



*Cooking from the Calendar -  
Everything Tuna Melts*



*"Love of Chocolate" Program*



## **February Recap & Be on the Lookout**

**RECAP-** I don't know about you but I believe that February has gone by so fast! It is crazy to think that it is already March!! This month we had another successful Cooking from the Calendar recipe of "Everything Tuna Melts". Everyone that participated in the class gave the recipe above an 8 out of 10!

Thank you to everyone that came to the "Love of Chocolate" program! We had a great turnout with 14 ladies attending! They got to learn about heart health, health benefits to chocolate, and make some Valentines treats! Pictures above show some of the delicious results!

**Be on the Lookout** for information regarding KEHA State Conference in the upcoming months. KEHA State is going to be May 7th-9th in Bowling Green KY. Pricing and Room information should be out by the end of February/first of March!

I attended FCS Training Week in Laurel County this month and we were given some great programs that we can offer to our communities. One of those programs was called "Wits Workouts". Be prepared for this program and more once I return from maternity leave full-time!

### **What else has Katelyn done in February?**

- Cooking from the Calendar
- Senior Center
- Just Family Adult Day Care
- LEAP with Head Start and Little Lambs
- Arts Council Meetings
- In person and Zoom Trainings
- Sewing Practice with fellow FCS Agents
- FCS Staff Meetings



***FCS Agents visited the Lodge Cast Iron Museum last month. This month we put those pans to use for lunch. I was in charge of the cornbread!***



***Debbie S, Charlsey S, Debbie M, and I spent some time working on our sewing skills by making pillowcases!***



# Save the Date



## APPLIANCES 101

Series in which you will learn about various kitchen appliances that are becoming more trendy and frequent to find in stores. This series will go over Air Fryers & Instapots in a hands on environment.



Air Fryers

March 5th at  
11am CST

March 12th at  
11am CST



InstaPots

Green County Extension Office  
298 Happyville Rd Greensburg KY

Registration is required by March 1st and March 8th.

### 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

Informational purposes 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 receipt of public benefits for prior civil rights activities. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.



Disability accommodations with prior notification.



## COOKING FROM THE CALENDAR

### Veggie Egg Rings



March 7th, 2024 at 12pm CST

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

### 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

Informational purposes 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 receipt of public benefits for prior civil rights activities. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.



Disability accommodations with prior notification.

## 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

### 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

Informational purposes 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 receipt of public benefits for prior civil rights activities. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.



Disability accommodations with prior notification.

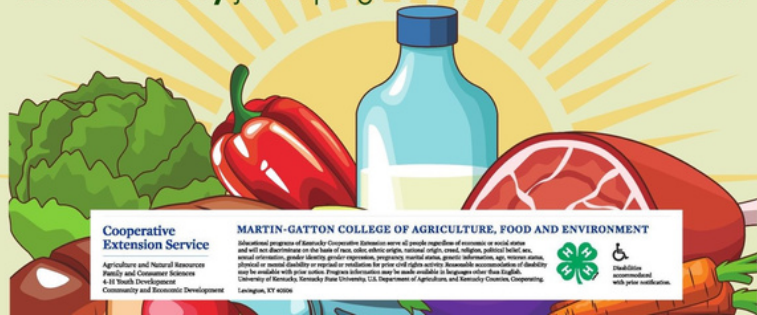
## FOOD SAFETY

# SAFE FOOD HANDLING CLASS

March 29th at 10am CST

Green County Extension Office

Join Wayne County FCS Agent, Debbie Shephard, in a food safety program. This program is for any Extension Homemaker preparing or handling food regularly for Extension Homemaker Clubs, Activities, or Events. This training allows you to prepare food at home and/or handling food for activities and events. Please **RSVP** at the extension office or by calling 270-932-5311. This is **not mandatory** just a program offered to homemakers.



### 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

Informational purposes 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 receipt of public benefits for prior civil rights activities. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.



Disability accommodations with prior notification.



# MARCH 2024



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

31

HAPPY  
EASTER

Appliances 101  
11am- Air Fryers

Area Cultural Arts  
Competition in  
Cumberland Co

Help Hope & Hands  
9a  
Cooking from the  
Calendar 12p

Help Hope & Hands  
9a

Help Hope & Hands  
9a

Appliances 101 12  
11a- InstaPots  
Homemaker Council 3p  
Summersville 5:30

Help Hope & Hands  
9a

Help Hope & Hands  
9a

Help Hope & Hands  
9a

Help Hope & Hands  
9a

Town & Country at  
Nazarene Church at 5p

LCA Homemaker 26  
Council Meeting in  
Adair Co 9:30a  
Circle of Friends 4:30

Help Hope & Hands  
9a  
Lesson Leader Training  
12p

Safe Food Handling  
Class with Debbie S  
10am CST RSVP

Happy  
St. Patrick's  
Day

HAPPY  
EASTER



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

**RETURN SERVICE REQUESTED**



## Herbed Pasta with Roasted Cherry Tomatoes

<b>½ pound</b> whole wheat pasta	<b>4</b> chopped garlic cloves	<b>2 teaspoons</b> dried oregano
<b>3 tablespoons</b> olive oil	<b>1 medium</b> chopped red bell pepper	<b>1 tablespoon</b> chopped fresh parsley
<b>1 pint</b> cherry tomatoes	<b>6 tablespoons</b> chopped fresh basil	<b>½ teaspoon</b> salt
<b>1 medium</b> chopped onion	<b>1 teaspoon</b> dried thyme	<b>1 teaspoon</b> red pepper flakes (optional)

- 1. Cook** pasta according to package.
- 2. Preheat** oven to 400°F.
- 3. Score** each of the cherry tomatoes with a small X. **Toss** the tomatoes with 1 tablespoon olive oil and **roast** in oven for 10-15 minutes, until they burst.
- 4. Sauté** onion in 2 tablespoons olive oil for 5 minutes.
- 5. Add** garlic and red bell peppers. **Sauté** for an additional 5 minutes.
- 6. Add** fresh and dried herbs, salt and oven roasted cherry tomatoes.
- 7. Toss** with drained pasta.

**Yield:** 6, 1 cup servings.  
**Nutrition Analysis:** 230 calories, 8 g fat, 1 g saturated fat, 0 mg cholesterol, 210 mg sodium, 35 g carbohydrate, 5 g fiber, 5 g sugar, 6 g protein.

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



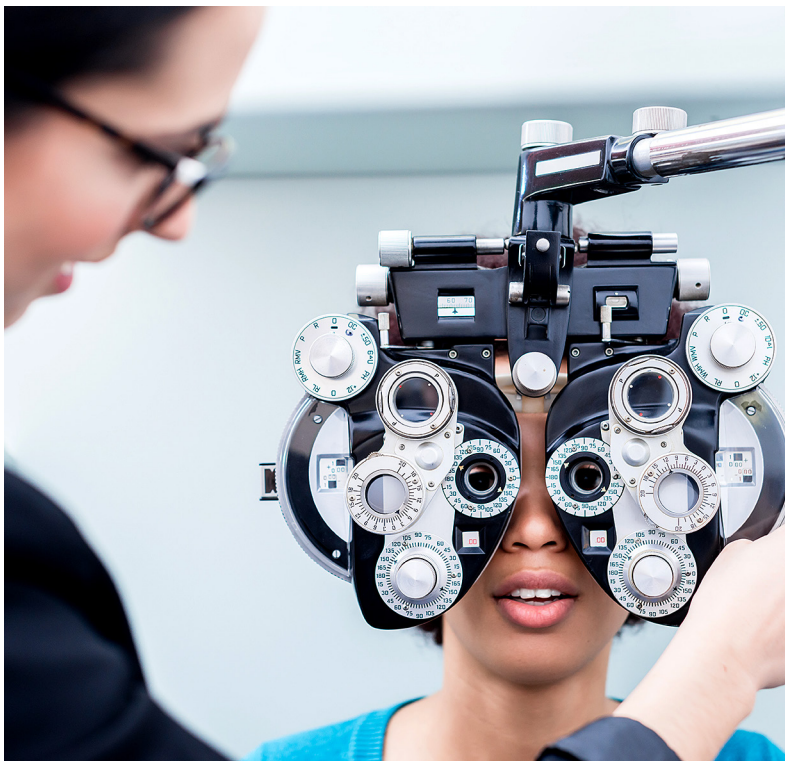
# ADULT HEALTH BULLETIN



**MARCH 2024**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:  
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

## THIS MONTH'S TOPIC SAVE YOUR VISION



**M**arch is "Save Your Vision Month" in the United States. This is a timely reminder to all of us to make good choices regarding our eye health. Experts estimate you can prevent half of visual impairment and blindness through early diagnosis and treatment. Making time for preventative care is an important part of taking care of our eyes.

Many people do not realize that eyesight can get worse over time. Because of slow changes, it can be difficult to tell if your eyesight has changed until you have an eye exam.

All people should have a basic vision screening annually as a part of an overall wellness exam. The Centers for Disease Control and Prevention recommends people older than 60 receive a dilated eye exam, performed

**Continued on the next page** ➔





***If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.***



**→ Continued from the previous page**

by an optometrist or ophthalmologist, every two years. You should also make an appointment to have your eyes checked if you have any of the following:

- Decreased vision
- Draining or redness of the eye
- Eye pain
- Double vision
- Floaters (tiny specks that appear to float before your eyes)
- Circles (halos) around lights
- Flashes of light

If you are referred to an optometrist, a doctor who specializes in eye care, make sure to schedule and go to that appointment. You should follow any recommendations they give you. Glasses or contact lenses, or even eye surgery, can help restore many people's eyesight, or help them see better than they ever could before.

**Other ways to protect your vision include:**

- Eat a healthy diet, including leafy greens such as spinach or kale, and maintain a healthy weight.

- Know your family's eye health history.
- Wear sunglasses that block out 99% to 100% of UV-A and UV-B radiation (the sun's rays).
- Quit smoking or don't start.
- Wear eye protection such as specific kinds of glasses or goggles when operating machinery, working outside or around small particles that could get in your eyes and cause problems.

If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.

**REFERENCE:**

<https://www.cdc.gov/visionhealth/resources/features/keep-eye-on-vision-health.html>

---

**ADULT  
HEALTH BULLETIN**

**Written by:**

Katherine Jury, MS

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:**

Adobe Stock

