

Simpson County Family and Consumer Sciences & Homemakers Newsletter

MAY 2024

 Cooperative
Extension Service



The Kentucky Extension Homemakers Association is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.

In This Issue:

- Greetings from your Agent
- Reminders for KEHA
- Dates to Remember
- Volunteer Opportunity
- Extension Office Happenings
- KSU Update

Contact Us:

Simpson County Extension
Office
300 N Main St
Franklin, KY 42134
(270) 586-4484
simpson.ca.uky.edu

Greetings from Your Agent

GREETINGS AND HAPPY SPRING!

AS THE WEATHER WARMS UP AND WE SEE MOTHER NATURE'S BEAUTY ABOUT US, LET US BE SURE TO TAKE THE TIME TO ENJOY OURSELVES AND ALL AROUND US. WHAT BETTER WAY THAN TO GO OUTDOORS TO ENJOY THE SUNSHINE WHILE GETTING SOME EXERCISE. THE NATIONAL GOAL IS TO GET 150 MINUTES OF PHYSICAL ACTIVITY EACH WEEK. SUNSHINE CAN HELP TO IMPROVE SLEEP, REDUCE STRESS, STRENGTHEN OUR IMMUNE SYSTEM, AND HELP FIGHT DEPRESSION. MAYBE WE CAN COMBINE THESE AND GO FOR A WALK! SOMETIMES IT JUST TAKES A PUSH OR AN INVITATION FROM SOMEONE TO GET MOVING. INVITE A FRIEND OR FAMILY MEMBER TO GO FOR A WALK AND ENJOY THE COMPANY. IT'S A WINNING COMBINATION!

NANCY DOYLE

**SIMPSON COUNTY EXTENSION AGENT FOR
FAMILY & CONSUMER SCIENCES EDUCATION**

**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.



Reminders for all attendees:

- Raising Hope will provide free health screenings Tuesday 9 a.m. to 3:30 p.m. and Wednesday 8 a.m. to 4 p.m.! Fasting is recommended; look for more information on site and in your program.
- Bring your device (tablet or laptop) if you want help with social media. For the first time, we'll have a Tech Help Lounge open Tuesday and Wednesday during set hours to offer one-on-one help with social media accounts. Sign up on site.
- Wear black and white to the opening lunch, and pack a sweater and maybe a tote bag, as we'll get a different gift at registration this year.
- Bring games or cards if you want to be social in the evenings. There will be some gathering spots open in the hotel lobby if you'd like to hang out with your new State Meeting friends!
- Bring cash or checks for quilt squares, raffle, and auction items you might purchase!

Quilts for Courageous Kids – The Center for Courageous Kids in Scottsville, Ky., needs new twin bed quilts. Needed size is approximately 66 inches by 83 inches and can be homemade or store bought. Drop off at the Center in Scottsville or bring to KEHA State Meeting's collection point.

Good Luck to our Cultural Arts winners from the Mammoth Cave Area last fall.

Please have your items to the office by Monday, May 6th to ensure they are tagged correctly.

Volunteers Needed

*4-H sewing Club is looking for a couple of volunteers that can help kids finish their sewing projects for the year. A couple of hours a week on Tuesday afternoons is what they are looking for. If interested, please contact the office.

Dates to Remember

April 29- Donations for Glamas Pagent Due

May 1- Homemaker Leader Training, 10:00 am

May 2- Homemaker Council Meeting
10:00 am

Disaster Preparedness Training, 1:00 pm at the Leon & Lassie Page Center

May 3- Cooking through the Calendar
11:00 am

4-H Ribeye Sale at The Farmer's Market Pavilion 10:30 am- 1:00 pm

May 6 - Farmer's Market Sr. Voucher Registration 9:00 am- 12:00 pm at the Franklin-Simpson Senior Center

May 7-9 - KEHA State Meeting, Bowling Green

May 7 - Narcan Training, 6:00 pm at the Simpson County Health Department

May 12 - Mother's Day

May 26 - FSHS Graduation

May 27 - Memorial Day, Simpson County Extension Office will be Closed.



Extension Office Happenings

GLAMAS PAGEANT

Glamas is a "pageant" that we are doing at a local nursing home for our 4-H community service project.

We are in need of any like new nail polish, blush, and any fun photo booth items. We are also in need of some NEW lipstick/chapstick (etc.)

We will also except monetary donations

PLEASE DONATE THESE ITEMS BY APRIL 29TH AT 4PM.

Location for donation drop-off
 Simpson Co. Extension Office - 300 N Main Franklin Ky
 Warren Co. Extension Office- 5162 Russellville Road Bowling Green Ky

Glamas Pageant

Two local 4-H members are doing a community service project at a local nursing home. They are in need of any like new nail polish, blush, and any photo booth items. They are also in need of some NEW lipsticks/chapsticks. And are also accepting monetary donations. If you would like to donate any of the above, please bring them to the Simpson County Extension Office.

COOPERATIVE EXTENSION
 University of Kentucky

In the Face of DISASTER

DISASTER PREPAREDNESS:
 WHAT'S IN YOUR DISASTER PREPAREDNESS KIT?

May 2nd, 1:00 pm

Leon & Lassie Page Center
 403 N College St
 Franklin, KY 42134

Register to win a door prize:
270-586-4484

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Disaster Preparedness

Are you ready if a disaster strikes our area? Come to the Leon & Lassie Page Center to learn more about what to do in an emergency and what you need to have in your kit. Please call the Extension Office at 270-586-4484 to get signed up.

Simpson County 4-H Ribeye sale is Friday
May 3rd from 10:30 am - 1:00 pm under the Farmer's Market Pavilion. Come out and get a delicious Ribeye sandwich and support 4-H

Friday, May 3rd 2024
10:30 a.m. - 1:00 p.m.

4-H RIBEYE SALE

Location: Farmers' Market Pavilion

Delivery Available!
 For preordering or questions call (270) 586-4484. Please pre-order by Monday, April 29

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Strawberry Salsa

1 tablespoon olive oil	2 cups, coarsely chopped fresh strawberries	2 cups chopped cherry or grape tomatoes
2 tablespoons white vinegar or white balsamic vinegar	8 green onions, chopped	½ cup chopped fresh cilantro
½ teaspoon salt		

- Whisk** olive oil, vinegar, and salt in large bowl.
- Add** strawberries, green onions, tomatoes, and cilantro. Toss to coat.
- Cover** and chill for 1 hour.
- Serve with tortilla or pita chips.

Yield: 7, ½ cup servings.
Nutrition Analysis: 40 calories; 2 g fat; 0 g saturated fat; 0 mg cholesterol; 170 mg sodium; 6 g carbohydrate; 1 g fiber; 4 g sugar; 1 g protein; 60% of vitamin C.
Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



The First Fruits at Farmers' Markets – Fresh Strawberries

MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

Strawberries in Kentucky make their appearance at farmers' markets near you around May each year. Of course, strawberries are available almost all year long at supermarkets but are in greatest abundance from spring through mid-summer.



Since they are highly perishable, choose brightly colored, plump, highly aromatic berries that are free from mold.

Eight whole large strawberries measure about one cup. When you buy a pint of strawberries, it will yield about 2 cups of sliced berries.

Gently wash the strawberries in cold running water and pat them dry before removing the caps and white hull. Research suggests that strawberries begin to lose their nutritional value (vitamin C and polyphenol antioxidants) quickly, usually within two days. Store the unwashed and unhulled berries in a sealed container to prevent unnecessary loss of moisture. Storing in the refrigerator can increase storage time but cannot prevent the loss of nutrients. Freeze washed strawberries in a single layer, before transferring them to a heavy-duty freezer container.

Freeze for up to six months for the best quality.

Besides their sweet, delicious flavor, the nutritional value of strawberries is well known and growing. Besides vitamin C, strawberries are a collection of polyphenol antioxidants, including flavonoids, phenolic acids, lignans, tannins, and stilbenes. Strawberries are also an excellent source of manganese, a trace mineral that your body needs in small amounts. Because of the strawberry's rich antioxidant and anti-inflammatory properties, recent research is providing us with more evidence that strawberries may reduce the risk of cardiovascular disease. Research is also promising in the area of blood sugar regulation and improved cognitive processes as we age.

Tested strawberries are commonly high in pesticides, but the reports rarely list the pesticides found or how much was found. Certified organic strawberries are not guaranteed to be free of pesticides but may have a lower risk of the rate of detection than conventional produce. Since eating fruits and vegetables is far healthier than not eating them, don't let the naysayers keep you from enjoying nature's bounty.

While there are ways to use strawberries besides eating them (like home beauty treatments and teeth whitening), Plate it Up! Kentucky Proud has a website with several recipes using strawberries. Try the Strawberry Salsa on your next grilled chicken dinner or on top of your favorite pancakes or oatmeal for breakfast. For more strawberry recipes, visit <https://fcs-hes.ca.uky.edu/piukp-recipes>.

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