



**VOL. 2024-03**

## Cooperative Extension Service

Wayne County  
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Monticello, KY 42633  
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### Cooperative Extension Service

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

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506





# Nutrition Notes.....

(Alta) Gaye Hutchison,  
EFNEP Assistant

(Expanded Food and Nutrition Education Program)

March 2024

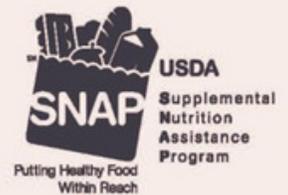
Nutrition

Education

Program

Calendar Recipe

## 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

4. with nonstick cooking spray. 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:

servings: 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

# BROCCOLI CORNBREAD



- $\frac{1}{4}$  cup margarine, melted
- $\frac{1}{2}$  cup onion, chopped
- $\frac{1}{2}$  teaspoon salt
- $\frac{3}{4}$  cup low-fat cottage cheese
- $1\frac{1}{2}$  cups fresh or cooked frozen broccoli, finely chopped
- 4 eggs, slightly beaten
- 1 (8.5-ounce) box quick corn muffin mix

1. Preheat oven to 400 degrees F. In a mixing bowl, blend melted margarine, onion, salt, cheese, broccoli and eggs. Stir in muffin mix.
2. Pour into greased 9-by-13-inch pan.
3. Bake for 20 to 25 minutes, until the top is a golden brown. Cool and cut into squares.

**Note:** For thicker bread bake in a 9-inch round pan and add 5-7 minutes onto the suggested cooking time.

**Makes 12 servings**

**Serving size: 3-inch square**

**Source:** Rosie Allen, Area Nutrition Agent, University of Kentucky Cooperative Extension Service

**Nutrition facts per serving:**

140 calories; 6g total fat;  
1g saturated fat; 1g trans fat;  
55mg cholesterol; 330mg sodium;  
17g carbohydrate; 0g fiber; 4g sugar;  
5g protein; 2% Daily Value of calcium;  
6% Daily Value of iron; 2% Daily Value  
of potassium.

## GROCERY LIST

- Margarine
- Onion
- Low-fat cottage cheese
- Fresh or Frozen Broccoli (need  $1\frac{1}{2}$  cups)
- Eggs (need 4)
- Corn muffin mix (need 1 box, 8.5 ounces)

## MAKE IT A MEAL

- Turkey chili
- Sliced apple
- **Broccoli Cornbread**
- Low-fat milk

## TIP

Look for the word “whole” at the beginning of the ingredients list to make sure a product is a good source of whole grain. Brown “multi-grain” or “100% wheat” foods may not be whole-grain products.

**Taken from: March 2015 Nutrition Education Program Calendar**



## Extension Homemaker Club Meetings

**Country Charmers** - March 7th @ 5:30 p.m. - Downstairs Meeting Room

**Sunnybrook** - March 7th @ 6:30 p.m. - Small Downstairs Meeting Room

**Pots & Pans** - March 11th @ 6:00 p.m. - Upstairs Meeting Room

**Charity** - March 12th @ 5:00 p.m. - New Charity Baptist Church

**Crafter's Anonymous** - March 13th @ 1:30 p.m. - Downstairs Meeting Room

**Odds 'N Ends** - March 14th @ 12 Noon - Downstairs Meeting Room

**Creative Characters** - March 19th @ 12:30 p.m. - Downstairs Meeting Room

**Happy Chippers** - March 21st @ 12:30 p.m. - Downstairs Meeting Room

**Mudslingers** - March 25th - Assigned Appointments Only-Contact Seth Hart

**Mudslingers** - March 26th @ 12:30 p.m. - Downstairs Meeting Room

**Reminder: PLEASE turn in your monthly reports!**



**Roll Call and  
Thought of the Day  
for KEHA Monthly  
Club Meetings  
March 2024**



Thought for the Day: "Think outside - no box required." ~ Unknown  
Roll Call: Thinking of spring, share your favorite outdoors activity.

 **25% of the blood supply is used by cancer patients.**  
**Thank you, Wayne County for the 37 volunteer donors who gave blood on January 23rd & helped save a life!**

**Blood Drive!**  
Tuesday, March 26, 2024  
Aspire Center  
Sunnybrook ~ 12:30 p.m.-3:00 p.m.  
Odds 'N Ends ~ 3:00 p.m.-5:30 p.m.

# UPCOMING EVENTS

## Wayne County Extension Homemakers! Dates to Book in Your Calendar

### MARCH 2024

March 6th - LCA Cultural Arts Contest - Cumberland County

March 14th - Spring CEC/District Board Meeting @ 6:00 p.m. - Upstairs Mtg. Room

March 20th - In-Stitches Quilt Class @ 10:00 a.m. - Downstairs Meeting Room

March 26th - LCA Homemaker Council Meeting @ 10:30 a.m. - Adair County

### APRIL 2024

April 2nd - Homebased Microprocessor Class

April 8th - Homemaker Officers' Movie Night @ 5:30 p.m. - Downstairs Meeting Room

April 12th - Set up for Bake Sale

April 13th - Bake Sale ~ Downstairs Meeting Room

April 17th - In-Stitches Quilt Class @ 10:00 a.m. - Downstairs Meeting Room

April 30th - In-Stitches Class Shop Hop Event

**HOMEMAKER LEADER LESSONS @ 5:30 p.m. - Downstairs Meeting Room**

March 26th - Spring Cleaning Your Home & Finances

April 23rd - Entertaining Little Ones

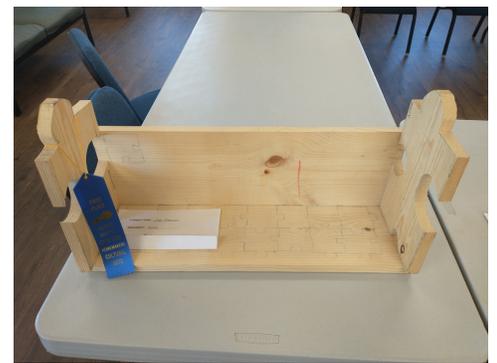
May 28th - Healthy Food Choices



## 2023-2024 Cultural Arts Winners

Congratulations to our Extension Homemakers that were first place winners in the Cultural Arts Competition. The first-place winners will advance to the Area Cultural Arts Competition at Cumberland County on March 6, 2024. Thank you to all our Extension Homemakers who entered items in the competition.

- Art, Natural-Wood, Amber Roberts
- Ceramics-Hand Formed, Daria Whalen
- Crochet-Accessories, Bethe Bryant
- Crochet-Fashion, Bethe Bryant
- Crochet-Home Décor & Afghans, Bethe Bryant
- Crochet-Thread, Polly Sartin
- Embroidery-Basic, Vera Duvall
- Embroidery-Miscellaneous, Bethe Bryant
- Holiday Decorations-Autumn, Robbie Hall
- Holiday Decorations-Winter, Bethe Bryant
- Knitting-Accessories, Rowena DeLuca
- Painting, Art-Acrylic, Karen Abner
- Paper Crafting-Card Making, Daria Whalen
- Quilts-Novelty-Hand Quilted, Marilyn Rush
- Miscellaneous-Umbrella, Bethe Bryant



*Congratulations*



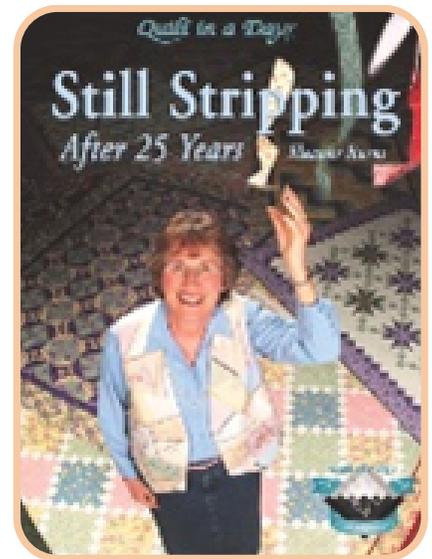
**Crafter's Anonymous Homemaker Club Meeting**  
**March 13, 2024 @ 1:30 p.m.**  
**Downstairs Meeting Room**  
**The club will be crafting an "Easter Egg Tree."**  
**Class Fee: \$3.00**  
**Limit: 20 People**  
**Please call the Extension Office at**  
**606-348-8453 to reserve your spot.**

**In-Stitches Quilt Class**  
**Stars & Four Patches Quilt (Part I)**  
**Wednesday, March 20, 2024 @ 10:00 a.m.**  
**Downstairs Meeting Room**

We will be creating the pieced blocks and assembling them.

**Wednesday, April 17, 2024 (Part II)**

We will create and assemble the Seminole Border.  
The "Still Stripping" book is available at the Extension Office at the discounted price of \$15.00.  
Call the Extension Office for class prep information.



**County & Club Officers' Event**  
**Movie Night ~ Fried Green Tomatoes**  
**Monday, April 8, 2024 @ 5:30 p.m.**  
**Downstairs Meeting Room**  
**Snacks, Movie, Fun, & Fellowship**  
**Please register so we can be prepared for you.**



# Homebased Microprocessing Workshop



Tuesday, April 2, 2024

9:30 a.m. - 2:30 p.m. ET

Wayne County Extension Office

255 Rolling Hills Blvd., Monticello, KY

Downstairs Meeting Room



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

For more information & to register:  
[ukfcs.net/HBM](http://ukfcs.net/HBM)

or call (606) 348-8453

Join our workshop!  
Homebased  
microprocessors are  
farmers who grow and  
harvest produce to use in  
their value-added products.

Homebased  
microprocessors are  
required to grow a  
predominant ingredient in  
the products they make.  
The first step to becoming  
certified as a homebased  
microprocessor is to attend  
a Homebased  
Microprocessor (HBM)  
workshop presented by the  
University of Kentucky.

The cost of the workshop is  
\$50.00.

**Cooperative Extension Service**  
Agriculture and Natural Resources  
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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

*Extension  
Homemakers'  
Bake Sale*

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**APRIL 13, 2024  
8 AM ~ 2 PM**

WAYNE COUNTY  
EXTENSION OFFICE  
255 ROLLING HILLS BLVD.  
MONTICELLO, KY 42633



**2024 KEHA State Meeting**

This year's KEHA State Meeting will take place May 7-9, 2024, at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green. Make your reservations by April 6, 2024 if you plan to attend. Details are on the State Meeting webpage: <https://keha.ca.uky.edu/content/state-meeting-information>



# Seth Hart

Program Assistant  
for Community Arts

# Hat Sketches

Theme: St. Patrick's Day



## MATERIALS

PENCIL

GEL INK PEN

PAPER OPTIONS

- WATERCOLOR PAPER
- ACRYLIC PAPER
- SKETCH PAPER

## TERMS

CONTOUR DRAWING

PEN AND INK DRAWING

SHAPE vs FORM

SKETCHING



### SKETCHING EXERCISE

DESIGNED FOR ALL AGES IN SKILL LEVELS.

THEME:  
ST. PATRICK'S DAY

IF COMPLETED BY STUDENTS IN GRADES 3-12:

~ 4-H ARTS ~

# DRAWING

## 745 CONTOUR DRAWING

DRAW OBJECTS USING THE CONTOUR DRAWING METHOD.  
DO 2-3 DRAWINGS OF THE SAME OBJECT FROM DIFFERENT ANGLES.

## 749 PEN & INK

SKETCH ANIMALS OR OTHER OBJECTS USING PEN AND INK.

DESIGNED AND PROVIDED BY:

Seth Hart  
Extension Program Assistant for Fine Arts  
Wayne County Cooperative Extension Office  
255 Rolling Hills Blvd.  
Monticello, KY 42633  
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seth.hart@uky.edu

## INSTRUCTIONS ON NEXT PAGE

~ ALSO FEATURED ON YOUTUBE ~

<https://www.youtube.com/watch?v=qWzkd5x9M54&t=5s>



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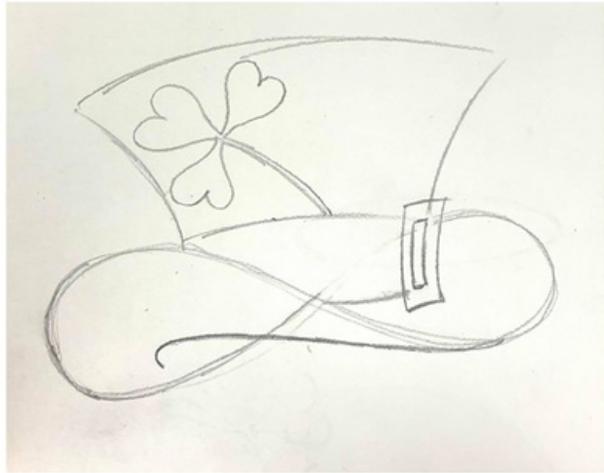
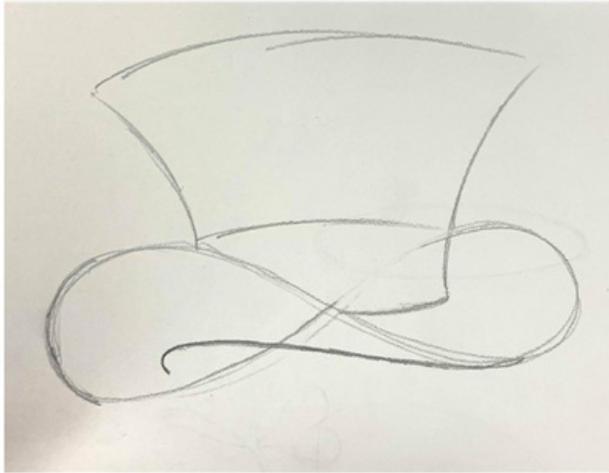
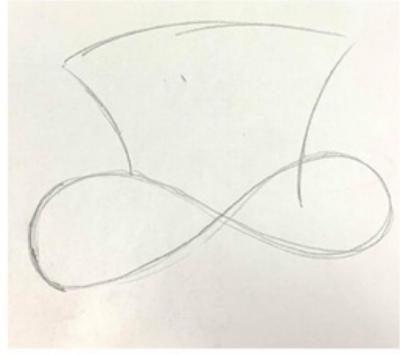
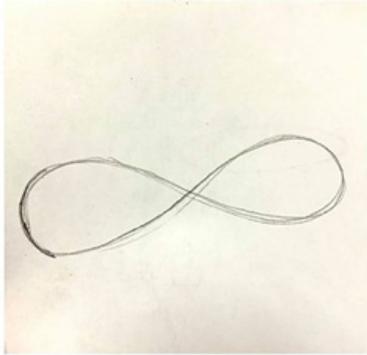
**Seth Hart**

**Program Assistant  
for Community Arts**

**Hat Sketches**

**Theme: St. Patrick's Day**

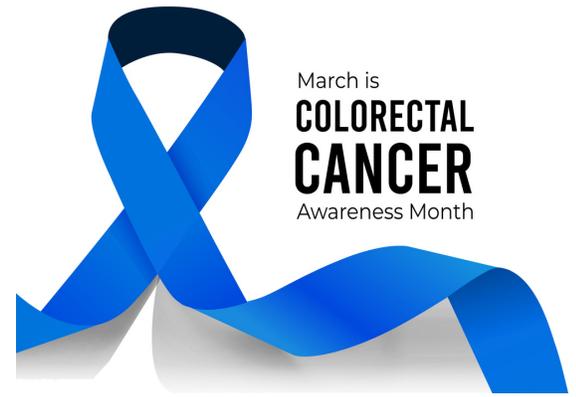
**HAPPY ST. PATRICK'S DAY!**





**Joy McGinnis**

**FCS Program Assistant**



## **March is Colorectal Cancer Awareness Month**

Colorectal cancer is the second deadliest cancer in the United States. Yet it's one of the few cancers that's preventable thanks to screening. Here are two reasons why getting checked matters:

- Screening can find the warning signs of colon and rectal cancer, letting doctors take action to prevent the disease.
- Screening can also find colorectal cancer early when treatment is most effective.

Any age – Any gender – Any Fitness level

Anybody can get colorectal cancer.

Remember: Screening saves lives!

Follow these tips for a colon-healthy diet recommended by the American Cancer Society. A good rule of thumb is to fill two-thirds of your plate with plant-based foods, and the remaining one-third with meat or dairy.

1. Avoid alcohol entirely or have just one drink a day, meaning 12 ounces of beer, 5 ounces of wine or 1.5 ounces of liquor.
2. Eat no more than 18 ounces of beef, pork, and lamb a week.
3. Limit processed meats, including lunch meats, bacon, sausages, and hot dogs.
4. Limit or, better yet, eliminate fried foods, which are high in calories and can lead to weight gain.
5. Choose lean protein sources, such as skinless chicken or turkey and fish.
6. Eat whole grains in bread and cereals, as well as brown rice.
7. Favor whole fruits, fresh or frozen, over fruit juice.
8. Emphasize non-starchy vegetables, such as lettuce, tomatoes, cucumbers, summer squash, peppers, green beans, and green leafy vegetables.
9. Build meals around beans and legumes, such as black beans, lentils, kidney beans and garbanzo beans.

Source: American Cancer Society



# Spinach & Cheese Omelet

Submitted by: Joy McGinnis

---

## INGREDIENTS

- 4 cups baby spinach, rinsed
- Salt & pepper, to taste
- 4 large eggs
- 2 tsp. grape seed oil, divided
- 2 oz. cheese, divided
- 2 tbsp. chopped scallions, chives, or flat-leaf parsley, divided

## DIRECTIONS

1. In a saucepan with a lid, add 1/4 cup of cold water, a pinch of salt, and the baby spinach. Cover and cook over medium-high heat until the spinach has wilted, about 1 to 2 minutes. Drain and squeeze out as much water as you can. Set aside.
2. In a medium bowl, whisk together the eggs with 1 tablespoon of water, salt, and pepper to taste.
3. Heat the oil in small non-stick skillet over medium heat. Add half the eggs and cook without stirring until the eggs begin to set.
4. Using a rubber spatula, lift the edges of the omelet and tilt the pan so the uncooked eggs flow to the edges of the pan and underneath the omelet.
5. Sprinkle one side of the omelet with half the amount of cheese, wilted spinach, and scallions. Fold the un-topped side of the omelet over the cheesy side. Cook until the inside of the omelet has set and cheese is beginning to melt, about 1 minute.
6. Remove from pan. Make another omelet in the same way with the remaining eggs, spinach, cheese, and scallions. Serve with a piece of whole wheat toast.

Nutrition Facts: Calories: 306 Cal. - Fat 24 g - Carbohydrates 3 - Sugar 1 g - Fiber 1 g - Protein 20 g - Sodium 371 mg ~ per serving



## March is Eat Your Greens Month Try some of these delicious recipes!

### Green Eggs



**Servings:** 6 **Serving Size:** 1/2 cup

**Nutrition Facts Per Serving:** 90 calories; 7g fat; 1.5g saturated fat; 0g trans fat; 165mg cholesterol; 65mg sodium; 1g carbohydrate; 0g fiber; 0g sugar; 0g added sugars; 6g protein; 6% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

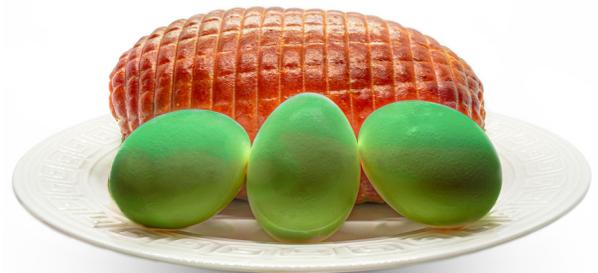
#### Ingredients:

- 6 eggs
- 1 tablespoon milk
- 2 tablespoons roughly chopped onion
- 1 cup fresh kale or spinach leaves, washed, with big stems removed
- Salt and pepper to taste
- 1 tablespoon canola oil

#### Directions:

1. Combine eggs, milk, onion, kale or spinach, salt and pepper in a blender and blend until the greens are pureed into little bits.
2. Heat canola oil in a frying pan over medium-low heat.
3. Pour the egg mixture into the warm pan. Let it sit for a couple minutes before you begin to stir and scramble with a spatula. Cook until eggs are done all the way through.
4. Serve warm.

\*Add some ham for a Green Eggs & Ham breakfast!



# Incredible Hulk Muffins

**Servings:** 18 **Serving Size:** 1 muffin

**Nutrition Facts:** 160 calories; 6g total fat; 2g saturated fat; 0g trans fat; 15mg cholesterol; 140mg sodium; 24g carbohydrate; 2g dietary fiber; 13g total sugars; 12g added sugars; 3g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium



## Ingredients:

- 2 cups whole-wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 tablespoon cinnamon
- 3/4 cup skim milk
- 3/4 cup honey
- 1 large ripe banana
- 6 ounces fresh spinach
- 4 tablespoons unsalted butter, melted
- 1/4 cup canola oil
- 1 egg
- 1 teaspoon vanilla

## Directions:

1. Preheat oven to 350° F and line muffin pans with 18 paper liners.
2. Combine flour and cinnamon in a large mixing bowl.
3. In a blender or food processor, add milk, honey, banana, spinach, melted butter, egg and vanilla and blend until completely pureed.
4. Pour the puree into the dry ingredients and fold together gently until just combined.
5. Divide batter evenly into the muffin cups and bake 18 to 22 minutes or until the center of the muffins spring back when touched lightly in the center.
6. Cool before serving.

# Superfood Smoothie



**Servings:** 4 **Serving Size:** 1 cup

**Nutrition Facts:** 140 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 30mg sodium; 36g carbohydrate; 4g fiber; 28g sugar; 2g protein; 90% Daily Value of vitamin A; 35% Daily Value of vitamin C; 8% Daily Value of calcium; 6% Daily Value of iron.

## Ingredients:

- 1 medium peeled banana, sliced and frozen
- 1 cup frozen spinach
- 1 medium apple with skin, chopped and frozen
- 1 (20 ounce) can pineapple chunks in 100% Juice

## Directions:

1. Place all ingredients in a blender and blend until smooth.



## Spring Harvest Salad

**Servings:** Makes 8 servings **Serving Size:** 1 cup

**Nutrition Facts:** 130 calories; 9g fat; 1.5g sat fat; 240mg sodium; 12g carbohydrates; 3g fiber; 7g sugar; 3g protein.

### Ingredients:

- 5 cups torn spring leaf lettuce
- 2 1/2 cups spinach leaves
- 1 1/2 cups sliced strawberries
- 1 cup fresh blueberries
- 1/2 cup thinly sliced green onions
- \*4 teaspoons lemon juice
- \*2 1/2 tablespoons olive oil
- \*1 tablespoon balsamic vinegar
- \*1 1/2 teaspoons Dijon mustard
- \*2 teaspoons Kentucky honey
- \*1/2 teaspoon salt
- 1/4 cup feta cheese crumbles
- 1/2 cup unsalted sliced almonds

### Directions:

1. Combine leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.
2. \*\*\*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.
3. Sprinkle salad with feta cheese and sliced almonds.
4. Serve immediately

## Chicken and Ranch Mushrooms

**Servings:** Makes 4 servings **Serving Size:** 1/4 of recipe **Recipe Cost:**

**\$6.78 Cost per Serving:** \$1.70 **Nutrition Facts:** 320 calories; 6g total fat; 2.5g saturated fat; 0g trans fat; 90mg cholesterol; 270mg sodium; 26g carbohydrate; 4g fiber; 1g sugar; 0g added sugar; 30g protein; 80% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.



### Ingredients:

- Nonstick spray
- 1 pound boneless, skinless chicken breasts, sliced into strips
- 8 ounces white mushrooms, sliced
- 2 teaspoons dry ranch dressing mix
- 1 tablespoon unsalted butter
- 1 1/2 cups fresh spinach
- 1/4 teaspoon garlic powder
- 2 cups cooked barley or brown rice

### Directions:

1. Spray large skillet with nonstick spray; heat to medium. Add chicken, cover and cook for 5 minutes. Turn chicken and move to one side of pan. Add mushrooms.
2. Sprinkle ranch seasoning over chicken and mushrooms. Add butter. Sauté for 5 minutes, stirring frequently. Remove from pan.
3. Add spinach to pan and sprinkle with garlic powder. Cover and steam until spinach wilts (3-5 minutes), stirring occasionally.
4. Arrange barley or brown rice on plates. Top with spinach, chicken and mushrooms.

# Kentucky

## **KINSHIP FAMILIES**

**We want to hear from you!**

Kentucky has one of the highest rates in the nation of children being raised by kin.

### Survey Participants Needed to

- Understand the unique challenges faced by kinship families in each region.
- Identify what supports are available in your area.
- Create a visual resource map for each region.
- Gather supporters of kinship care to promote program and policy suggestions at both state and community levels.



### Eligibility

- Must be a Kentucky resident
  - Must currently be a relative caregiver **or** fictive Kin caregiver
- OR**
- Be a service provider that works with kinship caregivers



To participate in the survey scan this QR Code or go to [tinyurl.com/KinshipKY](https://tinyurl.com/KinshipKY)



Kinship Families  
COALITION OF KENTUCKY

A SPECIAL THANK YOU TO  
CASEY FAMILY PROGRAMS

# Back to the Basics: Cooking with Cast Iron

**Thursday, May 30th**  
**Registration: 9:30 a.m. EST**  
**Program: 10 a.m. EST**

Wayne County Extension Office  
255 Rolling Hills Blvd., Monticello  
606-348-8453

Learn all about:

- The History & Basics of Cast Iron
- Restoration of Cast Iron
- Caring for Cast Iron
- Multiple Cast Iron Cooking Demos



***Registration and \$15 fee due to the  
Wayne County Extension Office by May 10th.***



Adair County Homemakers  
invite you to attend the...

**LAKE CUMBERLAND  
AREA ANNUAL MEETING**

SAVE THE DATE  
MAY | 16 | 2024

Adair County Extension Office  
409 Fairground Street  
Columbia, KY 42728

*“May you have all the happiness and luck that life can hold~and at the end of your rainbows may you find a pot of gold.” - Old Irish Blessing*

**Happy St. Patrick’s Day  
March 17, 2024**



*Debbie Shepherd*

**Debbie Shepherd, CEA FCS  
Wayne County Extension Agent  
for Family & Consumer Sciences  
debbie.shepherd@uky.edu  
DS/vm**



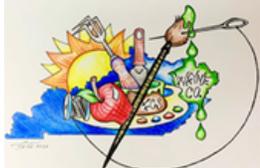
**We Grow Families.**  
www.ca.uky.edu



**Website:  
wayne.ca.uky.edu**



**Wayne County Cooperative  
Extension Family and  
Consumer Sciences**



**Cooperative  
Extension Service**

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
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**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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