



ADAIR COUNTY EXTENSION HOMEMAKERS

April 2023



Dylan and Lesley at the
Louisville Zoo Wild Lights

March brought strong winds and power outages throughout Kentucky. I was fortunate not to have lost power for very long and did not experience any damage. My thoughts are with those of you who are still experiencing impacts from the storm. I have been disappointed so far with how much spring has resembled winter. Hopefully, warm weather will soon come to our area. In March, we celebrated Lesley's birthday by going to the Louisville Zoo and breakout games in Bowling Green.

Bingocize will continue in April. We will meet on *most* Tuesdays and Thursdays at Noon CST. Upcoming dates include April 6th, 11th, 13th, 18th, and 25th. This will be our last month of Bingocize until later this year.

The April Homemaker Leader Lesson is Healthy Outdoor Cooking. It will be held on Tuesday, April 18th at 12:00 Noon CST at the Extension Office. Debbie Shepherd, Wayne County FCS Agent, will be leading the lesson. Call the Extension Office at 270-384-2317 to RSVP.

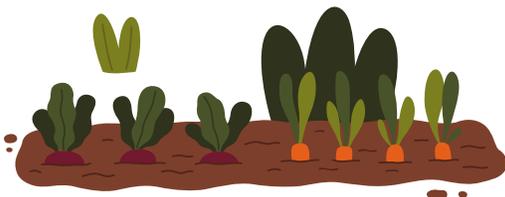
*Note, this date overlaps with a Bingocize session. Interest will be gauged concerning canceling Bingocize that day.



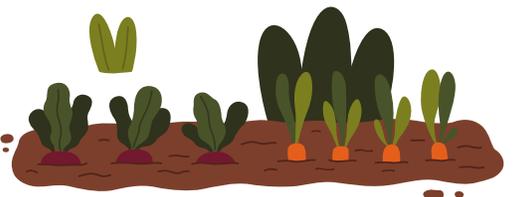
Dylan and Lesley at breakout
games in Bowling Green

The Cultural Arts Competition exceeded expectations! We are very thankful to have had sixty-two entries and five new members join in order to participate. Adair County had sixteen first-place entries at Area that will advance to the state competition in May at the Crowne Plaza. It is now time to start planning for our next competition, Floral Hall. The tentative dates for Floral Hall 2023 are July 19, 20, and 21st.

I am excited to bring back a favorite program in the month of April. On April 14th, 21st, and 28th, we will be having different Plate it Up! Kentucky Proud sessions. The first session is on lamb chops; the second session we will be making burgoo; and the final session we will be cooking up frog legs. For more information, look further into this newsletter.



April is National Garden Month





Bingocize

NEW DATES ANNOUNCED

Bingocize is a low-impact exercise program that offers real prizes, potential health benefits, and increased knowledge of health-related topics. Participants will play bingo, do short, low-resistance exercises, answer trivia, and repeat. The winner of bingo will receive a small prize plus bragging rights. There will be roughly two sessions per week, and participation is encouraged at every session. There is no charge to attend; all sessions will be at the Extension Office. Bottled water will be provided to all participants.

Sessions will be on the following days at 12:00 noon:
April 6th, 11th, 13th, 18th, 25th

RSVP AT (270) 384-2317



Healthy Outdoor Cooking

Outdoor cooking has become very popular. From campfires to smokers to grills, there are many ways to enjoy outdoor cooking. Mastering your skills, trying new recipes, and keeping safe food handling in mind while in the great outdoors can be enjoyable and delicious! Join us as we explore Healthy Outdoor Cooking!

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LAMP CHOPS

INFO

Join the Adair County Cooperative Extension Service for three highly requested lunch and learn sessions. The sessions are free and lunch will be provided at each session. The Frog Legs and Burgoo recipes are both certified Kentucky Proud! Sessions will occur on Fridays in April at 11AM CST. Each session is expected to last approximately one hour. Space is limited to 12 participants per session, to reserve your spot call (270) 384-2317.

APRIL 14TH 11AM, LAMB CHOPS

APRIL 21ST 11AM, BURGOO

APRIL 28TH 11AM, FROG LEGS

Lunch &
 Learn

**PLATE IT UP!
 KENTUCKY
 PROUD**

BURGOO



FROG LEGS



RSVP AT: (270) 384-2317

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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.

April



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

					1 	2
3 Town & Country 6:00 PM	4	5 Area Gardening Event Wayne Co.	6 Bingocize Noon Extension Office	7	8	9
10	11 Sano Stars 5:30 PM & Bingocize Noon	12 Bliss Club 11:30 AM Green River 11:30 AM	13 Happy Club 5:00 PM & Bingocize Noon	14 Food Demo: Lamb Chops 11 AM	15	16
17	18 Bingocize & Leader Lesson	19	20	21 Plate it Up! KY Proud Burgoo 11 AM	22	23
24	25 Bingocize & County Council Meeting	26	27 Area Annual Meeting Wayne Co.	28 Plate it Up! KY Proud Frog Legs 11AM	29	30

Reminder : _____



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-YOU ARE INVITED TO THE-

Lake Cumberland Area
 Extension Homemaker Annual Meeting

April 27th, 2023

Registration begins 5:30pm EST
 (program will begin at 6pm est prompt)

at the Aspire Center
 90 Airport Road
 Monticello, KY 42633

Meal:

Savory Stuffed Pork Tenderloin, Sumptuous Stuffed, Turkey Breast,
 Smashed Potatoes, Gravy, Home Garden Buttered Corn, Country Seasoned
 Green Beans, Sweet Baby Carrots, Spring Garden Salad, Rolls, Delectable
 Desserts, and Drinks

Entertainment:

Chautauqua Speaker from KY Humanities Council
 Grandpa Jones : Country Music & Comic
 Portrayed by: David Hurt

Door Prizes!

RSVP at the Adair County Extension Office
Deadline: April 19th
 Fee: \$15



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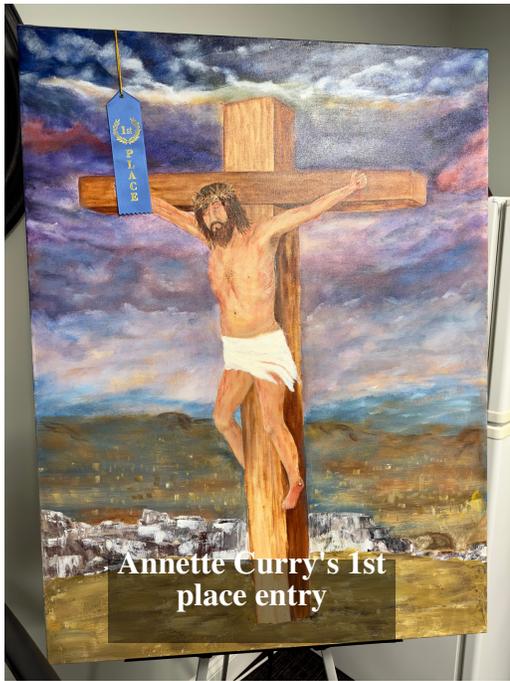
Gerri Reynolds holding her 1st place entry



Shannon Stevenson and her 2nd place entry



Violet Graves with her 1st place entry



Annette Curry's 1st place entry



Mildred Vibbert's 1st place entry



Cheryl Olson's 1st place entry



Amanda Abbot's 1st place entry

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Canning Workshop Series

May 30th, May 31st, and June 1st
9:00 AM - 12:00 Noon CT Each Session
Adair County Extension Office

409 Fairground St., Columbia KY 42728

FEE \$20 - RSVP by May 22nd - Class size is Limited.



Salsa



Vegetable Soup



Pie filling

Join us, May 30th through June 1st for a three-part series on canning salsa, vegetable soup, and pie filling. Each session will take place at the Adair County Extension Office beginning at 9:00 AM CST and will conclude at approximately Noon. The series is open to Adair, Green, and Russell County residents. Limited to six people per county, 20 total per session. A wait list will be utilized for overflow and calls received by May 22nd.

The cost to attend is \$20 per person and includes a copy of the Ball Blue Book Guide to Preserving. Please contact your local Extension Office with any questions.

RSVP to the Adair County Extension Office @ 270-384-2317

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Disabilities
accommodated
with prior notification.



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





MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2023

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BEING A RESPECTFUL GIVER: HOW TO HELP AFTER A NATURAL DISASTER

After a natural disaster or emergency, there is often widespread need. The desire to help those most affected is a normal and often well-intended response from those not affected. However, despite the best of intentions, most aid and donations after a disaster do not best help those in need. Many areas are overwhelmed with unusable in-kind donations that need to be sorted, distributed, and even discarded. This adds to the chaos that often engulfs communities after a disaster strikes. Instead, learn tips for how to help after a natural disaster by being a respectful giver.

SO. MUCH. STUFF.

When a natural disaster hits a neighboring community, a knee-jerk reaction is to go through your home and gather things your family no longer wears, wants, or needs to give to storm survivors. When hundreds or thousands of people do this, however, disaster-affected areas can quickly become overwhelmed with stuff. Most often the stuff is not needed; rather it is tattered, dirty, or broken – or the donated items are irrelevant. Used clothing is one of the most-donated but least-needed items after an emergency. Unless an organization specifically requests clothing (for example, winter coats after an ice storm), wait to donate clothing.



DONATE MOST-NEEDED ITEMS

If you choose to donate goods or items after a natural disaster, confirm that your items are needed. Reach out to the county Cooperative Extension Office, a local community center (like the YMCA or Red Cross), or a local place of worship, for example, which will be familiar with the specific needs of community members.

Also, consider providing new items that support common donations. An example of this would be manual can openers (as canned goods are frequently donated), or new baby bottles along with canisters of unopened, non-expired baby formula. Dry shampoo, baby wipes, diapers, feminine hygiene products, and work gloves are other examples of needed items that go overlooked after a large-scale disaster.



CONTACT RECOGNIZED AND TRUSTED ORGANIZATIONS WHO KNOW IF AND WHERE VOLUNTEERS ARE NEEDED



DONATE TIME, ENERGY, MONEY, OR GIFT CARDS

According to FEMA, financial contributions are the most flexible and most effective method of donating. Contact recognized charitable organizations who are on the ground in an affected area. They know what items and quantities are needed – and who needs them. Your time and energy may also be helpful in the days, weeks, and months after a disaster. However, never “self-deploy” to disaster areas. Again, contact recognized and trusted organizations who know if and where volunteers are needed. Disaster response and recovery efforts must be well-coordinated within a local community to be safe and effective.

BE WARY OF SCAMS

Finally, be wary of donation-related scams after an emergency. Unfortunately, scammers prey on generosity and compassion during times of widespread need. Before donating – especially cash or gift cards – research the charity. Also, be careful of crowdfunding scams. These happen when a person asks for help through a crowdfunding

website, which is an online site where you can make financial contributions to an individual, family, or personal cause. Some crowdfunding sites do little to make sure the money goes where the organizer says it will.

Contact your local County Extension Office for suggestions of community organizations collecting money or in-kind donations.

REFERENCES:

<https://www.fema.gov/disaster/recover/volunteer-donate>

Huff, N. (2023). *Financial Management After a Natural Disaster*. University of Kentucky Cooperative Extension Service, Family and Consumer Sciences, #FRM-IFD.002. https://fcs-hes.ca.uky.edu/files/frm-ifd.002_financesafterdisaster.pdf

Norman-Burgdolf, H., & Norris, A. (2023). *Keeping Food and Water Safe After a Natural Disaster*. University of Kentucky Cooperative Extension Service, Family and Consumer Sciences, #FN-IFD.002. https://fcs-hes.ca.uky.edu/files/fn-ifd.002_foodwaterafterdisaster.pdf

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