

Mercer County

Family and Consumer Sciences

Newsletter

MAY/JUNE 2024

UK Martin-Gatton
College of Agriculture,
Food and Environment

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

FAMILY & CONSUMER SCIENCES 
Creating Healthy & Sustainable Families

IN THIS ISSUE:

- Monthly Recap.....pg 1
- Lunch N Learn Recipe.....pg 2
- Calendar.....pg 3
- Monthly Recipe.....pg 4



Hello friends of FCS! I am sorry I didn't catch you sooner in May. Time just got away from me in the last few weeks but I am happy to get the June newsletter out early enough that it can include some May information as well! We are busy preparing for 4H camp, County Fair, State Fair, and all of our regular programs and from May to August there just doesn't seem to be enough time! I want to remind everyone that Lunch N Learn will take place on June 14th instead of the First Friday of the month. Additionally, there has been a date change to the Disaster Preparedness program I am teaching at the Library. The last section in the series will take place on June 25th instead of June 11th. I am excited to introduce a new program, Wits Workout. Wits Workout is a program for older adults and focuses on the six pillars of brain health. Wits Workout has two main goals- to provide purposeful opportunities for older adults to engage intellectually, and to increase their socialization through ongoing group participation. This program is SO MUCH FUN. It is my favorite program I have been trained in and I am so excited to finally bring it to you. Please see the flyer for dates and time!

*Family and Consumer Sciences Agent,
Tara Duty*

Tara Duty



MERCER COUNTY

FAIR & HORSE SHOW

Floral Hall

Are you in need of help entering your Floral Hall items online? We are here to help! Please call 859-734-4378 to reserve your spot!

Fair Entry online opens on July 1st and the DEADLINE TO ENTER is Wednesday, July 17th at NOON.

<http://mercerfairky.fairentry.com>

TUESDAY, JULY 2ND AND FRIDAY, JULY 12TH

BY APPOINTMENT ONLY

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



Fruited Coleslaw



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

Nutrition facts

per serving:
100 calories; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 16g total carbohydrate; 2g dietary fiber; 14g total sugars; 1g added sugars; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source:

Adapted from Iowa State University Extension

- 2 tablespoons mayonnaise
 - 1/2 teaspoon apple cider vinegar (or any type of vinegar)
 - 2 teaspoons sugar
 - 3 tablespoons crushed pineapple canned in 100% juice, including juice
 - 2 cups shredded or finely chopped cabbage
 - 1/2 cup chopped apples (or fruit of choice: orange, mandarin oranges, pear)
 - 1/2 cup raisins or dried cranberries
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. Combine mayonnaise, vinegar, sugar, and pineapple in a small bowl. Stir to mix well.
4. In another bowl, combine cabbage and other fruit.
5. Pour dressing over cabbage and fruit. Stir to mix.
6. Serve right away.
7. Refrigerate leftovers within 2 hours.

Makes 6 servings
Serving size: 1/2 cup
Cost per recipe: \$1.57
Cost per serving: \$0.26





JUNE 2024



SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 • Tara out of office	4 • Tara out of office	5 • Tara out of office	6 • Tara out of office	7 • Tara out of office	8
9	10 • Tara out of office • Creative Cooking @ 12PM • MLK @ 5:30PM	11 • Tara out of office	12 • Tara out of office	13 • Homemakers Day Out	14 • Lunch N Learn • Juneteenth	15 • Juneteenth
16	17 • Backporch Gatherings @ 6PM	18 • Tara at 4H Camp	19 • Tara at 4H Camp	20 • Tara at 4H Camp • Plant Based and Delicious @ 10AM	21	22
23	24 • In the Face of Disaster @ 5:30PM at the Library	25 • Wits Workout @ 10:30AM at Senior Citizen Center	26 • Sewing Club @ 1PM	27 • Crafternoon	28	29



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

Mercer County
1007 Lexington RD
Harrodsburg, KY 40330-9203

RETURN SERVICE REQUESTED

NON PROFIT ORG
US POSTAGE PAID
HARRODSBURG, KY
PERMIT #72



Spring Harvest Salad

5 cups torn spring leaf lettuce	Dressing: 4 teaspoons lemon juice	2 teaspoons Kentucky honey
2½ cups spinach leaves	2½ tablespoons olive oil	½ teaspoon salt
1½ cups sliced strawberries	1 tablespoon balsamic vinegar	¼ cup feta cheese crumbles
1 cup fresh blueberries	1½ teaspoons Dijon mustard	½ cup unsalted sliced almonds
½ cup thinly sliced green onions		

- Combine** leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.
- Prepare** dressing by whisking together the lemon juice, olive oil, balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and toss to coat.
- Sprinkle** salad with feta cheese and sliced almonds.
- Serve** immediately.

Yield: 8, 1 cup servings.
Nutrition Analysis: 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.



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



Blackberry Basil Grilled Cheese

1 ½ cups fresh blackberries	8 slices of multigrain bread
12-14 fresh basil leaves, chopped	4 slices cheese, such as Munster
2 tablespoons olive oil	

In a large bowl, **mash** blackberries and basil with a fork. **Heat** an electric griddle or large skillet over medium-low heat. **Sprinkle** griddle or skillet with olive oil. **Place** bread on skillet. **Add** a slice of cheese and blackberry mixture. **Place** a second piece of bread on top of cheese and blackberries. **Cook** 3-5 minutes on one side. **Flip**. **Cook** 3-5 minutes or

until both sides are brown and cheese has melted.


Serves: 4 sandwiches

Nutritional Analysis:
250 calories, 15 g fat, 6 g saturated fat, 20 mg cholesterol, 310 mg sodium, 23 g carbohydrate, 8 g fiber, 4 g sugar, 12 g protein



WITS WORKOUT

An Interactive Brain Health Program

 Cooperative
Extension Service

*Wits Workout is a program developed
by University of Illinois Extension*

*Did you know that social connectedness
and intellectual engagement are two
lifestyle factors that contribute to your
brain's health?*



Simply put, coming together and learning
new things is good for your noggin! Join the
Wits Workout program to engage in all kinds
of guided challenging puzzles, learn what you
can do in your daily life to keep your brain
healthy while interacting with others.

When: July 11th and 29th, August 12th and
28th, September 10th and 25th, October
10th and 29th, November 6th and 19th,
December 4th and 10th

Time: 10:00AM

Where: Mercer County Extension Office,
1007 Lexington Road, Harrodsburg

Register: 859-734-4378 or
Tara.Duty@uky.edu REGISTRATION REQUIRED.

Led by: Tara Duty, Mercer County Agent for FCS



Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth 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.



Disabilities
accommodated
with prior notification.



Gardening 101

May 20 at 10:00am

Are you wanting to grow a garden this year? We will be covering basic gardening information from starting seeds to harvesting. No green thumb required! Presented by Jessica Bessin, Extension Agent for Horticulture.

MUST RSVP to 859-734-4378

Canning Basics

May 30th at 5:30pm

Looking to learn more about preserving your homegrown fruits and vegetables? Join us for an introduction to canning. We will go over boiling water baths and pressure canning. This is NOT a hands on class and is for someone with none to little experience with food preservation. Presented by Tara Duty, Extension Agent for Family and Consumer Sciences.

