

Mercer County

Family and Consumer Sciences

Newsletter

SEPTEMBER 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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Happy September, all! How is it already time for Fall programming to start? I feel like I just planned my summer programming. I am excited to report that Bingocize is underway at the Senior Citizen Center and we are having a great time! This program is so beneficial and does a great job of engaging aging populations into moving their bodies. Our Homemaker year has officially begun, and we will be introducing a new Sewing Club. If you are interested in learning how to sew, love to sew, or are just looking for new friends, this would be a great club to join. We have our first informational meeting on September 28th at 1PM. There are no requirements to join this club, you don't even need a sewing machine! Lunch N Learn this month will be on September 1st at Noon and we will be making One Pan Shrimp and Veggies! I hope to see you there! Crafternoon will be September 29th at 1PM and we will be making a Halloween-themed door hanger. If you would like to join us at Crafternoon please RSVP by calling the Extension office at 859-734-4378. Fort Harrod Area Homemakers are hosting Heritage Craft Camp October 27th and 28th. I hope to see your smiling faces at a program this fall!

Family and Consumer Sciences Agent,
Tara Duty

Tara Duty

RECIPE CLUB

Do you like to cook? 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!



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One Pan Shrimp and Veggies



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

- Nonstick cooking spray
- 16 ounces frozen uncooked shrimp*, peeled and deveined
- 2 medium zucchini, halved and sliced
- 1/2 pound (8 ounces) mushrooms, sliced
- 1 medium red bell pepper, sliced
- 4 tablespoons sweet chili sauce
- 1 tablespoon oil
- 1 1/2 tablespoons lime juice
- 1 tablespoon low-sodium soy sauce
- 3 green onions, chopped (optional)
- 1/4 cup cilantro, chopped (optional)
- Brown rice (optional)

*Using frozen, precooked shrimp (pink in color) may result in shrimp having a dry texture. Frozen, uncooked shrimp (gray in color) is preferred.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse produce under cool, running water. Follow shrimp's package instructions for proper thawing.

3. Preheat oven to 400 degrees F. Spray a 15-by-10-inch baking pan with nonstick spray. Be sure to use a baking pan with a rim.
4. Place the shrimp, zucchini, mushrooms, and bell pepper on baking pan.
5. Wash your hands after handling raw shrimp.
6. Combine chili sauce, oil, lime juice, and soy sauce in a small bowl and pour over the shrimp and vegetables. Use tongs to toss and combine.
7. Bake 12 to 15 minutes, or until vegetables are tender and shrimp is cooked through and reaches 145 degrees F using a food thermometer. Shrimp will turn pink as it cooks.
8. Top with green onions and cilantro and serve over brown rice, if desired.
9. Store leftovers in the refrigerator within 2 hours.

Makes 5 servings
Serving size: 1 cup
Cost per recipe: \$9.97
Cost per serving: \$1.99

Nutrition facts

per serving:

290 calories;
14g total fat; 2g saturated fat; 0g trans fat; 135mg cholesterol; 650mg sodium; 22g total carbohydrate; 2g dietary fiber; 10g total sugars; 1g added sugars; 17g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

Source:

Margie Hernandez,
Russell County
SNAP-Ed Program
Assistant Senior





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SEPTEMBER 2023

SUN	MON	TUE	WED	THU	FRI	SAT
					1 • Lunch N Learn 12PM	2
3	4	5 • Knit 1, Crochet, too 2PM	6 • Bingocize @ Senior Citizen Center	7 • Tara out of office @ training	8	9
10	11 • Creative Cooking @12PM	12 • Wilderness Trace Quilt Guild 1 PM • Knit 1, Crochet, too 2PM	13	14	15	16
17	18 • Bingocize @ Senior Citizen Center • MLK Committee 5:30 • Backporch Gatherings @ 6pm	19 • Knit 1, Crochet, too 2PM	20 • Bingocize @ Senior Citizen Center	21	22 • Harvestfest @ Shaker Village	23 • Harvestfest @ Shaker Village
24	25 • Bingocize @ Senior Citizen Center	26 • Knit 1, Crochet, too 2PM	27 • Bingocize @ Senior Citizen Center	28 • Wilderness Trace Quilt Guild 10AM • Sewing Club Meeting @ 1PM	29 • Crafternoon @ 1PM- Macrame Ghost Door Hanger	30



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RETURN SERVICE REQUESTED



Fresh Corn with Jalapeño Peppers

- | | | |
|--------------------|---------------------------------------|-------------------------|
| 2 cups water | 2 to 4 fresh jalapeño peppers | 1/2 cup diced red onion |
| 1 cup jasmine rice | 1 large tomato | 2 tablespoons butter |
| 2 teaspoons cumin | 2 tablespoons chopped pimento peppers | 1/4 teaspoon salt |
| 6 ears fresh corn | | Pinch of black pepper |

Bring water to a **boil** in a medium saucepan. **Stir** in rice and cumin, **cover** and **reduce** heat to low. Do not remove lid while rice is cooking. **Simmer** 12 minutes then **stir**. **Cover**, **turn off** heat and let rice **set** an additional 10 minutes or until **tender** and all the water is absorbed. **Wash** all fresh ingredients. **Cut** corn kernels off cob. **Dice** jalapeño peppers and tomato. You may want to wear gloves while dicing the hot peppers. **Combine** corn, jalapeños, tomato, pimento peppers, onion, and butter

in a microwave-safe bowl. **Cover** and **cook** in microwave oven on high until heated through, about 4 to 5 minutes. **Stir** every minute. **Add** salt and black pepper. **Combine** corn mixture and cooked rice. **Fluff** mixture with a fork.

Yield: 6, 3/4-cup servings

Nutritional Analysis:
250 calories, 6 g fat, 3 g saturated fat, 10 mg cholesterol, 120 mg sodium, 47 g carbohydrate, 9 g sugar, 0 g added sugar, 6 g protein.



Tomato Corn Pesto Pizza

- | | | |
|--|---|--|
| 3 plum or Roma tomatoes | wheat or regular packaged pre-baked pizza crust, thin crust | 1 teaspoon honey |
| 1/4 teaspoon onion powder | 1/2 cup fresh corn kernels | 4 ounces shredded mozzarella cheese |
| 1/4 teaspoon freshly ground or seasoned pepper | 1/2 cup basil pesto | 3 tablespoons fresh whole or torn basil leaves, (optional) |
| 1 (14-16 ounce) whole | | |

Preheat oven to 450 degrees F. **Slice** tomatoes into 1/4 inch slices; **place** tomato slices on paper towels; **sprinkle** with onion powder and pepper; let stand 20 minutes. **Spread** pizza crust with pesto. **Stir** together corn kernels, Parmesan cheese and honey. **Top** pizza with corn mixture, tomato slices and mozzarella cheese. **Place** pizza directly on middle oven rack; **bake**

approximately 12-14 minutes or until cheese is melted and golden. **Remove** from oven and **top** with fresh basil leaves, if desired. Cut into 8 slices.

Yield: 8 servings, 1 slice each
Nutritional Analysis: 290 calories, 13 g fat, 4.5 g saturated fat, 15 mg cholesterol, 590 mg sodium, 29 g carbohydrate, 2 g fiber, 3 g sugar, 14 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.
<http://plateitup.ca.uky.edu>

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Mercer County Homemakers Presents: Sewing Club!

Do you love to sew? Are you interested in learning how to sew? This club is for sewers and sewists of any skill level!

**Join us for an Informational Meeting on
September 28th at 1:00PM at the
Extension Office.**

For more information contact Tara Duty
Tara.Duty@uky.edu or 859-734-4378





Fort Harrod Area Heritage Craft Camp

October 27-28, 2023

Boyle County Extension Office
99 Corporate Dr.
Danville, Kentucky

Rocking Down Memory Lane



To register visit: <https://franklin.ca.uky.edu>

Or scan the QR code



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