



FCS April Newsletter

2024

Spring has finally arrived, bringing warm weather and endless possibilities. I can't contain my excitement for all the fun things this season has to offer, such as gardening, fresh produce, and visiting Farmer's Markets.

We have a lot of exciting plans in the works, too! We're busy preparing for Fair Time and Fall Programs, and we can't wait to meet new people and travel the county with our Traveling Roadshow and community programs.

We greatly appreciate your support in promoting Lincoln County Cooperative Extension Family and Consumer Sciences Extension programs. We're committed to providing educational opportunities and programs that inspire and empower you. Check out the Lincoln County Family and Consumer Sciences Newsletter to stay updated on upcoming events and educational opportunities. You can even put the calendar on your refrigerator for easy access! Whether you're a current or past participant in FCS Programs, a community partner, a stakeholder/community leader, or an Extension Homemaker, we're thrilled to have you join our community! And if a friend or family member added you, welcome! If you want to be removed from the FCS Mailing list, call the office or email Michelle or Jody.

Remember that you can always check out the newsletter on our website and Facebook page.

Thank you for your continued support. We're looking forward to working with you soon!

Warm regards,



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**Cooperative
Extension Service**

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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.





TINY TIGERS

TINY TIGERS

PREPARING FOR PRESCHOOL WITH JODY PAVER

WHERE: HUSTONVILLE FAMILY RESOURCE CENTER

WHEN: APRIL 23, 2024

TIME: 10 AM

AGES TO ATTEND 2 YRS- 5 YRS NOT ENROLLED IN SCHOOL.



April 30, 2024

Traveling Road Show at
Broughtown community
center @ 6pm-7:30pm

everyone welcome
free

Cooking with herbs

APRIL 13, 2024

SOUPER SATURDAY

9 am - 11 am Creating a vintage pincushion
must register to attend very limited kits.
Call 606-365-2447 to register. FREE
must register to attend!

Noon-2pm
Dinner on a Dollar & Couponing FOOD
DEMONSTRATION AND TASTING
RECIPES!

FREE to attend no registration required

2pm-3pm Scrapbooking with a spring kit
Free must register to attend limited kits
available. Please call 606-365-2447



KITCHEN GARDEN

04

APRIL

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>Spring Break</i>	2	3	4	5 <i>Spring Break</i>	6
Lincoln County Schools						
7	8 Mountain Crafters 10am	9	10 4-Corners 11 am	11	12	13 Souper Saturday Sewing 9am Dinner on a Dollar @Noon Scrapbooking @ 2pm
14	15 Pieceful Hearts @ 1pm	16	17 OPI @ 10am	18	19 Sassy Stitches @ 10am	20
21	22	23  @ 10am Hustonville International Night @ 6pm	24	25 Happy Hearts @ 10am Family Garden @ 6pm- 7pm	26	27
28	29	30 Traveling Road Show Broughtown @ 6pm				



Strawberry Salsa

1 tablespoon olive oil	2 cups, coarsely chopped fresh strawberries	2 cups chopped cherry or grape tomatoes
2 tablespoons white vinegar or white balsamic vinegar	8 green onions, chopped	½ cup chopped fresh cilantro
½ teaspoon salt		

- 1. Whisk** olive oil, vinegar, and salt in large bowl.
- 2. Add** strawberries, green onions, tomatoes, and cilantro. Toss to coat.
- 3. Cover** and chill for 1 hour.
- 4. Serve** with tortilla or pita chips.

Yield: 7, ½ cup servings.

Nutrition Analysis: 40 calories; 2 g fat; 0 g saturated fat; 0 mg cholesterol; 170 mg sodium; 6 g carbohydrate; 1 g fiber; 4 g sugar; 1 g protein; 60% of vitamin C.

Source: www.fruitsandveggiesmatter.gov

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



Kentucky Strawberries

SEASON: May through June

NUTRITION FACTS: Strawberries are low in calories and high in nutrients. One cup strawberries contain 55 calories. Strawberries are a great source of vitamin C. They also contain vitamin A, iron, fiber, and folic acid. Folic Acid is especially important for childbearing women. When consumed in adequate amounts, it has been proven to prevent certain birth defects.

SELECTION: Choose fully ripened, bright red berries. Strawberries do not ripen after they have been picked. Berries should be plump and have a natural shine with bright green, fresh looking caps. Use strawberries as soon after picking as possible for the best flavor and highest nutritional value.

STORAGE: Store strawberries in the refrigerator, covered, unwashed, with the caps on. Do not crowd. If you have the space, gently spread the berries on a cookie sheet and cover with plastic wrap. Use berries within 2 to 3 days.

HANDLING: Handle strawberries gently. Never remove

the caps before washing. The cap prevents water from soaking into the berry, which lessens the flavor and changes the texture. To wash, cover berries in cold water and lift gently out of the water to drain. Dry by placing berries in a single layer on paper towels.

After washing, remove the caps if necessary. Give the cap a gentle twist or use the point of a sharp paring knife or pointed spoon.

Pat berries dry with paper towels before serving whole or sliced, fresh or cooked.

STRAWBERRIES

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition
and Food Science students
March 2011

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.ca.uky.edu/fcs.

COOPERATIVE
EXTENSION
SERVICE





Fort Harrod “Heritage Skills”

Craft Camp

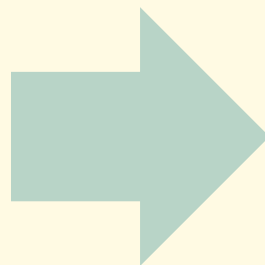
October 25-26, 2024

Boyle County Cooperative Extension Office

Get ready to embark on an exciting journey of creativity and skill-building at Fort Harrod Craft Camp! Our weekend event is packed with fun-filled craft classes, Heritage Skills, workshops, door prizes, delicious food, and plenty of opportunities to connect with fellow craft enthusiasts. We are also looking for teachers! Whether you're a seasoned crafter or a beginner, there's something for everyone at our camp. Don't miss out on this unforgettable experience - join us for a weekend of learning, laughter, and endless inspiration!

Fort Harrod Area “Heritage Skills” Craft Camp Committee Members Needed

If you are interested in serving on this committee, please sign up here. Or you may call your local FCS agent to sign up.



We are currently in the process of forming a committee to work in collaboration with the Fort Harrod Area FCS agents. We would like to extend an invitation to you to participate in the planning of crafting and heritage skills that will enable us to make a positive impact on everyone. By working together, we can create something remarkable and leave a lasting positive impression on ourselves and those around us. We are currently looking for volunteers to assist in various roles such as event planning, food preparation, registration desk support, and room coordination. Your assistance in planning and presenting this event in the most effective way possible would be greatly appreciated.

FLORAL HALL

We need
Volunteers

If you're interested in helping with the 2024 Floral Hall for Lincoln County Fair, we would love to have you join us.

Clean up day at the Floral Hall: May 1st @ 9:00am

Finish any clean up or maintance at the Floral Hall: May 3rd @ 9:00am

Set up inside of Floral Hall: May 20th @ 9:00am.

FLORAL HALL IS OPEN TO YOUTH AND ADULTS!

HAVE YOU EVER HEARD OF FLORAL HALL? IT'S AN EXCITING EVENT WHERE COMMUNITY MEMBERS OF ALL AGES SHOWCASE THEIR TALENTS BY SUBMITTING THEIR BEST CREATIONS. FROM STUNNING FLORAL ARRANGEMENTS TO INTRICATE CRAFTS, THERE'S NO LIMIT TO WHAT YOU MIGHT SEE! EACH ENTRY IS CAREFULLY PLACED IN A SPECIFIC CATEGORY.. WILL YOUR FAVORITE PIECE TAKE HOME THE COVETED BLUE RIBBON? ONLY THE BEST OF THE BEST WILL HAVE A CHANCE TO COMPETE FOR THE TITLE OF OVERALL GRAND CHAMPION. GET READY FOR A DISPLAY OF CREATIVITY AND SKILL THAT'S SURE TO IMPRESS!

**NEED MORE INFO: CONTACT MICHELLE
PADGETT**

606-282-0515

MICHELLE.PADGETT@UKY.EDU

Lincoln County Fair June 18-22, 2024