

Homemaker Newsletter

April 2025

RUSSELL COUNTY EXTENSION OFFICE
2688 S. HWY 127
RUSSELL SPRINGS, KY 42642
(270) 866-4477
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RUSSELL.CA.UKY.EDU

Homemaker Council News

Thought of the Month:

"A-we gonna do
what they say
can't be done
We've got a long
way to go, and a
short time to get
there"

East Bound and
Down (*from
Smokey and the
Bandit*)

The Russell County Extension Homemakers are taking over the BPW's Vendor's Fair! The Vendor's fair is scheduled for **Saturday, April 26th**, from 9 a.m.-2 p.m. We are looking for volunteers to help move tables on April 25th, as well as volunteers to help facilitate on the 26th. Please call the Extension Office or reach out to your club president if you are willing to volunteer.

We are taking mini crockpot recipes and well-wish cards for veterans! Please bring them to the Extension Office by April 3rd. These items can be placed in the drop box by the kitchen if the office is not open. Veteran cards need to be signed by first name only, and the envelope must be unsealed.

Hold the date! The Lake Cumberland Area Homemaker Annual Meeting will be on **May 15th, hosted by Clinton County**. Registration starts at 4:30 p.m., and the cost is \$15, due by May 1st to the Extension Office.

Roll Call:

April is National
Volunteer
Month. What is
your favorite
way to
volunteer?

The April Extension Homemaker Council meeting will be held on **Monday, April 28th, at 5 PM** at the Russell County Extension Office.

A "Gardening Safety" program will be held on April 14th at 4 PM. **Please call to RSVP by 04/7/25.**

Cooperative
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Agriculture and Natural Resources
Family and Consumer Sciences
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



Disabilities
accommodated
with prior notification.

Club Meeting Information

Homemakers On the Go

The Homemakers On the Go will meet on **Thursday, April 10th**, at 10 a.m., at the Extension Office to carpool to visit greenhouses in Casey County and stop for lunch at the Bread of Life. Please call 270-866-4477 to RSVP by April 7th.

The Piecemakers Quilt Guild

The Quilt Guild will meet at noon on Monday, **April 28th**, at the Extension Office. They plan to have a Sit & Sew and to work on donation blankets. Please reach out to Cindy Mills if you have any questions.

Sunset Club

The Sunset Club will meet on **April 8th, 6 p.m.**, at the Extension Office for a lesson, craft, and fellowship. Please reach out to Susan Adams for more information.

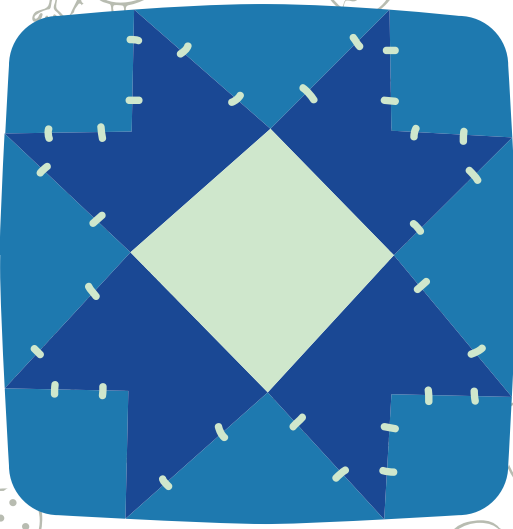
Homemakers by Heart

Homemakers By Heart will meet on **April 21st at 6 p.m.**, for a flower pot painting craft. Please get in touch with Caitlyn Helm for more information.

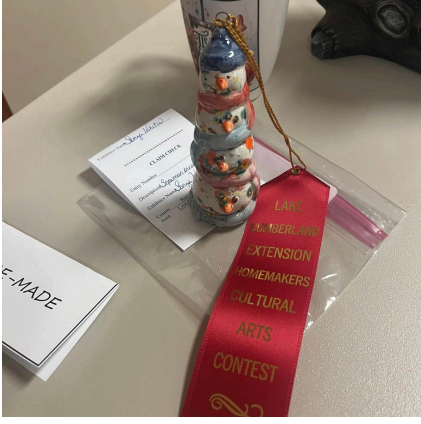
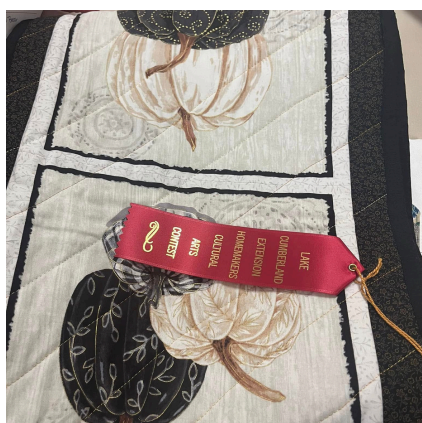
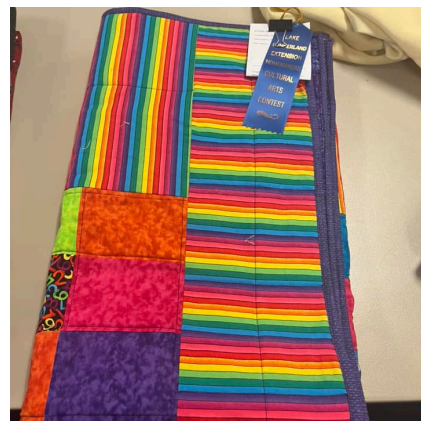
Crafty Bees

The Crafty Bees will meet on **April 29th** at 5:30 p.m. for their monthly meeting.

Homemaker Activities



Homemaker Cultural Arts Area Winners



Garden Your Way to Better Health

SOURCE: MONICA MUNDY, EXTENSION SPECIALIST FOR COMMUNITY AND FAMILY HEALTH

Gardening is fun and healthy. It makes your space look nice, gives you fresh food, and helps your body. Digging, planting, pulling weeds, and watering plants are all great ways to work out and stay healthy.

Gardening is something anyone can do. It doesn't matter how old you are. It's a simple way to move your body while using a lot of muscles. Michigan State University says gardening can help adults reach the Centers for Disease Control and Prevention's goal of 150 minutes of moderate exercise each week. Moderate exercise gets your heart rate up and makes you breathe a little faster. When you garden, it gives your whole body a workout. It offers many benefits, such as:

1. **Burning Calories:** Gardening can burn 200 to 400 calories an hour, based on how hard you work.
2. **Heart Health:** It helps your heart stay healthy by raising your heart rate and getting better blood flow.
3. **Building Strength:** Tasks like lifting tools and digging make your muscles stronger.
4. **Stretching and Balance:** Bending, stretching, and reaching help you stay flexible and balanced.
5. **Stress Relief:** Spending time in nature helps you feel calm, lowers stress, and lifts your mood.

By gardening regularly, you can stay active, feel happier, and enjoy the reward of growing your own plants while spending time in nature.

References

Gardening for Health: a Regular Dose of Gardening by Richard Thompson
Home Vegetable Gardening in Kentucky

Living with Alpha-gal Syndrome

Join the University for a **FREE** Webinar on the causes of Alpha-Gal Syndrome.


This webinar will cover the basics of AGS, tick bite prevention, and diet/lifestyle management in response to the illness.

Date: Thursday, May 29th
Time: 6:00-7:30pm CDT
Place: ukfcs.net/AgS OR
Scan QR Code to RSVP



**REGISTER HERE:
UKFCS.NET/AGS**

 Russell.ca.uky.edu

 270-866-4477

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with prior notification.



Lemon Broccoli Pasta



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

Prep time: 15 minutes
Cook time: 25 minutes

- 1 box (16 ounces) whole-wheat pasta (rotini, spaghetti, bowtie, elbow macaroni)
 - 1 package (12 to 14 ounces) frozen broccoli
 - Zest of one lemon
 - Juice of one lemon (about 2 tablespoons of lemon juice)
 - 2 tablespoons olive oil
 - 2 1/2 teaspoons garlic powder or 1 clove of garlic, minced
 - 2 cups spinach
 - 1 cup grated parmesan cheese
 - 1 cup reserved pasta water
 - Salt and pepper, to taste
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Boil water and prepare pasta according to package directions. Be sure to save 1 cup of pasta water for later use.

3. While the pasta cooks, microwave broccoli for about 5 minutes, or until thawed.
4. In a large saucepan over medium heat, add oil and sauté broccoli for 3-5 minutes.
5. Add cooked pasta to the saucepan with the broccoli. Add lemon zest, lemon juice, garlic, spinach, and reserved pasta water. Use tongs or a spoon to evenly combine everything. Cook until spinach is wilted, about 5 minutes.
6. Sprinkle over parmesan cheese and stir to combine. Reduce heat to low and cook for an additional 3 to 5 minutes or until it reaches desired texture.
7. Serve.
8. Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving size: 1 1/2 cups
Cost per recipe: \$8.56
Cost per serving: \$1.07

Nutrition facts per serving:
320 calories; 9g total fat; 2.5g saturated fat; 0g trans fat; 10mg cholesterol; 200mg sodium; 51g total carbohydrate; 7g dietary fiber; 2g total sugars; 0g added sugars; 13g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium

Source:
Jeannie Noble, RD, Extension Specialist for Nutrition; and Jen Robinson, NEP Area Nutrition Agent, University of Kentucky Cooperative Extension Service



April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Crochet Group 9 AM	2	3 Beekeepers 6 PM	4	5
6	7 Cheesemaking Class 5 PM	8 Crochet Group 9 AM Sunset 6 PM	9	10 Homemakers On the Go 10 AM	11	12
13	14 Retired Teacher MTG 11 AM HMLL 4 PM Homemade Soap Demo 5 PM	15 Crochet Group 9 AM	16	17 Herb Gardening 5 PM	18	19
20	21 International Cooking 12 PM Homemakers By Heart 6 PM	22 Crochet Group 9 AM	23	24	25 Vendors Fair Set-Up ANC	26 Vendors Fair 9AM-2PM
27	28 Sit & Sew Homemaker Council 5 PM	29 Crochet Group 9 AM Crafty Bees 5:30 PM	30			

INTERNATIONAL COOKING SERIES

~CUBA~

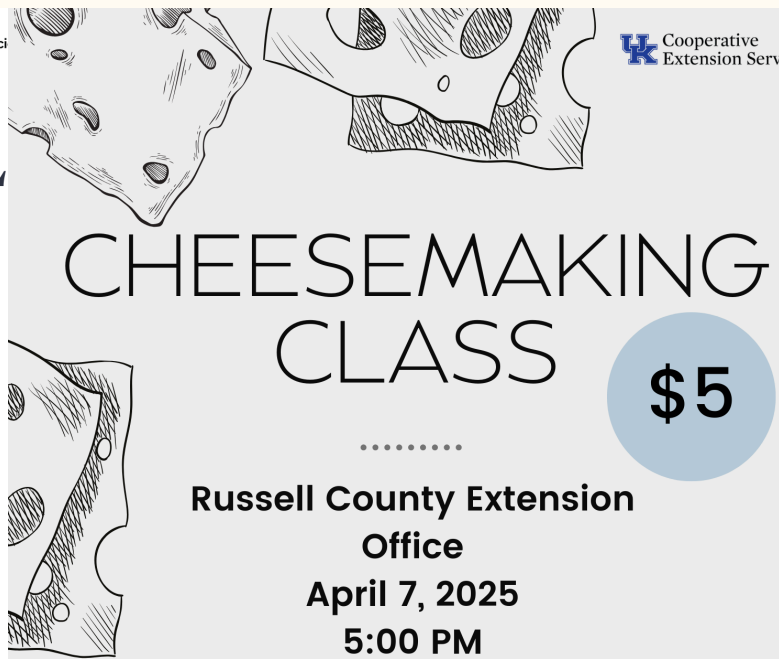
Monday, April 21st | 12 PM - 1 PM

Visit Cuba with FCS Agent Megan Gullett, and learn to make Cuban black beans and rice. This class is FREE, but RSVP is required. Please call 270-866-4477 to RSVP by April 14th.

www.russell.ca.uky.edu



AN EQUAL OPPORTUNITY EMPLOYER



CHEESEMAKING CLASS

\$5

Russell County Extension Office
April 7, 2025
5:00 PM

Come learn how to make mozzarella cheese in our hands-on class. Class size is limited. To register, pay your class fee at the Russell County Extension Office.

An Equal Opportunity Employer.



HOMEMADE SOAP DEMONSTRATION FOR BEGINNERS

April 14th @ 5 PM

Join the Russell County Extension Office and Hetts Homemade to see how homemade lye soap is made!

Call 270-866-4477 to RSVP.



This is a demonstration class. You will not be taking soap home this time, but you will see how lye soap is made.



An Equal Opportunity Employer.

JOIN US FOR

HERB GARDENING



Learn herb and container gardening basics and plant your own parsley, basil, oregano, sage, thyme and more!

WHEN: THURSDAY, APRIL 17TH | 5:00 PM CST

WHERE: RUSSELL COUNTY EXTENSION OFFICE
2688 U.S. 127, RUSSELL SPRINGS, KY 42642