

Mercer County Family and Consumer Sciences Newsletter APRIL 2023



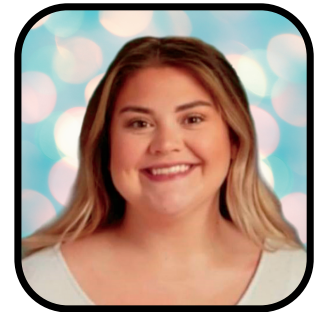
University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

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



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Hello, FCS Friends! It is already time for the April Newsletter and while I hate to wish away my life, I am ready for spring. I look forward to everything blooming all year long. While creating this newsletter I had the realization that since my first year trainings are all completed, I have so much more time to do programming. I am so excited about everything on the horizon. A recap of things going on are as follows: Lunch N Learn happens on the first friday of the month at Noon and Crafternoons takes place on the last friday of the month from 1-3PM. Now that spring is here I will be starting a Food Preservation Series starting with Salsa on April 20th at 10AM. These classes have **extremely limited space** so if you are interested PLEASE call 859-734-4378 or email tara.duty@uky.edu as soon as possible to reserve your spot! As I write this we havent hosted our first Crafternoons yet, but I already have a feeling its going to be a successful program! Crafternoons in April we will be wool felting and in May we will learn how to arrange fresh cut flowers! Just a friendly reminder, because of limited space and resources- **all of my programs require an RSVP.** I can't wait to see you at an upcoming program!

Family and Consumer Sciences Agent,
Tara Duty

Tara Duty

RECIPE CLUB

Do you like to cook? Or are you bored with your normal, go-to recipes? Join Recipe Club! To sign up call 859-734-4378 or email tara.duty@uky.edu and every month we will mail you 3 new recipes!



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Rainbow Pasta Salad



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

- 8 ounces small whole-wheat pasta (shells, mini bowties, elbow macaroni, rotini, etc.)
- 6 ounces (or 4 cups, packed) fresh baby spinach leaves, roughly chopped
- 2 cups sliced strawberries
- 1 can (15 ounces) mandarin oranges in 100% juice or water, drained
- 1 can (10 ounces) pineapple tidbits in 100% juice, drained with juice reserved
- 1 cup chopped pecans, cashews, almonds (optional)

Salad dressing:

- 1/4 cup olive oil
- 1/3 cup apple cider vinegar
- Reserved pineapple juice
- 1/2 teaspoon onion powder
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Cook pasta according to package directions. Drain and rinse under cold running water to cool. Set aside to continue draining.

3. Wash fresh produce under cool running water and dry. Cut to prepare for the recipe.
4. In a large bowl, combine the cooked pasta, spinach, strawberries, oranges, and pineapple.
5. Top with chopped nuts, if using.
6. Combine the salad dressing ingredients in a separate small bowl or jar with a lid. Whisk or shake to combine. Add salad dressing to the pasta salad right before serving and toss. Or, serve dressing on the side to keep salad crisp for several days.
7. Refrigerate leftovers within 2 hours.

Note: Add grilled chicken to make this an entrée salad.

Makes: 7 servings

Serving Size: 1 1/2 cups

Cost per recipe: \$12.87

Cost per serving: \$1.84

Nutrition facts per serving:

250 calories; 9g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 190mg sodium; 41g total carbohydrate; 5g dietary fiber; 14g total sugars; 0g added sugars; 6g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium.

Source:

Brooke Jenkins,
Extension Specialist,
University
of Kentucky
Cooperative
Extension Service





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APRIL 2023

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
	<ul style="list-style-type: none"> MLK Committee Meeting @ 5:30PM 	<ul style="list-style-type: none"> Knit 1, Crochet 2 @ 2pm Cultural Arts Drop Off 	<ul style="list-style-type: none"> Cultural Arts Judging @ 2:30PM 		<ul style="list-style-type: none"> Lunch N Learn @ Noon 	
9	10	11	12	13	14	15
	<ul style="list-style-type: none"> Creative Cooking 12PM 	<ul style="list-style-type: none"> Knit 1, Crochet 2 @ 2pm 4H Crochet Club After School Wilderness Trace Quilt Guild 1PM 	<ul style="list-style-type: none"> It's Sew Fine Set Up 	<ul style="list-style-type: none"> It's Sew Fine 	<ul style="list-style-type: none"> Ag Day It's Sew Fine 	
16	17	18	19	20	21	22
	<ul style="list-style-type: none"> Backporch Gatherings 6PM 	<ul style="list-style-type: none"> Knit 1, Crochet 2 @ 2PM Area Cultural Arts in Franklin Co. 	<ul style="list-style-type: none"> Tara out of office for training. Plant Based and Delicious 10AM 	<ul style="list-style-type: none"> Canning: Salsa 10AM 	<ul style="list-style-type: none"> Earth Day 	
23	24	25	26	27	28	29
		<ul style="list-style-type: none"> Knit 1, Crochet 2 @ 2PM Healthy Kids Day 		<ul style="list-style-type: none"> Wilderness Trace Quilt Guild 10AM 	<ul style="list-style-type: none"> Living with Loss Lesson @ 10AM Craftersnoon 1PM-3PM 	
		30				



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RETURN SERVICE REQUESTED



Very Berry Salsa

4 cups apples, finely diced	1 cup raspberries, halved	1 tablespoon fruit preserves
1 cup blueberries	1 cup blackberries, halved	½ tablespoon sugar
1 cup strawberries, diced		½ tablespoon brown sugar

In a large bowl, **combine** apples and berries. In a small bowl, **mix** together preserves and sugars until well blended. **Pour** preserve mixture over fruit and **toss** to coat. **Cover** and **chill** in the refrigerator for at least 30 minutes.

Yield: 32, 2 ounce servings
Nutritional Analysis: 20 calories, 0 g fat, 0 mg cholesterol, 0 mg sodium, 5 g carbohydrate, 1 g fiber, 4 g sugar, 0 g protein



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



Glazed Cantaloupe Bread

3 eggs	1½ cups all-purpose flour	½ teaspoon ground ginger
1 cup unsweetened applesauce	1 teaspoon salt	Glaze:
1 cup sugar	1 teaspoon baking soda	½ cup butter
1 tablespoon vanilla extract	¾ teaspoon baking powder	⅔ cup brown sugar
2 cups pureed cantaloupe (about one 5-inch round melon)	2 teaspoons ground cinnamon	½ cup chopped pecans
1½ cups whole wheat flour		

Preheat oven to 325 degrees F. Lightly **grease** and **flour** two, 9 x 5-inch loaf pans. In a large mixing bowl **beat** together eggs, applesauce, sugar, vanilla and pureed cantaloupe. In a separate bowl, **sift** together flours, salt, baking soda, baking powder, cinnamon and ginger. **Add** flour mixture to cantaloupe mixture; **mix** just until combined, then **pour** batter into prepared pans. **Bake** in the center of a preheated oven for 60 to 70 minutes, until a toothpick inserted into center of loaf comes out clean and top of loaf springs back when pressed. Let loaves **cool** in pans for 10 minutes, run a knife around edge

then **turn out** of pans to a cooling rack. **For Glaze:** **Combine** butter and brown sugar in a microwave safe bowl. Microwave on high 3 minutes, stirring well at 1 minute intervals, until smooth and sugar is melted; add pecans to the glaze. Pour glaze over warm loaves. Allow glazed loaves to cool one hour before serving.

Yield: 20 slices
Nutritional Analysis: 200 calories, 8 g fat, 3.5 g saturated fat, 45 mg cholesterol, 20 mg sodium, 32 g carbohydrate, 2 g fiber, 17 g sugars, 4 g protein.



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All About Brambles

Learn How To Grow Blackberries and Raspberries

April 11

10:00am

RSVP by April 7

Receive free blackberry plants for attending.

YOU MUST RSVP

Call 859-734-4378 to sign up.

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FAMILY &
CONSUMER
SCIENCES



Creating Healthy & Sustainable Families

FOOD PRESERVATION WORKSHOPS

APRIL 20TH- SALSA

MAY 4TH- GREEN BEANS

MAY 18TH- GARLIC JELLY

JUNE 1ST- TOMATOES

JUNE 8TH- MANGO PINEAPPLE RELISH

JUNE 29TH- CREAM STYLE CORN

JULY 6TH- APPLE BUTTER

JULY 20TH- MIXED VEGETABLES

AUGUST 10TH- ROASTED RED PEPPER SPREAD

AUGUST 17TH- VEGETABLE STOCK

AUGUST 18TH- BLUEBERRY LIME JAM

AUGUST 29TH- CHICKEN SOUP



**ALL CLASSES WILL BE AT THE MERCER
COUNTY EXTENSION OFFICE AT**

10:00AM RSVP REQUIRED

859-734-4378 OR TARA.DUTY@UKY.EDU

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