

FEBRUARY 2023

CUMBERLAND COUNTY HOMEMAKER NEWSLETTER



COUNTY CULTURAL ARTS COMPETITION

All entries will be accepted Wednesday, February 15th, from 9am to 11am CT at the Cumberland County Extension office. Viewing and voting for Best In Show will be from 1pm to 4pm. Pickup will be on the 16th from 9am-4pm.

A list of categories and rules are included with the newsletter.

Newsletter
Highlights

Cultural Arts

VFW Post 5419

Donation

Community Give Away

Donations Needed

Upcoming Events

Recipe

VFW Post 5419 Donation

CVFW Post 5419 donated \$150 to the Cumberland County Quilt Guild for supplies for Veterans Quilts.



Pictured are Jeannie Will; Bill Will, Post Commander; Kim Lohr, President, CCQG; C.D. McHenry, Post Quartermaster; Joyce Howlett; Lori Riley and Mandi Walker.

Community Give Away

A great big thank you to everyone who donated and helped with the community give away this year! It was evident that a lot of hard work went in to this event. We are thankful that Cumberland County Homemakers are always willing to step up to meet community needs. See pictures on the right, for highlights from the event.

Donations Needed

The following items are needed for local treatment centers:

- New Towels
- New Washcloths

Please drop items off at the Cumberland County Extension office by February 24th.

"There is always in February some one day, at least, when one smells the yet distant, but surely coming, summer."

GERTRUDE JEKYLL



Upcoming Events at CCEO

FEBRUARY

- Home Baking Series (Rolls & Fruit Breads): February 3rd, 10am-1pm, at CCEO, Registration Required
- House Plants Group: February 6th, 10am, at CCEO
- Cumberland County Gardeners: February 8th, 10am, at CCEO
- Sheep and Goat Production Meeting: February 13th, 5:30pm, at CCEO, Registration Required
- Italian Cuisine: February 13th, 10am or 5pm, at CCEO, Registration Required
- Home Baking Series (Cakes and Cookies): February 17th, 10am-1pm, at CCEO, Registration Required
- Cooking Through the Calendar: February 24th, 11am-1pm, at the United Methodist Store

MARCH

- House Plants Group: March 6th, 10am, at CCEO
- Cumberland County Gardeners: March 8th, 10am, at CCEO
- Cooking Through the Calendar: March 17th, 11am-1pm, at the United Methodist Store
- Cake Ball Class: March 20th, 5pm, at CCEO
- Clinton-Cumberland Cattlemen's Association (Spring Meeting): March 23rd, 6pm, at CCEO, Registration Required

For more information or to register, please contact the Cumberland County Cooperative Extension Service at (270) 433-7700.

Do you want to stay up to date on all Extension events? Check out our newly renovated website at the link below, and click events at the top. Or scan the QR code with your smart device.

cumberland.ca.uky.edu/



Cake Ball Class

March 20th, 2023 | 5pm CT
at the Cumberland County Extension Office

Bingocize

Are you looking for a fun, new way to be more active? Join the fun! Bingocize is a 10-week health promotion program that combines the game of bingo with fall prevention and exercise. Come play bingo and meet new people while learning about techniques to reduce falls.

When: Begins February 13th, 2023

Where: Cumberland County Public Library

Times:

- February 13th; 1pm-3pm
- February 27th: 1pm-3pm
- March 6th; 2:30pm-4pm
- March 7th: 2:30pm-4pm
- March 13th: 1pm-3pm
- March 21st: 1pm-3pm
- March 27th: 1pm-3pm
- April 3rd: 1pm-2pm
- April 4th: 1pm-2pm
- April 10th: 1pm-3pm
- April 18th: 2:30pm-4pm
- April 28th: 1pm-3pm



HAPPY
Valentine's
DAY

Join Us For

A NIGHT OF HOPE

In celebration of people in recovery. In support of people struggling with substance use. In memory of people who lost their life because of alcohol or drugs.

MARCH 9TH, 2023 | 6PM CT
AT THE COURT YARD OF THE JUSTICE CENTER

For more information, please contact the
Cumberland County Cooperative Extension Service at the following:
(270) 433-7700 | debbie.messenger@uky.edu



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

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 Disabilities
accommodated
with prior notification.



COOKING THROUGH THE CALENDAR

JOIN MS. DI AS SHE COOKS THROUGH THE CALENDAR. EACH MONTH, MS. DI WILL DEMO A RECIPE FROM THE FOOD AND NUTRITION CALENDAR AND SHARE SOME GREAT COOKING AND NUTRITION TIPS!

PARTICIPANTS CAN DROP-IN ANY TIME BETWEEN 11AM TO 1PM CT.



1

JANUARY 27TH, 2023

11am - 1pm CT

at the United Methodist Store

Recipe: Slow Cooker Smoky Black-Eyed Peas

2

FEBRUARY 24TH, 2023

11am - 1pm CT

at the United Methodist Store

Recipe: Cajun Seasoned Fish With Rice

3

MARCH 17TH, 2023

11am - 1pm CT

at the United Methodist Store

Recipe: Vegetarian Taco Soup

For more information, contact the Cumberland County Extension Office at (270) 433-7700.



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Pasta Primavera

RECIPE FROM PLAN EAT MOVE

Ingredients:

- 3 tablespoons olive oil
- 4 cups assorted vegetables (use any combination of fresh or frozen you have on hand)
- 1 tablespoon garlic powder
- 1 tablespoon Italian seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 5-ounce can skim evaporated milk
- 3 tablespoons parmesan cheese
- 4 cups whole grain pasta, cooked

Directions:

1. In a large skillet, heat the olive oil over medium-high heat.
2. Add vegetables, garlic powder and Italian seasoning; saute for 7- 10 minutes or until vegetables are crisp-tender.
3. Add salt, black pepper, evaporated milk and parmesan cheese; cook 2 minutes.
4. Gently toss in pasta.
5. Serve immediately.

Servings: 4

Serving Size: 2 cups

Nutrition facts per serving: 320 calories; 13g total fat; 2g saturated fat; 0g trans fat; 5mg cholesterol; 400mg; sodium; 42g total carbohydrate; 2g fiber; 7g sugar; 0g added sugar; 11g protein; 6% Daily Value vitamin D; 15% Daily Value calcium; 10% Daily Value iron; 10% Daily Value potassium


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