



BUILDING STRONG FAMILIES FOR KENTUCKY

April 2023



College of Agriculture, Food and Environment
Cooperative Extension Service

Programs at a Glance

- *Food Preservation Workshop
- *Babysitting Workshop for Middle and High School students
- *Bingocize at Library Mondays in May at 10:00 a.m.
- *Beginning Quilter Classes and Sewing Club

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 April 10th 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 April 27th 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>



Amanda L. Hardy

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



Homemakers

Roll Call:

April Is National Volunteer Month.
What Is your favorite way to volunteer?

Thought for the month:

"Volunteers don't get paid, not because they're worthless, but because they're priceless."

-Sherry Anderson

Homemaker Lessons

Savoring the Eating Experience:

The Art of Eating Mindfully

-This Is a food, nutrition, and health

Green River Area Homemaker Council Meeting will meet Monday, April 3rd at 4:00 p.m. The Council will meet in Henderson in the main office building

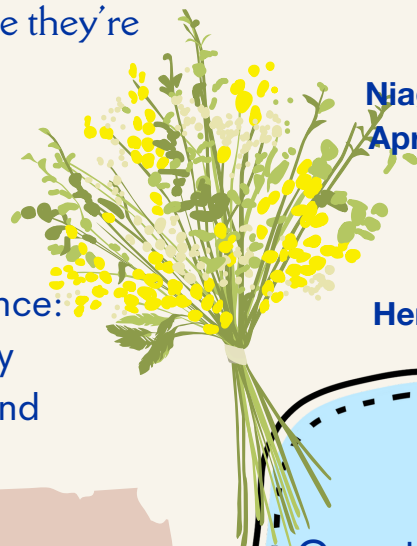
2023 KEHA State Meeting – May 9-11, 2023

Crowne Plaza

Louisville, KY

for more Information check our website:

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



Club Meetings

Town and Country- 3rd Monday of each month at 6 p.m. in Expo Building. April 17th at 6:00 p.m. This month please bring a finger food.

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

Niagara- 3rd Wednesday of each month April 19th at 10 a.m. Cash Creek Baptist Church

Central- April 13th at 11 a.m. Henderson County Expo Project Room

Mark your calendars
County Annual Homemaker Meeting
Thursday, May 25 at 5:00 p.m.
More Information to come

Leadership: Karen Hill Leading State Extension Council Meeting as Chairman and Karen and Anna Porter, West Regional Director who will be retiring this Spring



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.

April 17th at 3:00 p.m. will be the next meeting.



*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.



What are Microgreens?

Microgreens are tiny plants, not more than 3 inches tall, that are harvested just as the leaves begin to form. You can eat them in salads, wraps, smoothies or on sandwiches and burgers. Microgreens are often called “vegetable confetti” because of their size, shape, and variety of color.

You can grow microgreens from many different types of seeds. Common varieties include broccoli, radish, pea, kale, basil, arugula, and beet. They are full of flavor – considered intense and concentrated. Microgreens are packed with nutrients. They can have up to nine times the nutrient content of their mature counterparts. Research has shown they are an excellent source of vitamins C, E, K, and beta-carotene.

Eating microgreens is safe. Do not confuse them with raw sprouts that are frequently linked to foodborne illness. Raw sprouts are germinated seeds that do not contain leaves. They are different from microgreens.

You can easily grow microgreens at home on a sunny countertop or windowsill. Buy seeds and growing medium from a reputable company to avoid bacterial contamination. Microgreens are more perishable and delicate than other greens. Once harvested, cool as quickly as possible. They do not have a long shelf-life, lasting just a few days in the refrigerator. Ideally, cut just before serving and rinse under running water and pat dry.

Reference:

<https://kentuckyhortnews.com/2020/12/08/growing-microgreens/> and

<https://www.sciencedirect.com/science/article/abs/pii/S0889157514001513>

Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist



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

5 ears of fresh corn
3 tablespoons cider vinegar
3 tablespoons olive oil
1/2 cup diced red onion
1/2 teaspoon black pepper
1/2 cup freshly chopped basil
1/2 teaspoon salt

Shuck and remove silks from corn.
 In a large pot of boiling water, cook the corn for 4 minutes. Drain. Cool by immersing in ice water. When corn has cooled, cut the kernels off the cob.
Toss the kernels in a large bowl with the red onion. Combine vinegar, olive oil, salt, and pepper. Pour over corn and gently toss.

Nutritional Analysis: 70 calories, 5 g fat, 101 mg sodium, 10 g carbohydrate, 2 g protein, 1 g fiber.
Yield: 10, 1/2 cup servings.
Chill to allow flavors to blend. Just before serving, add fresh basil.

Fresh Corn Salad

