



Special Edition
FCS Newsletter

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Cooperative Extension Service

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"The love of gardening is a seed once sown that never dies." - Gertrude Jekyll
April is National Garden Month. The origin of National Gardening Month can be traced back to 1986 when President Reagan declared April 12-18 as National Gardening Week.

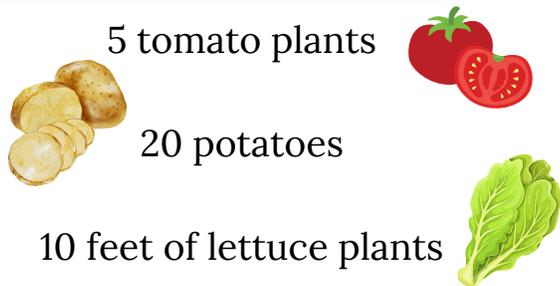
Garden Month

April is **GARDEN** month! Reach out to a neighbor, friend, shut-in, local family, etc. Take them a vegetable, herb, or fruit plant in a container that they can grow on their porch. Share seeds and plant starts with others who would like to grow a garden. Offer to garden with someone who may not be able to garden at all on their own. Gardening will feed the belly and the soul!

Benefits to Growing a Garden

- Supplement grocery shopping; potentially lowering monthly cost
- Increases physical activity
- Improves self esteem
- Reduces stress
- Is known to increase happiness
- Helps increase good sleep

FAMILY OF 4: 150 SQ. FEET



Types of Containers:

- Terracotta pots, other clays, plastics, ceramic, wood, bamboo, rubber, cement, metal
- Recycle or upcycle materials

Types of Raised Beds:

- Locally available and purchased woods slow to decay
- Recycled plastics, composite decking, vinyl
- Stone, bricks/blocks, poured concrete
- Mounded earth

Water

- Raised Beds - at least 1 to 1-1/2 inch per week
- Containers - every 1-2 days during summer

Soil

- Raised beds - good garden soil amended with 10-25% organic matter (compost, composted manure)
- Containers - 1 part good garden soil, 1 part organic matter (peat, compost, composted manure) & 1 part porous material (vermiculite or perlite)

Source: <https://www.planeatmove.com>

Spring Recipes

Whether it's spring, summer, fall or winter, you can Plate it up! Kentucky Proud using recipes that put a new twist and a new taste on your favorite Kentucky Proud foods.



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		

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.

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.



Red Potato Salad

6 medium red potatoes cut into 1½ inch pieces	1 red bell pepper, chopped	¼ cup mayonnaise
4 cups fresh green beans cut into 1½ inch pieces	1 yellow bell pepper, chopped	2 tablespoons red wine vinegar
1 small red onion, chopped	1 cup chopped cherry tomatoes	2 teaspoons fresh oregano
		Salt and pepper

1. Wash vegetables in warm water.

2. Boil potatoes until tender and drain.

3. Boil green beans until tender crisp and drain.

4. Place the potatoes and green beans in a bowl.

5. Add chopped red onions, peppers and tomatoes.

6. In a small bowl, **mix** mayonnaise, red wine vinegar and chopped

oregano.

7. Add to potato mixture and mix lightly.

8. Season with salt and pepper. **Mix** well. **Serve** cold.

Yield: 16, ½ cup servings

Nutritional Analysis: 140 calories, 1.5 g fat, 0 g saturated fat, 0 mg cholesterol, 35 mg sodium, 26 g carbohydrate, 6 g fiber, 3 g sugar, 5 g protein.

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



Food Preservation

Home food preservation is an excellent way to prevent food waste, save on your budget, be more food secure, a safe healthy way to feed your family, and much more. Take a look at our upcoming classes at the Wayne County Extension Office.

Jams & Jellies Class

Berry Season will soon be here!
Making and preserving homemade Jams & Jellies
is Yummy & Fun!
Hands-on learning!



May 2, 2023

5:00 p.m.

Registration Fee: \$10.00

Registration Deadline: April 25, 2023

Location: Upstairs Meeting Room

Spots are limited.

Please call (606) 348-8453 to RSVP.

BEEF JERKY

Join us on May 25th @ 11:00 a.m. EST for a FREE workshop on making delicious jerky at home! In this class, you will learn everything you need to turn beef or venison into tender strips of jerky. Preferred cuts of meat, food safety, and storage topics will all be covered during the class. Best of all, samples will be provided to all in attendance. The workshop is free, but RSVP is requested.

May 25, 2023

11:00 a.m.

Downstairs Meeting Room

Registration Deadline: May 19, 2023

Please call (606) 348-8453 to RSVP.



PRESSURE CANNING CLASS

June 3, 2023

9:00 a.m.-4:00 p.m.

Downstairs Meeting Room

Registration Fee: \$10.00

Registration Deadline: May 30, 2023

Spots are limited.

Please call (606) 348-8453 to RSVP.

Canning season will soon be here!
Preserving your garden or market produce is EASY & FUN!

Learn to preserve your produce in a safe and shelf stable way to feed your family for months ahead.
This is a hands-on learning experience.

SALSA CLASS WATER BATH CANNING

June 8, 2023

5:00 p.m.

Upstairs Meeting Room

Registration Fee: \$10.00

Registration Deadline: June 5, 2023

Spots are limited.

Please call (606) 348-8453 to RSVP.



Canning season will soon be here!
Tomatoes, peppers, onions, & spice. Oh my!
Learn Water Bath Canning techniques as
we make **HOMEMADE SALSA**.

We will be making salsa, but you will learn
the tips & recipes if you like to heat things
up a bit more.

This is a hands-on learning experience!

FREEZING BASICS

July 13, 2023

5:00 p.m.

Upstairs Meeting Room

Registration Fee: \$5.00

Registration Deadline: July 10, 2023

Spots are limited.

Please call (606) 348-8453 to RSVP.



Freezer corn and other garden produce will soon be
ready for the freezer! This will be a hands-on
learning experience. Freezing is an excellent way to
preserve your produce. It is quick and efficient and
provides food for your family for the months ahead.

ALL DRIED OUT! DRYING YOUR FOODS FOR PRESERVATION

August 10, 2023

5:00 p.m.

Upstairs Meeting Room

Registration Fee: \$5.00

Registration Deadline: August 7, 2023

Spots are limited.

Please call (606) 348-8453 to RSVP.

Fruits, veggies, herbs; drying produce for long term storage is an excellent and space saving way to preserve foods to feed your family. This will be a hands-on learning experience. Drying is a very efficient way to preserve food for your pantry for the months ahead.



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We Grow
Families.
www.ca.uky.edu



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Disabilities
accommodated
with prior notification.