

ADAIR COUNTY EXTENSION HOMEMAKERS

March 2024



HM's presented a gift to Teresa at her retirement reception



Kelli Bonifer, former FCS agent, stopped by to say hello



Mary Beth Phelps speaking at our Heart Health class

March showers bring May flowers is a phrase that excites me this time of year. I think it is just as thrilling that Punxsutawney Phil predicted an early spring. I am ready for warm weather, can you tell?

February included several noteworthy events. First, our heart health class was impactful for all that attended. One of our own, Mary Beth Phelps, detailed her story of recovery from a cardiac event. TJ Regional Health also provided knowledgeable presenters on multiple facets of heart health. We are thankful to both Mary Beth Phelps and TJ Regional Health for their support of the event.

Secondly, our Cultural Arts competition was the biggest yet! 84 items were entered into this year's competition ranging from origami, dolls, painted rocks, paintings, drawings, and more. If you missed entering your items into Cultural Arts do not fret. Our Floral Hall competition will be this summer and many of the same items can be entered.

Lastly, Teresa Bright retired on February 16th and a reception was held to celebrate her years of dedicated work. I would like to say thank you to all who attended and helped her celebrate. I believe the day was a success thanks to each of you!

In March, there are a number of things to look forward to. The first on the agenda is our Area Cultural Arts Competition on March 6th. The competition will take place in Burkesville. I will be transporting our 1st place entries from the county so they can continue in the competition. Good luck to those continuing on!

Next, is our Homebased Microprocessing workshop on March 8th. This workshop costs \$50 and is for those interested in selling home canned goods. More information is included later in this newsletter.

Lastly, in the month of March I will be teaching classes in partnership with local organizations at their facilities. I hope to schedule more classes at the office soon for homemakers and the public. Look for updates on our various social platforms. There is much more included later in this edition.

Calendar of Events

- Area Cult. Arts - Mar. 6th
- Microprocessor - Mar. 8th
- Quilt Guild - Mar. 11th
- Spring Clean - Mar. 19th
- Gardening Classes - Mar. 26th & April 30th
- Area Meeting - May 16th



Adair County
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adair.ca.uky.edu

See you soon!
Dylan Gentry
 Dylan Gentry
 County Extension Agent
 for Family & Consumer Sciences





Spring Cleaning Tips



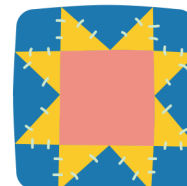
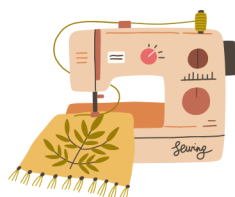
TUESDAY, MARCH 19TH AT NOON CST

Spring is a time for rejuvenation, the flowers bloom and the world seems brighter. Spring is also the time to tackle those home maintenance, financial, and organization tasks we have put off until warmer weather. Join FCS Agents, Debbie Messenger and Christy Stearns, as they share tips to stay focused to achieve these spring cleaning goals. Come prepared to take notes on organization, cleaning, and maintenance. No RSVP Required. The class will take place at noon on March 19th at the Adair County Extension office. The extension office is located at 409 Fairground St., across from Lindsey Wilson College.

Joyful Hearts Quilt Guild

2ND MONDAY OF EACH MONTH @ 6

The Joyful Hearts Quilt Guild invites you to attend their monthly meeting on the second Monday of each month. The meeting is held at the extension office at 6PM CST each meeting. The Quilt Guild regularly has classes for beginners on various quilting topics. Additionally, the Quilt Guild held a quilt show this past December and regularly participates in projects around sewing and quilting. President of the Quilt Guild, Townya Ritzie, can be contacted with questions at (270) 634-3863. However, the best way to learn about the quilt guild is to attend the meetings, visitors are always welcome. The next guild meeting is March 11th at 6PM CST. We hope to see you there!



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Disabilities
accommodated
with prior notification.

REMAINDER OF 2024 LEADER LESSONS

Dear Homemaker Club Members,

Thank you all for your dedication to leading lessons in your clubs. I am continually impressed by how closely you follow the curriculum and find new fun ways to teach the month's lesson to your club. I need to update you on the dates of the remaining lesson trainings due to a scheduling conflict that has led us to be slightly ahead of schedule.

In February, many clubs learned about Cultural Arts to prepare for the competition in the middle of the month. I believe this payed off because people felt more prepared to participate. However, our schedule detailed that our clubs were to actually learn about Cultural Arts in March. In previous years, our county competition was held in mid March. This year the *area* competition is March 6th, this necessitated we have our county competition in February. The schedule for leader lesson's is set in March for the following year, so the leader lesson on Cultural Arts was scheduled based on previous timings of cultural arts competitions.

This practically translates to us being ahead of schedule by one lesson. To remedy this, in March I will provide a lesson for your clubs to discuss. My current idea is to do brain games with your club. If you are the lesson leader for March, do not fret. You will play an important part in the lesson, and I will explain during your club meeting.

The next lesson leader training is on March 19th at Noon, it is on Spring Cleaning. The person in your club who is teaching this to your club in April is asked to attend if possible. The rest of the leader training schedule is included below. The public is invited to attend the lesson leader trainings. Please give me a call if you have any questions, (270) 384-2317.

Sincerely,

Dydon Gentry

Lesson Training Date	Lesson Title	When it will be taught to club
N/A	Brain Games	March
March 19th, Noon	Spring Cleaning	April
April 16th, Noon	Entertaining Little Ones	May
May 21st, Noon	Healthy Food Choices	Optional





BACK TO THE BASICS: COOKING WITH CAST IRON



Thursday, May 30th
Wayne County Extension Office
255 Rolling Hills Blvd, Monticello

Registration begins at 9:30am EST
Program begin at 10am EST

LEARN ALL ABOUT:

- THE HISTORY AND BASICS OF CAST IRON
- RESTORATING CAST IRON
- CARING FOR CAST IRON
- MULTIPLE CAST IRON COOKING DEMOS

Registration and \$15 fee due to
your county office by May 10th

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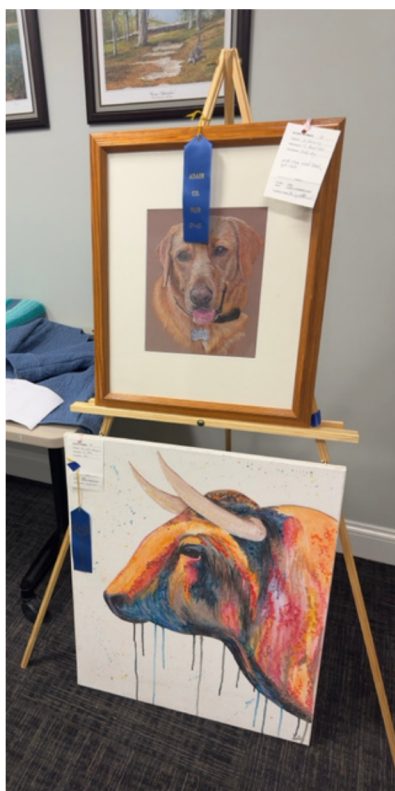
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Cultural Arts Recap

84 outstanding entries competed, 44 of these will continue to area!



Broccoli and Beef Stir-Fry

1 pound lean beef steak, sliced diagonally across the grain into thin strips

1 tablespoon plus ½ cup stir-fry sauce

1 clove minced garlic

4 tablespoons canola oil, divided

1 medium red onion, cut into ½ inch dice

1 sweet red pepper, cut into ½ inch dice

1 medium yellow

squash, cut into ¼ inch slices

2 cups fresh broccoli florets

1 cup cauliflower florets

½ **teaspoon** crushed red pepper flakes

1. Combine 1 tablespoon stir-fry sauce and minced garlic in a bowl. **Add** the beef strips. Let stand 15 minutes.

2. Heat 1 tablespoon canola oil in a large skillet or wok.

3. Add beef and stir fry for one minute. **Remove** beef from skillet.

4. Heat the remaining 3 tablespoons canola oil in the skillet or wok. **Add** vegetables. **Stir-fry** for four minutes or until vegetables are crisp-tender.

5. Return beef to skillet.

6. Add the remaining ½ cup stir-fry sauce and red pepper flakes. **Cook** and

stir 1 to 2 minutes longer, until heated through.

Yield: 8, 1 cup servings
Nutrition Analysis: 180 calories; 10 g fat; 1.5 g saturated fat; 0 g trans fat; 25 mg cholesterol; 630 mg sodium; 9 g carbohydrate; 2 g fiber; 3 g sugar; 15 g protein.

90% recommended allowance for vitamin C.

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





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 Cooperative Extension Service

Adair County
 409 Fairground Street
 Columbia, KY 42728
Official Business Only

{First Name} {Last Name}
 {Address1}
 {City} {State}{Zip Code}

**Make plans to attend the 2024 KEHA State Meeting
 at Sloan Convention Center
 and Holiday Inn University Plaza in Bowling Green!**



**May 7-9, 2024
 Blazing the Way with KEHA**

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