

# Mercer County Family and Consumer Sciences Newsletter APRIL 2024

**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment

**Mercer County Office**  
1007 Lexington Road  
Harrodsburg, KY 40330  
859-734-4378

**FAMILY &  
CONSUMER  
SCIENCES**   
*Creating Healthy & Sustainable Families*

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Hi Friends, and Happy Spring! I am typically a fan of Fall and Winter but this Spring weather has put some pep in my step. I am loving this season change and all the new programs it is bringing! In March, I wrapped up the end of my second round of Bingocize at the Senior Citizen Center- we had a great time exercising and learning how to decrease our risk of falling! I am looking forward to starting a new program at the Senior Citizen Center that focuses on brain health and is called Wits Workout. I was recently trained in Wits Workout and had so much fun that I couldnt wait to bring the program back to our county! If you don't attend the Senior Citizen Center, thats ok, because I plan to offer this program at our office in the near future, as well! On April 16th, I will be teaching Strawberry Freezer Jam as a part of the Homesteading Series and to follow up on Jessica's Growing Strawberries Class and on April 30th I will be teaching All about Eggs as a followup to Linda's Backyard Poultry Class- make sure you sign up to reserve your spot in these classes because they are filling up quickly! Additionally, I will be offering Pressure Canner Testing as listed below! Please, PLEASE come get your canner tested to ensure you can safely preserve this summer! There is SO much happening this month, make sure to check out the calendar and I hope to see you at a program soon!

*Family and Consumer Sciences Agent,*  
**Tara Duty**

*Tara Duty*

**UK** Cooperative  
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**GET READY FOR CANNING SEASON!**

### FREE PRESSURE CANNER TESTING!

AT THE MERCER COUNTY EXTENSION OFFICE

Monday, April 8th: 9AM - 4:30PM

Saturday, April 20th: 9AM - 12:00 PM

Thursday, May 16th: 9AM - 4:30PM

Saturday, May 18th: 9AM - 12:00PM

To reserve a spot for your Pressure Canner to be tested, please call the Mercer County Extension Office at 859-734-4378 or email [Tara.Duty@uky.edu](mailto:Tara.Duty@uky.edu)

\*Testing your Pressure Canner is important to ensure your products are reaching the correct pressure to be shelf stable.\*

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LEXINGTON, KY 40546



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## Taco Pie

- 1 small white onion, chopped
- 1 pound lean ground turkey or ground beef
- 3 tablespoons reduced-sodium taco seasoning
- 1 can (15 ounces) unsalted tomato sauce
- 1 can (15 ounces) black beans, drained and rinsed
- 2 (8 inch) whole-wheat tortillas
- 1/2 cup shredded cheddar or Mexican blend cheese
- **Optional:** serve with taco toppings such as salsa, cilantro, jalapeno, onion, low-fat sour cream

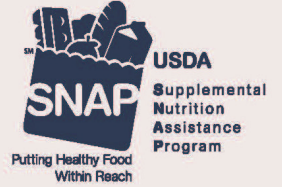
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Preheat oven to 375 degrees F.
4. Over medium-high heat, add onion to a large skillet. Sauté 1-2 minutes until slightly softened.
5. Lower the heat to medium. Add ground turkey to the skillet, allow it to fully cook and reach an internal temperature of 165 degrees F using a food thermometer, about 7 to 8 minutes.
6. To the skillet, add taco seasoning, tomato sauce, and black beans. Stir to combine and allow to simmer for about 2 to 3 minutes until heated through. Remove from heat.
7. Using a 9-inch round glass baking dish, add one-third of the meat mixture. Place one tortilla on top of mixture. Next, add the same



amount of meat mixture. Place the second tortilla on top of mixture. Finally, add the remaining meat mixture on top of tortilla.

8. Bake for 20 minutes. Remove from the oven, top with cheese and bake for an additional 5 minutes or until cheese is melted.
9. For best results, allow it to cool 5 minutes before serving. Slice and serve alone or with your favorite taco toppings.
10. Refrigerate leftovers within 2 hours.

**Makes 6 servings**  
**Serving size: 1/6th of pie**  
**Cost per recipe: \$10.20**  
**Cost per serving: \$1.70**



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

**Nutrition facts per serving:**

300 calories; 5g total fat; 2g saturated fat; 0g trans fat; 45mg cholesterol; 600mg sodium; 34g total carbohydrate; 7g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium

**Source:**

Kristi Shive, Warren County Agent for Family and Consumer Sciences, University of Kentucky Cooperative Extension Service







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RETURN SERVICE REQUESTED

## Creamy Cucumber and Chicken Salad

½ pound chicken breast  
1 tablespoon fresh lemon juice  
1 cup slivered almonds  
½ cup nonfat plain Greek yogurt  
3 ounces reduced fat cream cheese  
2 tablespoons Dijon mustard

½ teaspoon sea salt  
1 teaspoon ground black pepper  
2 tablespoons fresh chopped dill  
2 medium cucumbers, chopped  
1 cup dried cranberries  
8 lettuce leaves

**Marinate** chicken breast in lemon juice for one hour. **Remove** chicken from marinade and **chop** into bite sized pieces. **Sauté** in preheated non-stick skillet until thoroughly cooked and no longer pink in the center. **Set aside** to cool. **Toast** slivered almonds on low heat in a non-stick skillet until fragrant. **Set aside** to cool. In a large mixing bowl **combine** yogurt, cream cheese, mustard, salt, pepper and dill. **Add** chicken and **toss**. **Add**

cucumbers, cranberries and almonds to chicken mixture. **Toss** to coat. **Cover and chill** in refrigerator for 1 hour. **Spoon** salad into washed and dried lettuce leaves. **Serve** cold.

**Yield:** 8 servings

**Nutritional Analysis:** 210 calories, 10 g fat, 2 g saturated fat, 30 mg cholesterol, 290 mg sodium, 19 g carbohydrate, 3 g fiber, 14 g sugars, 12 g protein.



## Super Crunchy Salad

¼ cup pepitas (raw pumpkin seed kernels)  
Cooking spray  
¼ teaspoon ground cayenne pepper  
Salt and ground black pepper to taste

1 pound Brussels sprouts, trimmed and thinly sliced  
½ pound curly kale, stems removed and thinly sliced  
½ pound Napa cabbage, thinly sliced  
1½ cups dried cranberries  
1 (15-ounce) can Mandarin oranges, drained

4 green onions, thinly sliced  
8 strawberries, trimmed and thinly sliced  
1 (16-ounce) bottle creamy poppy seed dressing  
1 tablespoon orange zest  
Juice from 1 orange

**Place** pepitas in a bowl and **coat** lightly with cooking spray. **Sprinkle** with cayenne pepper, salt and pepper. **Toss** to coat.

**Place** in a medium skillet over medium-high heat. **Cook** over medium heat, **stirring** often until lightly toasted, about 5 minutes. **Remove** from heat and allow to **cool**. **Combine** Brussels sprouts, kale, cabbage, dried cranberries, Mandarin oranges, green onions, strawberries and toasted pepitas in a large bowl. **Dressing:** **Whisk** together the bottled poppy seed dressing, orange zest, and orange juice in

a small bowl. **Pour** over salad about ½ cup at a time and **toss** until salad and dressing are combined.

**Note:** Sunflower seed kernels can be substituted for pepitas. Green or red cabbage can be substituted for Napa cabbage.

**Yield:** 10, 1½ cup servings

**Nutritional Analysis:** 300 calories, 12 g fat, 2 g saturated fat, 0 mg cholesterol, 430 mg sodium, 43 g carbohydrate, 5 g fiber, 33 g sugar, 6 g protein.

# First Aid Multi-County Seminar

PRESENTED BY FRANKLIN CO. EMS

APRIL 16TH

DINNER: 5:15 P.M.

PROGRAM: 6- 8 P.M.

Dinner by Franklin Co.  
Cattlemen's Association



## TOPICS: CPR AND WOUND CARE

This seminar will serve as the April Homemaker Leader Lesson Training. If you cannot attend, handouts will be available at your local Extension Office.

### FREE & OPEN TO THE PUBLIC

### REGISTRATION IS REQUIRED BY APRIL 12TH.

To register call the Franklin Co. Extension  
Office at 502-695-9035

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# In the Face of DISASTER

**Program begins at 5:30pm**

Are you prepared for anything? Join us at the Mercer County Public Library for this four part series where we will discuss:



MERCER COUNTY  
PUBLIC LIBRARY

- Considerations for family & home
- Food and water
- Financial management
- Aging and at risk populations

**March 12**

**April 9**

**May 14**

**June 11**

Presented by Tara Duty, Extension Agent for Family and Consumer Sciences

Mercer County Public Library  
109 W Lexington St—Harrodsburg, KY 40330

# Backyard Poultry Basics

April 9 at 6:00pm

This program will cover the basics of raising backyard poultry from housing to nutrition and more! If you're interested in starting a small flock for meat or eggs, then this class just might be for you!



**RSVP to 859-734-4378**

## All About Eggs

April 30 at 10:00am

Do you find yourself with an abundance of eggs from your backyard chickens? Are you interested in buying eggs in bulk to save money? This class will teach you all about eggs! From the structure and nutrients of an egg to unique ways to cook eggs and safe ways to preserve eggs.



## Growing Strawberries

April 8 at 5:30pm

Strawberries are a fun and easy crop to add to any backyard homestead. Join us as we cover the basics of growing strawberries and how you can make them a staple in your garden.

## Freezer Jam

April 16 at 10:00am

Do you grow your own strawberries? Are you looking for different ways to preserve your home or locally grown strawberries? Join us to learn how to make Strawberry Freezer Jam! All participants will leave with a jar of freshly made Strawberry Freezer Jam.



# RSVP to 859-734-4378



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