



Family & Consumer Sciences- Homemaker Newsletter

June/July 2020

A note from Debbie Smith Graves County Homemaker President

Welcome to June! It's a time of fast-growing grass, gardens, flowers, and the normal end of the year for extension homemakers! I hope you all are still doing well and are looking forward to a wonderful June and looking towards summer. When I first joined homemakers, I was confused as to why there were no meetings in July and August. However, as I read and researched extension homemaking, July and August were supposed to be two of the busiest months for homemakers since gardens were being harvested and canning and freezing were taking most of the homemaker's time. It

just became a tradition that we did not officially meet during those two months. I'm not sure any of us have met since March, so it's been a long time since we have met with our homemaker family. I don't know about y'all, but I miss the friendship, the learning, the face-to-face, and the warmth of my homemaker friends. Right now, we still aren't sure

Denise Wooley

Denise Wooley
County Agent for Family & Consumers Sciences



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

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Family and Consumer
Sciences/Homemaker
Newsletter

A note from our Graves County Homemaker President Debbie Smith, continued.

when meetings will resume. I am hoping we can have our Annual Day on August 25. It may look different from years past, but we have people and programs that need to be recognized.

As we look forward to 2020-2021 year, it's hard to know exactly what to expect. But please stay positive about Extension homemaking and its programs. We will get through this, and I think will get through it and be an even stronger group of homemakers. I know there were those of you who had items at the Cultural Arts Showcase in March were planning on those going on to state competition, you will not be disappointed. I have read where those items are going to be accepted at the 2020-2021 state meeting for judging. So keep those Cultural Arts items for next year's state meeting.

I think we were lucky in Graves County to have had the 2020 Census Quilt exhibited at our library. The tour of the quilt around the state was halted due to Covid-19 and the closure of most public spaces, however, if you are on Facebook, KEHA is showcasing all the quilt squares, individually, one each day, on their page. I have enjoyed a closer look at each square and reading about each square. Ours was on there a few weeks, and we received some very nice comments. A big thanks to Nancy Smith and Joyce McClain

for their work on the square. Again, on Facebook, KEHA and GCEH have both been sharing some very interesting items. One week was KEHA recognition week where members were able to share what they were reading, how they were keeping fit, and what they were doing during the "Stay Safe at Home" time. This was a way to communicate with homemakers across the state and to see what they were doing. Denise has been sharing "*Healthy at Home: Navigating Covid-19 With Cooperative Extension*" with us too. She's also posted the *Seasoned* newsletter with us that has some wonderful recipes. KEHA has stepped up and fulfilled the goal of helping the community with all their postings, and I'm grateful to Denise for sharing them with us.

Miss y'all and I'm looking forward to seeing all of you soon—after I can visit my hairdresser.



**Our office is available for curbside service
Monday – Friday from 8–12pm.**

**We are available by appointment Monday –
Friday from 1:00–4:30pm**

For curbside service, please call 270-247-2334

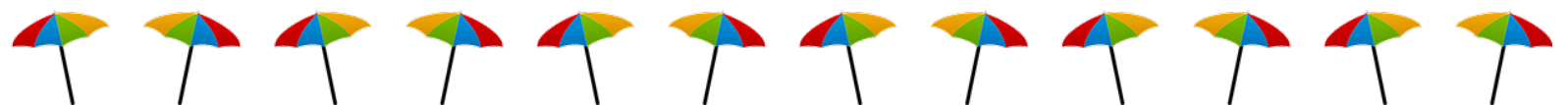
For an appointment with:

Denise Wooley, FCS Agent: 270-705-2211

Kelsey Chadwick, 4-H Agent: 270-227-5885

Kelly Mathis, Staff Support: 270-247-2334

For more information on upcoming events,
schedules, or information, visit our Facebook
page @GravesCountyCES or our website
<https://graves.ca.uky.edu/>



Dear Homemakers,

First of all, I miss you. I miss the camaraderie we had as a group. I miss your faces, your laughter, your ideas, and your support. I just miss being a part of this wonder group of extension homemakers in Graves County. I'm like many of you in that I do not know exactly how our future will look, but I have faith that we will get through this Covid-19 pandemic and we will come out even stronger on the other side.

This time every year we fill out our Programs of Work to let the area and state know how and what we did in 2019-2020. We usually do this at our June meeting. However, since we will not be having that meeting, another way needed to be developed so our information can be reported. After talking with club presidents and our extension agent, Denise, a way to obtain the information was created. First of all, this information should be submitted by **regular** and **mailbox** members. Our mailbox members play an important role in our county, and I think we sometimes don't ask for their information, so a real effort is being made to obtain the information from where they have contributed to extension homemaking.

In this Newsletter, you will find a two page questionnaire that will give us the information we need to complete our Program of Work reports. Please take the time to complete the questionnaire and then return it to your club president. The questionnaire will also be sent as an email and you may reply that way too. Just hit reply to the email, fill in your answers, and email it back to your club president or designee (TLC's will be emailed back to Martha Beasley).

It is imperative that all responses be received by June 30. If you have any questions about any of the information asked, you may first look at KEHA.org or you may call Denise or myself. (I will be putting all mailing addresses and phone numbers at the end of this letter) In years past, everyone had to turn in their tabulation sheets for the Volunteer Service Hours (VSU's); however, this year, all we want are your totals in each of the four categories. PLEASE KEEP YOUR TABULATION SHEETS in case they are asked for at a later date or we find out we need to store them at the extension office.

For new members or mailbox members who have not reported VSU hours before, please help us out by reporting them this year. VSU hours are any hours where you volunteer services, products, time, etc. as long as you are not receiving payment for such services. There are four categories your hours may fall under:

1. *Extension—Any agent led or agent directed programs.*
2. *KEHA-- Programs that originate and are directed by KEHA leaders and members such as meetings or any club related activities.*
3. *Community—Service or volunteerism related to your community and not sponsored by KEHA.*
4. *Personal-- Discretionary reporting of any unpaid service to family, friends, and neighbors.*

The form for reporting of the hours can be found at www.KEHA.org under the Education Chairmen information then Leadership Development, VSU Information. I feel sure that during this time of quarantine and Healthy at Home, we have helped people out maybe a little more than normal. Taking a person to the grocery or doing their shopping for them are all things that can be included in our VSU reports.

For this year only (we hope), club and county POW Chairmen will not be responsible for compiling information. To ensure social distancing and other precautions, the club presidents and county president will take on that task.

Again, if you have questions that cannot be answered on the KEHA website, please call your club's president, Denise, or me.

Let's show our great Commonwealth of Kentucky that Graves County Homemakers stepped up to the challenge of this unusual time by making sure we report our participation in programs and our great endeavors to volunteer to help our community and neighbors.

Thank you for all you do for Graves County Extension Homemakers.

Sincerely,
Debbie Smith
GCEH President

Community Club

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Friendship Club

Joyce Wilford
224 State Route 940
Mayfield, KY 42066
handjwilford@att.net

TLC Club

Janice Kafton
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mbeas35@gmail.com

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Cultural Arts

1. Did you participate in the passport challenge? How many places did you log?
2. Did you participate in the reading program? If so, attach your list of categories & books read.
3. Did you participate in a Swedish Weaving lesson?
4. Did you participate in a lesson on traditional cloth weaving?
5. Do you sell craft items to support your homemaker's club?
 - a. Total funds generated. _____

Environment, Housing, and Energy

1. Did you implement one or more water saving practices in the past year?
2. Did you adopt new landscape practices (such as installing a rain garden)?
3. Did you preserve fruits and vegetables for your family?
4. Did you participate in an Adopt-a-Highway project?
5. Did you participate in a plant and/or seed swap?
6. Did you participate in a community beautification project?
7. Did you sponsor or teach a community gardening class for community members?
8. Did you implement landscaping practices to attract bees, birds, or butterflies?
9. Did you sponsor or teach a class on providing habitat for bees, birds, or butterflies?

Family and Individual Development

1. Did you donate time and/or money to support against family and community violence?
2. Did you participate in
 - a. Tutoring in schools? Number of students reached?
 - b. Reading books to youth? Number of students reached?
3. Did you
 - a. Utilize the Fit Blue app for 6 weeks to help form healthy habits?
 - b. Start healthy regular outdoor activities?
4. Did you
 - a. Attend any of the Embracing Aging series?
 - b. Attend Self-Care for Family Caregivers program?
 - c. Participate in the Longest Day walk to promote awareness of Alzheimer's disease?
 - d. Make fidget mats? How many?

Food Nutrition and Health

- a. Did you
 - a. Have an annual physical/check up?
 - b. Have a mammogram?
 - c. Have Ovarian cancer screening?

- d. Have a diabetes screening?
- e. Participate in a blood drive?
- f. Participate in a local health fair?
- g. Donate to a local food bank or food pantry?
- h. Volunteer at a local food bank or food pantry?
- i. Exercise regularly (20-30 minutes a day at least 3 times a week)?
- j. Have an improvement in overall health due to increased activity?
- k. Consciously make healthier food choices?
- l. Purchase fresh foods at a local farmers market?
- m. Supplement your diet with healthy foods you produced/preserved?

4-H Youth Development

1. Did you work with youth during past year?
2. How many volunteer hours did you acquire working with youth development?

International

How much did your club contribute to Coins for Change?

Leadership Development

1. **EXTENSION** Volunteerism:

a. Hours you volunteered for **Extension** activities/events: _____

b. Number of people reached: _____

2. **KEHA** Volunteerism:

a. Hours you volunteered for **KEHA** activities/events: _____

b. Number of people reached: _____

3. **COMMUNITY** Volunteerism:

a. Hours you volunteered for **Community** activities/events: _____

b. Number of people reached: _____

4. **PERSONAL** Volunteerism:

a. Hours you volunteered for **Personal** activities/events: _____

b. Number of people reached: _____

Management and Safety

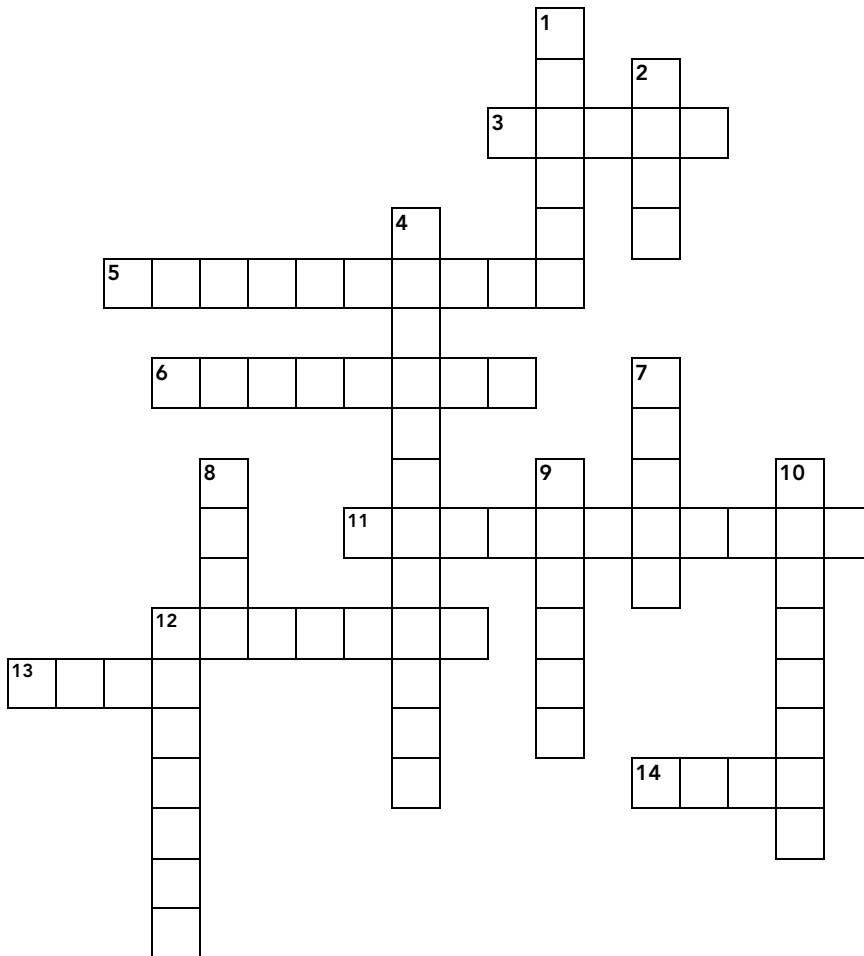
Did you?...

- a. Learn methods to manage your holiday expenses?
- b. Learn how to maximize profits and savings at yard sales & consignment shops?
- c. Implement strategies to downsize your home?
- d. Utilize methods to evaluate health insurance needs/options?
- e. Develop an estate plan for digital assets?
- f. Gain knowledge regarding international travel planning?

No Germ Zone

CROSSWORD PUZZLE

How savvy are you at the cleaning game? Complete the crossword puzzle below to find out.



Across:

- 3. Beware _____ fumes.
- 5. Follow recommended cleaning _____.
- 6. _____ removes dirt and lowers amount of germs.
- 11. Have good _____.
- 12: ____ % alcohol solution.
- 13. _____ hands often.
- 14. _____ teaspoons bleach to one quart of water.

Down:

- 1. Wear protective _____.
- 2. _____ tablespoons bleach to one gallon of water.
- 4. _____ kills germs.
- 7. _____ then disinfect.
- 8. Clean cell phones _____ a week or when someone ill touches them.
- 9. Cell phones can easily _____ germs.
- 10. Avoid getting _____ into cell phone openings.
- 12. Avoid _____ your cell phone.

Sources:

Cleaning versus Disinfecting by Annhall Norris, Extension Specialist for Food Safety and Food Preservation. Access at: <https://fcs-hes.ca.uky.edu/files/cleaning-versus-disinfecting.pdf>.

Do Not Mix These Chemicals or Products by Jeanne Badgett, Senior Extension Associate for Clothing, Textiles and Home Equipment. Access at: <https://fcs-hes.ca.uky.edu/files/do-not-mix-these.pdf>.

How to Clean a Cell Phone by Jeanne Badgett, Senior Extension Associate for Clothing, Textiles and Home Equipment. Access at: <https://fcs-hes.ca.uky.edu/files/how-to-clean-a-cell-phone.pdf>.

Answers – Across: 3. Toxic 5. Guidelines 6. Cleaning 11. Ventilation 12. Seventy 13. Wash 14. Four

Answers – Down: 1. Gloves 2. Five 4. Disinfecting 7. Clean 8. Once 9. Pickup 10. Moisture 12. Sharing

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What's in Your Pantry?

WORD SCRAMBLE

Can you unscramble the letters to form the names of 15 items you might find in your pantry?

EN S A B	_____
EL C R A E	_____
EN S N D I O M T C	_____
S C O O U S U C	_____
R O A F L V	_____
T R U F I	_____
R A G I S N	_____
R H B E S	_____
O L S I	_____
E R C I	_____
C I S E S P	_____
A T O S M T O E	_____
A T N U	_____
B E E G E L S T V S A	_____
G I V N E A R	_____

Source:

Stocking Your Pantry by Heather-Norman Burgdolf, Extension Specialist for Nutrition and Health; and Claire Cosby, Human Nutrition Student, accessible at:

<https://coronavirus.ca.uky.edu/files/stocking-your-pantry.pdf>.

Answers: beans, cereal, condiments, couscous, flavor, fruit, grains, herbs, oils, rice, spices, tomatoes, tuna, vegetables, vinegar

What's in Your Pantry?

WORD SEARCH

S S E N H S E R F S L E C S Q
 X Y N Z T B Q J E C R I A S G
 P C H M S H X A D O L I G U T
 U A X T S L S E V N C R X S P
 A T N T L O I Y T D U O Y I G
 A F O T N A B O T I Y B E S U
 K C K I R T E Q T M V K J T O
 K Y N P S Y W H Y E C C B R A
 J G O E T K U T T N X E Y E S
 S F B W O T T N I T R F E A E
 F L A V O R E Z L S A H K H L
 K H X L J U T I A T O T M A L
 Z H X U N B P C U Y G Y J H B
 Z T F K X C Y U Q B Y W I D Y
 I G N Q Q B D U I R S I K T O

BEST BY

FRESHNESS

PANTRY

SELL BY

CONDIMENTS

HEALTHY

QUALITY

STOCK

FLAVOR

OILS

SEASONINGS

USE BY

Sources:
































Stocking Your Pantry by Heather-Norman Burgdolf, Extension Specialist for Nutrition and Health; and Claire Cosby, Human Nutrition Student. Access at: <https://coronavirus.ca.uky.edu/files/stocking-your-pantry.pdf>.

What Do Dates on Food Products Mean by Annhall Norris, Extension Specialist for Food Safety and Food Preservation. Access at: <https://coronavirus.ca.uky.edu/files/what-do-dates-on-food-products-mean.pdf>.



JUNE 2020

HEALTHY AT HOME

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>7</p> <p>Enjoy a leisure brunch with food that nourishes your brain and mood (think protein and omega-3). </p> <p>Stretch and recover.</p>	<p>1</p> <p>Start a collection of inspiring quotes. </p> <p>Go for a nature walk. Try to walk for 1 mile.</p>	<p>2</p> <p>Take a midday break: Close your eyes and take 10 slow, deep breaths. </p> <p>8 Pushups Wall sit (30 seconds)</p>	<p>3</p> <p>Remind yourself of things you are good at and proud of. </p> <p>Jump rope (5 min.)</p>	<p>4</p> <p>Do something silly and smile. </p> <p>10 Squats Hop on 1 leg (20 seconds)</p>	<p>5</p> <p>Make something (a recipe, puzzle, craft...). </p> <p>Play tag, or go to a playground.</p>	<p>6</p> <p>Take time to "smell the roses," and listen to or feel the breeze. </p> <p>Celebrate National Gardening Exercise Day by starting a garden project.</p>
<p>14</p> <p>Make time for your favorite activity.</p> <p>Take time to go fishing.</p>	<p>8</p> <p>Start the week by reading an inspiring news story for a quick dose of positivity. </p> <p>Go for a bike ride. Try to ride for 2 miles.</p>	<p>9</p> <p>Buy or pick some flowers. </p> <p>10 Pushups Wall sit (30 seconds)</p>	<p>10</p> <p>Listen to an uplifting song. </p> <p>Try hula hooping for as long as possible.</p>	<p>11</p> <p>Call a friend. </p> <p>10 Lunges each leg 10 Squat jumps or calf raises</p>	<p>12</p> <p>Watch the sunset. </p> <p>Crank up the music, and have a dance party.</p>	<p>13</p> <p>Look for shooting stars before you go to bed. </p> <p>Try a game of soccer or kickball.</p>
<p>21</p> <p>Be helpful and kind to someone. </p> <p>Celebrate International Yoga Day.</p>	<p>15</p> <p>Create a list of 10 things that make you happy. </p> <p>Go for a nature walk. Try to walk for 3 miles.</p>	<p>16</p> <p>Read or watch something funny. </p> <p>12 Pushups Wall sit (40 seconds)</p>	<p>17</p> <p>Drink your morning coffee or tea in peace and quiet. </p> <p>Jump rope (10 min.)</p>	<p>18</p> <p>Try a new recipe. </p> <p>20 Squats Hop on 1 leg (30 seconds)</p>	<p>19</p> <p>Listen to a meditation video or podcast. </p> <p>Take a walk in the park.</p>	<p>20</p> <p>Sleep in, and read a book in bed when you finally wake up. </p> <p>Try a game of volleyball or tennis.</p>
<p>28</p> <p>Go for a drive to somewhere new.</p> <p>Get out and fly a kite.</p>	<p>22</p> <p>Practice complimenting yourself: "I'm a great parent/friend/partner..." </p> <p>Go for a bike ride. Try to ride for 4 miles.</p>	<p>23</p> <p>Write an old-fashioned letter. </p> <p>14 Pushups Wall sit (50 seconds)</p>	<p>24</p> <p>Declutter something –closet, purse, junk drawer... </p> <p>Set up lawn games in the backyard.</p>	<p>25</p> <p>Disconnect over lunch, and spend 5 minutes alone to quiet your mind. </p> <p>20 Lunges each leg 20 Squat jumps or calf raises</p>	<p>26</p> <p>Frame a photo of a favorite memory. </p> <p>Celebrate National Canoe Day.</p>	<p>27</p> <p>Lie in the grass, and watch the clouds for 10 minutes. </p> <p>Try a game of basketball or baseball.</p>
<p>29</p> <p>Sing in the shower. </p> <p>Go for a nature walk. Try a new trail.</p>						
<p>30</p> <p>Give someone a compliment. </p> <p>20 Pushups Wall sit (1 minute)</p>						
<p>_____  _____  _____ </p> <p>Strength _____ Aerobic _____ Flexibility</p>						

KEEP MOVING

EXERCISE HELPS!

- Supports physical, emotional and mental health
- Promotes activity and independence
- Improves some chronic conditions
- Helps prevent falls

FOR EXERCISE IDEAS/EXAMPLES:

- CDC: https://www.cdc.gov/physicalactivity/basics/older_adults/index.htm
- NIA/Go 4 LIFE: <https://go4life.nia.nih.gov/how-exercise-helps/>
- Silver Sneakers: <https://www.silver sneakers.com/blog/strength-training-for-seniors/>
- UK FCS FIT BLUE: <https://hes.ca.uky.edu/news-story/uk-launches-fitness-app>

TYPES OF EXERCISE

- **Aerobic:** increase your breathing and heart rate. Like walking around the house.
- **Strength:** Try strength-training exercises for your major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms) at least two days a week. Make your muscles work harder than usual.
*Don't exercise the same muscle group on any 2 days in a row
- **Balance:** helps you with daily activities such as walking safely, preventing falls and navigating stairs
- **Flexibility:** stretching increases circulation and blood flow and helps maintain strength. Stretching should be slow and smooth. Hold stretches for 10-30 seconds and repeat 3 to 5 times. Do not forget to breathe!

BRAIN HEALTH MATTERS

- The brain allows you to interact with the world, understand, analyze, and respond to various surroundings.
- A healthy brain is crucial to survival, growth, and everyday successes (Center for Excellence in Community Mental Health, 2011).
- The brain needs exercise and maintenance in order to optimize and protect its current and future health.
- In particular, the brain needs: socialization, mental stimulation, physical activity, nutrition, and sleep (Yu, 2006; Alzheimer's Association, 2011).
- Take 10 minutes a day to enhance your mental and cognitive health.



DOWNLOAD OUR FREE FITBLUE APP

Get physical activity and meal suggestions, track your movement and eating, and improve your mindfulness!



<http://bit.ly/FitBlueApple>



<http://bit.ly/FitBlueAndroid>

Recipe Links and Demo Videos

Recipe

- 1 [Dijon Chicken Asparagus Roll Ups](http://bit.ly/PIUKP_ChickenAsparagusRollUps)
- 2 [Scrumptious Strawberry Salad](http://bit.ly/PIUKP_ScrumptiousStrawberrySalad)
- 3 [Honey Raisin Muffins](http://bit.ly/PIUKP_HoneyMuffins)
- 4 [Asian Asparagus Salad](http://bit.ly/PIUKP_AsianAsparagus)
- 5 [Lean Green Lettuce Tacos](http://bit.ly/PIUKP_LeanGreenLettuceTacos)
- 6 [Roasted Root Veggies](http://bit.ly/PIUKP_RoastedRoots)
- 7 [Asparagus Ham Quiche](http://bit.ly/PIUKP_AsparagusHamQuiche)
- 8 [Strawberry Salsa](http://bit.ly/PIUKP_StrawberrySalsa)
- 9 [Creamy Cucumber and Chicken Salad](http://bit.ly/PIUKP_CreamyCucumberandChickenSalad)
- 10 [Broccoli Grape Pasta Salad](http://bit.ly/PIUKP_BroccoliGrapePastaSalad)
- 11 [Spinach Slaw](http://bit.ly/PIUKP_SpinachSlaw)
- 12 [Blueberry French Toast Bake](http://bit.ly/PIUKP_BlueberryFrenchToastBake)
- 13 [Kale and Cauliflower Salad](https://bit.ly/PIUKP_KaleandCauliflowerSalad)
- 14 [Baked Broccoli Frittata](http://bit.ly/PIUKP_BakedBroccoliFrittata)
- 15 [Green Beans with Feta Cheese and Dill](http://bit.ly/PIUKP_GreenBeanswithFetaCheeseandDill)
- 16 [Zunicotti](http://bit.ly/PIUKP_Zunicotti)
- 17 [Strawberry Green Tea](http://bit.ly/PIUKP_StrawberryGreenTea)
- 18 [Spring Harvest Salad](http://bit.ly/PIUKP_SpringHarvestSalad)
- 19 [Broccoli Pizza](http://bit.ly/PIUKP_BroccoliPizza)
- 20 [Mozzarella Basil Chicken with Roasted Grape Tomatoes](http://bit.ly/PIUKP_MozzarellaBasilChickenwithRoastedGrapeTomatoes)
- 21 [Blueberry Cream Cheese Pound Cake](http://bit.ly/PIUKP_BlueberryCreamCheesePoundCake)
- 22 [Creamy Avocado Cucumber Salad](http://bit.ly/PIUKP_CreamyAvocadoCucumberSalad)
- 23 [Easy Cheesy Eggplant](http://bit.ly/PIUKP_EasyCheesyEggplant)
- 24 [Summertime Sensation Casserole](http://bit.ly/PIUKP_SummertimeSensationCasserole)
- 25 [Red Potato Salad](http://bit.ly/PIUKP_RedPotatoSalad)
- 26 [Green Beans with Ham and Basil](http://bit.ly/PIUKP_GreenBeanswithHamandBasil)
- 27 [Broccoli Beef Stir Fry](http://bit.ly/PIUKP_BroccoliBeefStirFry)
- 28 [Easy Peach Cobbler](http://bit.ly/PIUKP_EasyPeachCobbler)
- 29 [Beefy Stuffed Peppers](http://bit.ly/PIUKP_BeefyStuffedPeppers)
- 30 [Summer Garden Lasagna](http://bit.ly/PIUKP_SummerGardenLasagna)

Link

- 1 http://bit.ly/PIUKP_AsparagusRollUps
- 2 http://bit.ly/PIUKP_ScrumptiousStrawberrySalad
- 3 http://bit.ly/PIUKP_HoneyMuffins
- 4 http://bit.ly/PIUKP_AsianAsparagus
- 5 http://bit.ly/PIUKP_LeanGreenLettuceTacos
- 6 http://bit.ly/PIUKP_RoastedRoots
- 7 [http://bit.ly/PIUKP_quiche](http://bit.ly/PIUKP_AsparagusHamQuiche)
- 8 http://bit.ly/PIUKP_StrawberrySalsa
- 9 [http://bit.ly/PIUKP_CCCSalad](http://bit.ly/PIUKP_CreamyCucumberandChickenSalad)
- 10 [http://bit.ly/PIUKP_BroccoliGrapeSalad](http://bit.ly/PIUKP_BroccoliGrapePastaSalad)
- 11 http://bit.ly/PIUKP_SpinachSlaw
- 12 [http://bit.ly/PIUKP_BlueberryToast](http://bit.ly/PIUKP_BlueberryFrenchToastBake)
- 13 [https://bit.ly/PIUKP_KaleCauliflower](https://bit.ly/PIUKP_KaleandCauliflowerSalad)
- 14 [http://bit.ly/PIUKP_frittata](http://bit.ly/PIUKP_BakedBroccoliFrittata)
- 15 [http://bit.ly/PIUKP_GBeansFeta](http://bit.ly/PIUKP_GreenBeanswithFetaCheeseandDill)
- 16 http://bit.ly/PIUKP_Zunicotti
- 17 [http://bit.ly/PIUKP_GreenTea](http://bit.ly/PIUKP_StrawberryGreenTea)
- 18 [http://bit.ly/PIUKP_spring](http://bit.ly/PIUKP_SpringHarvestSalad)
- 19 [http://bit.ly/PIUKP_brocpizza](http://bit.ly/PIUKP_BroccoliPizza)
- 20 [http://bit.ly/PIUKP_MozzChicken](http://bit.ly/PIUKP_MozzarellaBasilChickenwithRoastedGrapeTomatoes)
- 21 [http://bit.ly/PIUKP_BBerryPoundCake](http://bit.ly/PIUKP_BlueberryCreamCheesePoundCake)
- 22 [http://bit.ly/PIUKP_AvocadoCucumber](http://bit.ly/PIUKP_CreamyAvocadoCucumberSalad)
- 23 [http://bit.ly/PIUKP_eggplant2](http://bit.ly/PIUKP_EasyCheesyEggplant)
- 24 [http://bit.ly/PIUKP_sensationalSUMMER](http://bit.ly/PIUKP_SummertimeSensationCasserole)
- 25 [http://bit.ly/PIUKP_RedPotSalad](http://bit.ly/PIUKP_RedPotatoSalad)
- 26 [http://bit.ly/PIUKP_HamBasilGBeans](http://bit.ly/PIUKP_GreenBeanswithHamandBasil)
- 27 [http://bit.ly/PIUKP_BrocBeef](http://bit.ly/PIUKP_BroccoliBeefStirFry)
- 28 [http://bit.ly/PIUKP_easypeachy](http://bit.ly/PIUKP_EasyPeachCobbler)
- 29 [http://bit.ly/PIUKP_BeefyPeppers](http://bit.ly/PIUKP_BeefyStuffedPeppers)
- 30 [http://bit.ly/PIUKP_GardenLasagna](http://bit.ly/PIUKP_SummerGardenLasagna)

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