



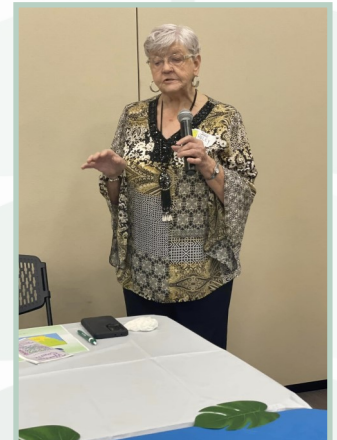
University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Warren County Extension HOMEMAKER HORIZONS

March / April 2023 (ob)

International Day was a Success!

A big thanks to Bonita Dearbone for taking us on a tour of Cape Town, South Africa! Thank you Jane Haley, County International Chairman and committee for all your hard work making our "trip" possible!



Thank You Homemakers and
Bonita Dearbone!

Cooperative Extension Service

Warren County
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Kristi Shive

Kristi Shive
Warren County Extension
Agent for Family and
Consumer Sciences

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



Disabilities
accommodated
with prior notification.

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

Meet Megan!



**KENTUCKY STATE
UNIVERSITY**
Cooperative Extension Program

MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

Meet Your Kentucky State University Area FCS Agent

Megan Treadway is the new Area Extension Agent for Family and Consumer Sciences in Kentucky State University's West Regional Office. She earned a Bachelor of Arts in English for Secondary Education and Master of Arts in Adult Education from Western Kentucky University. She will be providing FCS programming in Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson, and Warren counties.

Prior to joining Kentucky State University, Megan spent seven years working for the University of Kentucky Cooperative Extension Service. She looks forward to opportunities to collaborate with her former colleagues in the Mammoth Cave Area. Her favorite programs are those that encourage families to spend time learning together.

The Kentucky State University Extension Program's West Regional Office is located in Bowling Green, Kentucky and currently houses agents who specialize in Family and Consumer Sciences, Work-Life Education, Small Farms, and Agriculture Technology. Look for more to come from Megan and Kentucky State University in future newsletters. In the meantime, you are welcome to contact Megan or the West Regional Office with any questions.

Megan Treadway
Area Extension Agent for Family and
Consumer Sciences
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Kentucky Lettuce

SEASON: Early to late spring.

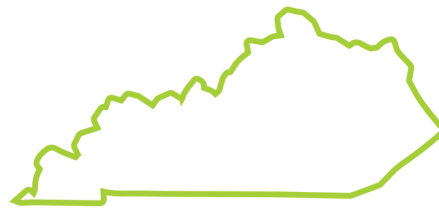
NUTRITION FACTS: Lettuces have 5 to 15 calories per cup depending on variety. Lettuce provides vitamins A and C, calcium and iron.

SELECTION: Choose crisp, brightly colored lettuce with no blemishes, slime, browning or wilted leaves.



STORAGE: Store washed and dried lettuce in a plastic bag in the refrigerator for three to five days, depending on the variety.

PREPARATION: Wash well and dry before using. Add dressing just before serving to prevent wilting. Lettuce is almost always eaten raw in salads or on sandwiches. Lettuce can also be steamed or added to soups at the end of cooking.



KENTUCKY LETTUCE

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

April 2017

Source: 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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University of Kentucky
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Lean Green Lettuce Tacos

8 large lettuce leaves	¾ pound extra lean ground beef	1 tablespoon finely chopped cilantro
1½ cup cooked brown rice	1 small zucchini, chopped	1 teaspoon lime juice
¾ cup fresh corn kernels	1 ounce packet low-sodium taco seasoning	1 tomato , chopped
1 cup canned black beans, drained and rinsed	4 ounces low sodium tomato sauce	1 small red onion , chopped
1 tablespoon olive oil		

Wash and **dry** lettuce leaves. **Prepare** rice according package directions. **Cut** corn off cob. **Drain** and **rinse** black beans. In a skillet, **heat** the oil to medium; **add** ground beef and begin to **cook**. When beef begins to brown, **add** zucchini, corn and black beans to skillet. Continue to **cook** until vegetables are tender and beef is done. Do not overcook. **Add** in taco seasoning and tomato sauce and heat through. **Add** cilantro and lime

juice to the cooked rice. **Place** equal amounts of rice mixture and taco mixture into lettuce leaves. **Top** each taco with chopped tomato and onion.

Yield: 8 servings

Nutritional Analysis: 180 calories, 4.5 g fat, 1 g saturated fat, 20 mg cholesterol, 350 mg sodium, 23 g carbohydrate, 4 g fiber, 5 g sugars, 12 g protein.



Welcome Tracy!

Tracy Falk is our new Warren County Snap Educator! We are thrilled to have her join our team at the Warren County Cooperative Extension Service!



It's Your Birthday!

Gail Balance	March 5	Oakland
Eileen Capps	March 5	Hays
Ernestine Grimes	March 5	Sandhill
Brenda Herrington	March 8	Oakland
Shirley Belcher	March 13	Stitchers
Judy Hatcher	March 29	Cross County
Pat O'Connor	April 3	Eastside
Patience Gillock	April 7	Jack & Jill
Brenda Jones	April 9	Hays
Beverly Holland	April 22	Hays
Katherine Lyon	April 28	Cross County
Barbara Watson	April 30	Briarwood

Happy Birthday

"Kindness is a Language the deaf can hear and the blind can see."

-Mark Twain



Decluttering can be Easy with Small Steps

If you're like a lot of people, you might find that your home or office isn't exactly the neatest of places. Junk mail, papers, magazines and other items could be cluttering up your space. Don't fret and get bogged down, there are many small things you can do to keep your area spruced up.

One of the first things you should ask yourself is "do you really need this?" Everything from our desks to our closets can become filled with things we haven't used since 1987. Start looking for things which you might not need or necessarily even want. Have you worn that outfit in the past year or two? Do you really need that many pens? Do you think that you'll use these in the next few months? These are some good questions to ask yourself when you begin decluttering. Maybe there is even something you have which is broken that can be recycled or trashed. This is a great time to take advantage of thrift stores. Places like Goodwill, Habitat for Humanity ReStore and local churches are always looking for donations.

Gather and sort all like items and put them in their own "zones" or areas where they will be used. This not only makes things look nicer, but it helps save time when you need something like a rubber band or your keys. It is good to think about where you would search for something. If you need an item, where would be the first place you would think to look? This is also a good time to think about labels. If you have others in your house and you want to keep the place tidy, make sure they know where everything goes so reorganizing doesn't have to become a regular activity.

Organization tools such as folders, bins and vacuum bags are great for storing items and keeping them squared away. Containers help define "homes" for our items and help set limits.

Make a cleaning schedule and assign certain days certain tasks. For example, maybe Tuesday is a great time to clean the bathroom, Thursday is a great day to dust, and Sunday is perfect for laundry. This is when you can reap the benefits of decluttering: the less stuff you have, the less stuff there is to move, dust or clean.

It is also good to cut down waste before it even enters your house or office. Is this something that you are going to use once, or will you get a lot of use out of it? Many common items can be rented for less than the purchase price of a new one. This is an especially good option if you only plan on using it only a time or two. Determine if you already own something which can be used for the same purpose.

Just remember, once an area is decluttered and organized, spend a few minutes each day putting things away and keeping things tidy. This daily maintenance is much easier than reorganizing or cleaning your area from scratch, thereby preventing bigger hassles and stress down the road.

Source: Jeanne Badgett, UK senior extension associate, Family and Consumer Sciences



Save the Date!

- ◆ Cooking Through the Calendar
March 15th, 10:30am
- ◆ Homemaker Executive Board
April 6th 9:00am
- ◆ Homemaker Advisory Council
April 6th 10:00am
- ◆ MCA Homemaker Council Mtg
*For Area Officers Only
April 13th 9:00am
- ◆ Leader Lesson "Entertaining Little Ones"
April 27th 10:00

Be sure to like
"Living Well in Warren County"
on Facebook
to keep up with all the
homemaker events!



Join us for Farm & Home

with Kristi Shive & Joanna Coles

on WBKO Channel 13-1

Monday - Friday between
5:15 a.m. - 5:30 a.m.



April Leader Lesson Training: Succulents & Perennials

Instructor — Kristin Hildabrand,
Warren County Horticulture Agent

March 30th 10:00am @WCEO



Recipe from *Taste of Home*

Slow Cooker Lava Cake

Prep time 15 min. Cook: 2 Hours + Standing
Makes 8 Servings

1 cup all-purpose flour
1 cup packed brown sugar, divided
5 tablespoons baking cocoa, divided
2 teaspoons baking powder
1/4 teaspoon salt
1/2 cup fat-free milk
2 tablespoons canola oil
1/2 teaspoon vanilla extract
1/8 teaspoon ground cinnamon
1-1/4 cups hot water



Instructions

1. In a large bowl, whisk flour, 1/2 cup brown sugar, 3 tablespoons cocoa, baking powder and salt. In another bowl, whisk milk, oil and vanilla until blended. Add to flour mixture; stir just until moistened.
2. Spread into a 3-qt. slow cooker coated with cooking spray. In a small bowl, mix cinnamon and the remaining brown sugar and cocoa; stir in hot water. Pour over batter (do not stir).
3. Cook, covered, on high 2 to 2-1/2 hours or until a toothpick inserted in cake portion comes out clean. Turn off slow cooker; let stand 15 minutes before serving.



ATTENTION Homemakers!

If your picture has not been taken for the directory, please stop by the office ASAP. If you do not want your picture taken, please call Sherry Taylor at (270) - 842 - 1681, and let her know.

Spring Forward is March 12th!



March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 <i>Leader Lesson "Bread Making" 10am</i>	3	4 <i>Stitchers 11am</i>
5	6	7	8	9 <i>Oakland 6pm</i>	10	11
12 <i>Daylight Savings</i> 	13 <i>Sandhill 6pm</i>	14 <i>Cross Country 10am Woodburn 10am Briarwood 12pm</i>	15 <i>Cooking through the calendar 10:30am Eastside 11:30am</i>	16 <i>Hays 10:30am Jack & Jill 6pm</i>	17 <i>St. Patrick's Day</i> 	18
19	20 <i>First Day of Spring</i>  <i>Oakview 10:30am</i>	21	22	23	24	25
26	27	28	29	30 <i>Leader Lesson "Succulents & Perennials" 10am</i>	31	

April 2023

Sun Mon Tue Wed Thu Fri Sat

							1 <i>Stitchers 11am</i>
2	3	4	5	6 <i>Executive Board 9am & Advisory Council 10am</i>	7		8
9 <i>Easter</i>	10 <i>Sandhill 6pm</i>	11 <i>Cross Country 10am Woodburn 10am Briarwood 12pm</i>	12	13 <i>MCA Council meeting 9am *Area Officers Only Oakland 6pm</i>	14		15
16	17 <i>Oakview 10:30am</i>	18 <i>Tax Day</i>	19 <i>Eastside 11:30am</i>	20 <i>Hays 10:30am Jack & Jill 6pm</i>	21		22 <i>Earth Day</i>
23	24	25	26	27 <i>Leader Lesson "Entertaining Little Ones" 10am</i>	28		29
30							

