# Mercer County Jamily and Consumer Sciences Newsletter MAY/JUNE 2024 IN THIS ISSUE:

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Hello friends of FCS! I am sorry I didn't catch you sooner in May. Time just got away from me in the last few weeks but I am happy to get the June newsletter out early enough that it can include some May information as well! We are busy preparing for 4H camp, County Fair, State Fair, and all of our regular programs and from May to August there just doesn't seem to be enough time! I want to remind everyone that Lunch N Learn will take place on June 14th instead of the First Friday of the month. Additionally, there has been a date change to the Disaster Preparedness program I am teaching at the Library. The last section in the series will take place on June 25th instead of June 11th. I am excited to introduce a new program, Wits Workout. Wits Workout is a program for older adults and focuses on the six pilars of brain health. Wits Workout has two main goals- to provide purposeful opportunities for older adults to engage intellectually, and to increase their socialization through ongoing group participation. This program is SO MUCH FUN. It is my favorite program I have been trained in and I am so excited to finally bring it to you. Please see the flyer for dates and time!

> Family and Consumer Sciences Agent, Tara Duty

tara Duty



# FAIR & HORSE SHOW

Are you in need of help entering your Floral Hall items online? We are here to help! Please call 859-734-4378 to reserve your spot!

Fair Entry online opens on July 1st and the DEADLINE TO ENTER is Wednesday, July 17th at NOON.

#### http://mercerfairky.fairentry.com

#### TUESDAY, JULY 2ND AND FRIDAY, JULY 12TH

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



BY APPOINTMENT ONLY

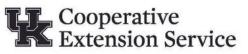


Mercer County Office 1007 Lexington Road Harrodsburg, KY 40330 859-734-4378





Recipes from the 2024 Food and Nutrition Recipe Calendar



### **Fruited Coleslaw**



- 2 tablespoons mayonnaise
- 1/2 teaspoon apple cider vinegar (or any type of vinegar)
- 2 teaspoons sugar
- 3 tablespoons crushed pineapple canned in 100% juice, including juice
- 2 cups shredded or finely chopped cabbage
- 1/2 cup chopped apples (or fruit of choice: orange, mandarin oranges, pear)
- 1/2 cup raisins or dried cranberries
- 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.
- Combine mayonnaise, vinegar, sugar, and pineapple in a small bowl. Stir to mix well.
- 4. In another bowl, combine cabbage and other fruit.
- 5. Pour dressing over cabbage and fruit. Stir to mix.
- 6. Serve right away.
- 7. Refrigerate leftovers within 2 hours.

Makes 6 servings Serving size: 1/2 cup Cost per recipe: \$1.57 Cost per serving: \$0.26



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

#### Nutrition facts per serving:

100 calories; 3.5g total fat; 0.5g saturated fat; Og trans fat; Omg cholesterol; 40mg sodium; 16g total carbohydrate; 2g dietary fiber; 14g total sugars; 1g added sugars; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

#### Source:

Adapted from Iowa State University Extension

#### 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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**E** Disabilities accommodated with prior notification

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	FRI		<ul> <li>Tara out of office</li> </ul>	14 • Lunch N Learn • Juneteeth	21	- Crafternoon
UNE 2024	тни		6 • Tara out of office	<ul> <li>Homemakers Day Out</li> </ul>	20 • Tara at 4H Camp • Plant Based and Delicious © 10AM	27 • Sewing Club @1 1PM
	WED		<ul> <li>Tara out of office</li> </ul>	<ul> <li>12</li> <li>Tara out of office</li> </ul>	19 • Tara at 4H Camp	26 • Wits Workout © 10:30AM at Senior Citizen Center
University of Kentucky College of Agriculture, Food and Environment Cooperative Extension Service MON TUE	TUE		<ul> <li>Tara out of office</li> </ul>	<ul> <li>Tara out of office</li> </ul>	18 • Tara at 4H Camp	25 In the Face of Disaster © 5:30PM at the Library
			<ul> <li>Tara out of office</li> </ul>	10 • Tara out of office • Creative Cooking @ 12PM • MLK @ 5:30PM	<ul> <li>Backporch</li> <li>Gatherings @</li> <li>6PM</li> </ul>	24
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University of Kentucky College of Agriculture, Food and Environment **Cooperative Extension Service** 

**Mercer County** 1007 Lexington RD Harrodsburg, KY 40330-9203

**RETURN SERVICE REQUESTED** 



#### Spring Harvest Salad 5 cups torn spring leaf Dressing:

lettuce 21/2 cups spinach leaves 21/2 tablespoons olive oil 11/2 cups sliced strawberries 1 tablespoon balsamic vinegar 1 cup fresh blueberries

1/2 cup thinly sliced green 11/2 teaspoons Dijon mustard 1. Combine leaf lettuce balsamic vinegar, Dijon

mustard, honey and salt; pour over lettuce mixture and toss to coat. 3. Sprinkle salad with

feta cheese and sliced almonds.

lemon juice, olive oil, 4. Serve immediately. Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand

2 teaspoons Kentucky 4 teaspoons lemon juice honey 1/2 teaspoon salt

> 1/4 cup feta cheese crumbles 1/2 cup unsalted sliced

almonds

Yield: 8, 1 cup servings. Nutrition Analysis: 130 calories, 9g fat, 1.5g sat fat, 240 mg sodium, 12 g carbohydrates, 3 a fiber, 7 g sugar, 3 g protein.





#### Blackberry Basil Grilled Cheese 1 ½ cups fresh blackberries 12-14 fresh basil leaves, chopped 2 tablespoons olive oil

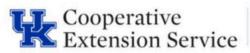
In a large bowl, mash blackberries and basil with a fork. Heat an electric griddle or large skillet over medium-low heat. Sprinkle griddle or skillet with olive oil. Place bread on skillet. Add a slice of cheese and blackberry mixture. Place a second piece of bread on top of cheese and blackberries. Cook 3-5 minutes on one side. Flip. Cook 3-5 minutes or

8 slices of multigrain bread 4 slices cheese, such as Munster

until both sides are brown and cheese has melted.

Serves: 4 sandwiches

**Nutritional Analysis:** 250 calories, 15 g fat, 6 g saturated fat, 20 mg cholesterol, 310 mg sodium, 23 g carbohydrate, 8 g fiber, 4 g sugar, 12 g protein



Did you know that social connectedness and intellectual engagement are two lifestyle factors that contribute to your brain's health?

WITS

An Interactive Brain Health Program

Simply put, coming together and learning new things is good for your noggin! Join the *Wits Workout* program to engage in all kinds of guided challenging puzzles, learn what you can do in your daily life to keep your brain healthy while interacting with others.

When: July 11th and 29th, August 12th and 28th, September 10th and 25th, October 10th and 29th, November 6th and 19th, December 4th and 10th

**Time: 10:00AM** 

Where: Mercer County Extension Office, 1007 Lexington Road, Harrodsburg

Register: 859-734-4378 or Tara.Duty@uky.edu REGISTRATION REQUIRED.

Led by: Tara Duty, Mercer County Agent for FCS

#### Cooperative Extension Service

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Disabilities accommodated with prior notification

Wits Workout is a program developed by University of Illinois Extension

## Gardening 101 May 20 at 10:00am

Are you wanting to grow a garden this year? We will be covering basic gardening information from starting seeds to harvesting. No green thumb required! Presented by Jessica Bessin, Extension Agent for Horticulture.

## MUST RSVP to 859-734-4378

## Canning Basics May 30th at 5:30pm

Homestending Series

Mercer County

Extension Office

**University** of

College of Agriculture, Cood and Environment

Looking to learn more about preserving your homegrown fruits and vegetables? Join us for an introduction to canning. We will go over boiling water baths and pressure canning. This is NOT a hands on class and is for someone with none to little experience with food preservation. Presented by Tara Duty, Extension Agent for Family and Consumer Sciences.

> Mercer County Extension Office 1007 Lexington Road—Harrodsburg, KY 40330