

# Mercer County Family and Consumer Sciences Newsletter

## MARCH 2023



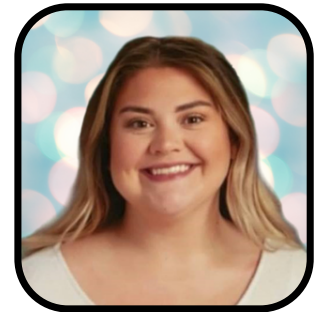
University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

**Mercer County Office**  
1007 Lexington Road  
Harrodsburg, KY 40330  
859-734-4378



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I have officially made it 1 whole year in Extension. I started as your FCS Extension Agent on March 1st 2022. When you are dividing a year up into 12 newsletters, I think it makes the year go faster! This past year has been full of so much growth for me, it is an exciting time in my life to be settling into a career I love and enjoy waking up and coming to every single day. I have made so many new relationships because of this opportunity and I cannot thank YOU enough. Everyone who has made it a priority to come in to the office to meet me in person, called to introduce yourself, or attended a program, thank you for making me feel so welcome here in Mercer County. I have had numerous "What a small world" moments here in the last year that have reassured me, I am exactly where I need to be! I have enjoyed every day of the last year and I am looking forward to offering more programs and meeting more of you.

**Family and Consumer Sciences Agent,  
Tara Duty**

*Tara Duty*

## CRAFTERNOONS

with Tara

If you love crafting or making things with your hands then this is the program for you! Join us the last friday of every month from 1:00 PM - 3:00 PM to learn how to make a new craft! AND all crafts completed will be eligible to enter into the county fair! First meeting is Friday, March 31st! RSVP @ 859-734-4378 or tara.duty@uky.edu



Disabilities  
accommodated  
with prior notification.





# Vegetarian Taco Soup



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

## Nutrition facts per serving:

220 calories;  
3.5g total fat;  
0g saturated fat;  
0g trans fat; 0mg cholesterol; 340mg sodium; 40g total carbohydrate; 5g dietary fiber; 6g total sugars; 0g added sugars; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

## Source:

Andrea Wilde, Staff Support, Northern KY; and Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension

- 2 tablespoons olive oil
- 1 large onion, diced
- 1 can (46 ounces) no-salt-added tomato juice
- 2 cans (15 ounces) pinto beans, drained and rinsed
- 1 can (15 ounces) black beans, drained and rinsed
- 1 can (15 ounces) no-salt-added corn, drained
- 1 can (15 ounces) no-salt-added diced tomatoes
- 3/4 cup dry brown rice
- 1 packet reduced-sodium taco seasoning mix
- 2 tablespoons garlic powder
- 1/2 tablespoon cumin
- 4 cups water

**Optional toppings:** cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat olive oil in a large pot on the stovetop over medium heat.
3. Add diced onion and stir well.
4. Cook and stir for 4 to 5 minutes or until the onion starts to turn clear.
5. Add remaining ingredients and bring to a boil.
6. Reduce heat to low. Cover and simmer for 40 minutes, or until rice is tender.
7. Just as you would a taco, top each bowl of soup with ingredients like cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado.
8. Refrigerate leftovers within 2 hours.

**Makes 14 cups**

**Serving size: 1 cup**

**Cost per recipe: \$9.11**

**Cost per serving: \$0.65**





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# MARCH 2023



SUN	MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10	11
	Leadership Luncheon	<ul style="list-style-type: none"> <li>Knit 1, Crochet 2. 2PM</li> <li>FCS Advisory Council Meeting</li> </ul>	Tara out of office for meeting	<ul style="list-style-type: none"> <li>Big Blue Book Club 10AM</li> <li>CEC Meeting 5PM</li> </ul>	<ul style="list-style-type: none"> <li>Lunch N Learn 12PM</li> <li>Wilderness Trace Quilt Guild Retreat</li> </ul>	Wilderness Trace Quilt Guild Retreat
12	13	14	15	16	17	18
	Registration for It's Sew Fine DUE	<ul style="list-style-type: none"> <li>4H Crochet Club after school</li> <li>Knit 1, Crochet 2. 2PM</li> <li>Wilderness Trace Quilt Guild</li> </ul>	<ul style="list-style-type: none"> <li>Tara out of office at meeting</li> <li>Plant Based and Delicious 10AM</li> </ul>	<ul style="list-style-type: none"> <li>Big Blue Book Club 10AM</li> <li>Homemaker Travel Committee Meeting</li> </ul>		
19	20	21	22	23	24	25
	Farm City Dinner	<ul style="list-style-type: none"> <li>Knit 1, Crochet, 2</li> <li>Spring Homemaker Council Meeting Lincoln Co. 6PM</li> </ul>		<ul style="list-style-type: none"> <li>Homemaker Leader Lesson 10AM</li> <li>Wilderness Trace Quilt Guild 10AM</li> </ul>		
26	27	28	29	30	31	
		Tara in Scott Co at Training	Tara in Hardin Co at training		Crafternoon with Tara 1PM	





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Harrodsburg, KY 40330-9203

RETURN SERVICE REQUESTED



## Tomato Basil Bruschetta

- |   |   |
|---|---|
| <b>3 plum</b> tomatoes, chopped                         | <b>1 tablespoon</b> minced fresh basil or 1 teaspoon dried basil        |
| <b>1/3 cup</b> thinly sliced and coarsely chopped onion | <b>1/2 teaspoon</b> dried oregano                                       |
| <b>2 cloves</b> garlic, minced                          | <b>1/4 teaspoon</b> salt  |
| <b>1 tablespoon</b> red wine vinegar                    | <b>1/8 teaspoon</b> ground pepper                                       |
| <b>6 tablespoons</b> olive oil                          | <b>1 pound</b> loaf, whole wheat French bread, cut into 1/2 inch slices |

- Combine** tomatoes, onions, garlic, red wine vinegar, 2 tablespoons olive oil, basil, oregano, salt and pepper; set aside.
- Preheat** broiler of oven.
- Lightly brush** both sides of bread slices with remaining olive oil and arrange on ungreased baking sheet.
- Place** three to four inches from the broiler and heat slices for two to three minutes on each side or until golden brown.
- Top** each slice with tomato mixture, using a slotted spoon and serve.

**Yield:** 16, 1/2 inch slices  
**Nutritional Analysis:** 140 calories, 5 g fat, 1 g saturated fat, 0 mg cholesterol, 250 mg sodium, 19 g carbohydrate, 3 g fiber, 0 g sugar, 4 g protein.



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



## Herbed Pasta with Roasted Cherry Tomatoes

- |                                    |  |  |
|------------------------------------|--|--|
| <b>1/2 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>1/2 teaspoon</b> salt                       |
| <b>1 medium</b> chopped onion      | <b>1 teaspoon</b> dried thyme            | <b>1 teaspoon</b> red pepper flakes (optional) |

- Cook** pasta according to package.
- Preheat** oven to 400°F.
- 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.
- Sauté** onion in 2 tablespoons olive oil for 5 minutes.
- Add** garlic and red bell peppers. **Sauté** for an additional 5 minutes.
- Add** fresh and dried herbs, salt and oven roasted cherry tomatoes.
- 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.



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# It's Sew Fine Sewing Seminar

April 13-14, 2023

- Join us for classes on:
- clothing accessories
- garment construction
- quilting
- home decoration

View schedule & details online:  
[tinyurl.com/3fvpb5vx](https://tinyurl.com/3fvpb5vx)

Full-day and half-day classes.



Held at Boyle County Extension Office  
99 Corporate Drive, Danville, KY



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For questions, contact:  
Mercer County Extension Office  
859-734-4378 [tara.duty@uky.edu](mailto:tara.duty@uky.edu)



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# RECIPE CLUB

Do you like to cook? Or are you bored with your normal, go-to recipes? Join Recipe Club! To sign up call 859-734-4378 or email tara.duty@uky.edu and every month we will mail you 3 new recipes!



QUILTERS GUILD OF THE BLUEGRASS  
PRESENTS

## Quilter's Day Out

MARCH 18, 2023 9 AM - 3:00 PM, \$5.00

FAYETTE COUNTY EXTENSION OFFICE  
1140 HARRY SYKES WAY, LEXINGTON, KY 40504

Featured Speaker - Deb Strain,  
Quilter, Moda Fabric Designer

Vendors+Food+Quilts  
Door prizes + Show & Tell



Quilters Guild  
of the  
Bluegrass

Bring a Fat Quarter for the  
Charity Basket Door Prize



BY MAKING A \$10 DONATION WITH YOUR AG TAG, YOU ARE CHOOSING TO INVEST DIRECTLY INTO THE FUTURE OF KENTUCKY AGRICULTURE. DONATIONS ARE DIVIDED EQUALLY BETWEEN FFA, 4-H AND KENTUCKY PROUD WITH HALF GOING DIRECTLY BACK TO YOUR COUNTY. THANK YOU FOR YOUR SUPPORT.



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