



BUILDING STRONG FAMILIES FOR KENTUCKY

March 2023



College of Agriculture,
Food and Environment
Cooperative Extension Service

Basketweaving Class

Our next basketweaving class will on (Th)
March 16th from 9:00 a.m.-2:00p.m.
Class will cost \$25 and you MUST pay
before Monday, March 13th.



3341 Zion Road
Henderson, KY 42420
(270) 826-8387

Check out our new and improved
website

<https://henderson.ca.uky.edu/fcs>

2023 Cooking Thru the Calendar

We will continue our virtual Cooking
Classes on 3rd Thursday of every
month at 11 a.m. via Facebook Live.

Cooking classes can be found on the
Henderson County Extension Family
and Consumer Sciences Facebook
Page.

Craft & APP

Come join us on March 15th for a
Craft & App.

This will be a Plate It Up Recipe
& activity at 5:00 p.m. in the
Extension Expo Project Room.

FREE Class - Call office to sign up or register
online at <https://henderson.ca.uky.edu/fcs>

Monthly Cooking Class

We will be having our next
in-person FREE cooking class on March 7th at
11:00 a.m. and 5:00 p.m. in the Expo Kitchen.

Please call the office to reserve your spot or
register online at <https://henderson.ca.uky.edu/fcs>

Happy
St. Patrick's
Day

Amanda L. Hardy

Amanda L. Hardy
County Extension Agent
for Family and Consumer Sciences



March

Homemakers

Club Meetings

Roll Call:

March is Women's Health Month. Name a woman from history you admire.

Thought for the month:

"A woman is like a tea bag; you never know how strong it is until it's in hot water."

-Eleanor Roosevelt



2023 KEHA State Meeting – May 9-11, 2023

Crowne Plaza

Louisville, KY

for more information check our website:

<https://keha.ca.uky.edu/content/state-meeting-information>



If you would be interested in joining a club or starting a new club, please give our office a call at 270-826-8387.

Town and Country- 3rd Monday of each month at 6 p.m. in Expo Building. This month the club will be going out to eat.

Happy Knitters- every Tuesday at 10 a.m. in Expo Conference Room.

Niagara- Wednesday, March 15th 10 a.m. at Cash Creek Baptist Church

Central-Thursday, March 9th at 11:00 a.m. in Expo Building Project Room. Bring your own lunch

Homemaker Leader Lessons

March Lesson- Elements and Principals of Art. -This is a cultural arts and heritage lesson.

Lesson Leader Training

Please note the date change

Due to conflicts in scheduling, the trainings in April and May lessons have been moved to Tuesday, March 14 In Daviess Co. and March 15 In Henderson Co. Times are the same: The April Lesson, Savoring the Eating Experience: The Art of Eating Mindfully will begin at 10:00 a.m., followed by the May Lesson, Entertaining Little Ones at 11:00 a.m.

Online Auction

Thank you to all who participated In the Homemaker Online Auction.



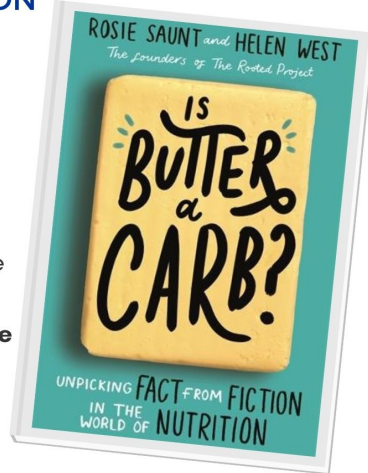
BIG BLUE BOOK CLUB

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

IS BUTTER A CARB?

UNPICKING FACT FROM FICTION IN THE WORLD OF NUTRITION

Evidence-based, body positive and practical, *Is Butter a Carb?* is the modern must-have nutrition book for everybody interested in food, health, and pop science. **This isn't a diet book or quick-fix book.** Instead, the book is an engaging way to determine fact from fiction in the world of nutrition and **helps readers feel more confident as consumers.**



BOOK CLUB WILL BE HELD
ON THURSDAYS

MARCH 2, 9, 16, 23 AT 10AM (ET)

REGISTER BY JANUARY 27, 2023

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

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LEXINGTON, KY 40546



Cancer Support Group- Open to Everyone

If you are a cancer survivor or have a family member or friend with cancer then come out and support each other.

The group meets on the 3rd Monday of each month at 3:00 p.m. March 20th at 3:00 p.m. will be the next meeting. Robin Epley, EMHC, ATR-BC Program Specialist, will be our guest.

Robin will be sharing some information on Mindfulness Mental Health because our Mental Health Matters.

Saint Patrick's Day

Reminder:

If schools are closed or dismissed early due to weather we will cancel our programs that day.

Watch, Listen and Follow

Tune into Lifestyles on News 25 the 2nd Tuesday of each month at 11 a.m. Listen to WSON Thursday mornings at 6:45 a.m. Follow us on Facebook-Henderson County Extension-Family and Consumer Sciences.



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Homebased Microprocessing

Join our workshop! Homebased microprocessors are farmers who grow and harvest produce to use in their value-added products. Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky. The cost of the workshop is \$50.00.

For more information & to register: ukfcs.net/HBM March 14th from 9:30-2:30 virtual. If you need to come to office to watch please let us know at the office.



For a Future Free
of Colon Cancer™

March is National Colorectal Cancer Awareness Month!

Colorectal cancer is the second leading cause of cancer death in the United States.

Did you know?

- Early colon cancer may have no symptoms
- Colon cancer is mostly preventable
- Screening saves lives



You can make a difference!

- Hold a colon cancer awareness event any time in March, even if it is virtual, and Dress in Blue! Then tell people WHY!
- Encourage friends, family and co-workers to get screened!



Facebook photo contest!

Post your Dress in Blue photos to Facebook using #dressinblue, #wipeoutcoloncancer, or #kcp. The photo with the most likes in each region will win a prize!

Follow us on Facebook: Kentucky Cancer Program - West



Go to www.tinyurl.com/kpcolontoolkit for colon cancer screening resources.



www.kycancerprogram.org
1-877-326-1134



AMERICAN DIABETES ASSOCIATION ALERT DAY

Free Hgb A1c testing on March 28th



**University of Kentucky
Cooperative Extension
Education & Expo Center**
3099 Zion Road, Henderson, KY



***To make an appointment, call the UK Cooperative
Extension Office at 270-826-8387.***

Appointments can be made from 7 AM – 2:45 PM.
A limited number of walk-in spots are available but scheduling
an appointment is the best way to ensure you can get a test.
No fasting is necessary. Masks will be optional.



University of Kentucky
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This event is sponsored by the Henderson County Diabetes Coalition in partnership with Deaconess Clinics Wellness Solutions and the UK Cooperative Extension Services.

Henderson County
 3341 Zion Road
 Henderson KY 42420

RETURN SERVICE REQUESTED

Broccoli Salad with Creamy Feta Dressing

- 1 cup reduced-fat, 2 cloves garlic, minced
- 1/2 cup non-fat plain yogurt
- 1 tablespoon lemon juice
- 3 cups broccoli, chopped
- 1/2 cup red bell pepper, chopped
- 1/2 cup red onion, chopped
- 1 can (7 ounces) chick peas, drained and rinsed
- 1/2 teaspoon black pepper

Mix feta, yogurt, lemon juice, garlic and pepper in a medium bowl, chilled.
 Add broccoli, chickpeas, red pepper and onion.
 Toss to coat.
 Serve at room temperature or chilled.
 Yield: 5, 1 cup servings.
Nutritional Analysis: 100 calories; 3 g fat, 7 g protein, 13 g carbohydrates, 5 mg cholesterol, 260 mg sodium.



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

