

FEBRUARY 2024

CUMBERLAND COUNTY

Homemakers



COUNTY CULTURAL ARTS COMPETITION

All Extension Homemakers are encouraged to submit original items for competition. Each article must be the work of an Extension Homemaker member and must have been completed during the past 2 years. Blue ribbon and Purple ribbon winners from previous years in each category or subcategory are not eligible for entry in another KEHA cultural arts contest.

Date: February 28th, 2024

Time:

- Check in: 8:30am-11am
- Judging: Noon
- Viewing: 2pm-4pm
- Pick Up of Items: February 29th. The office will keep blue ribbon items for area competition.

Location: Cumberland Co. Extension Office

Volunteers needed! If you can help the day of the event, please contact Kim Lohr.

 Cooperative
Extension Service

**County Cultural Arts
Competition**

**Friends of Burkesville
Manor**

Council Meeting

Area Cultural Arts

Farmers' Dinner Theater

Spring Craft Class

Garden Class

FRIENDS OF BURKESVILLE MANOR

The Extension Office is collecting the following items for the Friends of Burkesville Manor program:

- Cans of Soup
- Crackers

Burkesville Manor has 24 apartments that we will be providing for. Please have items to the Extension Office by February 15th, 2024.

HOMEMAKER COUNCIL MEETING

The Homemaker Council will meet on February 13th, 2024, at 10:30pm at the Cumberland County Extension Office. All Homemakers are invited to attend.

AREA CULTURAL ARTS

March 6th, 2024

- Check in: 8:30am-11am
- Judging: Noon
- Pickup: 2pm
- Location: Cumberland Co. Extension Office

Volunteers needed! If you can help the day of the event, please contact the Extension Office or Kim Lohr.



We are saddened by the passing of Vickie Staley. Thank you to all who contributed to the memorial statue in Vickie's honor. She will surely be missed!

FARMERS' DINNER THEATER

February 22nd, 2024 5:30pm
at the Cumberland Co. Extension

Farmers' Dinner Theater is a unique program that uses drama to convey important messages to the agriculture community. The theme of the program focuses on farm safety and wellbeing and the important role it plays within our families and the community. Enjoy a meal while members of your farming community entertain you in this educational, but hilarious production! Guest Speakers: Jaro Huurman, Gary White, and Chris Alexander

TICKETS: \$10 a piece. Tickets are available for purchase at the Cumberland County Extension Office.

Spring CRAFT CLASSES

SPRING DOOR HANGER

February 29th, 2024 12:30pm
at the Cumberland Co. Extension Office
Cost: \$15, all supplies included.

SPRING DOOR HANGER

March 8th, 2024 3pm
at the Cumberland Co. Extension Office
Cost: \$20 OR \$25 with bow. All supplies included.

SPRING MESH WREATH

March 15th, 2024 12:30pm
at the Cumberland Co. Extension Office
Cost: \$30, all supplies included.

Class cost is due the day of the class to the instructor.

To register, contact the Cumberland County Extension Office at (270) 433-7700.

Cooperative
Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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.



SPRING & SUMMER GARDENING PREP CLASS

MARCH 4TH, 2024 | 9AM-11AM
AT THE CUMBERLAND CO. EXTENSION OFFICE
90 SMITH GROVE RD., BURKESVILLE, KY 42717

REGISTRATION REQUIRED. TO REGISTER,
CONTACT THE CUMBERLAND COUNTY EXTENSION
OFFICE AT (270) 433-7700.



Everything Tuna Melts



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- 3 cans (5 ounces each) tuna in water, drained
- 1 stalk celery, diced
- 1/2 small onion, diced
- 3 tablespoons mayonnaise
- 5 whole-wheat mini bagels, cut in half
- 1 large or 2 small apples, cored and sliced thinly
- 1 cup shredded sharp cheddar cheese
- 2 teaspoons everything bagel seasoning

1. Preheat the oven broiler on low.
2. Wash hands with warm water and soap, scrubbing at least 20 seconds.
3. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
4. In a bowl, combine the tuna, celery, onion, and mayonnaise; mix well.
5. On a baking sheet, toast each side of the bagels under the broiler.
6. Divide and spread the tuna mixture on each of 10 bagel halves. Top with

apple slices and cheese. Sprinkle with everything bagel seasoning.

7. Return the pan under the broiler for 3 to 5 minutes or until the cheese is melted. Serve immediately.
8. Refrigerate leftovers within 2 hours.

Note: This recipe is very adaptable. If you do not have whole-wheat bagels, you can substitute with English muffins, hamburger buns, or whole-wheat bread. Try everything flavored bagels and skip the seasoning. Substitute canned chicken for tuna. Use tomato slices or pineapple slices instead of apples to add variety. You can usually find affordable everything bagel seasoning at dollar stores. If you cannot find everything bagel seasoning, try your favorite salt-free herb blend instead.

Makes 5 servings
Serving size: 2 bagel halves
Cost per recipe: \$7.52
Cost per serving: \$1.50

Nutrition facts per serving:
320 calories; 13 grams total fat; 4g saturated fat; 0g trans fat; 50mg cholesterol; 700mg sodium; 27g total carbohydrate; 1g dietary fiber; 8g total sugars; 0g added sugars; 25g protein; 15% Daily Value of vitamin D; 25% Daily Value of calcium; 10% Daily Value of iron; 4% Daily Value of potassium

Source:
Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service





EASY ITALIAN ZITI

- 1 pound lean ground beef
- 1 (24 ounce) jar low-sodium spaghetti sauce
- 2 cups low-fat cottage cheese
- 2 tablespoons grated Parmesan cheese
- 1 egg, beaten
- 2 teaspoons dried parsley
- 1/4 teaspoon garlic powder
- 8 ounces whole-wheat ziti or penne pasta, cooked according to package directions
- Cooking spray
- 1 cup shredded Mozzarella cheese

Preheat oven to 350 degrees F. In a large skillet, saute beef until it browns. Drain off the excess fat. Add spaghetti sauce and heat through. In a large mixing bowl, combine cottage cheese, Parmesan cheese, egg, parsley and garlic powder. Add cooked ziti and mix well. Spray a 9-by-13-inch baking dish with cooking spray. Spread 1 cup of spaghetti sauce in the bottom of the dish. Spoon ziti mixture into the pan and top with remaining sauce and Mozzarella cheese. Bake for 30 minutes uncovered. Let stand 5 minutes before serving.

Makes 8 servings. Serving size 1/8 of prepared recipe.

Nutritional Facts Per Serving: 310 calories; 9g fat; 3.5g saturated fat; 0g trans fat; 75mg cholesterol; 350mg sodium; 32g carbohydrate; 3g fiber; 9g sugar; 26g protein; 15% Daily Value of vitamin A; 4% Daily Value of vitamin C; 20% Daily Value of calcium; 15 % Daily Value of iron.

Source: Sarah Brandl, Extension Specialist for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service

Debbie Messenger, agent for Family and Consumer Sciences

UPCOMING EVENTS

Cumberland Co. Beekeepers Group

February 13th, 2024 5pm
at the Cumberland Co. Extension Office

Wicking Raised Beds

February 20th, 2024 1pm
at the Cumberland Co. Extension Office
Instructor: Steve Higgins
Registration required. Free Class.

County Cultural Arts Competition

February 28th, 2024

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Spring & Summer Gardening

March 4th, 2024 9am-11am
at the Cumberland Co. Extension Office
Pre-registration required, call the Extension Office at (270) 433-7700.

Area Cultural Arts Competition

March 6th, 2024

Gardening Group

Meet the fourth Thursday of each month at 10am at the Cumberland County Extension Office