

Mercer County Family and Consumer Sciences Newsletter

MAY/JUNE/JULY



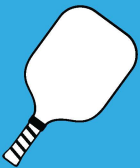
Hello Friends of FCS! I hope you are enjoying Spring and planning out your gardens for warmer months ahead of us. So much has happened since we last spoke. Lots of snow and rain and flooding. I hope you and your family were safe and know if you ever need resources you can always reach out to the Extension Office. I can't believe this year is going by so quickly. HOW is it already time to start planning for County Fair?! Lots of great programs will be taking place over the next three months between Sewing 101, Lunch N Learn (check dates on calendars!), Food Preservation, Pickleball and County Fair. I sure hope to see you at a program soon! Oh, and I almost forgot, keep an eye out for a new Bingocize date as I will be back at the Mercer County Library teaching Bingocize in the Fall. I will start advertising as soon as all dates for classes are solidified.

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

Get Healthy with Pickleball!

Are you looking for a fun way to get active? Pickleball is America's fastest growing sport that all ages and skill levels can play. It is a cross between ping-pong, badminton, and tennis. It is easy to learn, fun to play, and fun to say!

Using paddles and lightweight balls, the open play format encourages being active with others. I will be teaching an introductory class all about Pickleball! We will cover the game rules and jargon and you will play a game or two! Pickleball is accessible for most everyone so do not be discouraged! If you missed the Pickleball class in March- this is your opportunity and is open to everyone! RSVP IS REQUIRED. Call 859-734-4378 to reserve your spot! No equipment required to participate.



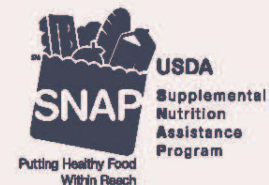
Saturday, May 16th 10AM-12PM

Harrodsburg Community Center
130 N College Street





Rice and Bean Salad



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

Prep time: 10-15 minutes

Cook time: 20 minutes

Dressing

- 1/4 cup red wine vinegar
- 1 1/2 teaspoons Dijon mustard (or any type)
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 3/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup canola or vegetable oil

Salad

- 1 can (15 ounces) no-salt-added black beans, rinsed and drained
- 1 can (15 ounces) low-sodium chickpeas, rinsed and drained
- 1 1/2 cups fresh, canned, or frozen corn
- 2 cups cooked brown rice
- 1/2 small red onion, diced
- 1/2 bunch cilantro or parsley, chopped
- 3 cups spinach, chopped
- 1/2 jalapeno, seeded and diced (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse cilantro and jalapeno under cool running water and pat to dry.
3. In the bottom of a large bowl, whisk red wine vinegar, mustard, Italian seasoning, garlic powder, salt, and black pepper. Slowly add the vegetable oil while whisking vigorously until evenly combined.
4. Add black beans, chickpeas, corn, rice, red onion, cilantro, spinach, and jalapeno (if using). Gently toss until dressing evenly coats salad.
5. You can eat the salad immediately. For the best flavor, though, allow it to sit in the fridge for at least one hour.
6. Store leftovers in the refrigerator within two hours.

Makes 7 servings

Serving size: 1 1/2 cup

Cost per recipe: \$14.01

Cost per serving: \$2.00

Nutrition facts per serving:

350 calories; 18g total fat; 1.5g saturated fat; 0g trans fat; 0mg cholesterol; 370mg sodium; 39g total carbohydrate; 7g dietary fiber; 4g total sugars; 0g added sugars; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 18% Daily Value of potassium

Source:

Jeannie Noble, RD,
Extension Specialist for
Nutrition, University of
Kentucky Cooperative
Extension Service

Cooperative Extension Service

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

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with prior notification.



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

MAY 2025



SUN	MON	TUE	WED	THU	FRI	SAT
				1 Interagency Meeting 12PM	2 Lunch N Learn	3
4	5 • Open Play Pickleball @ HB Community Center 9AM-12	6 • KEHA State Meeting Knit/Crochet 2PM	7 • KEHA State Meeting	8 • KEHA State Meeting • County Extension Council 6PM	9 • Open Play Pickleball @ HB Community Center 9AM-12	10
11	12 • Open Play Pickleball @ HB Community Center 9AM-12 • Homemaker County Council 6PM • Creative Cooking 12PM	13 • Knit/Crochet 2PM • Wilderness Trace Quilt Guild 1PM	14 • Tara out of office	15 • Sewing 101: Zipper Pouch	16 • Open Play Pickleball @ HB Community Center 9AM-12	17 • Pickleball Class @ HB Community Center 10AM
18	19 • Open Play Pickleball @ HB Community Center 9AM-12 • Homemaker Annual Meeting 5PM	20 • Knit/Crochet 2PM	21 • Waterbath Canning Class 10AM	22 • Wilderness Trace Quilt Guild 10AM • Sew Simple Friends 1PM • Tara out of office	23 • Open Play Pickleball @ HB Community Center 9AM-12	24
25	26 • Open Play Pickleball @ HB Community Center 9AM-12	27 • Knit/Crochet 2PM	28	29 • Alpha Gal Syndrome Webinar Program 7PM@ office	30 • Open Play Pickleball @ HB Community Center 9AM-12	31



Harvest, Home, and Table Fair

GIANT PUMPKIN CONTEST



Mercer County Extension Office presents our first Giant Pumpkin Contest as apart of the Harvest, Home, and Table Fair.

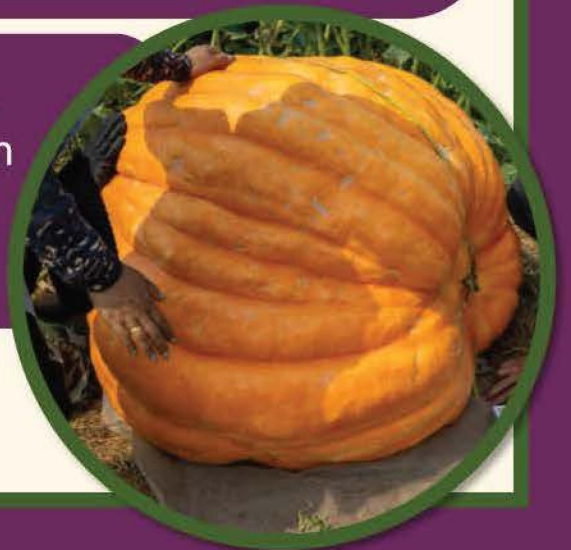
Starting May 6, the Mercer County Extension Office will have free giant pumpkin seeds available with growing information.

On Friday October 3, pumpkins can be dropped off at the Extension Office to be weighed. On Saturday October 4, the winner will be announced and presented a trophy for the largest pumpkin in the Fort Harrod Area.



Be on the look out for more details about the weigh in and other pumpkin categories you can enter in as we get closer to the festival date!

Mercer County Extension Office
1007 Lexington Road—Harrodsburg, KY 40330





Chicken Burgers



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

Prep time: 10 minutes

Cook time: 10 minutes

- 1 pound 98% fat-free, ground chicken breast
- 1/4 cup barbecue sauce
- 1/2 cup green onions, finely chopped
- 1/4 cup celery, diced
- 1 teaspoon garlic powder (or 1 clove of garlic, minced)
- 1/4 teaspoon salt
- Nonstick cooking spray
- 4 whole-wheat hamburger buns
- 2 cups romaine lettuce, torn or shredded
- 1 large tomato, cut into 8 slices

Optional: 2 tablespoons cheese, such as blue cheese, feta, or shredded cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a medium bowl, combine chicken, barbecue sauce, green onion, celery, garlic powder, and salt.

3. Using wet hands (to prevent mixture from sticking), form chicken mixture into four 1/2-inch-thick patties. Wash hands with warm water and soap after handling raw poultry.
4. Preheat a large skillet over low to medium heat and spray with nonstick cooking spray.
5. Place burgers in the preheated skillet. Cook until burgers reach an internal temperature of 165 degrees F as measured on a meat thermometer, about 5 minutes per side.
6. To serve, place each burger on a bun. Top each with 1/2 cup shredded lettuce, 2 tomato slices, and optional 1/2 tablespoon of cheese.
7. Refrigerate leftovers within 2 hours.

Makes 4 servings

Serving size: 1 burger on bun with toppings

Cost per recipe: \$8.36

Cost per serving: \$2.09

Nutrition facts per serving:

300 calories; 3.5g total fat; 0g saturated fat; 0g trans fat; 65mg cholesterol; 500mg sodium; 32g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 27g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium

Source:

Andrea Wilde,
NEP Area Nutrition
Agent, University of
Kentucky Cooperative
Extension Service

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JUNE 2025



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
	<ul style="list-style-type: none">Tara out of office	<ul style="list-style-type: none">Tara out of office	<ul style="list-style-type: none">Tara out of office	<ul style="list-style-type: none">Tara out of officeInteragency 12PM	<ul style="list-style-type: none">Tara out of office	
8	9	10	11	12	13	14
<ul style="list-style-type: none">Open Play Pickleball @ HB Community Center 9AM-12Creative Cooking 12PM	<ul style="list-style-type: none">Wilderness Trace Quilt 10AMKnit/Crochet 2PM	<ul style="list-style-type: none">Tara out of office	<ul style="list-style-type: none">Homemakers Day Out	<ul style="list-style-type: none">Open Play Pickleball @ HB Community Center 9AM-12Lunch N Learn @ 12PM		
15	16	17	18	19	20	21
<ul style="list-style-type: none">Open Play Pickleball @ HB Community Center 9AM-12Backporch Gatherings 6PM	<ul style="list-style-type: none">Jams and Jellies @ 10AM	<ul style="list-style-type: none">Tara on WTVQ	<ul style="list-style-type: none">Offices Closed	<ul style="list-style-type: none">Open Play Pickleball @ HB Community Center 9AM-12		
22	23	24	25	26	27	28
	<ul style="list-style-type: none">Open Play Pickleball @ HB Community Center 9AM-12	<ul style="list-style-type: none">Jams and Jellies @ 1PM	<ul style="list-style-type: none">Tara out of office	<ul style="list-style-type: none">Wilderness Trace Quilt Guild @ 10AMSew Simple Friends @ 1PM	<ul style="list-style-type: none">Open Play Pickleball @ HB Community Center 9AM-12	
29	30	31				
<ul style="list-style-type: none">Open Play Pickleball @ HB Community Center 9AM-12						

FOOD PRESERVATION WORKSHOPS

Introduction to Waterbath Canning- May 21st @ 10AM

Introduction to Pressure Canning- May 23rd @ 10AM

Jams and Jellies Class- June 17th @ 10AM

Jams and Jellies Class- June 24th @ 1PM

~~**Freezing and Dehydrating Class- July 2nd @ 1PM**~~

~~**Fermentation: July 10th @ 10AM**~~

RSVP REQUIRED CALL 859-7345-4378





Slow Cooker Asian Pork Tacos

Pork prep time: 10 minutes

Pork cook time: 3-7 hours (depending on temperature of slow cooker)

Slaw prep time: 20 minutes

Pulled Pork Tacos

- Nonstick cooking spray
- 2 pounds pork tenderloin
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ginger powder (or 1 tablespoon fresh ginger)
- 1 teaspoon garlic powder (or 3 whole garlic cloves smashed and peeled)
- 1 cup hoisin sauce
- 12, 6-inch tortillas for serving

Asian Peanut Slaw

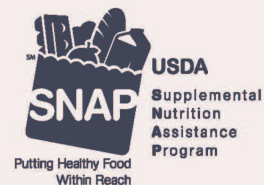
- 1/4 cup vegetable oil
 - 2 tablespoons white vinegar
 - 1 tablespoon honey
 - 1 tablespoon low-sodium soy sauce
 - 1 bag (12 ounces) coleslaw or broccoli slaw
 - 1/2 cup dry roasted unsalted peanuts, chopped (optional)
 - 2 green onions, chopped
 - 1 cup cilantro, chopped
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Coat a slow cooker with nonstick cooking spray. Place pork tenderloin in the slow cooker and season with salt, pepper, ginger, and garlic. Wash hands after handling raw meat.
 3. Pour the hoisin sauce over top of the pork. Cover and cook on high for 3 to 4 hours or low for 5 to 7 hours until the pork reaches a minimum internal temperature of 145 degrees F using a food thermometer.



4. Transfer the cooked pork to a plate and shred with two forks. Return to slow cooker and stir it together with the sauce. Leave in the slow cooker on "warm" until ready to serve.
5. While the pork cooks, make the slaw. In a large bowl, combine oil, vinegar, honey, and low-sodium soy sauce. Add slaw, peanuts, green onions, and cilantro. Toss to combine.
6. To serve, warm the tortillas in microwave for a few seconds, covered with a damp towel to keep them moist. Fill with shredded pork, then top with Asian Peanut Slaw. Roll up and serve.
7. Refrigerate leftovers within 2 hours.

Note: If you don't have hoisin sauce, you can substitute: 1/2 cup ketchup, 2 tablespoons brown sugar, 1/2 cup low-sodium soy sauce, 1 teaspoon garlic powder, 1/2 teaspoon ginger powder, 1/2 teaspoon salt, 1/4 teaspoon pepper, and a dash of hot sauce.

Makes 12 servings
Serving Size: 1 taco
(1/3 cup pork on tortilla with 1/3 cup slaw)
Cost per recipe: \$10.44
Cost per serving: \$0.87



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Nutrition facts per serving:

250 calories; 10g total fat; 1.5g saturated fat; 0g trans fat; 50mg cholesterol; 350mg sodium; 20g total carbohydrate; 2g dietary fiber; 5g total sugars; 4g added sugars; 19g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium

Source:

Rosie Allen, NEP
Special Projects,
University of Kentucky
Cooperative Extension





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JULY 2025



Creating Healthy & Sustainable Families

SUN	MON	TUE	WED	THU	FRI	SAT
		1 <ul style="list-style-type: none">• Floral Hall Online Open Knit/Crochet 2PM	2 <ul style="list-style-type: none">• Freezing and Dehydrating @ 1PM	3 <ul style="list-style-type: none">• Interagency @ 12PM	4 <ul style="list-style-type: none">• Office Closed	5
6 <ul style="list-style-type: none">• Open Play Pickleball @ HB Community Center 9AM-12• Creative Cooking 12PM	7 <ul style="list-style-type: none">• Open Play Pickleball @ HB Community Center 9AM-12• Creative Cooking 12PM	8 <ul style="list-style-type: none">• Knit/Crochet 2PM	9 <ul style="list-style-type: none">• Tara out of office	10 <ul style="list-style-type: none">• Fermentation Class @ 2PM	11 <ul style="list-style-type: none">• Lunch N Learn 12PM• Open Play Pickleball @ HB Community Center 9AM-12	12
13 <ul style="list-style-type: none">• Creative Cooking 12PM	14 <ul style="list-style-type: none">• Floral Hall online registration help day WTOG 1PM• Knit/Crochet 2PM	15 <ul style="list-style-type: none">• Floral Hall online registration help day WTOG 1PM• Knit/Crochet 2PM	16 <ul style="list-style-type: none">• Floral Hall online closes	17 <ul style="list-style-type: none">• Fair Set up day: Tara out of office	18 <ul style="list-style-type: none">• Fair Volunteer Orientation DayOpen Play Pickleball @ HB Community Center 9AM-12	19
20 <ul style="list-style-type: none">• Fair• Open Play Pickleball @ HB Community Center 9AM-12	21 <ul style="list-style-type: none">• Fair• Open Play Pickleball @ HB Community Center 9AM-12	22 <ul style="list-style-type: none">• Fair• Knit/Crochet 2PM	23 <ul style="list-style-type: none">• Fair	24 <ul style="list-style-type: none">• Fair WTOG 10AM• Sew Simple Friends 1PM	25 <ul style="list-style-type: none">• Fair• Open Play Pickleball @ HB Community Center 9AM-12	26 <ul style="list-style-type: none">• Fair
27 <ul style="list-style-type: none">• Open Play Pickleball @ HB Community Center 9AM-12	28 <ul style="list-style-type: none">• Open Play Pickleball @ HB Community Center 9AM-12	29 <ul style="list-style-type: none">• Knit/Crochet 2PM	30	31 <ul style="list-style-type: none">• Homemakers Ice Cream Social 6PM		

MERCER COUNTY FAIR & HORSE SHOW

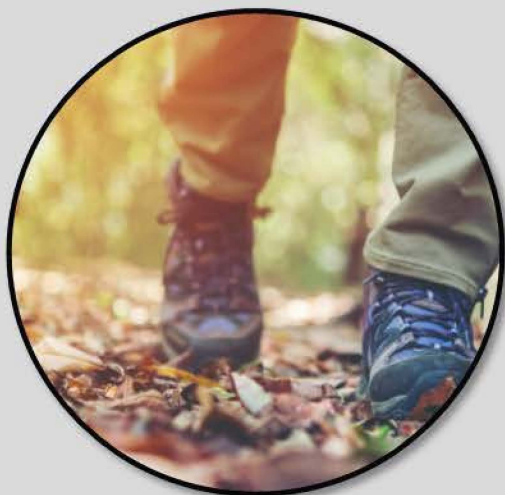
Open Floral Hall



Floral Hall catalogs will be available May 1. Fair Entry online opens July 1. DEADLINE TO ENTER is Wednesday, July 16 at noon.

**Monday, July 21 -
Saturday, July 26**

Catalogs will be available May 1st at the Mercer Extension Office and online. Stay up to date with everything Floral Hall on our Facebook page!
facebook.com/MercerCountyExtension



- Webinar Event -

LIVING WITH ALPHA-GAL SYNDROME

Learn more about AGS (red meat allergy) and how to reduce your risk with University of Kentucky Cooperative Extension.



Thursday, May 29

7:00-8:30pm EDT

At Mercer County Extension Office

RSVP by May 22 to 859-734-4378




**Tick kits will be available.
Sample AGS friendly recipes!**

Topics Covered:

- AGS basics
- Tick bite prevention
- Diet & lifestyle management
- Q/A session



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