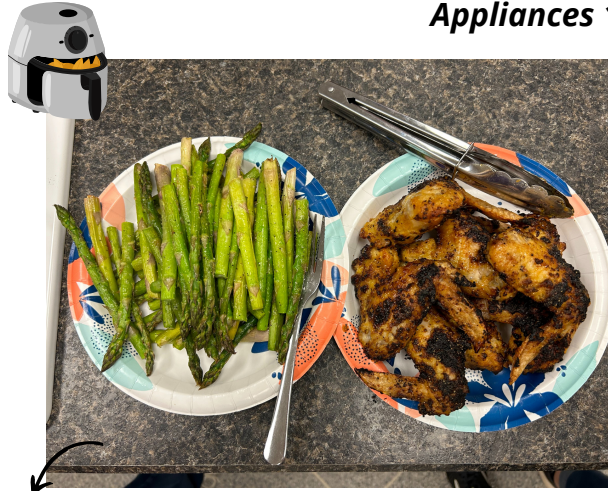


**APRIL** thru *July* 2024  
**NEWSLETTER**



**Appliances 101 Program!**



**Air Fryer Chicken Wings and Asparagus**



**Instant Pot Cabbage and Sausage**

**KEHA State Newsletter should have been sent to you via mail. If you did not receive that newsletter and would like more information over registration pricing, sessions, lodging, or more; just call or visit me at the office!**



**Congratulations to Birget Weeks and Chelle Scott as they advance to KEHA State Competition in May.**



**2024 KEHA State Meeting**  
▶ **May 7-9, 2024**  
**Bowling Green, KY**

**Martin-Gatton**  
College of Agriculture,  
Food and Environment  
University of Kentucky

# LITTLE LIBRARIES BOOK CAMPAIGN

We are collecting new and gently used books for the Bookmobile and Little Libraires in our community.

Help us by donating books to your homemaker club presidents or by dropping them off at Green County Extension Office. Thank you!

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

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Disabilities accommodated with prior notification.



# March Recap

March has been an action packed month! Throughout this month we have had various programs such as Appliances 101, Cooking from the Calendar, Lesson Leader Training, Food Handlers Program, Cultural Arts Competition and so much more.

Thank you to everyone that participated in the Cultural Arts Competition. We had 41 entries in the county level with 27 of those moving onto the area level in Cumberland Co. Two participants will be moving on to the state competition in May in Bowling Green. Congratulations to everyone, you all had some amazing work.

You may notice that this newsletter holds a lot of information. I begin my maternity leave the first week of May (unless something changes sooner) so I wanted to be able to get all the spring/summer information that I knew at the time out to everyone. Keep those calendars handy they have some really important dates such as area meeting (flyers will be given to presidents), fair dates, annual meeting, and so much more. If you all need anything before then feel free to reach out!

## What else has Katelyn done in March?

- Cooking from the Calendar
- Senior Center
- Just Family Adult Day Care
- LEAP with Head Start and Little Lambs
- In person and Zoom Trainings
- Sewing Practice with fellow FCS Agents
- FCS Staff Meetings
- Community Outreach!
- Cooking Class with HS Club

**Katelyn hosted the Uniquely Us high school club for a nutrition lesson in which they prepared three different breakfast recipes with sampling of those following.**



### GC Extention Office representatives speak to Rotary

**By DALE CURRY**  
R-14 Warren

The Greensburg Rotary Club recently hosted Katelyn Squires, said. "We give away some new and used baby items along with Sciences Extension Agent, along with Judy Kuchenbecker, a volunteer at the Extension Office. The meeting took place at Longhunters Coffee and Tea in downtown Greensburg. Squires and Kuchenbecker provided information about the upcoming Community Baby Shower that will be held at the Greensburg Extension Office, 10:00 a.m. - 12:00 noon CT. Lunch is also provided for those attending. The event is hosted by Green County Help, Hope and Hands, a group of volunteers who regularly meet at the Extension Office.

...vices Center at Green County High School. "We usually have about 15-20 women who attend," Squires said. "We give away some new and used baby items along with Sciences Extension Agent, along with Judy Kuchenbecker, a volunteer at the Extension Office. The meeting took place at Longhunters Coffee and Tea in downtown Greensburg. Squires and Kuchenbecker provided information about the upcoming Community Baby Shower that will be held at the Greensburg Extension Office, 10:00 a.m. - 12:00 noon CT. Lunch is also provided for those attending. The event is hosted by Green County Help, Hope and Hands, a group of volunteers who regularly meet at the Extension Office.

...helped provide a stor... In the past, some of their projects have included making mats from plastic bags that were sent to western Kentucky as well as to eastern Kentucky. He built five following the tornado floors inside the silo and flooding tragedies, along with a staircase. The group has also put together bags for cancer patients to bring a calming effect to them as they are waiting at doctors' appointments. "We collect anything that is needed," Kuchenbecker said. "We always find a use for anything and we appreciate anything that is donated." For more information about the Community Baby Shower or to get details about the Help, Hope and Hands group, please contact the Green County Extension Office, 295 Happiness Road, or by calling them at 270-935-5511.



Photo by Walt Corbin

**Judy and I went and talked to the Rotary club about the upcoming Community Baby Shower.**

# Save the Date



**Martin-Gatton**  
College of Agriculture,  
Food and Environment

PLEASE JOIN US FOR THE

## Annual Community Baby Shower

HOSTED BY GREEN COUNTY HELP, HOPE, AND HANDS

**APRIL 11TH, 2024 10AM-12PM CST**

- FOR ALL EXPECTING MOTHERS AND MOTHERS WITH NEWBORNS UP TO 1 YEAR MAY BRING ONE GUEST WITH THEM
- GIVEAWAYS FROM VARIOUS BUSINESSES
- FOOD AND FUN

**GREEN COUNTY EXTENSION OFFICE**  
298 HAPPYVILLE RD GREENSBURG KY 42743

**RSVP BY CALLING GREEN COUNTY EXTENSION OFFICE AT 270-932-5311**

**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development  
Lexington, KY 40506

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Lexington, KY 40506




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University of Kentucky

## Entertaining Little Ones

Lesson Leader Training

**April 18th at 12p**

RSVP at 270-932-5311 or at Green County Extension Office

Keeping little ones entertained can be rather difficult at times. Participants in this workshop will learn three simple steps used to identify activities children enjoy. Then use that information to create a 5-day activity routine to keep little ones engaged and active. Digital resources are discussed.

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## COOKING FROM THE CALENDAR

**Lentil Sloppy Joes**



**April 3rd, 2024 at 12pm CST**

Call the Extension Office at 270-932-5311 to register

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Lexington, KY 40506


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## COOKING FROM THE CALENDAR

**Taco Pie**




**May 15th, 2024 at 12pm CST**

Taught by Nina Dziejak and Jeannie Squires

Call the Extension Office at 270-932-5311 to register

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Lexington, KY 40506



# BACK TO THE BASICS: COOKING WITH CAST IRON

Thursday, May 30th  
Wayne County Extension Office  
255 Rolling Hills Blvd, Monticello

Registration begins at 9:30am EST  
Program begin at 10am EST

## LEARN ALL ABOUT:

- THE HISTORY AND BASICS OF CAST IRON
- RESTORATING CAST IRON
- CARING FOR CAST IRON
- MULTIPLE CAST IRON COOKING DEMOS

Registration and \$15 fee due to  
your county office by May 10th

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Community and Economic Development

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Extension Service

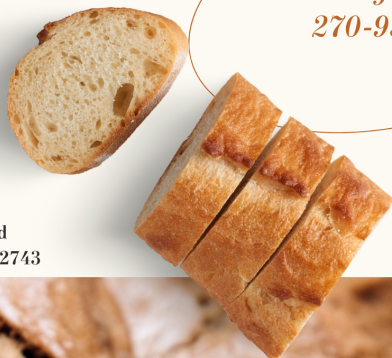
# BASIC SOURDOUGH STARTER WORKSHOP

JULY 8TH 12PM CST,  
GREEN COUNTY  
EXTENSION OFFICE

Learn about the basic creation  
and maintenance of sourdough  
starters, for bread making with  
Megan Gullett, Russell Co FCS  
Agent

**FREE**

*RSVP by July 1st at  
270-932-5311*



298 Happyville Rd  
Greensburg KY 42743

[www.green.ca.uky.edu](http://www.green.ca.uky.edu)

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Cooperative Extension Service  
Family and Consumer Sciences



**JAMBALAYA**

## INFO

Join Adair County Extension Agent, Dylan Gentry as he discusses the history of Cajun Cooking in America. After brief discussion, learn hands on how to make Cajun favorites like Jambalaya, cornbread, and peach cobbler. Plan to stay at least 2 hours. The class is free, but RSVP is required at the Green County Extension Office. Please let us know about any food allergies prior to the class, especially red meat and gluten.

**FRIDAY, JUNE 14TH 11AM CST  
GREEN COUNTY EXT. OFFICE  
298 HAPPYVILLE ROAD  
GREENSBURG, KY 42743**

**RSVP AT: (270) 932-5311**

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# BASIC BREADS WORKSHOP

**JULY  
29TH  
12PM CST**

Learn about basic yeast and quick breads with  
Megan Gullett, Russell Co FCS Agent!  
The class is FREE, but you'll need to RSVP.

**The deadline to register is July 22nd!**

**Please call 270-932-5311 to save your spot!**

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# APRIL 2024



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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Cooking from the  
Calendar 12p

Homemaker Council 3p  
Summersville 5:30

Help Hope & Hands  
9a

Community Baby  
Shower 10a-12p

Help Hope & Hands  
9a  
Lesson Leader  
Training 12p

Help Hope & Hands  
9a

Town & Country at  
office at 5p

KEHA State  
Meeting Deadline

Circle of Friends 4:30



# MAY 2024

KATELYN IS ON MATERNITY LEAVE

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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Help Hope & Hands  
9a

Help Hope & Hands  
9a

Help Hope & Hands  
9a

Help Hope & Hands  
9a

KEHA STATE MEETING IN BOWLING GREEN 7th-9th

Area Homemaker Annual Meeting in Adair Co at 8:30a

Summersville 5:30

Help Hope & Hands  
9a

Town & Country at Brenda Blakemans at 5p

Help Hope & Hands  
9a

Circle of Friends 4:30

MEMORIAL DAY



# JUNE 2024

KATELYN IS ON MATERNITY LEAVE

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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Homemaker Annual  
Check In: 10a-3p  
Judging: 4p  
Summersville 5:30

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Homemaker Annual  
Meeting  
registration: 5p  
start time: 5:30p

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Help Hope & Hands  
9a

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1  
Cast Iron Cajun  
Cooking with Dylan,  
11am CST

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Help Hope & Hands  
9a

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Help Hope & Hands  
9a

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Help Hope & Hands  
9a

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Help Hope & Hands  
9a

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Help Hope & Hands  
9a

7  
Help Hope & Hands  
9a

8  
Help Hope & Hands  
9a

9  
Homemaker Fair Exhibits  
Viewing: 9a-1p  
Pick up: 1p-4p

10  
JUNE  
YEOUTH

11  
Circle of Friends 4:30

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# JULY 2024

KATELYN IS WORKING PART TIME



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Empty calendar cell for Sunday, July 1st.

1  
Sourdough Class  
Deadline

2

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8  
Sourdough Class with  
Megan 12p CST  
Homemaker Council 3p

9  
Summersville 5:30

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22  
Basic Bread Class  
Deadline

23  
Circle of Friends 4:30

24

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29  
Basic Bread Class  
with Megan 12p CST

30

31

Empty calendar cell for Saturday, July 31st.







**UK CES Green County  
298 Happyville Road  
Greensburg KY 42743-9498**

**RETURN SERVICE REQUESTED**



## Lean Green Lettuce Tacos

<b>8</b> large lettuce leaves	<b>¾ pound</b> extra lean ground beef	<b>1 tablespoon</b> finely chopped cilantro
<b>1½ cup</b> cooked brown rice	<b>1</b> small zucchini, chopped	<b>1 teaspoon</b> lime juice
<b>¾ cup</b> fresh corn kernels	<b>1 ounce</b> packet low-sodium taco seasoning	<b>1</b> tomato, chopped
<b>1 cup</b> canned black beans, drained and rinsed	<b>4 ounces</b> low sodium tomato sauce	<b>1</b> small red onion, chopped
<b>1 tablespoon</b> olive oil		

**Wash** and **dry** lettuce leaves. **Prepare** rice according package directions. **Cut** corn off cob. **Drain** and **rinse** black beans. In a skillet, **heat** the oil to medium; **add** ground beef and begin to **cook**. When beef begins to brown, **add** zucchini, corn and black beans to skillet. Continue to **cook** until vegetables are tender and beef is done. Do not overcook. **Add** in taco seasoning and tomato sauce and heat through. **Add** cilantro and lime

juice to the cooked rice. **Place** equal amounts of rice mixture and taco mixture into lettuce leaves. **Top** each taco with chopped tomato and onion.

**Yield:** 8 servings

**Nutritional Analysis:** 180 calories, 4.5 g fat, 1 g saturated fat, 20 mg cholesterol, 350 mg sodium, 23 g carbohydrate, 4 g fiber, 5 g sugars, 12 g protein.