

Powell County Extension News

This month at the Extension Office

Monday, April 1st

Spring Garden Series at 6:30 p.m.

Tuesday, April 2nd

4-H Cooking Club at 4:30 p.m.

4-H Poultry Club at 5:30 p.m.

Evening Homemakers at 6 p.m.

Monday, April 8th

Homemakers Quilt Club at 11 a.m.

Spring Garden Series at 6:30 p.m.

Tuesday, April 9th

Clay City Homemakers at 11 a.m.

4-H Livestock Club at 5:30 p.m.

Monday, April 15th

Spring Garden Series at 6:30 p.m.

Tuesday, April 16th

Dresses for Africa at 9:30 a.m.

4-H Art Club at 5:30 p.m.

Monday, April 22nd

Spring Garden Series at 6:30 p.m.

Tuesday, April 23rd

4-H Cloverbuds at 5:30 p.m.

Friday, April 26th

Homemakers Planning Committee
at 10 a.m.

Date Night Cooking at 6 p.m.

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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.



4-H Youth Development



Emilee Bryant

Powell County Agent for 4-H Youth Development

Emilee Bryant



606-663-6405



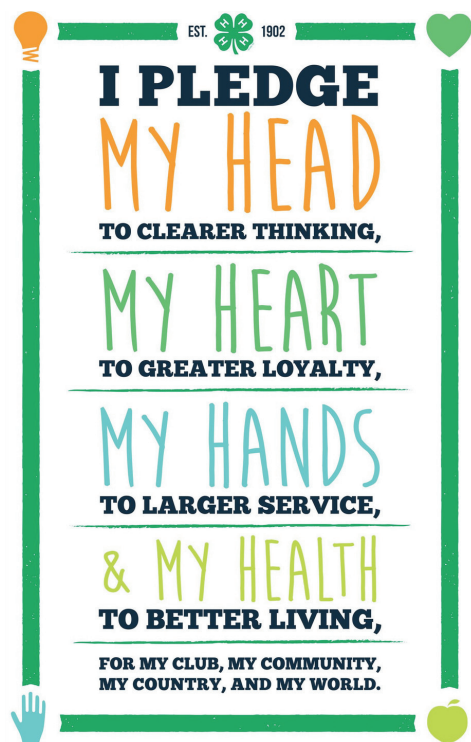
Emilee.Hager@uky.edu



Powell County 4-H



powell.ca.uky.edu/4H_Youth_Development



4-H Poultry Club

Meets the 1st Tuesday of each month at 5:30 p.m. at the Powell Co. Extension Office

Join us at our next meeting on **April 2nd**

Open to ages 5-18



4-H LIVESTOCK CLUB

Meets the 2nd Tuesday of each month at 5:30 p.m. at the Powell Co. Extension Office, 169 Maple St.

The next meeting will be **April 9th**

Owning an animal is not required to attend meetings

For more information on the Livestock Club or any 4-H programs, contact Emilee Bryant, 663-6405

Enroll in Kroger's FREE Community Rewards Program:



1. Have your Kroger Plus Card ready!
2. Visit [kroger.com/communityrewards](https://www.kroger.com/communityrewards)
3. Sign in to your online Kroger Plus Card account, update, or create one
4. Scroll down to ENROLL NOW in the Community Rewards Program
5. Find POWELL COUNTY 4-H Council, select, and save/enroll to complete

Powell County 4-H's NPO # is ER490

*Community Rewards Program does not affect your fuel points or other discounts

4-H Cooking Club

April 2nd at 4:30

Cooking Club meetings are the first Tuesday of each month.



Open to ages 9-18

Youth will learn basic cooking and baking skills, nutrition and budgeting skills

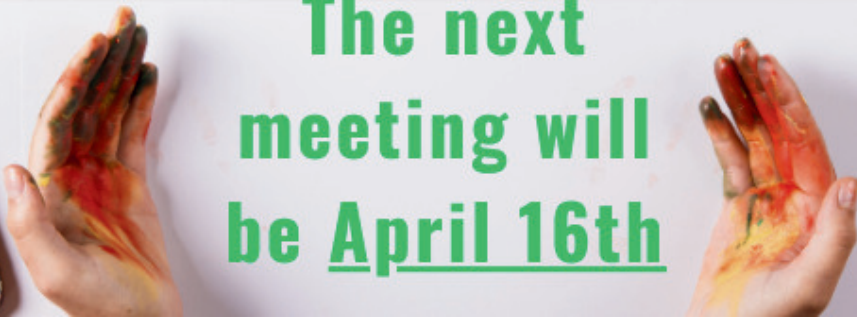
An Equal Opportunity Organization



4-H ART CLUB

Meets the 3rd Tuesday of each month
at the Powell County Extension Office

Open to ages 5-18 years old



The next
meeting will
be April 16th

FUN & CREATIVE ACTIVITIES
**4-H CLOVERBUD
CLUB**

OPEN TO YOUTH
Ages 5-8 years old

Tuesday, April 23rd
5:30 to 6:30

EXTENSION OFFICE
169 MAPLE STREET
STANTON, KY

For more information contact Emilee at 663-6405

AN EQUAL OPPORTUNITY ORGANIZATION

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





Under the Big Top

BE THE STAR OF THE SHOW



4-H Camp 2024

July 15 - 19, 2024

JM Feltner 4-H Camp London, KY

Cost: \$300

Includes lodging, food,
t-shirt, activities & class fees

Applications are now available

**Help send a child to camp by making a
donation any amount is appreciated!**



Scan the code to donate online
Or

Mail Checks to:

Powell Co. 4-H Council
169 Maple Street
Stanton, Ky. 40380



FAMILY AND CONSUMER SCIENCES

Building strong families. Building Kentucky. It starts with us.



Kendyl Redding

Powell County Agent for Family & Consumer Sciences

Kendyl Redding

606-663-6405

 Kendyl.Redding@uky.edu

 Powell County FCS Extension

 powell.ca.uky.edu/fcs

Powell County FCS Extension



Powell County Extension Service



Powell.Extension



Instagram



An equal opportunity university.

UK Cooperative Extension Service

Now on Talking FACS!

Cancer in Appalachia: A Collection of Youth Told Stories

with Nathan Vanderford, PhD, Holly Burke, Abby Knoy, and Caylee Caudill

ACTION Program | UK Markey Cancer Center

ukfcs.net/MCCShow52

Asparagus Ham Quiche

1 pound fresh asparagus, trimmed and cut into ½ inch pieces

1 cup, finely chopped ham
1 small finely chopped onion
2 (8 inch) unbaked pie shells

1 egg white, slightly beaten
2 cups shredded reduced fat cheddar cheese
4 large eggs
1 container (5.3 ounces) plain Greek yogurt

½ cup 1% milk
¼ teaspoon ground nutmeg
¼ teaspoon salt
¼ teaspoon pepper

Preheat oven to 400 F. **Place** asparagus in a steamer over 1 inch of boiling water and **cover**. **Cook** until tender but still firm, about 4-6 minutes. **Drain** and **cool**. **Place** ham and onion in a nonstick skillet and **cook** over medium heat until lightly browned. **Brush** pie shells with beaten egg white. **Spoon** the ham, onion and asparagus into pie shells, dividing evenly between the 2 shells. **Sprinkle** 1 cup shredded cheese over the mixture in each shell. In a separate bowl, **beat** together

eggs, yogurt, milk, nutmeg, salt and pepper. **Pour** egg mixture over the top of the cheese, dividing evenly between the 2 shells. **Bake** uncovered in a preheated oven until firm 25-30 minutes. Allow to cool approximately 20 minutes before cutting.

Yield: 16 slices

Nutritional Analysis: 200 calories, 11 g fat, 4.5 g saturated fat, 65 mg cholesterol, 370 mg sodium, 14 g carbohydrate, 1 g fiber, 3 g sugars, 10 g protein.



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



EXTENSION HOMEMAKERS

EVENING HOMEMAKERS

will meet April 2nd at 6 p.m.
at the Extension Office. This
month we will learn about
meal prepping and planning.

QUILT CLUB

will meet 11 a.m., April 8th
at the Extension Office.

CLAY CITY HOMEMAKERS

will meet 11 a.m., April 9th
at the Extension Office.

HOMEMAKER PLANNING COMMITTEE

will meet April 26th at
10 a.m, to discuss the
Annual Meeting.

**"ALONE WE CAN DO SO LITTLE:
TOGETHER WE CAN DO SO
MUCH." – HELEN KELLER**

For more information on
Homemaker programs or to join
Homemakers, contact Kendyl
Redding, Family and Consumers
Sciences Agent, 663-6405.

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A beginner's guide to Meal Prepping and Meal Planning

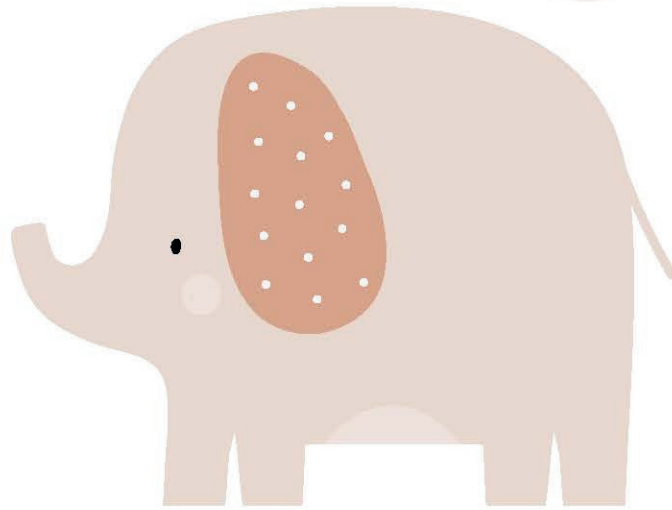


Planning meals is one of the best ways to save money and eat healthy meals. Learn some tips and tricks that will help to remove the stress of putting healthy meals on the table every night.

April 2, 2024

6:00 pm

Powell County Extension Office



PLEASE JOIN US AT THE

Annual Community Baby Shower

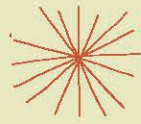
HEALTH AND RESOURCE FAIR FOR
THOSE THAT ARE PREGNANT AND/
OR HAVE CHILDREN UP TO AGE 3

APRIL 11, 2024

5:00 - 7:00 P.M.

POWELL COUNTY HIGH SCHOOL
CAFETERIA

HOSTED BY COMMUNITY PARTNERS



HELP THE POWELL
COUNTY HOMEMAKERS SEW

Dresses for Africa

TUESDAY, APRIL 16TH

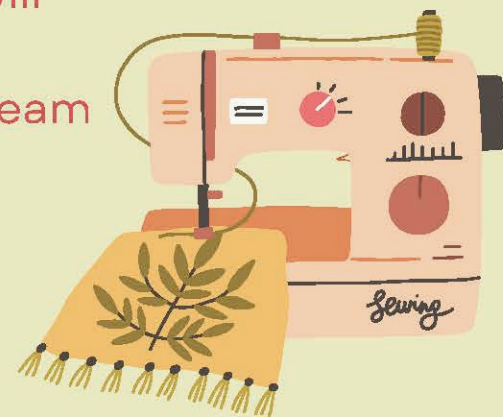
POWELL COUNTY EXTENSION OFFICE

9:30 A.M. - 2:30 P.M.

Rita Hardman, Fayette County Homemaker and Master Clothing Volunteer, will walk you through the new dress pattern specifications. The goal is to provide special, one of a kind dresses that any little girl would love to own and wear.

Fabric and pattern will be provided. Sewers will only need to provide the following:

- Sewing machine and tools (scissors and seam ripper) please contact the office if you need a machine provided at 663-6405.
- Personal sack lunch and beverage





Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID

LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY AND NEIGHBORS

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

You'll build skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges.
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a person in crisis.
- Know how to connect a person with help.
- Use self-care tools and techniques.

Join the more than

2.6 MILLION

*First Aiders who
have chosen to be
the difference in
their community.*

Tuesday, April 23 or
Thursday, April 25

8:00 am - 3:00 pm

Powell County Extension Office
169 Maple St, Stanton

Cost: Free (registration required)

REGISTER HERE

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

UK Cooperative
Extension Service

https://uky.az1.qualtrics.com/jfe/form/SV_2lOgmaATzuj4WJ8 or
call us at 663-6405.

April

DATE NIGHT COOKING



GRAB YOUR SPOUSE, PARTNER, FRIEND, OR OTHER LOVED ONE ON THE LAST FRIDAY OF EACH MONTH AND SPEND AN EVENING COOKING TOGETHER! LEARN WAYS TO MASTER THE KITCHEN AND PREPARE HEALTHY, DELICIOUS DISHES FOR TWO.

FRIDAY, APRIL 26

POWELL COUNTY EXTENSION OFFICE

6:00 - 8:00 PM



Registration required!

Space is limited



Supplemental Nutrition Assistance Program



April Tipton

Powell County NEP Program
Assistant Senior



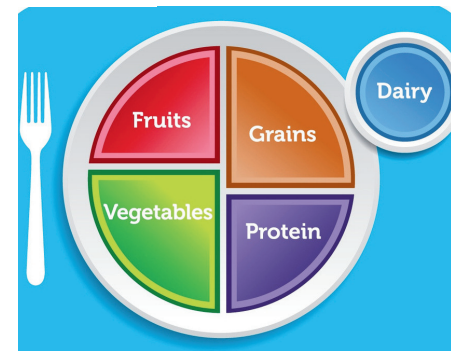
606-663-6405



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Powell County Nutrition Education



USDA
Supplemental
Nutrition
Assistance
Program

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

Nutrition

- This recipe uses lentils. The Dietary Guidelines recommend eating more dry beans, peas, and lentils for protein. Like other vegetables, beans, peas, and lentils are excellent sources of fiber, folate, and potassium. And like protein foods, they are excellent sources of plant protein, also providing iron and zinc.
- Using lentils in place of ground beef is an excellent way to reduce the intake of saturated fat.
- This recipe is packed with nutrition, including 11 grams of dietary fiber, which amounts to 39% of the daily value! This dish also contains 20% of the daily value for iron. Iron is a nutrient many Americans need to consume more of.

Cooking Tips

- Compared to dried beans, dried lentils do not need to soak because they soften in cooking.
- Be sure to cook lentils fully. Undercooked lentils can sometimes cause digestive discomfort.
- This is an easy one-pot meal. Other than chopping the bell peppers and onion, you can just add everything to the pot. If short on time, frozen bell peppers and onions would work well in this dish.
- Using a can opener is a fundamental cooking skill. If including kids in the kitchen, be sure to show them how to properly open a can.



Lentil Sloppy Joes



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

- 1 tablespoon olive oil
- 1 medium bell pepper, chopped
- 1 small onion, chopped
- 1/2 cup water
- 1 cup low-sodium vegetable broth
- 1 cup dried lentils
- 1 teaspoon garlic powder
- 1 can (6 ounces) tomato paste
- 1/3 cup ketchup
- 1 tablespoon Worcestershire sauce (optional)
- 2 tablespoons brown sugar
- 1 tablespoon chili powder
- 1 tablespoon Dijon mustard (or yellow)
- 8 whole-wheat hamburger buns

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.

3. Over medium heat, add oil to a medium-sized pot. Sauté bell pepper and onions until softened, about 4 minutes.
4. Add water, broth, and lentils. Bring to a boil. Reduce heat and simmer.
5. Cover and cook for 25 minutes.
6. Stir in garlic powder, tomato paste, ketchup, Worcestershire sauce, brown sugar, chili powder, and mustard.
7. Enjoy the finished sloppy joe mixture on a bun.
8. Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving size: 1 lentil burger
Cost per recipe: \$6.20
Cost per serving: \$0.78

Nutrition facts per serving:
 320 calories; 4.5g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 480mg sodium; 55g total carbohydrate; 11g dietary fiber; 13g total sugars; 6g added sugars; 13g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 20% Daily Value of iron; 15% Daily Value of potassium

Source:
 Adapted from <https://www.spendwithpennies.com/lentil-sloppy-joes>



Agriculture and Natural Resources



Jason Vaughn

Powell County Agent for
Agriculture & Natural Resources

Jason Vaughn



606-663-6405



Jason.Vaughn@uky.edu



Powell County Livestock Producers



powell.ca.uky.edu/anr

Powell & Clark County Beekeepers

will meet Monday, April 8th
at 6:30 p.m. at the

Powell County Extension
Office

A potluck dinner will be served.



Let's Test Your Hay!

Understanding the nutrient value
of your hay can pay off!

Hay testing can provide information that
can increase performance and/or save
you money in your cow/calf operation

The Powell County
Extension Service has
soil bags and soil
probes available for
you to use when you
take your soil sample.
Stop by the Powell
County Extension
Service Office anytime
Monday thru Friday
between 8:00 am and
4:30 pm and pick up a
probe and bags.



Spring Garden Series

- **April 1st** at 6:30 p.m.- Sowing seeds indoors
- **April 8th** at 6:30 p.m.- Container Gardening
- **April 15th** at 6:30 p.m.- Indoor Mushrooms
- **April 22nd** at 6:30 p.m.- Growing Herbs- followed by lesson and dinner with Powell County FCS Agent, Kendyl Redding.

All classes are held at the Powell County Extension Service
169 Maple St., Stanton

Workshops are free but registration is required to ensure enough supplies. Contact the Powell County Extension Office at 663-6405 or register online by scanning the QR code.

Class sizes are limited register soon!

Workshops are free but registration is required to ensure enough supplies.



Cooperative Extension Service

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Family and Consumer Sciences
4-H Youth Development
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Disabilities accommodated with prior notification.