

April & May 2024

Building Strong Families in Scott County



Martin-Gatton
College of Agriculture,
Food and Environment

Scott County
Cooperative Extension Service
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This month...



Become a Smoothie Making Pro



Blueberry Pound Cake



Homemaker Annual Meeting

FCS Today

BECOME A SMOOTHIE-MAKING PRO WITH THESE SIMPLE, NUTRITIONAL STEPS

Source: Heather Norman-Burgdolf, UK Extension Specialist for Food and Nutrition; Anna Cason, UK Senior Extension Associate

Smoothies are a convenient way to add nutrients to your diet, adding variety to what and how you eat. Smoothies are simple because you combine all the ingredients into one spot, then blend and enjoy.

With a little practice and these tips listed, you can become a smoothie-making pro.

- Add over-ripened fruits and vegetables. Over time, this can reduce food waste and save food dollars in your home.

- Consider buying single-serving blenders. These

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Sincerely,

Alivia Faris

Scott County Extension
Agent for Family and
Consumer Sciences



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Cooperative Extension Service

Agriculture and Natural Resources
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Disabilities accommodated with prior notification.

SMOOTHIE *Making* PRO



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are typically less expensive than a true blender. You can also buy blenders secondhand or refurbished, generally discounted around the holiday season. If you do not have a blender, make smoothies in a food processor or with an immersion blender instead.

- Enjoy smoothies right after you prepare them. When you have leftovers, you can drink smoothies within 24 hours if you store them in an airtight container in the refrigerator. You can also pour leftovers into an ice tray with a toothpick or a popsicle tray to freeze and enjoy later.

-Smoothies are a healthy way to supplement meals. They are an easier way to take in calories when eating a meal may be difficult. This is an important consideration during sickness, if someone is managing a chronic condition, or needs to gain weight.

-Smoothies offer variety. You can easily change smoothies to your liking. The next time you make one, try adding a new ingredient or removing one you may not have liked.

-Store-bought smoothie options can be more convenient, but not typically healthier. These options are generally more expensive, high in added sugar and less nutritious than homemade. At home, you can add what you want and simultaneously save food dollars.

-You may have heard of "juicing." When you juice a fruit or vegetable, you remove fiber and most micronutrients. This is what makes a smoothie a more nutritious option. Smoothies include fiber, vitamins, minerals, antioxidants and phytochemicals you only get when you eat the entire fruit or vegetable.

-With the right ingredients, smoothies can be a balanced meal. Add multiple food groups to your smoothie to meet nutrient needs. For example, a smoothie made with yogurt, strawberries, a banana, spinach and oats provide nutrients from the dairy, fruit, vegetable and grain food groups.

-Smoothies are an easy clean up. To make clean up a breeze, fill the blender or food processor halfway up with water, add a dash of dish soap, and blend. It's that simple. For other creative ideas for adding nutritious foods to the diet, look for upcoming programs and classes at your local Scott County Extension office.



Please note this newsletter is for April and May, there will not be a separate May Newsletter.

Upcoming Dates to Remember

April

- 11th: Homemaker Council Meeting @ 10:00 AM
- 11th: FCS Book Club @ 1:00 PM
- 11th: Bead Looming Class @ 5:00 PM
- 16th: Elkhorn Creek Quilt Guild Meeting @ 6:00 PM
- 18th: Needlework Club @ 1:00 PM
- 19th: Bead Looming Class @ 10:00 AM
- 29th: Homemaker Leader Lesson @ 10:00 AM

May

- 2nd: Rug Hookers @ 10:00 AM
- 9th: Rug Hookers @ 10:00 AM
- 9th: FCS Book Club @ 1:00 PM
- 16th: Needlework Club @ 1:00 PM
- 16th: Homemaker Annual Meeting (Dinner) @ 6:00 PM
- 21st: Elkhorn Creek Quilt Guild Meeting @ 6:00 PM
- 27th: OFFICE CLOSED
- 30th: Rug Hookers @ 10:00 AM



Blueberry Cream Cheese Pound Cake

- | | | |
|--|--|------------------------------------|
| 1 (8 ounce) package fat free cream cheese | 1 (5 ounce) package instant vanilla pudding mix | 2 teaspoons vanilla extract |
| ½ cup canola oil | 2 large egg whites | 2 cups fresh blueberries |
| 1 (18 ounce) package yellow butter cake mix | 2 large eggs | |

- 1. Preheat** oven to 325° F.
- 2. Lightly spray** Bundt pan with nonstick cooking spray and dust with flour.
- 3. Combine** cream cheese and oil in a medium bowl; beat with mixer at high speed until smooth and creamy.
- 4. Add** cake mix, pudding mix, egg whites, eggs, and vanilla extract. Beat at medium speed until blended.
- 5. Fold** in berries.
- 6. Spoon** batter into prepared pan.
- 7. Bake** 60 minutes or until wooden toothpick inserted in center comes out clean.
- 8. Cool** cake in pan for 20 minutes. Remove from pan and cool completely.

Yield: 16 slices.
Nutrition Analysis: 260 calories; 10g fat; 1.5g saturated fat; 0g trans fat; 30 mg cholesterol; 390mg sodium; 38g carbohydrate; 1g fiber; 23g sugar; 4g protein.

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



Health Bulletins
 Scan here to read full issues!



THINGS TO KNOW

- ANNOUNCEMENTS - UPCOMING EVENTS - SAVE THE DATES -



Homemaker Council Meeting

April 11th at 10:00 AM

Reminder that Club Presidents are welcome to attend!



Service Project

**AMEN House
Towel Tally**

Drop your towel donations off at the Scott County Extension Office today!

88 Towels

47 Hand Towels

27 Wash Cloths

The Scott County Extension
Homemaker Student
Scholarship

Deadline is

April 19th at 4:30 PM

Applications can be picked
up at the Scott County
Extension Office.

Native American Bead Looming Class

(2 Class Date/Time Options)

April 11th @ 5:00 PM

OR

April 19th @ 10:00 AM

Space is limited and you
MUST call

(502) 863-0984

to sign up to participate.

KEHA State Meeting May 7-9, 2024

at the Sloan Convention
Center and Holiday Inn
University Plaza in Bowling
Green.

Registration must be
postmarked by April 23.



**Our office will be
CLOSED on
Monday, May 27th
in recognition of
Memorial Day.**

Cultural Arts Project Idea!

Cultural Arts Submissions

will be accepted on May 13th at the Scott County Extension Office 8:30 AM - 4:30 PM



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

CROSS STITCH ON GINGHAM

True Gingham fabric has no right or wrong side. The checkered pattern is created by weaving dyed cotton yarn/fibers. Gingham fabric has been around for several hundred years. As a fashion fabric it comes and goes, but remains popular for aprons, children's wear, tablecloths and seasonal shirts and blouses. Gingham can be the base for embroidery techniques such as Chicken Scratch and cross stitch.

1. Find the center of your fabric and a starting place approximately 3 inches from the bottom edge of fabric. Place your fabric in an embroidery hoop, pull it taut, but not too tight that the fabric does not give; Thread your needle and bring the needle from the under side to the top of the fabric in your beginning square; you will bring the thread up in the left lower corner of square, cross to the upper right hand corner of square and go down in the fabric.
2. The key is to make all your crosses in the same direction and start each one in the same position such as the left lower corner.
3. Following a chart, you will make half-crosses across a row. After you have made the correct number of beginning half-crosses, you will then finish the cross by going the opposite direction (come up in the right lower corner and go down in the upper left-hand corner) This creates an 'X' in the square. You will do this to complete the stitches across the row.

Tips for success:

Do not 'carry' the thread too far across the fabric without making stitches. Finish off the thread and start a new piece of thread to start a new row or area.

Remember to have an even tension on thread and do not pull too tight or not pull tight enough.

It is easier to see the squares on darker fabric—as a beginner this can be helpful!

Outlining your work can enhance the finished design, but it is not necessary.



1.



2.



3.



Number of strands of Embroidery Floss:

Design preference, but usually 3 strands are good for clothing or accessories.



Do not use knots in your work. Pull the ending thread under previous stitches to finish and at the beginning catch the tail in your work as you go.



“Homemaker Proud”

Scott County Homemaker Annual Meeting



We will be displaying Cultural Arts again this year!

Thursday, May 16

Door Opens at 5:30 PM

Dinner at 6:00 PM

Cost \$20 per person

Must RSVP by May 9th

by completing the registration form and returning the form and payment to the Scott County Extension Office

Checks should be made out to Scott County Extension Homemakers



Menu Includes:

Turkey, dressing, mashed potatoes, green beans, salad, assorted dessert

Cooperative Extension Service

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

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“Homemaker Proud”

Scott County Homemaker Annual Meeting Registration Form

Return this page to the Scott County Extension Office by May 9th



Form must be submitted with full payment.
Cost is \$20.00 per person.

Name: _____

Address: _____

Home Phone Number: _____

Cell Phone Number: _____

Number of people attending (including yourself): _____



Your Emergency Contact's Name: _____

Your Emergency Contact Phone Number(s): _____



Scott County Homemaker Annual Meeting

Return this page to the
Scott County Extension Office



H-328 Authorization to Obtain/Utilize Images
College of Agriculture, Food and Environment
Kentucky Cooperative Extension Service

Name: Alivia Faris

Professional Title: CES Agent

Department: Cooperative Extension

Address: 1130 Cincinnati Road
Georgetown, KY 40324

E-mail: alivia.faris@uky.edu Phone: (502)863-0984

Send copy of form to:
University of Kentucky
Agricultural Communications Services
131 Scovell Hall
Lexington, KY 40546-0064

ADULT

General Use Specific Project: _____

I, (print full name) _____, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky and its affiliates and subsidiaries, including but not limited to the UK Alumni Association, UK Athletics Association, and UK Research Foundation, to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities for the following without compensation:

Please check all that apply:

- | | |
|---|--|
| <input type="checkbox"/> UK Educational Publications/Videos | <input type="checkbox"/> UK Promotion/Advertising |
| <input type="checkbox"/> UK Electronics Publishing (e.g., World Wide Web) | <input type="checkbox"/> Local/Regional/National News Media (w/permission of UK) |

Signature: _____ Date: _____
Signature

Witness: _____ Date: _____
Signature

MINOR CHILD

General Use Specific Project: _____

I, (print full name) _____, hereby grant permission to the University of Kentucky and its affiliates and subsidiaries, including but not limited to the UK Alumni Association, UK Athletics Association, and UK Research Foundation to interview, photograph, and/or videotape my minor child, _____, and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities for the following without compensation:

Please check all that apply:

- | | |
|---|--|
| <input type="checkbox"/> UK Educational Publications/Videos | <input type="checkbox"/> UK Promotion/Advertising |
| <input type="checkbox"/> UK Electronics Publishing (e.g., World Wide Web) | <input type="checkbox"/> Local/Regional/National News Media (w/permission of UK) |

Signature of Parent or Guardian: _____ Date: _____
Signature

Relationship: _____

Witness: _____ Date: _____
Signature

“Homemaker Proud” Cultural Arts

More details
on categories
on page 10!

Scott County Extension Cultural Arts Submissions
will be accepted on
May 13th
at the Scott County Extension Office
8:30 AM - 4:30 PM
Submissions will be displayed at the
Scott County Homemaker Annual Meeting

In Loving Memory



We will be conducting a ceremony of remembrance for the Scott County Extension Homemakers that we have lost in the past year.

To insure their recognition, please call the Scott County Extension Office at (502)863-0984 and provide us with their name, club, and years of membership.

If you do not know their club and/or years of membership, please contact us with their name.

Categories and Subcategories

- | | | |
|--|---|---|
| <p>1. APPAREL</p> <ul style="list-style-type: none"> a. Accessory b. Appliqued c. Basic Sewing <p>2. ART, 3-Dimensional</p> <ul style="list-style-type: none"> a. Carving <p>3. ART, NATURAL</p> <ul style="list-style-type: none"> a. Wood <p>4. ART, RECYCLED (Include a before picture)</p> <ul style="list-style-type: none"> a. Clothing b. Household <p>5. BASKETRY</p> <ul style="list-style-type: none"> a. Cane b. Dyed Material c. Miniature (under 4 inch) <p>6. BEADING</p> <ul style="list-style-type: none"> a. Bead Weaving b. Non-jewelry Item/Wearable <p>7. CERAMICS</p> <ul style="list-style-type: none"> a. Hand-formed b. Molded <p>8. COUNTED CROSS STITCH</p> <ul style="list-style-type: none"> a. 14 Count & Under b. 16-22 Count <p>9. CROCHET</p> <ul style="list-style-type: none"> a. Accessories b. Fashion <p>10. DOLL/TOY MAKING</p> <ul style="list-style-type: none"> a. Cloth b. Handmade Toy other than Porcelain/China or Cloth <p>11. DRAWING</p> <ul style="list-style-type: none"> a. Pastels b. Pen and Ink c. Pen and Ink with Oil Roughing <p>12. EMBROIDERY</p> <ul style="list-style-type: none"> a. Basic b. Candle Wicking c. Crewel d. Machine e. Ribbon <p>13. FELTING*</p> <ul style="list-style-type: none"> a. Needle Method <p>14. HOLIDAY DECORATIONS</p> <ul style="list-style-type: none"> a. Autumn b. Spring <p>15. JEWELRY</p> <ul style="list-style-type: none"> a. Beaded b. Mixed Media (wire, chain maille, mixed with beads) <p>16. KNITTING (HAND)</p> <ul style="list-style-type: none"> a. Accessories b. Fashion <p>17. KNITTING (OTHER)</p> <p>18. NEEDLEPOINT</p> <ul style="list-style-type: none"> a. Cloth Canvas <p>19. PAINTING, ART</p> <ul style="list-style-type: none"> a. Acrylic b. Oil <p>20. PAINTING, DECORATIVE</p> <ul style="list-style-type: none"> a. Metal b. Wood <p>21. PHOTOGRAPHY</p> <ul style="list-style-type: none"> a. Black & White (mounted & framed) <p>22. QUILTS**</p> <ul style="list-style-type: none"> a. Baby-size or Lap-size (hand quilted) b. Baby-size or Lap-size (machine quilted) c. Hand Appliqué (hand quilted) d. Hand Pieced (hand quilted) e. Machine Appliqué (machine quilted) f. Machine Pieced (hand quilted) g. Machine Pieced (machine quilted) <p>23. PAPER CRAFTING</p> <ul style="list-style-type: none"> a. Card Making b. Origami | <ul style="list-style-type: none"> d. Quilted e. Specialty <p>b. Sculpture</p> <p>b. Other</p> <p>c. Other</p> <ul style="list-style-type: none"> d. Novelty e. Plain <p>c. Miscellaneous</p> <p>c. Pre-made</p> <p>c. Specialty Cloth (linens, etc.)</p> <ul style="list-style-type: none"> c. Home Décor and Afghans d. Thread <p>c. Porcelain/China</p> <ul style="list-style-type: none"> d. Pencil or Charcoal-Black e. Pencil-Color <ul style="list-style-type: none"> f. Smocking g. Swedish h. Tatting/Lace Making i. Miscellaneous <p>b. Wet Method</p> <ul style="list-style-type: none"> c. Summer d. Winter <p>c. Original Design</p> <p>c. Home Décor and Afghans</p> <p>b. Plastic</p> <p>c. Watercolor</p> <p>c. Other</p> <p>b. Color (mounted & framed)</p> <ul style="list-style-type: none"> h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted) i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted) j. Technology Based (hand or machine quilted) k. Miscellaneous (hand or machine quilted) <ul style="list-style-type: none"> c. Quilling d. Scrapbooking*** | <p>24. RUG MAKING</p> <ul style="list-style-type: none"> a. Braided b. Hooked c. Punch Needle d. Woven <p>25. WALL or DOOR HANGING</p> <ul style="list-style-type: none"> a. Fabric b. Other <p>26. WEAVING</p> <ul style="list-style-type: none"> a. Hand (macrame, caning) b. Loom <p>27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)</p> |
|--|---|---|

Cultural Arts Categories