

FAMILY AND CONSUMER SCIENCES MAY 2023 NEWSLETTER

Hello everyone!

I can not believe it is already May, this year is going by so fast! It is also KEHA State Meeting month, I am excited to attend my first one and spend some quality time with some of our county Homemakers. Last month, we had our first Family Dinner Table Project and it was so much fun. Families enjoyed a good meal, were able to do some activities together, along with learning some valuable information. We hope to do another one in the fall. I also posted my first cooking demonstration video for the Recipe Club. I hope you all enjoyed that video and were able to try the recipe yourself at home. If you did, please share to the Bath County FCS Recipe Facebook group.

This month we will be starting up three new programs! I hope you are able to join us, they are going to be fun and provide a lot of good information.

Our office will be closed on May 29th in observance of Memorial Day.

Waiting for you inside!

Bath County Homemakers
Monthly Calendar
Recipe Club
Sewing Day
Program Flyers
Recipe



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Happy Mothers Day to all the moms and mother figures out there! I hope all of you know how important your role is.



*Happy
Memorial Day*

Remember & Honor

BATH COUNTY HOMEMAKERS

Who are they?

Kentucky Extension Homemakers Association (KEHA) is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education. The organization was developed in cooperation with the University of Kentucky Cooperative Extension Service. Across the state, County Extension Agents for Family and Consumer Sciences work closely with KEHA members and clubs to provide educational programming and coordinate community activities.

Contact

If you have any questions about the homemakers association please feel free to reach out to me. My contact information is below:

Alex Sallie

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Meeting Dates

Bethel Nite: May 11th, 5:30 pm @ Bethel Christian Church

Country @ Heart: May 8th, 5:30 @ Slate Valley Church

Hill N' Dale: May 15th, 6 PM @ Ramsey Building OCC

Salt Lick: May 2nd, 12 PM @ Bath County Ag Center

Sharpsburg: May 5th, 11:30 @ Irish Hills



Bath County Homemaker
Annual Meeting
May 30th @ 6 PM
Theme: The Great
Outdoors



Family and Consumer Sciences Extension Calendar

All meetings/programs are hosted at the Bath Co. Ag Center unless noted otherwise.

May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Project Linus @ 10 am	3 Paper Hugs @ 10 Am	4	5	6
7	8 Sewing Day @ 9:30 am	9	10	11	12	13
14 Mother's Day 	15	16	17	18	19 Laugh & Learn Playdate @ 1:30 PM	20
21	22 Savor the Flavor Program @ 5 PM	23 Medicare 101 @ 12 PM	24	25	26	27
28	29 Memorial Day 	30 Homemakers Annual Meeting @ 6 PM	31 Bingocize @ 4 PM			

If your group/club would like to promote meeting dates, news, announcements, upcoming events, etc. into the next months newsletter, please email alexandra.sallie@uky.edu with a caption, photos, etc. The goal is to share each club/groups activities and encourage more to be involved when possible. Please have any information sent or brought in by the 25th of each month.

RECIPE CLUB

Expand your menu

MAILED MONTHLY

Each month you will receive a recipe card in your mailbox

POST YOUR DISH ON FACEBOOK

Brag about your dish on our Facebook page and share your thoughts for others to try

COMPLETE A SURVEY

Complete a short survey asking about the monthly recipe



Fiesta Potatoes

- 8 small to medium russet potatoes, peeled and diced
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 medium onion, chopped
- 1 cup Mexican blend cheese, shredded
- 1/2 cup margarine, melted
- 1/2 cup low-fat milk
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon dried basil, crushed
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Preheat oven to 350 degrees F. Place the potatoes, bell peppers and onion in a medium pan and cover with water. **Place** over high heat and bring to a boil. **Reduce** heat and simmer 12-15 minutes, or until vegetables are tender. **Drain** the vegetables and place in a mixing bowl. **Stir** in the cheese, margarine, milk and seasonings until combined. **Spread** the mixture in a

9-by-13-inch baking pan that has been sprayed with a non-stick coating. **Bake** for about 20 minutes or until bubbly. **Yield:** 12, 1/2 cup servings
Nutritional Analysis: 200 calories, 9 g fat, 2 g saturated fat, 5 mg cholesterol, 370 mg sodium, 34 g carbohydrates, 8 g fiber, 8 g sugar, 9 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmer's market, or roadside stand. <http://pickitup.ca.uky.edu>



Ratatouille Soup

- 1 small eggplant, peeled and cubed
- 2 tablespoons salt
- 1 pound lean ground chuck
- 1 tablespoon canola oil
- 1 medium zucchini, chopped
- 1 medium bell pepper, chopped
- 1 medium onion, chopped
- 1 tablespoon finely minced garlic (about 3 cloves)
- 1 1/2-cup can low sodium beef broth
- 1 24-ounce jar chunky garden of eden style pasta sauce
- 2 cups water
- 1 teaspoon dried basil
- 1 cup uncooked whole-grain pasta

Place the cubed eggplant in a colander. **Toss** with the salt and let set for 20-25 minutes. **Thoroughly** rinse in cold water and press as much water out of the eggplant as possible. **Set** aside. In a large heavy pot, **brown** the ground beef over medium heat until crumbly and no longer pink. **Drain**. **Raise** the heat to medium-high. **Add** the canola oil to the same pot. **Return** the beef to the pot. **Add** the minced bell pepper, onion and garlic. **Cook** together for 2-3 minutes, until onion is translucent. **Add** the eggplant to the mixture and continue to cook for 5

minutes. **Add** the beef broth, pasta sauce, water and basil. **Bring** to a boil, then reduce heat to medium-low, cover and simmer for 10 minutes. **Add** the pasta. **Reduce** heat to medium. **Bring** to a slow boil and cook, stirring occasionally for 10-12 minutes, or until the pasta is tender. **Yield:** 12, 1 cup servings
Nutritional Analysis: 210 calories, 10 g fat, 3 g saturated fat, 35 mg cholesterol, 660 mg sodium, 19 g carbohydrates, 3 g fiber, 8 g sugar, 13 g protein.



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



Peach Crisp

- 1/2 cup quick cook oats
- 1/2 cup honey sweetened granola
- 3 tablespoons whole wheat flour
- 1/2 cup packed light brown sugar
- 1/2 cup butter, softened
- 6 cups peaches, peeled and sliced
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground allspice
- 1/4 cup chopped pecans

Preheat oven to 375 degrees F. **Combine** the oats, granola, flour and brown sugar in a medium mixing bowl. **Cut** small pieces of softened butter over the top. **Cut** butter into dry ingredients until well combined and crumbly. **Lightly** coat an 8-by-8-inch baking dish with cooking spray, add peaches. **Sprinkle** the dry ingredients and butter mixture over the peaches. **Add** spices and chopped nuts evenly

over the top. **Place** on rack in the middle position in oven. **Bake** 25 to 30 minutes, or until topping is golden brown. **Yield:** 9 servings
Nutritional Analysis: 200 calories, 8 g fat, 3.5 g saturated fat, 15 mg cholesterol, 5 mg sodium, 32 g carbohydrates, 2 g fiber, 20 g sugars, 3 g protein.

INTERESTED?!

Call or email Bath County Extension Office to Sign-Up

606-674-6121 or bath.ca.uky.edu

COOPERATIVE EXTENSION

 University of Kentucky
College of Agriculture,
Food and Environment

 COLLEGE OF AGRICULTURE,
COMMODITIES AND
THE ENVIRONMENT





Sewing Day

Second Monday of every month

Time: 9:30 AM

Location: Bath Co. Ag Center



Help assist on a special project making peasant dresses for Operation Christmas Child Shoe Boxes.



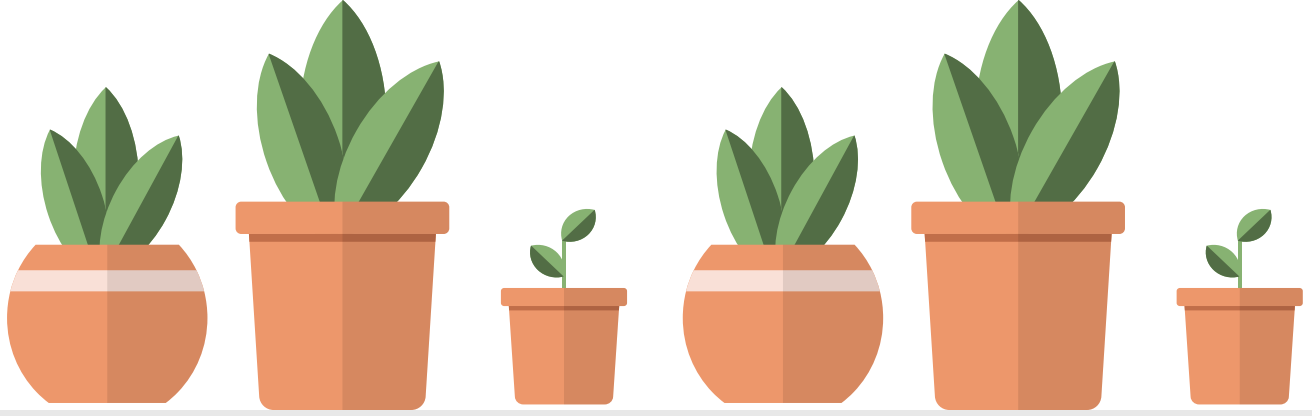
Interested in sewing?!

If you are an expert sewer, would like to learn to sew or are just wanting to assist with a community project; this is a great opportunity!

Did you know?

Research shows that activities like sewing can help people feel happier.





LAUGH & LEARN PLAYDATE

Monthly Theme:
Plants
Next Date:
May 19th

Each session will be held at the Bath County
AG Center, the 3rd Friday of each month
from 1:30 PM - 3:30 PM.

Free for all children 3-5 years old and all
children must be accompanied by an adult.

Snack: Mini Muffins

Book: Rachel's Day in the Garden

Song: Mary, Mary Quite Contrary

Craft: Bracelet making & Mother's Day

Craft

Free Play

To register, contact our office at
606-674-6121





Savor *the* Flavor



The *Savor the Flavor* program focuses on flavoring techniques and cooking methods that anyone can use. The goal of the program is to help people make home-prepared meals that are flavorful and exciting. Savor the Flavor allows people to build their skills and confidence in the kitchen through interactive recipe demonstrations, tastings, and other engaging activities. You won't want to miss it!

We look forward to seeing you!

**First session:
Oils & Vinegars**

**When: May 22nd
Time: 5 PM**

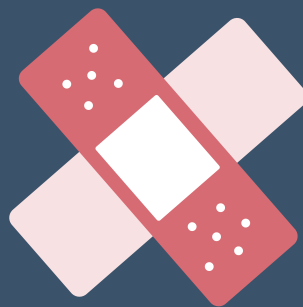
Location: Bath County AG Center

**Registration is required.
Register by calling 606-674-6121**





University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



MEDICARE 101

MAY 23RD, 12 PM
BATH COUNTY AG CENTER

FOR ACCOMMODATIONS OF PERSONS WITH SPECIAL NEEDS AT MEETINGS, PLEASE CALL (TTY: 711)606-674-6121

THIS EVENT IS FOR EDUCATIONAL PURPOSES ONLY. NO PLAN OR BENEFIT INFORMATION WILL BE SHARED

TO REGISTER CALL
606-674-6121 OR
SCAN THE QR CODE.



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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



A fun combination of bingo, exercise and health education.

When: Wednesdays & Thursdays

Beginning May 31st

Where: Bath County AG Center

Time: 4 PM

To Register Call: 606-674-6121

Dates:

Week 1: May 31st & June 1st

Week 2: June 7th & June 8th

Week 3: June 14th & June 15th

Week 4: June 21st & June 22nd

Week 5: June 28th & June 29th

Week 6: July 5 & July 6th





Easy Tortilla Breakfast Pizza



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

Nutrition facts per serving:

140 calories; 7g total fat; 3g saturated fat; 0g trans fat; 170mg cholesterol; 300mg sodium; 10g total carbohydrate; 1g dietary fiber; 1g total sugars; 0g added sugars; 10g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

Source:

Jean Najor, Program Coordinator II; and Jen Robinson, NEP Area Agent, University of Kentucky Cooperative Extension Service

- Nonstick cooking spray
- 1 (8 inch) whole-wheat tortilla
- 1 cup spinach
- 3 medium eggs
- 1/2 medium tomato, diced
- Dash of salt and pepper
- 1/4 cup shredded part-skim mozzarella cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spray a 10-inch skillet with nonstick spray and place tortilla inside.
3. Place spinach over the tortilla and make three slight wells with spinach. Crack an egg into each well so that it can be cut into three triangles once done.

4. Sprinkle tomatoes, salt, pepper, and mozzarella over the eggs.
5. Cover with lid and cook on medium-low heat for 12 minutes, or until egg yolk is cooked through.
6. Remove from heat and slice into three wedges with one egg each to serve.
7. Store leftovers in the refrigerator within 2 hours.

Makes 3 servings
Serving size: 1/3 of pizza
Cost per recipe: \$3.25
Cost per serving: \$1.08

