

Trigg County Family and Consumer Sciences



May 2025 Newsletter

Trigg County Extension
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Extension Family and Consumer Sciences

Hello Homemakers!

We hope everyone is doing well and enjoying the Spring season. This month's lesson is on exercise and there is no better time to start as the days are not too hot and nature is beginning to show off with beautiful things in bloom. Get out and take a walk and enjoy the beauty. Be sure to look over our new spot light section and let us know if you would like to help with the upcoming community project. Share the word about the FCS agent position to those who may be interested. Take care and contact us if we can be of any assistance to you.

Trigg County Extension Office



Community Service Project

Trigg Tots director Mollie Oliver and others have secured a grant and have purchased materials needed to make reading pillows for the preschool students. Lina Sverlow, Trigg County Homemaker, has studied the design and has assembled pillow kits. All we need is your help to put them together. We will have project days at the extension office to work on these as a group. Please contact the extension office if you are interested in helping with this project.

WE ARE HIRING

Trigg County
Family and Consumer Sciences

Requirement :

Bachelor's Degree in any discipline related to Family & Consumer Science, including: Family Development, Human Nutrition, Consumer Economics, or any closely-related field.

Apply Online @ Kysu.edu



Benefits

Medical Insurance
Retirement
Holidays, Vacation and
Sick Leave
Flexible Schedule

The pleasure of working
with the Extension
community and seeing
the benefits from the
programs offered!

June Lesson Creating Welcoming Communities

Watch party May 29th 10:00am
at Trigg County Extension Office

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.

Homemaker Club Spotlight

Millennials

Millennial Homemakers have had a busy few months! Mrs. Alejandra Melendez taught the group how to incorporate mealtime traditions with children and demonstrated how to make homemade mayonnaise using simple pantry ingredients. Mrs. Kristin Disney taught the group all about gardening. We had a blast, planting seeds and learning how to make things grow. Mrs. Megan Grimes taught the group how to make homemade goats milk mozzarella. We had a fun demonstration showing the cheese making process which in turn gave us delicious samples to eat! We plan to continue our gardens and enter the summer canning season, learning as we go! You will see our entries this fall at the Ham Festival so we hope you are ready for the competition! We can't wait to see what next year holds for all extension homemakers. Our group has grown exponentially this year. We are so thankful for the use of the extension office and all the resources they provide.

Heather McNichols, Millennial Homemakers President



Scrumptious Strawberry Salad

5 cups spinach	Dressing	3 tablespoons
$\frac{1}{2}$ large cabbage head, chopped	$\frac{3}{4}$ cup plain non-fat	olive oil
1 cup golden raisins	Greek yogurt or	$\frac{1}{2}$ teaspoon
1 cup halved red grapes	plain regular yogurt	Dijon mustard
1 pint sliced strawberries	3 tablespoons	1 teaspoon
$\frac{1}{2}$ small red onion, sliced	honey	poppy seeds
$\frac{1}{2}$ cup toasted and chopped	6 tablespoons	1 teaspoon salt
pecans (optional)	apple cider vinegar	$\frac{1}{2}$ teaspoon pepper

Combine all salad ingredients together in a large bowl. Prepare salad dressing by **mixing** all ingredients together in a jar, **cover**, and **shake** well to combine. **Pour** dressing over salad mixture and **toss** to combine.

Yield: 8, 2-cup servings

Nutritional Analysis:

240 calories, 10g fat, 1g saturated fat, 0mg cholesterol, 340mg sodium, 33g carbohydrate, 4g fiber, 27g sugar, 6g added sugars, 5g protein

