

MAY 2023

CUMBERLAND COUNTY HOMEMAKER NEWSLETTER



HOMEMAKER OF THE YEAR NOMINATIONS

Every year the Homemakers nominate, vote, and award a Homemaker with the Homemaker of the Year award.

The Cumberland County Extension office will be taking nominations until May 22nd, 2023.

To nominate someone for the Homemaker of the Year award, please call the Cumberland County Extension Office at (270) 433-7700.

Newsletter

Highlights

Homemaker of the
Year Nominations

Important Dates

Grow Your Garden,
Grow Your Mind Highlight

Recipes for Life Highlight

Recipe

Inserts:
Garden Thyme
Health Bulletin

Stay informed on upcoming events at your local Extension office! Visit our website at the link below or by scanning the QR code with your smart device.

Website:
cumberland.ca.uky.edu/



IMPORTANT DATES

for the Cumberland Co. Extension Office

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!

May 12th 11am-1pm CT (Drop-in between these times)
at the United Methodist Store

House Plant Group

Meets the 1st Monday of the Month at 10am. Call to check, as trips are being scheduled for the spring and summer.

Cumberland County Gardeners

Meets the 2nd Wednesday of the Month at 10am. Call to check, as trips are being scheduled for the spring and summer.

Table Talk

Tune in to WKYR 107.9 on May 12th & 26th for Table Talk with Debbie and Di. The program starts at 12:30pm.

Farm to Fork Event

July 21st, 2023 - more details to come!

Sheep & Goat Production Meeting

May 15, 2023 | 5pm CT

at the Cumberland Co. Extension Office

This meeting will be the first in a set of series. Topics will be selected the night of the meeting. Please RSVP by Friday, May 12th by calling the Cumberland County Extension office at (270) 433-7700.

KEHA State Meeting

Grand Plaza in Louisville, Kentucky

May 9-11, 2023

Contact Debbie if you have questions or want to attend.



GROW YOUR GARDEN, GROW YOUR MIND

Members from the House Plants and Gardening groups, and Cumberland County Homemakers attended the Grow Your Garden, Grow Your Mind program in Wayne county. Participants gained valuable information and tips from the sessions attended.

See the enclosed flyer, for a similar program in Cumberland County coming in May!



RECIPES FOR LIFE

Cumberland County Family and Consumer Sciences collaborated with three 5th grade teachers and the principal of Cumberland County Elementary School to offer the Recipes for Life program to students.

A big THANK YOU to our wonderful homemakers for volunteering to work with students in a hands-on educational setting to teach important life skills. Those volunteering this year include Linda Davis, Holly Sims, Jeannie Will, and Joyce Howlett. Again, thank you!

Apple Spinach Salad

Ingredients

- 1 (10-ounce) bag baby spinach
- 1 large apple, diced
- 1/2 small red onion, thinly sliced
- 2 medium carrots, shredded
- 1/2 cup chopped pecans
- 1/2 cup dried cranberries

Dressing

- 1/3 cup olive oil
- 1/4 cup apple cider vinegar
- 1 tablespoon Dijon mustard
- 1/2 teaspoon honey
- 1/2 teaspoon garlic powder
- Salt and pepper to taste



Directions

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Gently scrub apple, red onion, and carrots with a clean vegetable brush under cool running water before preparing them.
3. Add all salad ingredients to a large bowl.
4. Add all dressing ingredients to a small jar with a lid. Shake well to combine. Pour the dressing over the salad and toss well to combine.
5. Serve immediately, and store leftovers in the refrigerator within 2 hours.

Makes 6 servings

Serving size: 2 1/2 cups

Nutrition facts per serving: 250 calories; 19g total fat; 2g saturated fat; 0g trans fat; 0mg cholesterol; 110mg sodium; 20g total carbohydrate; 4g dietary fiber; 13g total sugars; 0g added sugars; 2g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 4% Daily Value of potassium.

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LEXINGTON, KY 40546



 Disabilities
accommodated
with prior notification.

Debbie Messenger
Extension Agent, Family and
Consumer Sciences

Debbie Messenger

 (270) 433-7700

 debbie.messenger@uky.edu

 Cumberland County Extension Office
90 Smith Grove Rd
Burkesville, Kentucky 42717-0039