

Trigg County Extension Homemaker Newsletter March/April 2017

Cooperative Extension Service

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Activities and Events

Dear Homemakers:

Gay just put the May calendar on my desk and remarked "I cannot believe it is time to fill these out!" Life has turned into a windmill, and for me the breezes keep getting stronger. But, maybe that means we are involved in work and service to our community and it keeps us busy enough that we don't have to wait for time to pass. Anyway, Happy May and June!

June marks the end of the 2016-17 Homemaker year. Thanks for hanging in there with us! I hope you have learned something new and helped someone along the way. We have already started plans for next year. Don't forget to complete the record sheet that you were given in September. Reports are going to be due soon and we want to be able to count everything that our Homemakers have done.

Thanks to Maxine Corbey from Cumberland Shores, Joyce Woods and Brenda Bosecker from Rockcastle, and Carol Tapp from our Mailbox Club for attending the state Homemaker meeting in Owensboro with me this week. I think the ladies learned a lot and represented you well. Ask us about it some time

Cecelia Hostilo
County Extension Agent for FCS



- **May 18, 2017—Diabetes Basics Class—Noon-4:00 pm at the Trigg County Extension Office.**

We are teaming up with Kelly Dawes, Certified Diabetes Educator with the Pennyriple District Health Department to teach this class on the basics of managing your diabetes. This free class is for anyone who has diabetes, helps care for someone with diabetes, or is at risk for getting diabetes. Please call the Extension Office at 270-522-3269 by May 16th to register for the class. This class is free to all.



- **May 30, 2017—Homemaker Lesson Training—9:30 AM at the Trigg County Extension Office.** Angie York, FCS agent in



Lyon County will be teaching "Spa Day", the club lesson for June. Please make sure the volunteer from your club attends. This hands-on lesson is also open to the community.

- **June 6, 2017—Pennyriple Area Homemakers Council Meeting at the UKREC in Princeton—Refreshments at 9:30 AM, Meeting at 10:00 AM.** This is a reminder for Area Secretary Brenda Bosecker, Area Educational Chairmen Joyce Woods and Joann Harvey, and County President Madge Heyen.



- **June 12, 2017--Trigg County Homemaker Advisory Council Meeting—9:30 AM at the Trigg County Extension Office. Please note the new date!** This is the summer quarterly meeting of this group where plans are made and business is taken care of for the group. County officers and educational chairmen, area officers and educational chairmen, and club presidents are asked to attend. If you cannot attend, please send a representative from your club.



Pennyrile Homemakers Hit the Road

Mark your calendars now and save the dates of July 19 and July 20, 2017 to join me and the other Pennyrile Area Agents and Homemakers on an overnight trip to Frankfort Kentucky. We have a jam packed two days of tours, food and fun planned.

We will be providing our own transportation for this trip. What that ends up being and costing will depend upon how many from Trigg County sign up to go. You will be responsible for your hotel costs which are as follows:

- Single person in a room \$127.83 each
- Two people in a room \$63.92 each
- Three people in a room \$42.61 each
- Four people in a room \$31.96 each

This is the cost divided by the number of people sharing the room. Meals will also be on your own. Wednesday's lunch will be in the Capitol Restaurant, dinner will be at Jim's Seafood and Steaks, breakfast free at the hotel, and Thursday lunch in downtown Frankfort.

The cost for tours will be \$11.00. This is the only thing that must be paid when you register for the trip. Tours include the Capitol Building, Rebecca Ruth Candies, the Frankfort Cemetery, the Governor's Mansion, and the Old Capitol Building.

The deadline for registering for the trip is Monday, June 12, 2017. This is so that numbers from each county can totaled and relayed to restaurants and tour locations.

This promises to be an exciting trip, so please consider going. I think you will be glad you did!

- **June 14, 2017—Cooking from the Market—9:00-11:30 AM.** This informative 4-part class will focus on preparing produce that we purchase from the local Farmers Market. We will meet and shop at the Farmers Market on Main Street, then



move to the Extension Office to prepare what we purchase. There is no cost for the class, but we would like to

know how many to expect, so please register by Monday, June 12th by calling the Trigg Extension Office at 270-522-3269. Classes will meet once each month through September.

- **June 19-21, 2017—Trigg County Cultural Arts Retreat—Oliver's Hickory Hills Cabin.** This 3-day retreat, lovingly referred to as "Granny Camp," is well on its way in the planning process. This will be a day camp format again and promises lots of fun while learning new skills. Registration forms will be mailed out in a few days. If you want to be added to the mailing list, please call us at 270-522-3269. Registration forms will also be available at the Trigg County Extension Office during work hours. Hope you can attend!

- **July 19-20, 2017—Pennyrile Area Homemakers Trip to Frankfort, KY.** This educational and fun trip takes us to our state capital. See the following article for more information.

Be Resilient!

Resilience is something that everyone can have. When someone is resilient, it does not mean that a person does not have difficulty or that he or she does not feel stress. It means that the person is able to adjust. Here are some ways you can work toward being resilient.

- **Talk to your family and friends.** It is important to have a good network of family and friends. When going through a hard or stressful time, being able to talk and share with another person can be helpful.
- **Take care of yourself.** Many times during a stressful situation, you may not be as motivated to pay attention to your own needs and feelings. Make sure to take time to do something for yourself, whether it is a long walk, a quiet nap or another relaxing activity that is enjoyed.
- **Try not to think that this will last forever.** Many times when there is a problem, a person may think that it will always be a problem. Try to look beyond the current setback. Imagine what the future may hold.
- **Stay flexible.** One never knows when an obstacle may appear. Being flexible provides you an opportunity to adjust.

People deal with hard or difficult events differently. By practicing resiliency, you not only help yourself, but you can also reach out and help others who are going through a tough time too.

Source: Nicole Peritore, Extension Specialist for Family Health; University of Kentucky; College of Agriculture, Food and Environment

Enjoy the Sun in Moderation

New research conducted in Sweden showed that women who avoided the sun died at about the same age as did smokers who enjoyed the sun. This research looked at 30,000 Swedish women. The study compared women who spent the most time in the sun to those who avoided the sun. Those who avoided sun lived 0.6 to 2.1 fewer



years than the sun lovers. Women who were out in the sun longer had lower risk for heart disease, diabetes, multiple sclerosis and lung disease than the sun avoiders. But what about skin cancer, you ask? As you would expect, there was an increased amount of skin cancer for the sun lovers but they had better outcomes to cures. Remember Sweden is not Kentucky. People in Sweden will have less exposure to UV rays when outside for the same amount of time. Even so, these results along with the need for sun to produce vitamin D on your skin, indicate that avoiding sun may be as harmful as smoking or not being active. This spring is the time for you to get outside, be active and avoid sunburn while enjoying the sun in moderation.

Source: Janet Kurzynske, Extension Specialist for Food and Nutrition, University Of Kentucky; College of Agriculture, Food and Environment

Landscaping on a Budget

During this time of year, you may notice that your neighbor's yard is in a constant state of blooms — green grass, well-trimmed bushes and breathtaking flowers. If you are interested in revamping your own yard's landscaping, here are some budget-friendly tips to keep in mind:

- **Divide your landscaping projects into zones.** Divide your landscaping project into zones and tackle each zone one at a time. Doing so will allow you to budget and save for each landscaping zone.
- **Have a plan.** Before making a trip to your local gardening center, have a plan. Know which plants and materials you will be buying and how much. Your garden center may also be running sales so be sure to research those while planning your landscaping project.
- **Share resources.** Talk with your neighbors to see if they are planning any projects that require some of the same equipment that you will be using. For instance, if you will be renting a tiller, you can share the costs with a neighbor who will also be using that piece of equipment.

Source: Jennifer L. Hunter, Extension Specialist for Family Financial Management, University of Kentucky; College of Agriculture, Food and Environment and Kristyn Jackson, LMFT, Ph.D., University of Kentucky; College of Agriculture, Food and Environment

Recipes

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

Combine leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl. 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. Sprinkle salad with feta cheese and sliced almonds. Serve immediately.

Yield: 8 (1 cup) servings

Nutritional 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

Brussels Sprouts with Mushrooms



2 cups Brussels sprouts (or broccoli, cabbage, kale, collards, or turnips)
1/2 cup chicken broth, low-sodium
1 teaspoon lemon juice
1 teaspoon brown mustard (spicy)
1/2 teaspoon thyme (dried)

1/2 cup mushroom (sliced)

Trim brussels sprouts and cut in half. Steam until tender, about 6 to 10 minutes, or microwave on high for 3 to 4 minutes.

In a non-stick pot bring the broth to a boil. Mix in the lemon juice, mustard, and thyme. Add the mushrooms. Boil until the broth is reduced by half, about 5 to 8 minutes. Add the brussels sprouts (or other cooked vegetable). Toss well to coat with the sauce.

Yield: 2 servings

Nutritional Analysis: 45 calories; 1 g fat; 0 mg cholesterol; 64 mg sodium; 8g carbohydrate; 3 g fiber; 2 g sugar; 4 g protein.

Red Hot Fusilli

1 tablespoon olive oil
2 cloves garlic (minced)
1/4 cup parsley (fresh minced)
4 cups ripe tomatoes (chopped)
1 tablespoon fresh basil (chopped or 1 tsp dried basil)
1 tablespoon oregano leaves (crushed or 1 tsp dried oregano)
1/4 teaspoon salt ground red pepper (or cayenne to taste)
8 ounces fusilli pasta (uncooked, 4 cups cooked) cooked
chicken breast (1/2 pound diced into 1/2-inch pieces, optional)



Heat oil in a medium saucepan. Sauté garlic and parsley until golden. Add tomatoes and spices. Cook uncovered over low heat 15 minutes or until thickened, stirring frequently. If desired, add chicken and continue cooking for 15 minutes until chicken is heated through and sauce is thick.

Cook pasta firm in unsalted water. To serve, spoon sauce over pasta and sprinkle with coarsely chopped parsley. Serve hot as a main dish and cold for the next day's lunch.

Yield: 4 servings

**Nutritional Analysis: 407 calories; 7 g fat; 1 g saturated fat; 47 mg cholesterol; 380 mg sodium; 57 g carbohydrate; 5 g fiber; 6 g sugar; 28 g protein.*

**Includes optional chicken*