

# Mercer County Family and Consumer Sciences Newsletter

## MARCH 2024



Martin-Gatton  
College of Agriculture,  
Food and Environment

Mercer County Office  
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Happy March, FCS Friends! I can't believe it is already time for a March Newsletter but I am looking forward to Spring, warmer weather, and all the fun programming that comes with this time of year! This year the Mercer County Extension Service is offering a Homesteading Series that is a joint programming effort of several individuals and coming up this month are our first two classes! These will be "All about Herbs" taught by Mercer County Horticulture Agent, Jessica Bessin and "Preserving, Storing, and Cooking with Herbs" taught by me. You can read more about these classes on the insert provided in this newsletter. Additionally, I will be teaching Disaster Preparedness at the Mercer County Public Library March-June. This was originally supposed to start in February but had to be rescheduled due to my being sick so if you thought you missed out, you didnt! Come join us and learn about all the aspects you need to consider when preparing for a disaster! \*PLEASE NOTE THIS MONTHS LUNCH N LEARN IS ON MARCH 15th\*

Family and Consumer Sciences Agent,  
Tara Duty

*Tara Duty*



- ARE YOU PREPARED FOR ANYTHING? IN THIS FOUR PART SERIES ON DISASTER PREPAREDNESS WE WILL DISCUSS CONSIDERATIONS FOR THE FAMILY AND HOME**
1. FOOD AND WATER
  2. FINANCIAL MANAGEMENT
  3. AGING AND AT RISK POPULATIONS
  - 4.

**JOIN US AT THE MERCER COUNTY PUBLIC LIBRARY  
PROGRAM BEGINS AT 5:30PM**

March 12th

April 9th

May 14th

June 11th



Cooperative Extension Service  
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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.



## Veggie Egg Rings



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

- 1 large bell pepper of any color, tomato, or onion
- Nonstick cooking spray
- 2 eggs (1/2 egg per ring)
- Pinch of salt
- Pinch of pepper
- 4 tablespoons grated cheese of your choice (1 tablespoon for each ring)
- **Optional ingredients:** tomato, chopped spinach, herbs such as parsley, chives or dill, red pepper flakes, hot sauce, chopped onion, salsa, mushrooms, leftover chopped bell pepper

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds. Rewash hands after handling eggs.
2. Gently scrub vegetables under cool running water and dry. Slice into 1/2-inch rings trying to make straight cuts to better hold the egg. Be sure to remove seeds and centers of peppers and tomatoes. If using onions, separate rings and use the larger ones.
3. Preheat a large skillet over medium-high heat and spray

with nonstick cooking spray.

4. Sauté the vegetable rings until the rings are slightly soft. Bell pepper may take longer (5 to 10 minutes) than other veggies.
5. While the vegetables soften, crack eggs in a small bowl and lightly beat with a fork until well mixed.
6. Spoon or slowly pour a small amount of egg mixture into veggie ring, allowing a seal to form. A small amount may leak out of the sides. Continue adding the mixture to the other vegetable rings.
7. Sprinkle with salt and pepper and cover.
8. Cook covered for about 2 to 3 minutes, flipping the ring to finish cooking if needed.
9. Top with optional ingredients of your choice, add cheese, and let melt.
10. Serve while hot and enjoy!
11. Refrigerate leftovers within 2 hours.

**Makes 4 servings**

**Serving size: 1 Veggie Egg Ring**

**Cost per recipe: \$1.94**

**Cost per serving: \$0.49**

### Nutrition facts per serving:

60 calories;  
3.5g total fat; 1.5g saturated fat; 0g trans fat; 85mg cholesterol; 115mg sodium; 4g total carbohydrate; 0g dietary fiber; 0g total sugars; 0g added sugars; 5g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

### Source:

Benita Wade, Christian County SNAP-Ed Program Assistant





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Creating Healthy & Sustainable Families

SUN	MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8	9
	<ul style="list-style-type: none"> <li>Bingocize 11AM @ Senior Center</li> </ul>	<ul style="list-style-type: none"> <li>Knit/Crochet 2PM</li> </ul>	<ul style="list-style-type: none"> <li>Bingocize 11AM @ Senior Center</li> </ul>	<ul style="list-style-type: none"> <li>Tara out of office</li> </ul>	<ul style="list-style-type: none"> <li>Savor the Flavor at Boyle County Office 9AM</li> </ul>	2
10	11	12	13	14	15	16
	<ul style="list-style-type: none"> <li>Bingocize 11AM @ Senior Center</li> </ul>	<ul style="list-style-type: none"> <li>Quilt Guild 1PM In the Face of 12</li> <li>Disaster 5:30PM @Library</li> <li>Knit/Crochet 2PM</li> </ul>	<ul style="list-style-type: none"> <li>Tara out of office</li> </ul>	<ul style="list-style-type: none"> <li>Homemaker Leader Lesson 10AM</li> </ul>	<ul style="list-style-type: none"> <li>Lunch N Learn 12PM</li> </ul>	
17	18	19	20	21	22	23
	<ul style="list-style-type: none"> <li>Creative Cooking 12PM</li> <li>Backporch Gatherings 6PM</li> </ul>		<ul style="list-style-type: none"> <li>Plant Based and Delicious 10AM</li> </ul>			
24	25	26	27	28	29	30
		<ul style="list-style-type: none"> <li>Knit/Crochet 2PM</li> </ul>		<ul style="list-style-type: none"> <li>Quilt Guild 10AM</li> <li>Sewing Club 1PM</li> </ul>	<ul style="list-style-type: none"> <li>Craftroom 1PM</li> </ul>	
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RETURN SERVICE REQUESTED

## Berry and Basil Pizza Crisp with Honey Balsamic

<b>Balsamic Honey Glaze:</b>	<b>Flatbread:</b>	<b>1 ½ cups</b> strawberries, chopped
½ cup balsamic vinegar	6 flatbreads	15 basil leaves, chopped and divided
3 tablespoons honey	12 pieces of cheese, such as Havarti (2 per flatbread)	1 cup blackberries, halved

**Preheat** oven to 400°F. **Place** flatbreads on a baking sheet and **add** two slices Havarti cheese, blackberries, and strawberries. **Bake** for 5-7 minutes, or until cheese is melted. After flatbreads are removed from oven, **add** chopped basil and honey balsamic glaze. **Serve** warm.

**To make the glaze:**  
**Add** balsamic vinegar and honey

to a small sauce pan and **simmer** until reduced by half (10-15 minutes). **Remove** from heat and **set aside**.

**Serves:** 6 Flatbreads

**Nutritional Analysis:**  
340 calories, 16 g fat, 9 g saturated fat, 40 mg cholesterol, 520 mg sodium, 34 g carbohydrate, 11 g fiber, 16 g sugar, 20 g protein



## Strawberry Salsa

<b>1 tablespoon</b> olive oil	<b>2 cups,</b> coarsely chopped fresh strawberries	<b>2 cups</b> chopped cherry or grape tomatoes
<b>2 tablespoons</b> white vinegar or white balsamic vinegar	<b>8</b> green onions, chopped	<b>½ cup</b> chopped fresh cilantro
<b>½ teaspoon</b> salt		

**1. Whisk** olive oil, vinegar, and salt in large bowl.

**2. Add** strawberries, green onions, tomatoes, and cilantro. Toss to coat.

**3. Cover** and chill for 1 hour.

**4. Serve** with tortilla or pita chips.

**Yield:** 7, ½ cup servings.

**Nutrition Analysis:** 40 calories; 2 g fat; 0 g saturated fat; 0 mg cholesterol; 170 mg sodium; 6 g carbohydrate; 1 g fiber; 4 g sugar; 1 g protein; 60% of vitamin C.

**Source:** www.fruitsandveggiesmatter.gov



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



# DR. MARTIN LUTHER KING JR. DAY MARCH 23RD, 2024

**LOVE DEFINES US, THE DREAM REMINDS US.**

## Mercer County's 18th Annual Dr. MLK Jr. Day Celebration



Join us in honoring his legacy and promoting equality and justice for all.

Let us strive to continue his work and create a more just and inclusive society.

**Breakfast at 8:00AM**

**Commemorative March at 9:00AM**

**Keynote Speaker at 9:30AM**

We are collecting non-perishable food items to stock the Mercer County Blessing Boxes. Please bring donations to help our community!

**at Harrodsburg Baptist Church- 312 South Main Street**

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.