

MARCH 2024

CUMBERLAND COUNTY

Homemakers



State Newsletter Coming Soon! – Watch for the 2024 State Newsletter, which will be mailed to KEHA member households in late February. It will be posted online at www.keha.org once the mailing has gone out. The state newsletter has the registration form and details about State Meeting in May. It also has information about upcoming deadlines, state officer elections, and more. An electronically fillable copy of the registration form will be posted online in late February, or you can contact your local FCS agent for a copy.

COUNTY CULTURAL ARTS COMPETITION

The County Cultural Arts Competition was held on February 28th, 2024 at the Cumberland County Extension Office. In all, we had 43 blue ribbons advancing to area competition! Pictures of the entries are included with your newsletter and will be posted on the Cumberland County Homemaker Facebook page.

Thank you to Kim Lohr, Cultural Arts Chair, for the time spent in preparation for the county competition. Your attention to detail certainly added to the event! Also, thank you to those who volunteered the day of the event. You are very much appreciated!

 Cooperative
Extension Service

THIS ISSUE

- CULTURAL ARTS
- FRIENDS OF BURKESVILLE MANOR
- SHOWCASE YOUR GROUP
- VOLUNTEERS NEEDED
- UPCOMING EVENTS
- RECIPES

FRIENDS OF BURKESVILLE MANOR

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

- Boxes of cereal

Burkesville Manor has 24 apartments that we will be providing for. Please have items to the Extension Office by March 15th, 2024. If you would like to help deliver items, please contact the Cumberland County Extension Office.

SHOWCASE YOUR GROUP

Let's showcase our wonderful Homemaker groups! Please send pictures and a short description, of things your Homemaker clubs do each month. This can be as simple as taking a group photo at your monthly meeting. What you send in will be added to the Homemaker newsletter and the Extension Office Facebook pages.

Katie's Email:

kaitlyn.collins@uky.edu

Debbie's Email:

debbie.messenger@uky.edu

HELP NEEDED

Volunteers are needed to work the Recipes for Life event, at the Extension Office April 8th-10th. Volunteers will be working with 5th grade students to create simple recipes.

If you would like to volunteer, please contact Debbie or Katie at the Extension Office at (270) 433-7700.

HELP NEEDED FOR TASTE OF HOME COOKING SHOW

First, see flyer on next page for event details.

Several Ways to Volunteer -

- Make cookies for the event
- Demonstrate a dish at the night of the event. Demonstrate by yourself or with a friend!

Everyone must have a ticket. If you demonstrate a dish, you get in free.

If you would like to volunteer, please contact the Extension Office at (270) 433-7700.

TASTE OF HOME

Cooking Show

MAY 9TH, 2024 | 6PM CT

AT THE CUMBERLAND COUNTY EXTENSION OFFICE
90 SMITH GROVE RD, BURKESVILLE, KY 42717

The Taste of Home Cooking Show is a delightful culinary experience where talented Cumberland County Homemaker cooks showcase their skills by demonstrating a variety of delicious dishes that evoke the warmth and comfort of home-cooked meals.

As the chefs expertly prepare each dish step by step, they share tips, tricks, and techniques to help viewers recreate the recipes in their own kitchens. Dishes prepared will be given away as door prizes.

Cookies and punch will be served.

Tickets are available for purchase at the Cumberland County Extension Office or by calling (270) 459-0877 or (270) 864-4165. Tickets are \$15. Space is limited. All proceeds benefit the Homemaker Scholarship given to local seniors.

 Cooperative Extension Service

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Agriculture and Natural Resources
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4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties Cooperating.
Lexington, KY 40506





Spring Craft Classes



SPRING MESH WREATH

March 15th, 2024 12:30pm CT
at the Cumberland County Extension Office
90 Smith Grove Rd, Burkesville, KY 42717

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

COST: \$30



PORCH LEANER CLASS

March 29th, 2024 12:30pm CT
at the Cumberland County Extension Office
90 Smith Grove Rd, Burkesville, KY 42717

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

COST: \$15, OR FREE IF YOU BRING A BOARD BACK FROM A PREVIOUS CLASS.



Disabilities accommodated with prior notification.

Night *of* Hope

In celebration of people in recovery. In support of people struggling with substance use. In memory of people who lost their life because of alcohol or drugs.

MARCH 28TH, 2024 | 6 PM CT
AT THE JUSTICE CENTER COURTYARD
112 Courthouse Sq, Burkesville, KY 42717

For more information, please contact the Cumberland County Extension Office at the following:
(270) 433-7700 | debbie.messenger@uky.edu

We would like to honor those who have lost their life because of alcohol or drugs. Commemorate your loved one during the Night of Hope, by sharing their name and picture. A sign, in their memory, will be made and displayed leading up to the night of the event (March 28th, 2024). Information can be dropped off at the Cumberland County Extension Office or emailed to debbie.messenger@uky.edu

Deadline: March 15th, 2024

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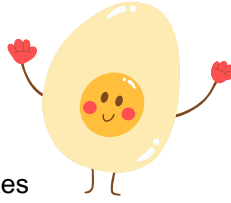


Disabilities
accommodated
with prior notification.



SPINACH AND MUSHROOM QUICHE

- 1 tablespoon olive oil
- 4 cups chopped spinach
- 2 cups chopped mushrooms
- 1/2 medium yellow onion, chopped
- 1 teaspoon crushed red pepper flakes
- 1/2 teaspoon garlic powder
- 8 large eggs
- 1 cup shredded Colby-Jack cheese
- 1 cup skim milk
- 4 tablespoons melted butter
- 2 (9-inch) unbaked pie shells
- 4 tablespoons grated parmesan cheese



Yield: 12 servings; serving size is 1/6th of one quiche.

Recipe makes two quiche.

Preheat oven to 400 degrees F. In a medium skillet, heat the olive oil. Add the spinach, mushrooms, onion, red pepper flakes, and garlic powder. Cook over medium heat for 8 minutes. In a mixing bowl, beat the eggs until smooth. Stir in the Colby-Jack cheese, milk, cooked mixture, and melted butter until evenly blended. Divide the mixture between the two uncooked pie crusts. Sprinkle parmesan cheese on top. Bake in preheated oven for 15 minutes at 400 degrees F. Reduce the oven temperature to 350 degrees F and bake an additional 30 to 35 minutes. Quiche will be rich golden brown, and a knife inserted in the center will come out clean. Cool slightly before serving. Serve warm.

Nutritional Analysis: 80 Calories, 19g total fat, 9 g saturated fat, 0g trans fat, 150mg cholesterol, 330mg sodium, 19g carbohydrate, 0g dietary fiber, 2g total sugars, 0g added sugars, 9g protein, 6% DV Vitamin D, 10% DV Calcium, 6% DV Iron, 4% DV Potassium

Source: *Plate it Up Kentucky Proud*

Debbie Messenger

Debbie Messenger, agent for Family and Consumer Sciences

THE POWER OF CLUTTER

Clutter can distract from completing tasks. Whether at work or doing household chores, having organized spaces can reduce stress and improve your overall well-being. You can apply many organizational strategies to at-home and on-the-job workspaces. You can organize a home or an office over time. Start small with one drawer, closet, cabinet, or bookshelf. Then work your way through your home, garage, or office - one space at a time.

Clear the clutter: Begin by removing visible trash or other items that need to be discarded. Broken? Toss it. No longer needed? Consider donating it to an individual or organization who could put it to use.

Group like-items: Next, sort items by purpose. Group like-items together and find a way to obtain them. Use simple storage solutions (like bins, baskets, or baggies) that you already have on hand.

Give everything a “home”: After grouping your items, be intentional about how you store them. Everything should have a “home” in your home or office. When everything has a designated space, it keeps clutter at bay. When storing an item, consider how frequently you use it and how easy it is to access.

Source: Moneywise

