



**Martin-Gatton**  
College of Agriculture,  
Food and Environment  
University of Kentucky.

# Warren County Extension **HOMEMAKER HORIZONS**

May/June 2024 (sg)

*The Power of an Apron!*

**WEAR YOUR FAVORITE APRON  
TO WARREN CO. ANNUAL DAY!**

*Friday, July 26th*

Registration 10:30 AM | Event 11:00 AM

Registration Fee \$17.00

{Will include catered meal, goodies, and door prizes}



*Guest Speaker:*  
Megan Treadway,  
FCS Agent for KSU

Register & pay to reserve your spot  
**by July 18th!**  
270-842-1681



**Cooperative Extension Service**

Warren County  
5162 Russellville Rd.  
Bowling Green KY 42101  
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<http://warren.ca.uky.edu>

**Inside This Issue**

Important Info/Dates	2
Birthdays	3
KSU: Vitamin C	4/5
Smoothies	6
Calendar	7/8

*Kristi Shive*

**Kristi Shive**  
Warren County Extension  
Agent for Family and  
Consumer Sciences

**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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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# We WANT YOU!

The nominating committee is currently looking to fill the following positions. Please contact the office or committee members if you would like to serve or have any nominations for the current positions. (Current committee members are Ruth Moyers, Betty Grammer, and Eileen Capps).

## Officers

President Elect (2024-25)  
1st Vice President (2024-26)  
Treasurer (2024-26)

## Chairmen

Environment Housing & Energy (2024-26)  
Family & Individual Development (2024-26)  
Food Nutrition & Health (2024-26)  
Management & Safety (2024-26)



## Homemaker Leader Lessons

**May 30th @ 10:00 AM**

**“Travel the World Without Leaving Your Kitchen”**

*Rachel Hance,  
Logan CO FCS Agent*

**July 11th @ 10:00 AM**

**“Move Your Way” Chair Yoga**

*Lynn Blankenship,  
Metcalfe CO FCS Agent*

## Upcoming Dates

- **May 31st:** ALL Annual day Awards due!
  - **May 31st:** VSU hours due to Beth Reidelbach!  
(The office can get to Beth if you need help)
- **July 18th:** Homemaker Annual Day Registration **DUE**
- **July 26th:** Homemaker Annual Day  
See front for details!
- **August 8th:** County Cultural Arts Contest
  - ⇒ 9-10:30 AM – Drop-off
  - ⇒ 11 AM -12 PM – Judging
  - ⇒ 1-1:30 PM – Viewing
  - ⇒ 1:30 PM – Pick-up
- **August 23rd @ 9:30 AM:**  
Transfer day/ Program of Work
- **August 29th:** Executive Board & Advisory Council

## Summer Trolley Tour!

Call Wanda Payne if you would like to attend a Summer Trolley Tour around Bowling Green! Time and date to be determined. You can reach Wanda at 270-996-8209 if you would like to join.



# Happy Birthday

Pat O'Connor	April 3
Nel Kemp	April 5
Patience Gillock	April 7
Brenda Basham Jones	April 9
Beverly Holland	April 22
Megan Mooney	April 23
Katherine Lyon	April 28
Alpha Marshall	May 2
Marcia Harrell	May 13
Violet Terrell	May 17
David Schroeter	May 19
Edna Glines	May 22
Alice Jones	May 22
Betty Halcomb	May 23
Margaret Belk	May 24
Lenda Moore	May 25
Becky Cary	May 30
Michele LeNoir	June 9
Tana Schneller	June 11
Jennifer Reidelbach	June 22
Sue Duncan	June 29



Let July be July,  
and let August be August.  
And let yourself  
just be  
even in  
the uncertainty.  
You don't have to fix everything.  
You don't have to solve everything.  
And you can still find peace  
and grow  
in the wild  
of changing things.

MHN

## Join us for Farm & Home

with Kristi Shive & Joanna Coles



WBKO Channel 13-1  
Monday - Friday between  
5:15 a.m. - 5:30 a.m.

Be sure to like  
“*Living Well in Warren County*”  
on Facebook



to keep with all the  
homemaker events!

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**MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES**

**Vitamin C and Health**

In the mid 18th century, British sailors, whose diet consisted primarily of bread and meat, began to succumb to several painful and deadly symptoms. The symptoms included bleeding gums, loose teeth, poor wound healing and, eventually, death. Today, we know this disease as scurvy. It was later discovered that introducing citrus fruits such as limes, lemons and oranges slowly healed the condition and prevented the illness in others. Fast forward to the early 20th century: A Hungarian biochemist, Albert Szent-Györgyi, discovered ascorbic acid popularly known as Vitamin C.



**Sources of Vitamin C**

Vitamin C is an essential water-soluble vitamin and a powerful antioxidant. Women need approximately 75 mg every day while men require approximately 90 mg. Due to the presence of free radicals and harmful oxidants, smokers will require an additional 30-35 mg of Vitamin C per day (NIH, 2020). Citrus fruits are a common source of Vitamin C; however, they are not the only source. Below is a list of food items that are high in Vitamin C:

Food (Serving Size)	Milligrams of Vitamin C
Red Bell Pepper (1 Large raw)	209 mg
Green Bell Pepper (1 Large raw)	131 mg
Broccoli (1 cup)	102 mg
Vegetable Juice (1 cup)	72 mg
Strawberries (1 cup raw)	98 mg
Grapefruit (1 whole fruit)	79 mg
Orange (1 whole fruit)	70 mg




## Health Benefits of Vitamin C

While Vitamin C became famous for preventing and treating scurvy, we have since discovered many other benefits. Vitamin C benefits our health by:

- Reducing the risk of heart disease and cancer through antioxidant properties
- Boosting immunity by promoting white blood cell synthesis
- Increasing collagen synthesis
- Participating in the creation of neurotransmitters
- Reducing how our body responds to stress

As you can see, Vitamin C is a crucial vitamin for treating and preventing disease. The USDA recommends that we consume 2-3 servings (2-3 cups) of both fruits and vegetables every day. It is also important to incorporate a diverse amount of fruits and vegetables to make sure that we acquire all our necessary nutrients. Keep this in mind as you are preparing your next meal in order to keep you and your family healthy and thriving! For a Vitamin C boost, try the below recipe that includes both broccoli and bell pepper!




### Broccoli Pizza

<b>1½ cups</b> shredded Monterey Jack cheese	<b>½ medium</b> red bell pepper, cut into strips
<b>1 12-inch</b> whole wheat pizza crust	<b>1 medium</b> tomato, thinly sliced
<b>1 cup</b> chopped broccoli florets	<b>2 cloves</b> minced garlic
<b>1 medium</b> zucchini, thinly sliced	<b>1 teaspoon</b> dried Italian seasoning
<b>1 medium</b> onion, sliced into strips	<b>2 tablespoons</b> vegetable oil

- 1. Sprinkle** half of the cheese evenly over crust; set aside.
- 2. Sauté** vegetables, garlic and Italian seasoning in hot oil 3-5 minutes or until vegetables are crisp-tender.
- 3. Spoon** vegetables evenly over pizza crust.
- 4. Top** with remaining cheese.
- 5. Bake** at 450° F 5 minutes or until cheese melts.

**Yield:** 8 slices  
**Nutrition Analysis:**  
320 calories; 23g fat; 11g saturated fat; 0g trans fat; 65mg cholesterol; 540mg sodium; 18g carbohydrates; 3g dietary fiber; 3g sugars; 15g protein.

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



### References

Blake, J. S., Munoz, K. D., & Volpe, S. (2019). *Nutrition, From Science to You*. 4th Ed. Pearson.

Carr, A. C., & Maggini, S. (2017). *Vitamin C and Immune Function*. Nutrients.

National Institutes of Health. (2020). *Vitamin C [Fact sheet]*. <https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/>

Source: Dr. Kristopher R. Grimes, Associate Professor and State Extension Specialist for Nutrition and Nutrition Education

Recipe Source: University of Kentucky Cooperative Extension Service, *Plate It Up Kentucky Proud*

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# Become a Smoothie-Making Pro with these Simple, Nutritional Steps

Source: Heather Norman-Burgdolf, UK Extension Specialist for Food and Nutrition; Anna Cason, UK Senior Extension Associate

Smoothies are a convenient way to add nutrients to your diet, adding variety to what and how you eat. Smoothies are simple because you combine all the ingredients into one spot, then blend and enjoy.

With a little practice and these tips listed, you can become a smoothie-making pro.

- Add over-ripened fruits and vegetables. Over time, this can reduce food waste and save food dollars in your home.
- Consider buying single-serving blenders. These are typically less expensive than a true blender. You can also buy blenders secondhand or refurbished, generally discounted around the holiday season. If you do not have a blender, make smoothies in a food processor or with an immersion blender instead.
- Enjoy smoothies right after you prepare them. When you have leftovers, you can drink smoothies within 24 hours if you store them in an airtight container in the refrigerator. You can also pour leftovers into an ice tray with a toothpick or a popsicle tray to freeze and enjoy later.
- Smoothies are a healthy way to supplement meals. They are an easier way to take in calories when eating a meal may be difficult. This is an important consideration during sickness, if someone is managing a chronic condition, or needs to gain weight.
- Smoothies offer variety. You can easily change smoothies to your liking. The next time you make one, try adding a new ingredient or removing one you may not have liked.
- Store-bought smoothie options can be more convenient, but not typically healthier. These options are generally more expensive, high in added sugar and less nutritious than homemade. At home, you can add what you want and simultaneously save food dollars.
- You may have heard of “juicing.” When you juice a fruit or vegetable, you remove fiber and most micronutrients. This is what makes a smoothie a more nutritious option. Smoothies include fiber, vitamins, minerals, antioxidants and phytochemicals you only get when you eat the entire fruit or vegetable.
- With the right ingredients, smoothies can be a balanced meal. Add multiple food groups to your smoothie to meet nutrient needs. For example, a smoothie made with yogurt, strawberries, a banana, spinach and oats provide nutrients from the dairy, fruit, vegetable and grain food groups.
- Smoothies are an easy clean up. To make clean up a breeze, fill the blender or food processor halfway up with water, add a dash of dish soap, and blend. It’s that simple. For other creative ideas for adding nutritious foods to the diet, look for upcoming programs and classes at the Warren County Extension office.

## Power-Up Berry Smoothie

### Ingredients:

- 1 cup fresh spinach
- 1 very ripe banana
- 1 cup orange juice
- 1 cup fresh or frozen mixed berries
- 1 cup ice (optional)

### Directions:


In a blender, add spinach, banana, and orange juice. Blend until smooth. Add berries. Blend until smooth. For a cooler treat, add ice and blend until smooth. Serve immediately.

Servings: 4 Serving Size: 1 cup



Source: *Eat Smart to Play Hard*: Kristi Shive, Warren County Extension Agent for Family and Consumer Sciences, University of Kentucky Cooperative Extension Service

# May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 <i>11am Stitches</i>
5	6	7	8	9 <i>6pm Oakland</i>	10	11
12	13 <i>6pm Sandhill</i>	14 <i>10am Cross Country 10am Woodburn 12pm Briarwood</i>	15 <i>11:30am Eastside</i>	16 <i>10:30am Hays 6pm Jack &amp; Jill</i>	17 <i>11am Oakview</i>	18
19	20	21	22	23	24	25
26	27 <i>Memorial Day WCEO Closed</i> 	28	29	30 <i>10am Leader Lesson</i>	31 <i>ALL Annual Day Awards DUE VSU Hours DUE</i>	

# June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i> <i>11am Stitches</i>
<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>
<i>9</i>	<i>10</i> <i>6pm Sandhill</i>	<i>11</i> <i>10am Cross Country</i> <i>10am Woodburn</i> <i>12pm Briarwood</i>	<i>12</i>	<i>13</i> <i>6pm Oakland</i>	<i>14</i>	<i>15</i>
<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i> <i>Juneteenth</i> <i>WCEO Closed</i> <i>11:30am Eastside</i>	<i>20</i> <i>10:30am Hays</i> <i>6pm Jack &amp; Jill</i>	<i>21</i> <i>11am Oakview</i>	<i>22</i>
<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>
<i>30</i>						