

Washington County Homemaker Newsletter

MARCH 2024

 Cooperative
Extension Service



The Kentucky Extension Homemakers Association is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.

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Contact Us:

Washington County
Extension Office
245 Corporate Drive
Springfield, KY 40069
(859) 336-7741
washington.ca.uky.edu

Take care of yourself during gardening season! Join your way:

- Pack a lunch and watch this webinar at the Extension Office. This will be a perfect follow up after the Wheelbarrow class at 10am. **OR**
- Register and watch from home

ZOOM WEBINAR: INJURY PREVENTION IN THE GARDEN

with Special Guest
Gabriela Murza

Utah State Extension Assistant Professor
of Health and Wellness



LEARN ABOUT:

- Preventing common garden injuries
- Minimizing pain from repetitive movements
- Using proper posture
- Maximizing tool use
- Incorporating stretches

MARCH 21st, 2024
11AM-12:30PM EST

REGISTER HERE: <https://ukfcs.net/RegistrationGardening>

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

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Disabilities
accommodated
with prior notification.

Note from the President

Homemakers,

Are you ready for Spring? There are daffodils (March lilies) blooming. Forsythia is budding. Birds are singing and building nests.

Entomologists/apiologists are asking that we NOT spray dandelions and other early blooming weeds, flowers and grasses. These plants provide first food for the bees as they emerge from hibernation.

Please save the dates May 7-9 for the KEHA State Meeting. We hope to have some representatives to attend.

Enjoy the improving weather and upcoming blessings of Spring.

Sue Clements



Monthly Lesson & Meeting

Cooking with Herbs and Spices

March 27 at 10:30am

Washington Co. Extension Office

Savor the Flavor of your meals by using more herbs and spices. The goal of this lesson is to increase knowledge about various types and how to incorporate them into food preparation and cooking.

Thought of the Month:

**"Think outside - no
box required."
-Unknown**

Roll Call:

**Thinking of spring,
share your favorite
outdoors activity.**

Book of the Month

.....
from the 2023-2024
Homemaker Book List

The Good Life: Lessons from the World's Longest Scientific Study of Happiness by Robert Waldiner and Marc Schulz (2023)

What makes for a happy life? The simple but surprising answer is relationships. The good life shows us how we can make our lives happier and more meaningful.



Cooking through the Calendar

Laura Milburn, SNAP-Ed Program Assistant, will hold monthly recipe demonstrations and tastings during 2024. Everyone is welcome to come! Past recipe demonstrations will remain available to watch at [facebook.com/WashingtonCountyNutritionEducation](https://www.facebook.com/WashingtonCountyNutritionEducation).

March 21
4pm at the Washington County Public Library
Veggie Egg Rings

Do you need new meal ideas?

Join the Free Recipe Club

Sign up to receive 5 free seasonal Kentucky Proud recipe cards each month. Call the Extension Office at (859) 336-7741.

KEHA State News & Notes

Nominate a Candidate for KEHA State Board

A total of five positions will be elected by delegate vote at the State Meeting business meeting in May 2024. Credentials must be certified mail and postmarked by April 5, 2024. For more information about the five positions up for election and links to the forms, visit <https://keha.ca.uky.edu/2024-state-board-elections>.

Calling All Quilters!

The Center for Courageous Kids in Scottsville, KY needs new twin bed quilts. Needed size is 66 inches by 83 inches and can be homemade or store bought. Drop off at the Center in Scottsville or bring to KEHA State Meeting's collection point. Also, quilters are invited to participate in this year's Quilt Square Auction and Showcase at the State Meeting by making a 12-inch finished quilt square. Details are in the KEHA Newsletter.

State Newsletter Coming Soon!

Watch for the 2024 State Newsletter, which will be mailed to KEHA member households in late February. It will be posted online at www.keha.org once the mailing has gone out. The state newsletter has the registration form and details about State Meeting in May. It also has information about upcoming deadlines, state officer elections, and more.

Homemaker Showcase at State Meeting

Area showcase forms are due March 15 to 1st Vice President Ann Porter. Each area can have up to two displays, featuring club, county, or area projects. Each state educational chair also can submit one display. KEHA Development Grant winners also may submit a showcase display.

KEHA Membership Update

The total membership for this year is 11,310! This is an increase of 81 members over last year's total membership. A complete membership report will be shared in voting delegate packets at the KEHA State Meeting.

2024 State Meeting

KEHA State Meeting will take place May 7-9, 2024, at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green. The theme is "Blazing the Way with KEHA." Fort Harrod is the host area. Hotel rooms can be reserved now and registration is coming soon. Details are on the State Meeting webpage.

Last Call for Choir Members

If you love to sing and plan to attend KEHA State Meeting, why not join the choir? There are no rehearsals outside state meeting, and you'll get a rehearsal CD and music prior to the event. For questions, contact Wendy Hood at wendy7hood@icloud.com. To join, send \$10 payable to Wendy Hood, 202 Park Avenue, Harrodsburg, KY 40330. (NOTE: Pre-registration before State Meeting is required for performers.)

Master Farm Homemakers Guild Luncheon and Meeting

Once again the MFHG luncheon and meeting will be held in conjunction with the KEHA State Meeting. There will be a separate registration. Members will receive details from Kaye Forthaus.

Dates to Remember

- February - KEHA State Newsletter coming soon
- March 1 - Entry deadline for many KEHA, grants, scholarships, and contests
- March 4-5 - KEHA Spring Board Meeting, Bowling Green
- March 15 - Area Showcase forms due to 1st Vice President
- April 5 - Postmark deadline for state officer and chair credentials
- April 6 - Reservation deadline for conference rate at State Meeting hotel
- April 9 - Postmark deadline for early registration fee for 2024 KEHA State Meeting
- April 23 - Final postmark deadline for 2024 KEHA State Meeting registration
- May 7-9 - KEHA State Meeting in Bowling Green

Dates to Remember

February 29 - Inspiring Grandchildren to Become Grand Cooks Lesson
Marion Co. Extension Office - 10:30am

March 1 - due date for KEHA contest entries, scholarship applications, etc.

March 14 - Monthly Food Distribution at Idle Hour Park - 8:30am

March 21 - Cooking through the Calendar
WC Public Library - 4pm

March 27 - Herbs & Spices Lesson
Washington Co. Extension Office - 10:30am

April 5 - plant pinwheels downtown for Child Abuse Prevention Month
10am - in front of the 1816 Courthouse

April 30 - Community Baby Shower
WC TEL Center - 4pm-6:30pm

May 2 - Homebased Microprocessor Workshop
Nelson County Extension Office

May 7-9 - KEHA State Meeting
Bowling Green, KY

May 14 - Barn Quilt Workshop
Washington Co. Extension Office - 9am-3pm



Blessing Box Donations

Please bring an item for the blessing boxes to Homemaker meetings. Thank you!

April is Child Abuse & Sexual Assault Prevention Month

Thanks to Sue Clements for once again leading the April campaign for Child Abuse and Sexual Assault Prevention. Special thanks to everyone who helps with the campaign! Pinwheels will be planted at the 1816 courthouse on April 5 at 10am, which is also Wear Blue Day. Everyone is welcome to come and help! It is especially helpful if you bring a screwdriver to prepare the ground for the pinwheel.

Here are the activities included in this year's campaign:

- information packets to local leaders and churches
- we are working on getting permission for family resiliency brochures on Snappy Tomato pizza box deliveries
- banners for local communities
- pinwheel garden and ribbons downtown
- newspaper articles
- radio tips

We will have informational packets for churches. Please contact Sue if you would be able to help deliver a packet to any church. Many hands make light work!

LEARN MORE:

bluesunday.org

 **Prevent Child Abuse**
Kentucky™
pcaky.org


SEXUAL TRAUMA TREATMENT SERVICES
silverleafky.org


A MOVEMENT TO END CHILD ABUSE


faceitabuse.org



BARN QUILT PAINT PARTY

BY: LIZ'S BARN QUILTS & WC EXTENSION OFFICE

TUESDAY MAY 14, 2024

WASHINGTON CO. EXTENSION OFFICE

9 AM - 3 PM



1



2



3

Outdoor Signs: 2'x2' = \$130, 3'x3' = \$190

Prices include:

- All supplies (boards, brushes, paint, etc.)
- Boards primed and ready to paint
- Paint colors can be decided day of event
- Lunch (please advise if you have special dietary needs)
- Must be paid in **full** by April 15, 2024



Sorry **NO** refunds on missed event- alternate arrangements will be available. Please bring your own drink, hair dryer and .94" Frog Tape.

Call to register, space is limited: 859-336-7741



4



5



6

2020 Census Quilt

KEHA has produced a booklet about the 2020 Census Quilt that provides details on each quilt square. Using information and images from the booklet, we will feature a couple of quilt squares each month to learn more about our Kentucky counties.



Owsley County

Creator: Crystal Osborne

Pattern: Pieced Owl

Description: The quilt block design is an owl, representing the Owsley County schools' mascot.



Pendleton County

Creator: Joyce Flaughter

Pattern: Inkjet Printed

This is the Pendleton County logo. We are proud to invite you to our county where there is outdoor adventure, agricultural industry, dining, accommodations, arts, theater, the world's greatest wool festival, and much history. We Live It. You'll Love It!!

March Word Search

- TOURNAMENT
- EASTER EGG
- POT OF GOLD
- NCAA
- CLOVER
- DAFFODIL
- EASTER BUNNY
- ST PATRICKS DAY
- RAINBOW
- BASKETBALL



puzzle-maker.com

Y J B T O U R N A M E N T
 N A G A J L J Y E Z Y K N
 D L D J S Z I A L N T Z R
 X L N S K K S D N G J L R
 W M O P K T E U O N R B T
 Y O B G E C B T L F L Q T
 R L B R F R I P B D F V Q
 V E E N E O A R P A K A M
 J G V T I A T J T L L T D
 G R S O C A N O Z A D L Z
 Y A Y N L R R L P W P M T
 E B J X T C T D R B L T Y
 G Z P L W G T W L K M D S

Lean Green Lettuce Tacos

Lettuce provides vitamins A and C, calcium and iron. Lettuces have 5-15 calories per cup.

Source: Plate It Up KY Proud, UK Cooperative Extension



Lean Green Lettuce Tacos

- | | | |
|---|---|---|
| 8 large lettuce leaves | ¾ pound extra lean ground beef | 1 tablespoon finely chopped cilantro |
| 1½ cup cooked brown rice | 1 small zucchini, chopped | 1 teaspoon lime juice |
| ¾ cup fresh corn kernels | 1 ounce packet low-sodium taco seasoning | 1 tomato, chopped |
| 1 cup canned black beans, drained and rinsed | 4 ounces low sodium tomato sauce | 1 small red onion, chopped |
| 1 tablespoon olive oil | | |

Wash and **dry** lettuce leaves. **Prepare** rice according package directions. **Cut** corn off cob. **Drain** and **rinse** black beans. In a skillet, **heat** the oil to medium; **add** ground beef and begin to **cook**. When beef begins to brown, **add** zucchini, corn and black beans to skillet. Continue to **cook** until vegetables are tender and beef is done. Do not overcook. **Add** in taco seasoning and tomato sauce and heat through. **Add** cilantro and lime

juice to the cooked rice. **Place** equal amounts of rice mixture and taco mixture into lettuce leaves. **Top** each taco with chopped tomato and onion.

Yield: 8 servings

Nutritional Analysis: 180 calories, 4.5 g fat, 1 g saturated fat, 20 mg cholesterol, 350 mg sodium, 23 g carbohydrate, 4 g fiber, 5 g sugars, 12 g protein.

Add Physical Activity at Home

Turn chores into exercise. Set the timer for 20 minutes and see how much you can clean. Try to be as efficient and quick-paced as possible.

Source: planeatmove.com/get-moving/adding-activity-in-daily-life/