anyone who would like to assist with this project are welcome to join!

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 LEXINGTON, KY 40546


 Disabilities accommodated with prior notification.

2023 KEHA STATE MEETING REGISTRATION FORM
 "Let's Take A Hike with KEHA" • May 9-11, 2023 • Louisville, Kentucky

Name _____
 Address _____
 City _____ State _____ Zip Code _____
 County _____ Special Diet/Food Allergies _____
 Phone (____) _____ Email _____
 Emergency Contact _____ Relationship _____ Phone # _____

Check all that apply:

KEHA MEMBER STATE BOARD MFH GUILD AGENT COUNTY STAFF UK SPECIALIST
 FIRST TIME ATTENDEE - YES NO VOTING DELEGATE - YES NO OTHER

	Early Bird Rate (By 4/10/23)	Late Registration (By 4/24/23)
Full Conference Registration	\$140	\$175
2-Day Conference Registration	\$120	\$140

2-Day Includes Either Tuesday/Wednesday OR Wednesday/Thursday - Please check appropriate boxes below

MY REGISTRATION INCLUDES:

<input type="checkbox"/> Tuesday 5/9	<input type="checkbox"/> Wednesday 5/10	<input type="checkbox"/> Thursday 5/11
Check-In for Cultural Arts, Quilt Squares, Showcase, Raffle and Auction Opening Luncheon Banquet (price included!) Seminars—Session 1 & 2* Hands-On Creative Classes—Session 1* Viewing of Cultural Arts, Showcase Bidding on Quilt Squares, Raffle, Auction Trade Show	Seminars—Session 3 & 4* Hands-On Creative Classes—Session 2* Viewing of Cultural Arts, Showcase Bidding on Quilt Squares, Raffle, Auction Trade Show Business Meeting Master Farm Homemaker Guild Luncheon and Meeting* General Session with KEHA Choir performance	Officer Training Workshops Educational Chairman Trainings Awards Luncheon (price included!) <div style="border: 1px solid black; padding: 5px; background-color: #e0f0ff;"> <p>NOTE: Select specific sessions and classes on next page. * = May include extra costs.</p> </div>

FULL OR 2-DAY REGISTRATION \$ _____
AMOUNT FROM SESSIONS, CRAFTS, SHIRTS LISTED ON PAGE 6 \$ _____
 (MAKE CHECKS PAYABLE TO KEHA) **GRAND TOTAL** \$ _____

NOTE: MASTER FARM HOMEMAKER GUILD LUNCHEON IS A SEPARATE REGISTRATION THIS YEAR,
 CONTACT FAYE KORTHAUS AT: mfkshorthorns@gmail.com

 <p>Mail by April 10 for the discounted registration fee. Any registration with a USPS postmark after April 24 will be returned. This is necessary to allow processing time.</p>	<p>MAIL TO:</p> <p>Harlene Welch KEHA Treasurer 207 Fifth Street Cynthiana, KY 41031</p>	<p>FOR KEHA TREASURER USE ONLY:</p> Date received: _____ Check number: _____ Amount Paid: _____ Balance Due: _____ Refund Due: _____
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If you would like to receive an email confirmation of your registration and session enrollment check here or enclose a self-addressed, stamped envelope with your registration. (Continued on other side...)

Name _____

Please select your 1st, 2nd, and 3rd choices with a 1, 2, or 3 for each session and only pay for your 1st choice if there is a fee.

Tuesday, May 9 - SESSIONS

- Seminars - Session 1 - 2:00 p.m. - 3:15 p.m.**
- RANK _____ Financial Management Before and After a Natural Disaster (Max: 60 attendees)
- RANK _____ The Leadership Academy - What Would I Gain? (Max: 50 attendees)
- RANK _____ Who We Are vs. How People See Us (Max: 50 attendees)
- RANK _____ Herbalicious Cooking (Max: 30 attendees)
- RANK _____ Edible Plants and Flowers in Your Landscape (Max: 30 attendees)
- RANK _____ Pots - Plants and More (Max: 25 attendees)
- RANK _____ Beginning Shuttle Tatting (Cost: \$15) \$15
- RANK _____ Native Bees: All the Buzz on Our Busiest Pollinators (Max: 40 attendees)

- Seminars - Session 2 - 3:45 p.m. - 5:00 p.m.**
- RANK _____ The Art of Charcuterie (Cost: \$10) \$10

- RANK _____ Vanilla - The Second Most Expensive Spice in the World (Max: 50 attendees)
- RANK _____ What is a Quilt Registry? Why Should You Register Your Quilt? (Max: 50 attendees)
- RANK _____ Edible Plants and Flowers in Your Landscape (Max: 30 attendees)
- RANK _____ Home Decor - Creative Summer Kitchen Towels (Cost \$10) (Max: 25 attendees) \$10
- RANK _____ KEHA Leadership Academy Reunion (limited to past Academy members only)
- RANK _____ Raising Hope Kentucky: Building Connectedness and Community (Max: 60 attendees)
- RANK _____ Preparing for the Future: Impacts of a Wetter and Warmer Climate in KY (Max: 40 attendees)

Wednesday, May 10 - SESSIONS

- Seminars - Session 3 - 8:15 a.m. - 9:30 a.m.**
- RANK _____ Wardrobe Accessories: The Finishing Touch (Maximum: 60 attendees)
- RANK _____ Stretching Your Dollar: What to Do When the "Ends" Don't Meet (Maximum: 60)
- RANK _____ Emergency Health Information (EHI) Cards - Save a Life (Maximum: 50 Attendees)
- RANK _____ Helpful Tips and Tricks for Online Grocery Shopping (Maximum: 50 attendees) \$2
- RANK _____ Leading 4-H Clubs by Empowering Youth (Cost \$2) (Maximum: 30 attendees)
- RANK _____ Plan. Eat. Move. For Better Health! (Maximum: 40 attendees)
- RANK _____ Herbalicious Cooking (Maximum: 30 attendees)
- RANK _____ Robert's Rules of Order Said What?? (Cost \$10) (Maximum: 25 attendees) \$10

- Seminars - Session 4 - 1:30 p.m. - 2:45 p.m.**
- RANK _____ Homemakers, Take the Lead! (Maximum: 50 attendees)
- RANK _____ Helping Others Navigate Stress After a Disaster (Maximum: 50 attendees)
- RANK _____ Stretching Your Dollar: What to Do When the "Ends" Don't Meet (Maximum: 50 attendees)
- RANK _____ Pathways to Wellness: Navigating the People, Places, and Spaces That Influence Health (Maximum: 50 attendees)
- RANK _____ Preparing for the Future: Impacts of a Wetter and Warmer Climate in KY (Maximum: 30 attendees)
- RANK _____ Plan. Eat. Move. For Better Health! (Maximum: 40 attendees)
- RANK _____ How to Get Your Club Noticed - Marketing & Publicity (Maximum: 40 attendees)
- RANK _____ KEHA Choir Rehearsal (pre-registered choir members only)

Tuesday, May 9 - CRAFTS

- Hands-On Crafts Session 1 - 5:15 p.m. - 6:15 p.m.**
- RANK _____ Let's Make Soap \$10 \$10
- RANK _____ Swedish Weaving Embroidery \$10 \$10
- RANK _____ Flower Pounding Craft \$0
- RANK _____ English Paper Piecing \$0
- RANK _____ Snackle Box \$5 \$5
- RANK _____ Wilderness Flowers in a Mason Jar \$0
- RANK _____ Daisy Painting \$0

Wednesday, May 10 - CRAFTS

- Hands-On Crafts Session 2 - 3:30 p.m. - 4:30 p.m.**
- RANK _____ Let's Make Soap \$10 \$10
- 1 Swedish Weaving Embroidery \$10 \$10
- 3 Flower Pounding Craft \$0
- RANK _____ English Paper Piecing \$0
- RANK _____ Snackle Box \$5 \$5
- 2 Wilderness Flowers in a Mason Jar \$0
- RANK _____ Daisy Painting \$0

Thursday, May 11 - TRAININGS

Please check the Officer and Chairman trainings you plan to attend. NOTE: All who are registered are welcome to attend. Learn what it means to lead!

- Officer Trainings - Thursday, May 11 - 8:00 a.m.-9:15 a.m.**
- President
- Secretary
- Vice President
- Treasurer

- Educational Chairmen - Thursday, May 11 - 9:45 a.m.-11:00 a.m.**
- Management & Safety
- Leadership Development
- Cultural Arts & Heritage
- Environment, Housing & Energy
- Family & Individual Development
- Food, Nutrition & Health
- International
- 4-H/Youth Development

STATE MEETING SHIRT \$16

Qty: _____ Size: _____ Small _____ Medium
 _____ Large _____ XL _____ XXL _____ XXXL _____ XXXXL

\$ _____

AMOUNT DUE FROM SESSIONS AND CRAFTS \$ _____

STATE MEETING SHIRT \$ _____

TOTAL \$ _____

PLEASE TRANSFER THIS AMOUNT TO PAGE 5

RECIPE CLUB

Expand your menu

MAILED MONTHLY

Each month you will receive a recipe card in your mailbox

POST YOUR DISH ON FACEBOOK

Brag about your dish on our Facebook page and share your thoughts for others to try

COMPLETE A SURVEY

Complete a short survey asking about the monthly recipe



Fiesta Potatoes

- 8 small to medium russet potatoes, peeled and sliced
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 medium onion, chopped
- 1 cup Mexican blend cheese, shredded
- 1/2 cup margarine, melted
- 1/2 cup low-fat milk
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon dried basil, crushed
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Preheat oven to 350 degrees F. Place the potatoes, bell peppers and onion in a medium pan and cover with water. **Place** over high heat and bring to a boil. **Reduce** heat and simmer 12-15 minutes, or until vegetables are tender. **Drain** the vegetables and place in a mixing bowl. **Stir** in the cheese, margarine, milk and seasonings until combined. **Spread** the mixture in a

Yield: 12, 1/2 cup servings
Nutritional Analysis: 200 calories, 9 g fat, 2 g saturated fat, 5 mg cholesterol, 370 mg sodium, 24 g carbohydrates, 3 g fiber, 3 g sugar, 9 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmer's market, or roadside stand. <http://oklahoma.uky.edu>



Ratatouille Soup

- 1 small eggplant, peeled and cubed
- 2 teaspoons salt
- 1 pound lean ground chuck
- 1 tablespoon canola oil
- 1 medium zucchini, chopped
- 1 medium bell pepper, chopped
- 1 medium onion, chopped
- 1 tablespoon finely minced garlic (about 3 cloves)
- 1 1/2 cups can low sodium beef broth
- 1 24 ounce jar chunky garden style pasta sauce
- 2 cups water
- 1 teaspoon dried basil
- 1 cup uncooked whole grain pasta

Place the cubed eggplant in a colander. **Soak** with the salt and let sit for 20-25 minutes. **Thoroughly rinse** in cold water and press as much water out of the eggplant as possible. **Set aside** in a large heavy pot, **brown** the ground beef over medium heat until crumbly and no longer pink. **Drain.** **Raise** the heat to medium-high. **Add** the canola oil to the same pot. **Return** the beef to the pot. **Add** the zucchini, bell pepper, onion, and garlic. **Cook** together for 5-7 minutes, until onion is translucent. **Add** the eggplant to the mixture and continue to cook for 5

minutes. **Add** the beef broth, pasta sauce, water and basil. **Bring** to a boil, then reduce heat to medium-low, **cover** and simmer for 10 minutes. **Add** the pasta. **Raise** heat to medium, **bring** to a slow boil and cook, stirring occasionally for 10-12 minutes, or until the pasta is tender.

Yield: 12, 1 cup servings
Nutritional Analysis: 210 calories, 10 g fat, 3 g saturated fat, 35 mg cholesterol, 660 mg sodium, 19 g carbohydrates, 3 g fiber, 8 g sugar, 13 g protein



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



Peach Crisp

- 1/2 cup quick cook oats
- 1/2 cup honey sweetened granola
- 3 tablespoons whole wheat flour
- 1/2 cup packed light brown sugar
- 1/2 cup butter, softened
- 6 cups peaches, peeled and sliced
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground allspice
- 1/2 cup chopped pecans

Preheat oven to 375 degrees F. **Combine** the oats, granola, flour and brown sugar in a medium mixing bowl. **Cut** small pieces of softened butter over the top. **Cut** butter into dry ingredients until well combined and crumbly. **Lightly coat** an 8-by-8-inch baking dish with cooking spray, **add** peaches. **Sprinkle** the dry ingredients and butter mixture over the peaches. **Add** spices and chopped nuts evenly

over the top. **Place** on rack in the middle position in oven. **Bake** 25 to 30 minutes, or until topping is golden brown.

Yield: 9 servings
Nutritional Analysis: 200 calories, 8 g fat, 3.5 g saturated fat, 15 mg cholesterol, 5 mg sodium, 32 g carbohydrate, 2 g fiber, 20 g sugars, 3 g protein.

INTERESTED?!

Call or email Bath County Extension Office to Sign-Up

606-674-6121 or bath.ca.uky.edu

COOPERATIVE EXTENSION





LAUGH & LEARN PLAYDATE

Date:
April 21st
Theme: Spring

Each session will be held at the Bath County
AG Center, the 3rd Friday of each month
from 1:30 PM - 3:30 PM.

Free for all children 3-5 years old and all
children must be accompanied by an adult.

Snack: Fruit Flower
Book: Rachel's Day in the Garden
Song: Drip Drop Rain
Craft: Decorate a Flower Pot
Activity: Plant a Seed

To register, contact our office at
606-674-6121



Family Dinner Table Project

Join us for a fun afternoon of food, games and family
togetherness!

All children must be accompanied by an adult.

Date: April 27th

Time: 5:30 PM

Location: Bath County Ag Center

Registration is required and is limited!

Registration deadline: April 20th

Register by calling 606-674-6121 .





Savor *the* Flavor



The *Savor the Flavor* program focuses on flavoring techniques and cooking methods that anyone can use. The goal of the program is to help people make home-prepared meals that are flavorful and exciting. Savor the Flavor allows people to build their skills and confidence in the kitchen through interactive recipe demonstrations, tastings, and other engaging activities. You won't want to miss it!

We look forward to seeing you!

First session: Oils & Vinegars

**When: May 22nd
Time: 5 PM**

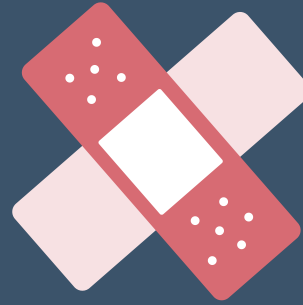
Location: Bath County AG Center

**Registration is required.
Register by calling 606-674-6121**





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MEDICARE 101

MAY 23RD, 12 PM
BATH COUNTY AG CENTER

FOR ACCOMMODATIONS OF PERSONS WITH SPECIAL NEEDS AT MEETINGS, PLEASE CALL (TTY: 711)606-674-6121

THIS EVENT IS FOR EDUCATIONAL PURPOSES ONLY. NO PLAN OR BENEFIT INFORMATION WILL BE SHARED

TO REGISTER CALL
606-674-6121 OR
SCAN THE QR CODE.



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



A fun combination of bingo, exercise
and health education.

When: Wednesdays & Thursdays for 6 weeks

Starts May 31st

Where: Bath County AG Center

Time: 5 PM

date & time have changed

**Registration information will be
provided closer to starting date.**





Rainbow Pasta Salad



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

- 8 ounces small whole-wheat pasta (shells, mini bowties, elbow macaroni, rotini, etc.)
- 6 ounces (or 4 cups, packed) fresh baby spinach leaves, roughly chopped
- 2 cups sliced strawberries
- 1 can (15 ounces) mandarin oranges in 100% juice or water, drained
- 1 can (10 ounces) pineapple tidbits in 100% juice, drained with juice reserved
- 1 cup chopped pecans, cashews, almonds (optional)

Salad

dressing:

- olive oil
- 1/3 cup apple cider vinegar
- Reserved pineapple juice
- 1/2 teaspoon onion powder
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Cook pasta according to package directions. Drain and rinse under cold running water to cool. Set aside to continue draining.

3. Wash fresh produce under cool running water and dry. Cut to prepare for the recipe.
4. In a large bowl, combine the cooked pasta, spinach, strawberries, oranges, and pineapple.
5. Top with chopped nuts, if using.
6. Combine the salad dressing ingredients in a separate small bowl or jar with a lid. Whisk or shake to combine. Add salad dressing to the pasta salad right before serving and toss. Or, serve dressing on the side to keep salad crisp for several days.
7. Refrigerate leftovers within 2 hours.

Note: Add grilled chicken to make this an entrée salad.

Makes: 7 servings
Serving Size: 1 1/2 cups
Cost per recipe: \$12.87
Cost per serving: \$1.84

Nutrition facts per serving:

250 calories; 9g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 190mg sodium; 41g total carbohydrate; 5g dietary fiber; 14g total sugars; 0g added sugars; 6g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium.

Source:

Brooke Jenkins,
Extension Specialist,
University
of Kentucky
Cooperative
Extension Service

