



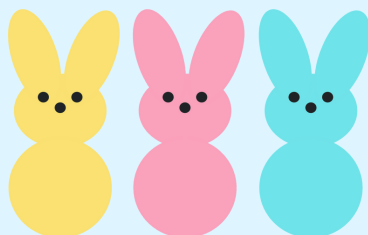
BUILDING STRONG FAMILIES FOR KENTUCKY

April 2022



College of Agriculture, Food and Environment
Cooperative Extension Service

Watch, Listen and Follow
Tune Into Lifestyles on
News 25 the 2nd
Tuesday of each
month at 11 a.m. Listen
to WSON Thursday
mornings at 6:45 a.m.
Follow us on
Facebook- Henderson
County Extension-
Family and Consumer
Sciences



2022 COOKING THRU THE CALENDAR

WE WILL CONTINUE OUR VIRTUAL COOKING CLASSES ON **APRIL 7TH AT 11 A.M.** VIA FACEBOOK LIVE. COOKING CLASS CAN BE FOUND ON THE HENDERSON COUNTY EXTENSION FAMILY AND CONSUMER SCIENCES **FACEBOOK PAGE.**

STOP BY THE OFFICE IF YOU WANT A HARD COPY OF THE CALENDAR!

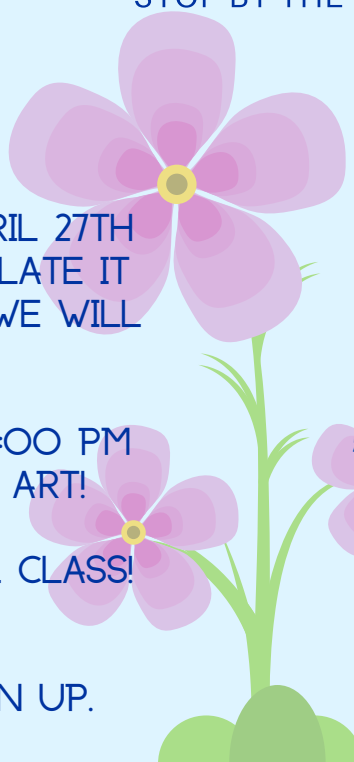
DIY & APP.

COME JOIN US ON WEDNESDAY APRIL 27TH FOR A DIY & APP. THIS WILL BE A PLATE IT UP RECIPE & ACTIVITY AT 5:00 P.M. WE WILL BE MAKING JEWELRY!

THE CLASS IN MAY IS MAY 19TH AT 3:00 PM AND WE WILL BE MAKING STRING ART!

NOTICE THE TIME CHANGE FOR APRIL CLASS!

MAIN EXTENSION OFFICE
FREE CLASS -CALL OFFICE TO SIGN UP.



Cancer Support Group

The monthly cancer support group will meet on April 18th at 5:00 p.m. at the Extension Office Main Building.

Amanda L. Hardy

Amanda L. Hardy
County Extension Agent
for Family and 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.

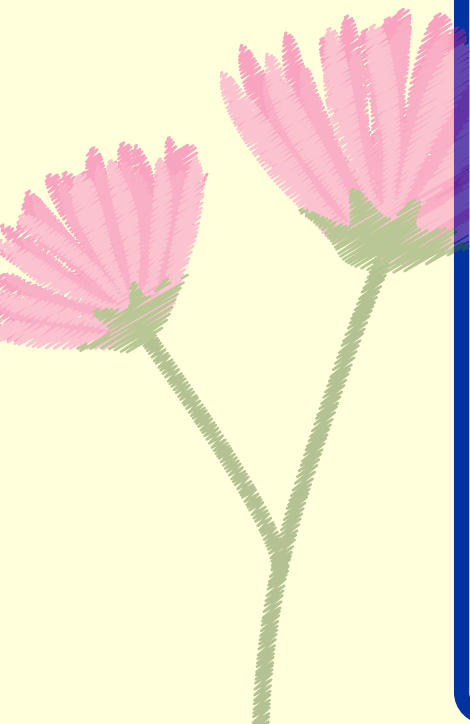
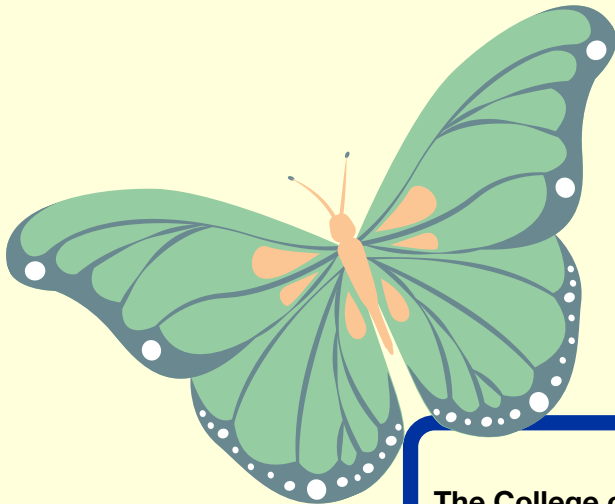
LEXINGTON, KY 40546



Disabilities accommodated with prior notification

Basket Weaving Class

Call the office to sign up for the next basket making class. May 16th at 10:00 a.m. There will be a \$15 fee for class.



BIG BLUE BOOK CLUB

We are excited to announce the return of

BIG BLUE BOOK CLUB

THE LESS PEOPLE KNOW ABOUT US: A MYSTERY OF BETRAYAL, FAMILY SECRETS, AND STOLEN IDENTITY

by
AXTON BETZ-HAMILTON



Our first book of 2022, *The Less People Know About Us: A Mystery of Betrayal, Family Secrets, and Stolen Identity* by Axton Betz-Hamilton is a riveting, true story of the life changing impact of identity theft. The author and identity theft expert shares the story of her life that "inspired her career and nearly destroyed her family."

Big Blue Book Club will be
April 14, 21, and 28 at 11 am ET.

Just click this link
<https://ukfcs.net/BBbc2022Book1>
to register by April 1 or scan the QR code.



The first 200 registered participants will receive a free copy of the book.

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LEXINGTON, KY 40546



 Disabilities
accommodated
with prior notification.

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HOMEMAKERS

April

Thought for the Month:

A gush of bird-song, a patter of dew. A cloud, and a rainbow's warning, Suddenly sunshine and perfect blue- A April day In the morning."
- Harriet Prescott Spofford, April

Roll Call:

What Is the spring flower you are most excited to see after a long winter?

Lesson For the Month:

APRIL LESSON-Hunger In KY: Know More, Do More This Is a Food, Nutrition, and Health Lesson.

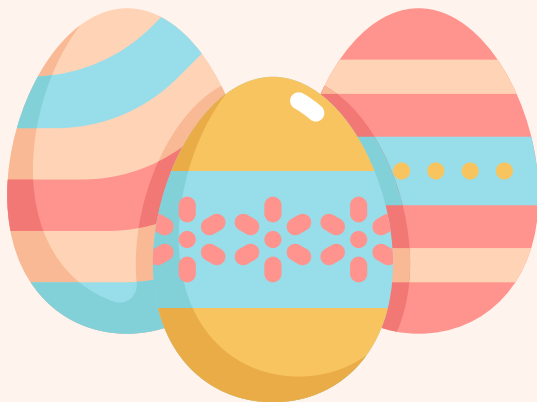
MAY LESSON- Sensational Salads. This Is a Food, Nutrition, and Health Lesson.

MEETING

Executive Council Meeting- April 5th at 5:30 In main office conference room

County Homemaker Council Meeting- April 26th at 5:30 p.m. In main office conference room

County Annual Homemaker Meeting- May 26th at 5:30 In expo building



Club Meetings

Town and Country- Agave Restuarant on April 18th at 6:00p.m.

Happy Knitters- every Tuesday at 10 a.m. in Expo Conference Room.

Niagara- will meet at Cash Creek Church Wednesday, April 20th, 2022 at 10:00 a.m.

Central- 2nd Thursday of each month at 11:00 a.m. in Expo Project Room.



2022 State Meeting – Please mark the NEW dates for the KEHA State Meeting in your calendar. The meeting now will be held May 10-12, 2022, at the Owensboro Convention Center. The theme is "KEHA: We Have You Covered." Licking River Area will serve as the host area. The lodging room blocks are now open for reservations. Details can be found on the KEHA website at <https://keha.ca.uky.edu/content/state-meeting-information>.

If you would be interested in joining a club or starting a new club, please give our office a call at 270-826-8387.



IT'S FINALLY HERE!

Henderson County Master Gardeners

SPRING PLANT SALE

**Henderson County Expo
3341 Zion Road**



**Kentucky Extension
Master Gardener**

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

**April 16, 23, & 30
9 a.m. to 1:00 p.m.**

Vegetable Plants in Greenhouse

May 7

9 a.m. to 1:00 p.m.

Flowers/Herbs & Vegetable Plants

May 21

9 a.m. to 1:00 p.m.

Vegetable Plants in Greenhouse

**VEGETABLE PLANTS IN GREENHOUSE ● FLOWERS ● HERBS
CLASSES ● DISPLAYS ● CHILDREN'S AREA**

Spring Into a Kitchen Refresh

The layout and organization of your kitchen and cooking areas can help you add your favorite flavors to meals quickly and easily. Think about your current setup.

What might be taking up valuable space that you don't use very often?

Arrange dried herbs and spices that you frequently use together next to each other on the shelf. Knowing which canned, dried, fresh, or frozen ingredients you favor for flavor helps you organize the pantry and see when you need to add something to the shopping list. Similarly, keep flavorful refrigerator items like olives or capers on a door shelf for easy access. Pans used daily or several times a week, like that favorite skillet and lid, should be at your fingertips. Tools and appliances that help add flavor should be stored near where they will be used. For example, keeping a colander, cutting board, knives, and salad spinner near the sink.

Consider cost and space when thinking about purchasing or keeping small kitchen appliances and tools. Try to keep only those items that you use often and have them handy for a streamlined cooking experience. Working in an organized, well-equipped kitchen and indoor or outdoor eating area will help you serve meals your family will enjoy.

Source: Janet Mullins, Extension Specialist for Nutrition and Health

Bingocize

The last Wednesday of May is National Senior Health and Fitness Day. The goal of this day is to encourage adults age 65 and older to stay fit and healthy. Older Americans need to know that healthy eating and physical activity can prevent chronic disease, disability, and dependence. Diet and exercise strengthens bones, enhances the immune system, and lowers the risk of falls. One way that you can stay healthy and social is to call your local Extension agent and sign up for Bingocize®.

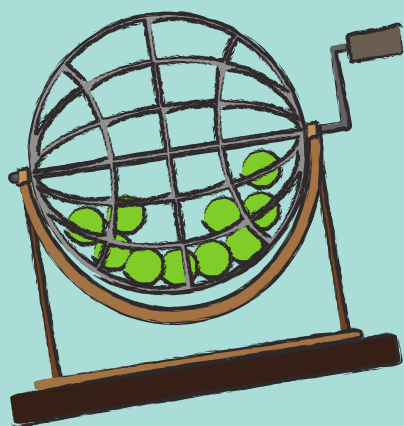
Dr. Jason Crandall at Western Kentucky University created Bingocize®. It is a socially engaging group-based game that combines health education and exercise in the format of bingo. Crandall and his research team have tested the program and demonstrated that more than 90% of older adults who played two times a week for 10 weeks significantly improved physical, social, and mental health. Crandall trained 60 FCS Extension agents to lead programs close to you!

Contact your local Extension agent to sign up for a Bingocize® class. Exercise will not only reduce the risk of falls, but it will help prevent chronic disease and enhance life quality.

Bingocize® is free, and you can even participate remotely. The format is fun, social, and different from traditional exercise classes. In addition to an exercise unit, ask the Henderson County Extension Service about playing Bingocize® for fall prevention and nutrition.

To learn more about Bingocize®, visit https://www.wku.edu/bingocize/about_bingocize/. For more information about Bingocize® near you, contact our office to sign up for next program. We hope to offer this soon!!

Source: Amy Kostelic, Associate Extension Professor Adult Development and Aging





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

Henderson County
3341 Zion Road
Henderson KY 42420

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Asian Asparagus Salad

1 pound fresh asparagus 1 1/2 **tablespoons** low sodium soy sauce
2 teaspoons sugar or artificial sweetener
2 teaspoons sesame seeds
1 tablespoon olive oil

- 1. Snap** off and discard the root ends of the asparagus.
- 2. Wash** remaining stalks thoroughly.
- 3. Slice** stalks into 1/2 inch lengths on the diagonal.
- 4. Blanch** asparagus for 1-3 minutes in boiling water, until bright green in color.
- 5. Cool** immediately.
- 1. Snap** off and discard the root ends of the asparagus.
- 2. Wash** remaining stalks thoroughly.
- 3. Slice** stalks into 1/2 inch lengths on the diagonal.
- 4. Blanch** asparagus for 1-3 minutes in boiling water, until bright green in color.
- 5. Cool** immediately.

- 6. Combine** soy sauce, sugar, olive oil, and sesame seeds in a small glass bowl. **Mix** dressing until sugar is dissolved.
- 7. In** a gallon zip-seal bag, add asparagus and dressing. **Turn** bag to coat asparagus with under cold water and drain.
- 6. Combine** soy sauce, sugar, olive oil, and sesame seeds in a small glass bowl. **Mix** dressing until sugar is dissolved.
- 7. In** a gallon zip-seal bag, add asparagus and dressing. **Turn** bag to coat asparagus with

Yield: 4 1/2 cup servings.
Nutrition Analysis: 70 calories, 4.5 g fat, .5 g sat. fat, 0 mg cholesterol, 250 mg sodium, 7 g carbohydrate, 2 g fiber, 3 g protein.



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

