

# LIVINGSTON COUNTY EXTENSION Home & Family Newsletter

## March 2023



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

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Joni K. Phelps



Livingston County Family & Consumer Science Agent

### UPCOMING EVENTS:

March 7, 2023 - 10:00 am Food for Thought Livingston County Senior Center

March 9, 2023 - 5:30 pm Pinterest Club

March 10, 2023 - 10:00 am Cooking with Diabetes

March 14, 2023 - 9:00am - 2:00 pm Block of the Month Homemakers Club

March 16, 2023 - 5:30 pm Kitchen Rookie

March 17, 2023 - 10:00 am Pennyrile Culture Arts

March 21, 2023 - 9:00 am to 2:00 pm Pins & Needs Homemakers Club

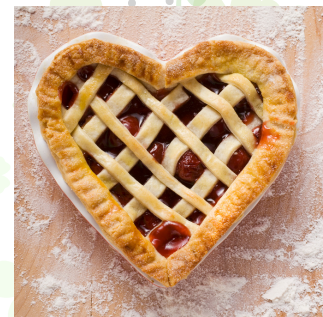
March 27, 2023 - 10:00 am Laugh & Learn

March 28, 2023 - 9:00 am to 2:00 pm Unfinished Objects

March 28, 2023- 02:00 pm Homemakers Leader Lesson Training

### National PI Day

If you're looking for a reason to celebrate, go no farther than March 14th, often known as Pi Day. The constant value pi, written as the Greek letter, is used in mathematics to indicate the ratio of the circumference of a circle to its diameter. And since Albert Einstein was born on March 14th, mathematicians have even more reason to celebrate this date. By making a Pie!



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# UPCOMING FCS PROGRAMS

Food for Thought program is on March 7, 2023 at 10:00 am at the Smithland Senior Center. Come learn about different types of Kentucky foods while tasting a delicious Plate it up! KY Proud recipe.

Pinterest Club program is on March 9, 2023 at 5:30 pm at the Livingston County Cooperative Extension Office. Bring a friend and enjoy making Easter - H O P Wood Display . Cost is \$10.00 per person. Register by March 3, 2023, to reserve your spot, contact the Livingston County Extension Office at (270) 928-2168.

This program is for Adults only child care is not available.

Cooking with Diabetes is on March 10, 2023 at 10:00 am at the Livingston County Extension Office. Have you or someone you know been diagnosed with Diabetes? This program helps individuals learn strategies to manage their diabetes through menu planning, carbohydrate counting, portion control, and label reading. Participants have the opportunity to sample healthy foods made utilizing concepts taught. Register by March 8, 2023, to reserve your spot, contact the Livingston County Extension Office at (270) 928-2168.

The Kitchen Rookie March 16, 2023 at 5:30 pm. Register by March 13, 2023, to reserve your spot, contact the Livingston County Extension Office at (270) 928-2168. Note:

**A minimum of 5 participants must be registered to host the session**

Laugh & Learn, Preschool Playdate, March 27, 2023 at 10:00 am. Designed for children 18 months of age to 5 years old. This event allows them to practice kindergarten readiness skills through play. Our theme this month is Dinosaurs. Register by March 22, 2023, to reserve your spot, contact the Livingston County Extension Office at (270) 928-2168.

## Life Simplified Podcast

Sometimes life is messy. Have you ever wished you could refocus your mind, home, relationships, and work life? Join Family & Consumer Sciences Agents in Caldwell, Christian, Hopkins, and Livingston on our new podcast airing each Tuesday as we use research-based information to make practical changes and simplify life. You can find the podcast, Life Simplified, on your favorite podcast app.





# HOMEMAKERS NEWS

## Block of the Month Homemakers Club

The club will meet on Tuesday, March 14, 2023 from 9:00 am to 2:00 pm at the Livingston County Extension Office. This group will be starting a new Quilt for the new year! It is Moda Blockhead! . If you interested in learning more about the Moda Blockhead Quilt and the materials needed for this quilt please contact Joni K. Phelps at [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu) or (270) 928-2168.

## Pins & Needles Homemaker Club

The club will meet on Tuesday, March 21, 2023 from 9:00 am to 2:00 pm. This months project is a Basic Wallet! Please call or come by the Livingston County Extension Office for the Material List for this project. If you have any questions please call Joni K. Phelps at (270) 928-2168 or email her at [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu).

## UFO "Unfinished Projects"

Do you have a lot of Unfished projects and you just can't find the time to finish them? Do you start one project and then move on to another one before finishing the one you started on 1st? Here is your chance to step away from the other project at home and bring a project you can finish without starting another project. Livingston County Extension office will be opened up on Tuesday, March 28, 2023 from 9:00 am to 2:00 pm so you can finish that project! If you would like more information about UFO please reach out to Joni K. Phelps at (270) 928-2168 or [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu).

## April Leader Lesson - Making the Most of Meals while traveling!

Making the Most of Meals while Traveling (Joni Phelps). For many, planning travel adventures can be just as fun as the trip itself. It is fun to daydream about where you will stay, how you will get there, and what you will do when you arrive – but what about the food and drinks during the trip? This lesson will walk through simple and effective strategies to make the most of meals while traveling. Lesson will be taught on March 28, 2023 10:00AM at the Livingston County Extension Office, Zoom on March 28, 2023 at 2:00 pm. Call (270) 928-2168 today to register for this class or email [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu).

Location: Lyon County Extension Office, February 28, 2023, 10:00 AM



### SAVE THE DATES:

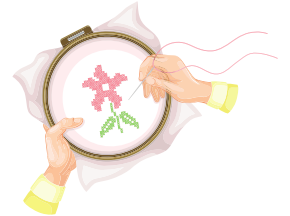
2023 Kentucky Extension Homemakers Assistant "KEHA"  
State Meeting, May 9-11, 2023 Crowne Plaza Louisville, KY



# Pennyrile Area Cultural Arts Exhibit Day



**March 17, 2023**  
**10:00 am**

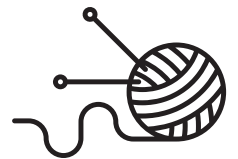


## *Christian County Extension Office*

2850 Pembroke Rd, Hopkinsville, KY 42240



Celebrate the arts with us!



### **Schedule:**

10:00 - 11:00 am: Exhibit Check-in

11:00 am - 12:00 pm: Educational Session: Junk Journaling

12:00 - 12:30 pm: Exhibits open for viewing

12:30 pm: Exhibits Check Out

Contact your local Family & Consumer Sciences Agent for a list of Cultural Arts Exhibit Categories and to obtain Entry Tags for exhibits. Please complete entry tags prior to check-in. Entries in each subcategory limited to one per person.

Livingston County Extension  
Office Joni Phelps  
803 US 60 East  
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Food and Environment  
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**Cooperative Extension Service**  
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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.



LET'S TAKE A HIKE WITH



KEHA



# State Meeting

MAY 9 - 11, 2023

Crowne Plaza in Louisville, KY

**WILDERNESS TRAIL  
AREA HOSTING!**



BECAUSE OF RISING PRICES, THE REGISTRATION PRICING STRUCTURE FOR 2023 HAS CHANGED

# RECIPE CORNER



## Scrumptious Strawberry Salad

<b>5 cups</b> spinach	<b>Dressing</b>	<b>3 tablespoons</b>
<b>½ large</b> cabbage head, chopped	<b>¾ cup</b> plain non-fat	olive oil
<b>1 cup</b> golden raisins	Greek yogurt or	<b>½ teaspoon</b>
<b>1 cup</b> halved red grapes	plain regular yogurt	Dijon mustard
<b>1 pint</b> sliced strawberries	<b>3 tablespoons</b>	<b>1 teaspoon</b>
<b>½ small</b> red onion, sliced	honey	poppy seeds
<b>½ cup</b> toasted and chopped	<b>6 tablespoons</b>	<b>1 teaspoon</b> salt
pecans (optional)	apple cider vinegar	<b>½ teaspoon</b> 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

## Kentucky Strawberries

**SEASON:** May through June

### NUTRITION FACTS:

Strawberries are low in calories and high in nutrients. One cup contains 55 calories. They are a great source of vitamin C and also contain vitamin A, iron, fiber, and folic acid.

**SELECTION:** Choose fully ripened, bright red berries. Berries should be plump and have a natural shine with bright green, fresh-looking caps.

**STORAGE:** Store strawberries in the refrigerator, covered, unwashed, with the caps on. Do not crowd, and use within 2 to 3 days. Wash just before serving.

**HANDLING:** Handle gently. Never remove the caps before washing. To wash, cover berries in cold water and lift gently out of the water to drain. Dry by placing in a single layer on paper towels. After washing, remove the caps. Give the cap a gentle twist or use the point of a sharp paring knife.

### STRAWBERRIES

#### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

January 2020

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.  
<http://plateitup.ca.uky.edu>



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**LOVE TRYING NEW RECIPES, JOIN RECIPE CLUB!**

# RECIPE CLUB



**ONCE A MONTH YOU WILL GET RECIPES  
DELIVERED TO YOUR MAILBOX!**

**SIGN UP FOR RECIPE CLUB TODAY!**

**Call the Livingston County Extension  
Office at 270-928-2168**

**OR**

**Joni Phelps at [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu)**





# GRAND RIVERS

# QUILT SHOW

April 26 - 29,  
2023

Presented by the  
Grand Rivers  
Chamber of  
Commerce



Grand Rivers Community Center  
155 W. Cumberland Avenue  
Grand Rivers, KY 42045

Admission \$3

Wed. - Friday 9am - 5pm  
Saturday 9am - noon