

Lyon County Extension Homemaker Newsletter

Cooperative
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June 2017

By the time this newsletter reaches your mailbox I will be on the beach with my toes in the sand and a book in my hand. As you go to your meetings this month and learn all about "A Day at the Spa," think about how you can find time to de-stress and get some rest. There is one thing I know from my years of work in community mental health, and that is a caregiver is of no use to those they are supposed to be helping, if they don't take time to help themselves along the way. What do you like to do to help yourself relax? Read a book? Try some yoga? Spend an afternoon on the lake? Get some exercise? I for one will be getting some "wave" therapy this week to help me rejuvenate and rest up for all our upcoming Homemaker activities. Have fun finding your happy place!

-Angie



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County Annual Day

County Annual Day is set for June 22, 2017 at 10:00. There will be a \$1.00 registration fee that has to be paid by **June 16, 2017**. Please be cognizant of the date and make sure you have paid your registration fee. For the event **please bring a salad to share for our lunch potluck.**

Serving spoons will be provided during the lunch. Please don't bring family heirlooms to use the day of the event as last year some spoons went missing that were of sentimental value. We will also be having our annual auction and **the planning committee has asked that you bring handmade or homemade items to donate for the auction.** Resident auctioneer and all around funny man, Jimmy Henson, will be back with his brand of nonsense. Agricultural Agent, Susan Fox, will be sharing her presentation on container gardening. Flora will be abundant so don't miss out on a fun day!

Pennyrile Homemakers Hit the Road

AS OF PRINTING THERE ARE ONLY 16 DAYS LEFT TO SIGN UP. DON'T MISS OUT!

Mark your calendars now and save the dates of July 19 and July 20, 2017 to join me and the other Pennyrile Area Agents and Homemakers on an overnight trip to Frankfort Kentucky. We have a jam packed two days of tours, food and fun planned.

Here's the scoop: (please note I am trying to explain this as uncomplicatedly as I can) (that being said, please call me if you have questions).

For the first 32 Lyon County Homemakers who sign up to attend the trip I will be providing transportation. I had a small pot of funding still available to pay for that many people to go with no transportation costs. That does not mean others can't go, you will just be responsible for your own transportation. You will be able to follow the bus and do everything else with the group. Because there has to be a limit with the bus, we will have trip sign up day on May 5, 2017 beginning at 8:15 in the morning. To be fair to everyone, you must be in line to pay for yourself only. When the 32 spots are gone, others again, are still able to come with the group, but will have to provide their own transportation. Clear as mud? Now let's talk hotel rooms.

This is an overnight trip. We will be staying at the Hampton Inn in Frankfort KY. Because we are going as multiple counties with multiple Homemakers, we have decided to let each person/group attending the trip to book their own rooms (again, if this seems confusing just call me, we will work it out). Here are the prices:

Single person in a room \$127.83 each
Two people in a room \$63.92 each
Three people in a room \$42.61 each
Four people in a room \$31.96 each

So how does this work? Let's say four people Sue, Sally, Sarah, and Sandy, all want to go on the trip and room together. Sue is the group leader so she calls the hotel at 1-502-223-7600 and tells the person answering the phone that she needs to make a reservation under a group reservation for July 19, 2017. The hotel clerk will ask for the group name and Sue will say the **Pennyrile Area Homemakers from the University of Kentucky**. The hotel clerk will look up the group and say "let me get your information" and Sue gives them her name, address, and payment information. The hotel clerk will say your total will be \$127.83. Sue will get her room confirmation number. Then Sue will call Sally, Sarah, and Sandy and say "you each owe me \$31.96 for our room on the Pennyrile Area Homemaker trip." The three girls

will pay Sue and your reservation process is complete. The same process will be used if you want to stay 1, 2, 3, or 4 to a room. Please make note that only Sue called to make the reservation. If Sue, Sally, Sarah, and Sandy all called then they would have four rooms and would each be paying \$127.83. Still clear as mud? There's more.....

The actual cost of the trip for Lyon County Homemakers (and let me stress Lyon County only because I am providing transportation for the first 32) is \$11. That will cover all the tours we will be taking.

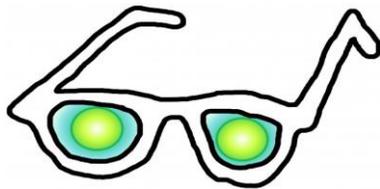
Some feedback from other Homemaker trips that we took to heart was about having predetermined food options. Because some people only eat a little and others want more, it can be difficult to make everyone happy when scheduling eateries. For that reason, we are only eating at local restaurants that allow you to choose what you want off the menu even though we will have a large group. The downside to this is everything will have to be cooked when ordered which will make eating times longer. Please be prepared to wait and be patient when we are at the restaurants. So let's recap,

- Cost of the trip for Lyon County Homemakers-\$11.00 payable to Lyon County Homemakers on the day you sign up for the trip
- Cost of Hotel is determined by you and the number of people traveling in your group. Talk to your friends and see who wants to go. This really will be fun! Plan to make a group outing.
- Meals will be paid on your own as you want to order.
- Sign-up day for the 32 free transportation slots is May 5, 2017 at 8:15.

Full Itinerary will be given when you sign-up for the trip.

Solar Eclipse Glasses

If you didn't know there was a solar eclipse happening on August 21, 2017, then maybe you have been living the last few months under a rock (that's something we can talk about later). In case you didn't know, you will have to wear special glasses to keep from damaging your eyes during the event. I am providing each of you a pair of the glasses you will need. Make plans to head out and enjoy this momentous event. But don't forget to wear your cool shades!



Calling the Eight County Chairmen

County Chairmen, please mark the date of July 11, 2017 to stop by the office and complete your reports that must be sent to the area officers. As we did last year, I have blocked off two hours of time, 1:30 -3:30, on July 11 for you to stop by the office and complete your reports. This eliminates questions and allows me to help you get your reports done in a timely manner. Hope to see each of you then!

- Cultural Arts and Heritage-Christy Stephens
- Environment Housing and Energy-Kathy Hilkey
- Family and Individual Development-Ruth Palmiter
- Food, Nutrition and Health- Linda Williamson
- 4-H Youth Development-Carrie Barnett
- International- Kristy Dunn
- Leadership Development-Marilyn Reibel
- Management and Safety Program- Linda Smith

Broccoli

Source: Heather Norman-Burgdolf, assistant extension professor

With June comes the start of summer and an abundance of fresh produce. An in-season produce offering you may not necessarily associate with late spring and early summer is broccoli.

Broccoli actually has two growing seasons in Kentucky. Kentucky growers began harvesting their first crop in May and will continue to harvest through early July. The second season ends with a harvest in the late fall.

You can steam, boil or microwave broccoli or enjoy it raw. As you will see in the Plate It Up Kentucky Proud recipe below, it can give a flavorful and healthy twist to popular summer dishes.

Broccoli is one of the most nutrient-dense vegetable that you can eat. It is a good source of vitamins A and C, beta carotene, folic acid and phytochemicals. Researchers recommend you consume several servings of broccoli and other cruciferous vegetables like cauliflower, cabbage and Brussels sprouts several times a week due to their high antioxidant levels. A diet high in antioxidants can reduce your risk of developing some forms of cancer as well as heart disease. When shopping at the market, choose broccoli that has tender, young and dark-green stalks with tightly closed buds. If you purchase about 1.5 pounds of broccoli, you'll get four, one-half cup servings. Store broccoli, unwashed, in the refrigerator for no more than three to five days in a perforated plastic bag. Wash just before preparing to maintain its texture and prevent mold from forming.



Broccoli Grape Pasta Salad

Ingredients:

3/4 cup diced pecans
8 ounces whole grain pasta (bow tie or other)
5 slices turkey bacon
2 cups seedless red grapes
1 pound fresh broccoli
3/4 cup low-fat mayonnaise
1/4 cup honey
1/3 cup diced red onion
1/3 cup red wine vinegar

Yield:

16, 1/2-cup servings

Directions:

Preheat oven to 350 degrees Fahrenheit. Bake pecans in a single layer in a shallow pan for five to seven minutes or until lightly toasted and fragrant, stirring halfway through. Prepare 8 ounces of pasta according to package directions. Cook bacon according to package directions. Cool and crumble into small pieces. Cut the broccoli florets from the stems and separate florets into small pieces using the tip of a paring knife. Slice 2 cups of grapes into halves. Whisk together mayonnaise, honey, diced red onion and vinegar in a large mixing bowl. Add broccoli, cooked pasta and grapes; stir to coat. Cover and chill for 30 minutes. Stir in bacon crumbles and diced pecans, just before serving.

Nutritional Analysis:

160 calories, 7 g fat, 1 g saturated fat, 5 mg cholesterol, 125 mg sodium, 24 g carbohydrate, 3 g fiber, 9 g sugar, 4 g protein.

Sincerely,

Angie York

Angie York County Extension Agent for Family & Consumer Sciences

Calendar of Events

Keys to Embracing Aging Research Project

Class #3 Exercise

Date: June 27, 2017 (4:15pm)

Class size: unlimited

Cost: Free

Supplies: Supplies will be provided.

Last Day to Sign Up: May 22, 2017

Part three of the 12 month series, Keys to Embracing Aging, will cover exercise. **You do not have to be present at all 12 classes for your information to be counted in the research study.** This is a change from the original information sent out by the research team. Please feel free to come to as many of the classes as possible and have your input in this national research project being conducted right here in Lyon County. The dates for all 12 classes are listed below.

	October 24, 2017
	November 17, 2017
June 27, 2017	December 15, 2017
July 25, 2017	January 23, 2018
August 22, 2017	February 27, 2018
September 26, 2017	March 27, 2018

The classes will meet from 4:15 until 5:45 each month at the Lyon County Extension Office. Light refreshments will be provided each meeting. There will be incentives given to the first 10 people to arrive for class.

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.

Paper Crafters

Date: June 12, 2017 (5:00pm)

Class size: unlimited

Cost: Free

Supplies: Supplies will be provided.

Last Day to Sign Up: June 9, 2017

This will be our last paper crafters for the summer. We will resume our regular classes in September. Enjoy your July and August for all those fun summer time activities.

County Annual Day

Date: June 22, 2017 (10:00am)

Class size: unlimited

Cost: \$1.00

Last Day to Sign Up: June 16, 2017

Preservation Workshop: Pressure Canning

Date: June 29, 2017 (10:00am-2:00pm)

Class size: 10

Cost: Free

Supplies: Supplies will be provided.

Last Day to Sign Up: June 23, 2017

This will be the first in a series of three preservation classes. Learn all about the difference in pressure canning versus water bath canning as well as getting in some hands on experience with canning green beans.

Preservation Workshop: Water Bath Canning

Date: July 6, 2017 (10:00am-2:00pm)

Class size: 10

Cost: Free

Supplies: Supplies will be provided.

Last Day to Sign Up: June 29, 2017

This will be the second in a series of three preservation classes. Learn all about the difference in pressure canning versus water bath canning as well as getting in some hands on experience with canning homemade jams and jellies.

Working on your PHD: Projects Half Done

Date: July 7, 2017 (9:00am-4:00pm)

Class size: unlimited

Cost: Free

Supplies: Supplies will be provided.

Last Day to Sign Up: June 30, 2017

If you are a quilter or crafter you probably have some projects half done stored in your closet. Join is to work on your "PHD" and clean out all those long lost projects. There will be help on hand if you are stumped.

