

Homemaker Newsletter

April 2023

UPDATES FROM THE HOMEMAKER COUNCIL

Thought of the Month:

"Volunteers don't get paid, not because they're worthless, but because they're priceless." - Sherry Anderson

Roll Call:

April is National Volunteer Month. What is your favorite way to volunteer?

State Cultural Arts Entry Information

May 9-11, 2023 Louisville, KY

All blue ribbon entries going to State must be at the Russell County Extension Office by Friday, May 5th by the close of business. Entries can be picked up after 1 PM on May 11th.

Nominations Wanted!

The Homemaker Council wants to announce that two of the council positions, the President and the Secretary, are seeking nominations for new candidates.

April Homemaker Leader Lesson: Healthy Outdoor Cooking

Save the Date: April 24th @ 4 PM

Please plan to attend the April Homemaker Leader Lesson and the **Council Meeting on April 24th @ 5 PM.**



Homemakers On the Go Meeting: Casey Co.'s Greenhouses

April 19th @ 9 AM

The Homemakers on the Go invite you to join them on **April 19th** to explore Casey County's Greenhouses (Liberty, KY)! They will be eating at the Bread of Life restaurant.

All homemakers are welcome to attend. Interested parties can meet at the Extension Office on **April 19th @ 9 AM**.

Please call the Office to RSVP by **Tuesday, April 18th**.

Cookie Decorating Workshop

April 13th 6-8 PM (Kitchen)

Learn to decorate cookies using Royal icing like a pro! Recipes for cookies and icing along with different icing techniques will be handed out. Please bring a container to hold two cookies 3-4" each in size without stacking. **Call 270-866-4477 to RSVP, space is limited!**



Weaving Success- Basket Making

The basket-making class taught by Melonie Eubank was a success! We had 9 attendees work to make a gorgeous red-striped basket.



Homemaker Area Meeting

April 27th: Registration Starts at 5:30 EST

The Lake Cumberland Area Homemaker Meeting will occur at the Aspire Center in Monticello, KY. See attached flyer for more information.

Managing Seasonal Allergies

SOURCE: PAUL NORROD, DRPH, RN, EXTENSION SPECIALIST FOR RURAL HEALTH AND SAFETY

The onset of seasonal allergies and asthma causes a host of problems for the person suffering from them. It also places a substantial burden on the healthcare system. A variety of environmental exposures can cause seasonal allergies, but most come from the high amount of pollen during the spring. These allergens can cause a variety of symptoms including congestion, cough, ear pressure, sinus pressure, and itchy, watery eyes. To help manage your seasonal allergies, consider the following suggestions.

- Avoid outdoor activities during high pollen levels.
- Change your clothes after working outside during the spring months.
- If possible, avoid mowing or working outdoors. If you must work outdoors, wear a mask and goggles.
- Keep your windows and doors closed.
- If your symptoms persist and become unmanageable, ask your healthcare provider for help.

References:

Schmidt, C. W. (2016). Pollen overload: seasonal allergies in a changing climate. In: National Institute of Environmental Health Sciences.

Staff, M. C. (2022). Seasonal allergies: Nip them in the bud. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/hay-fever/in-depth/seasonal-allergies/art-20048343>

**MEGAN GULLETT
CEA FOR FAMILY & CONSUMER SCIENCES**

Italian Shrimp Pasta

SERVINGS: 8 SERVING SIZE: 1/8 OF PASTA DISH RECIPE COST: \$15.54 COST PER SERVING: \$1.94

Source: Source: Laura White-Brown, former Area Nutrition Agent for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service

Ingredients:

- 1 pound whole-wheat linguini or angel hair pasta noodles
- 3 tablespoons olive oil, divided
- 1 pound frozen, peeled, and deveined shrimp (any size), thawed
- ½ of a 0.6-ounce packet of dry Italian dressing mix
- 8 ounces fresh mushrooms (any type) sliced
- 2 cups fresh spinach



Directions:

1. Prepare pasta according to package instructions and drain.
 2. Heat 1 tablespoon olive oil in a large skillet. Add the shrimp and Italian dressing mix. Saute for 1 minute.
 3. Add the mushrooms and spinach to skillet and continue cooking until shrimp is cooked through and has turned pink, mushrooms are tender and spinach is wilted.
 4. Pour shrimp mixture into pasta. Add remaining olive oil and stir to combine.
- Note: If pasta is too dry, add another tablespoon of olive oil. The additional oil will add calories from unsaturated fat.

Nutrition Information

310 calories; 7g total fat; 1 g saturated fat; 0g trans fat; 70mg cholesterol; 510mg sodium; 45g carbohydrate; 5g fiber; 3g sugar; 16g protein; 6% Daily Value of vitamin A; 2% Daily Value of vitamin C; 6% Daily Value of calcium; 10% Daily Value of iron

This material was funded by the USDA's SNAP-Ed program through the Kentucky Cabinet for Health and Family Services.



April 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Instant Pot 101 @ 5 P	4	5 Grow Your Garden 9-1 CST in Monticello	6	7	8
9	10 Sit & Sew 1P	11 Air Fryer 101 @ 2 Laugh & Learn @ 6 Sunset Meeting @ 6	12	13 Cookie Decorating Make and Take 6-8 P (Kitchen)	14	15
16	17 Cooking Rainbow Pasta Salad @ 5 P	18 Dehydrating Veggies (Casey Co.) 4-7	19 Homemakers on the Go @ 9 A	20 Dehydrating Veggies @ 5-8	21	22
23	24 Sit & Sew 1 PM Healthy Outdoor Cooking @ 4P HM Council @ 5P	25	26	27 Lake Cumberland Area Meeting @ 4:30 ASPIRE Centre	28	29
30						

RUSSELL COUNTY CULTURAL ARTS WINNERS FOR THE LAKE CUMBERLAND AREA – GOING TO STATE!





Rainbow Pasta Salad



FCS Agent, Megan Gullett, will be offering a FREE Demonstration and Sampling on April 17th @ 5 p.m.

Call the Russell County Extension Office at 270-866-4477 to Register by April 10th.

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

LCA Annual Meeting

Basket of Blessings Theme

April 27th

Location: Aspire Center
90 Airport Road
Monticello, KY 42633



Registration starts at 5:30, meeting starts @ 6 EST

Registration Deadline: April 17th

Registration fee: \$ 15 per person



Things to Bring:

- Each County brings a \$25 Door Prize
- Baskets of Blessing themed name tags
- Non-perishable food items, there will be a prize for the county that brings the most items.

LEARN ABOUT
ELECTRIC
PRESSURE
COOKING BASICS



HOSTED BY
MEGAN
GULLETT- FCS
AGENT

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



INSTANT
POT
COOKING

APRIL
3RD @
5 PM

Call
270-866-4477
to RSVP
(required)

04/03 @ 5 PM Call 270-866-4477 to
RSVP

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

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Disabilities
accommodated
with your notification.

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

AIR FRYER 101

FREE RECIPE AND USAGE DEMONSTRATION

Tuesday, April 11th from 2:00-4:00 PM

Call 270-866-4477 to Reserve Your Seat



Cooperative Extension Service
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Family and Consumer Sciences
4-H Youth Development
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LEXINGTON, KY 40546

Laugh & Learn

GAMES, STORY TIME, & CRAFTS

04.11.23 6-7 PM

Location: 535 N. Main Street,
Jamestown, KY 42629

Call 270-866-4477 To RSVP

The Russell County Public Library and the Russell County Extension Office will offer a free 1-hour playdate every month for you and your child(ren) to engage in playful activities designed to assist with kindergarten preparedness.

For kids 3-5 years old.



BASIC DEHYDRATING



Call 270-866-4477 to Register

THURSDAY,
APRIL 20TH

FROM 5 CST - 8 PM CST
2688 HWY 127, RUSSELL
SPRINGS, KY 42642

Come learn about dehydrators and the basics of dehydrating vegetables!