

FAMILY & CONSUMER SCIENCES

Muhlenberg County FCS Newsletter



April 2016

**Cooperative
Extension Service**
Muhlenberg County
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Upcoming Dates

April 5th: Garden Club meeting; 6:00 pm at the Muhlenberg County Extension Office. Topic is raised bed gardening.

April 12th: Garden Club meeting; 6:00 pm at the Muhlenberg County Extension Office. Information on Herbs will be discussed.

April 18th: Last Day to Register for World's Greatest Baby Shower.

April 21st: World's Greatest Baby Shower; 5:00 pm at Muhlenberg County High School West Campus.

April 23rd: Herb and Perennial Plant Swap; 8:00 am at the Muhlenberg County Farmer's Market.

April 26th: Tackling Your Laundry; 1:30 pm at the Muhlenberg County Extension Office.

April 26th: Basic Sewing Class; 5:30 pm at the Muhlenberg County Extension Office.

April 28th: Managing Diabetes Class; 4:30 pm at the Muhlenberg County Health Department.

Basic Sewing Class

Our next Basic Sewing Class will be Tuesday, April 26th at 5:30 pm at the Extension Service. Participants will be making a fabric carrier for casseroles and pies. These are great to give as gifts or as a cute way to carry your items to a friend's house. Materials needed are: 2—7/8 yard of coordinating cotton fabric (one will be the outer fabric, one will be the inner fabric),

matching thread, scissors, hem gauge, straight pins, ¾ cotton batting or insul-bright is **optional** if you would like to add insulation to your carrier. Call the Extension Service at 270-338-3124 to sign up.

Garden Club

A new special interest club has started at the Extension Office. The next free club meeting will be April 5th at 6:00 pm at the Muhlenberg County Extension Office. Join us as Darrell Simpson, County Agent for Agriculture and Natural Resources, talks about raised bed gardening. For more information, contact Mary Beth Decker, Extension Agent for Family and Consumer Sciences at (270) 338-3124 or at mary.decker3@uky.edu. The Garden Club will continue to meet throughout spring as guest speakers come to discuss topics for gardeners.



Herb and Perennial Plant Swap

The Muhlenberg County Farmer's Market in conjunction with the Garden Club will be hosting an Herb and Perennial Plant Swap. Bring a variety of Herbs or Perennial plants that you would like to swap for something different. Everything will be free and seeds are also welcome. Each hour there will be a drawing for a free plant. Come join us as we kick off the Farmer's Market season. Make sure to call the Muhlenberg County Extension Office at 270-338-3124 to register.

World's Greatest Baby Shower

The World's Greatest Baby Shower will be held on Thursday, April 21st from 5:00 to 7:30 pm at Muhlenberg County High School West



Campus. This event is a fun, free and educational event for new and expecting mothers. Mothers with children up to 6 months of age may attend. Participants will receive information on prenatal and newborn care tips. There will be guest speakers, door prizes and refreshments. Mothers are welcome to bring one guest. To register contact the Muhlenberg County Extension Office at 270-338-3124 by April 18th.

Diabetes Education Class

Join us for free educational classes to learn about managing diabetes. Whether you are living with diabetes or you are a caregiver to someone who lives with diabetes, this class will provide great information. The first meeting will be April 28th at 4:30 pm at the Muhlenberg County Health Department. Topics discussed at our first meeting will be: *What is Diabetes?*, *Goal Setting*, *Sick Days*, and *Acute Complications*. Healthy snacks will be provided. To register or receive more information call the Muhlenberg County Extension Office at 270-338-3124.

Spring Gardening on a Budget



If you are a gardener or are thinking about gardening, spring is definitely a welcome season. Gardening can save you a significant amount of money at the grocery store. If

you are planting a produce garden it can also add curb appeal to your home, increasing your home's value. However, did you know that there are some considerations that you should keep in mind to save money when planning your spring garden?

- **Be patient.** While it may be tempting to start your garden at the first sign of spring, hold off a bit. You will want to

make sure that frost season is over before planting.

- **Think about your yard's sunlight.** Before planning your garden, take several peaks at your yard throughout the day to get an idea of how much sunlight each area gets. Shopping for seeds or plants that match the amount of sunlight available in your yard is important.
- **Measure.** Measure the areas that you are buying for before making a trip to the store. If you buy plants that are too big, you may end up wasting money and time.
- **Buy smaller plants.** Smaller container sizes are the most affordable. While it may be tempting to buy a more mature plant, think about the satisfaction that you will get watching your plants grow throughout the season.
- **Use your own seeds.** Keep seeds from the previous season of flowers and vegetables that grew in your garden. When spring approaches, plant the seeds in seeding trays and transfer to your garden when they are ready.
- **Keep your receipts.** Did you know that many garden centers will allow you to return a plant if it dies within a year? The only exception to this policy is annual flowers.
- **Buy perennial plants as they are going out of bloom.** These plants are still healthy and will bloom again next year.
- **Make your own garden decorations.** The checkout lanes of many garden stores are stocked with attractive garden decorations. However, these items are often costly. Instead of buying decorations, use what you see in the store as inspiration for a do-it-yourself project!

Source: Jennifer L. Hunter, Extension Specialist for Family Financial Management, University of Kentucky; College of Agriculture, Food and Environment; Kristyn Jackson, Ph.D. Candidate, Department of Family Sciences

Homemaker News

Upcoming Dates

April 7th: Apron Friends Club meeting at Wanda Heath's House at 10:00 am

April 13th: Travel Club meeting at Muhlenberg County Extension Office at 9:00 am; then heading to Glendale, KY

April 13th: Harmonizer Club meeting at Shirley Gill's House at 10:00 am

April 14th: Material Girls Club meeting at Catfish House at 5:30 pm

April 18th-21st: KEHA State Meeting in Covington, KY

April 19th: Imitation Club meeting at Muhlenberg County Extension Office at 11:00 am

April 19th: Neighborhood Club meeting at 1:00 pm

April 20th: Forever Young Club meeting at 10:00 am

April 21st: Trophy Homemakers Club meeting at 10:00 am

April 26th: *Tackling Your Laundry*, Homemaker Leader Lesson; 1:30 pm at Muhlenberg County Extension Office

May 6th: Deadline to register for Homemaker Annual Day

Leader Lesson

The ever-changing world of laundry products and equipment can be overwhelming. Learn how to create a safe laundry room, choose the right product for the job, and ways to remove common stains. This lesson will take place April 26th at 1:30 pm at the Muhlenberg County Extension Office. Anyone



is welcome to attend these lessons, please contact the Extension Service to register at (270) 338-3124.

Spring Seminar

Muhlenberg County Homemakers attended the Pennyrile Area Spring Seminar on March 24. At the event local homemakers learned about how to "warm up for the long run." The event was 80's themed exercising, with a twist of bright colors. Muhlenberg County Homemakers had the opportunity to learn about embracing life as we age, the Mediterranean Diet, and proper physical activity. Everyone had a wonderful day!



Muhlenberg County Homemakers at 2016 Area Spring Seminar.

--Reminder!--

For all Homemakers who won a blue ribbon at the 2016 Cultural Arts Day, do not forget to drop off your cultural arts items to be eligible to compete at the state level. Please drop off your items to the Muhlenberg County Extension Office by April 15th in order to compete at the KEHA State Meeting.

2016 KEHA Quilt Square Showcase and Auction

The KEHA Quilt Square Showcase and Auction will continue for the fourth consecutive year at the KEHA State Meeting. Anyone wishing to participate should make a 12" finished quilt

square. (Finished means piece the square, put in the batting, put on backing and finish the edges just like you would a complete quilt.)

This special showcase is an opportunity to highlight quality work from KEHA members across the state. As you prepare your quilt square, consider designs that you would want to purchase. Please place your name and county on the back side of the square. The Quilt Square Showcase and Auction will generate money for the KEHA general fund to help defray the cost of the conference and provide a chance to show off some beautiful quilt squares.

If you are unable to attend the State Meeting, please feel free to drop off your finished quilt square at the Muhlenberg County Extension Office by April 15th.

If you have any questions, please feel free to contact: *Marlene McComas, KEHA 1st Vice President, 859-743-7783 or*

Travel Club News

The Spring Travel Trip for this year will be Friday, May 6th from 8:00 am-5:00 pm. The Travel Club will be traveling to Garden of the Gods in



Shawnee Forest, Illinois. This trip will include walking scenic trails; trails can be arduous at times, make sure to wear good shoes! There will be a ferry ride over the Ohio River and back. Bring a picnic lunch. On the way home there will be a stop in Marion at the Amish Shops. If you are wanting to attend this trip, please bring a \$10 deposit to the Muhlenberg County Extension Office by April 15th. If you are interested in knowing more about monthly trips or want to join the Travel Club, contact JoNell Mallay at 270-657-2361 or momhillvet@aol.com.

Asparagus Tomato Stir-Fry



Ingredients:

- 3/4 pound fresh asparagus
- 1/4 cup chicken or vegetable broth
- 1 tablespoon light soy sauce
- 1/2 teaspoon ground ginger
- 1 clove garlic, minced
- 1/4 teaspoon black pepper
- 1 teaspoon cornstarch
- 4 green onions
- 2 roma tomatoes
- 1 1/2 cups fresh mushrooms
- 1 tablespoon olive oil

Directions:

1. **Trim** asparagus and cut into 1 inch pieces.
2. **Combine** broth, soy sauce, ginger, garlic, pepper and cornstarch in a small bowl to make sauce.
3. **Chop** green onions and tomatoes into 1/2 inch pieces. **Slice** mushrooms.
4. **Pour** oil into a wok or large skillet and **preheat** over medium-high heat.
5. **Add** asparagus and green onions; **stir-fry** 4 minutes.
6. **Add** mushrooms; **stir-fry** 1 additional minute or until asparagus is tender-crisp.
7. **Push** vegetables to the outer sides of the wok. **Add** sauce in center, **cook** until thick and bubbly. **Add** tomatoes.
8. **Stir** well and **heat** through.

Yield: 4, 3/4 cup servings

Calories: 70

Source: Plate it Up! Kentucky Proud

Mary Beth Decker

Mary Beth Decker
Muhlenberg County Extension Agent
Family & Consumer Sciences

