

MARCH
2025

MCCRACKEN COUNTY FAMILY AND CONSUMER SCIENCES NEWSLETTER

KENTUCKY  KENTUCKY STATE
UNIVERSITY
COOPERATIVE EXTENSION



Kelly Alsip, FCS Agent

We have made it to March! Thank you to everyone who participated in McCracken County's Cultural Arts event! It is always amazing to see how creative and talented our country is! All purple ribbons will be competing at the area cultural arts competition, those that are also purple ribbon winners in the area, will be entered into the state-level competition.

Just a few reminders, be sure to get your tickets to our yearly "Spring into Green," event on March 17th this year Marshall County will be hosting it at their new office! Tickets are selling fast! Get yours at any purchase area county extension office for \$15. Don't forget, International Day is on the 26th, registration is required.

As always we are in need of volunteers, to teach classes, and help with them! Please share your unique gifts with our community! Keep an eye out on our Facebook page, website, calendars, and newsletters for all of our upcoming events here at the McCracken County Cooperative Extension!

Sincerely,

McCracken County
Family and Consumer Sciences Agent
kelly.alsip@uky.edu



COLLECTING SPARKLY
COSTUME JEWELRY FOR
APRIL'S ARTS AND
CRAFTS CLASS PROJECT
—LET THE BLING-BLING
FUN BEGIN! ✨🔗



Examples: single earrings,
broken bracelets, pins,
brooches, charms or
watches.



**Carmela Ballard,
Homemaker President**

THOUGHTS FROM YOUR PRESIDENT

March, Yay!! Daylight Savings Time changes March 9th, 2025! It is always a welcome event. March, they say, comes in like a lion and out like a lamb! True story. In Kentucky, get ready for whatever Mother Nature sends us!

This month brings us the last days of Winter and the days of daffodils and the mood of spring! The dark days sometimes get us down and we await the bird tweets and the crocus and spring bulbs erupting. In the meantime, find joy in all seasons.

Have you called that friend lately, that it's been a while since you have talked to? Do it! This always brightens the days. If you canned or froze fruit and vegetables last year, you may want to take inventory and see what you need this year and what you want in the garden. Seed sowing will be around the corner.

We have 7 Homemaker Clubs in McCracken County now, not to mention all of our Special Clubs. If you have friends that are not in a club, invite them! We are the hidden gem of the Extension Service. Looking forward to International Day on March 26th@ 2pm, A Look At France! We will have a Spring Event! Stay tuned!

"As the bridge from Winter to Spring, March carries new growth and transformation. Animals awake from hibernation and everywhere ,people celebrate Spring and make their homes new with cleaning rituals".

Counting My Blessings,

CARMELA

HELP SAVE THE PLANET!

Homemakers are collecting **clean** plastic caps to donate to recycling program to repurpose into playground equipment.

Drop off **clean** lids at the extension office.

Events

REGISTER AT OFFICE BY MARCH 7TH




Ceramic Planters w/Glazes



Point a
Ceramic Planter
with Specialty Glaze Combos

Class at **McCracken County Extension Office**



Learn about a couple types of specialty glazes and how to choose the best combo to use on your project.

TO REGISTER: Scan the QR Code to register or go to <https://www.betterthanotherhome.com/classes-and-events>



Learn this technique with Specialty Glaze Combos

CLASS HIGHLIGHTS


- Cost \$20
- Includes paint, planter and firing
- Register directly through *Better Than Ever*
- Questions? Call (270) 210-9512

03.31.2025

10 AM - 12 PM
MCCRACKEN COUNTY EXTENSION OFFICE
MCCRACKEN.CO.KY.UKY.EDU

Cooperative Extension Service MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or receipt of public benefits. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.




Disability accommodations with prior notification.

Purchase Area FCS Agents present...

SPRING INTO GREEN: SUSTAINABLE LIVING

Featuring..






Sarah Drysdale



John David Tucker



Rhonda Lamb

Session Topics will be:

Repurposing Tips -- Composting -- Rain Barrels & Effects of Stormwater

Register at your local Extension Office by March 7. \$15 registration includes refreshments & buffet lunch from Magic Valley.

March 17, 2024
9:30-1:45
Marshall Co. Extension Office
2081 Mayfield Hwy.
Benton KY 42025

- Educational Resources
- New Ideas
- Fellowship
- Door Prizes
- Lots of Fun!

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Homebased Microprocessing Workshop

Are you wanting to sell canned goods?

Homebased Microprocessors are farmers who grow and harvest produce to use in their value-added products. Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky.

April 21, 2025

9:30 a.m. - 2:30 p.m.

McCracken Cty Extension Office
2025 New Holt Rd
Paducah, KY

To register & for additional dates/locations:
ukfcs.net/HBM

(270) 554-9520


\$50
Fee

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Disability accommodations with prior notification.



KENTUCKY COOPERATIVE EXTENSION

LEARN THE ART OF HARDANGER EMBROIDERY

UNIQUE NEEDLEWORK THAT ORIGINATED IN NORWAY


PARTICIPANTS ARE REQUIRED TO BRING A 7" EMBROIDERY HOOP AND SCISSORS. EMBROIDERY EXPERIENCE IS HELPFUL, BUT NOT NECESSARY

\$5
PAY AT DOOR

REGISTRATION REQUIRED CALL (270) 554-9520
CLASS SIZE IS LIMITED

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Events

CAMP GRAVES

"OPERATION WELLNESS"

A COMMUNITY RESOURCE AND HEALTH FAIR FOR ACTIVE MILITARY, VETERANS, AND CAREGIVERS.



For event updates, check us out on FB!!



April 3rd, 2025
2025 New Holt Road
Paducah, KY 42001

12:00 to 4:00PM

Door Prizes!
Swag Bags!



PAMHAC PRESENTS
A FREE Senior Event

LUCKY BINGO

MARCH 20 | 2025

1:00 PM - 3:00 PM

CFSB Community Room
414 S. 12th St
Murray, KY 42071

Join us for this fun event with tons of giveaways, resource information, sweet treats, and of course bingo with amazing prizes!

Bags sponsored by Clearview Healthcare

**ONLY 150 SPOTS AVAILABLE, YOU MUST RSVP!
CONTACT KRISTA CURLIN WITH CHARTER SENIOR LIVING OF MURRAY @ 270.562.1967**

1 card provided per game additional cards can be purchased for \$1 per card All money will go toward the Alzheimer's Association.



TECH CLASS: SPREADSHEETS 1

LEARN WHAT SPREADSHEETS ARE WHY YOU WOULD WANT ONE!

- Spreadsheet template, menu options, and uses.
- Free class
- Call to sign-up

WED, MARCH 12TH

10 AM - 11 AM



SCRAPBOOKING CROP 2 DAY EVENT

AT THE MCCrackEN COUNTY EXTENSION OFFICE

**WATCH OUR FACEBOOK PAGE
AND OUR WEBSITE FOR MORE
INFORMATION**

OCTOBER 17TH AND 18TH

MORE INFO COMING SOON



PATTERN FUSING CLASS

MAKE A VERY SIMPLE WALL HANGING. NEED SOME EXPERIENCE WITH SEWING MACHINE

- Class will meet 3 times
- \$20 Kit Fee
- Registration Required
- Limited class size

MARCH 7, 21 AND APRIL 4

10 AM - 12 PM

MEMBER SPOTLIGHT

MARGARET FUTRELL

Margaret is a member of the St. John Club and has been a member for 3 years. Margaret has 2 children, Carmela Ballard and Mike Futrell. She has 8 grown grand-children and 20 great-grands. Margaret was married to the love of her life, Cecil, for 50 years until his passing in 2010. She attends St. John Catholic Church.



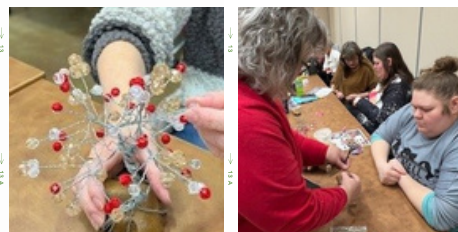
FEBRUARY HIGHLIGHTS



A sweet time was had by all at the Homemaker Valentine Tea Party. Congratulations to Gayle Church for winning the Valentine Box Contest!



Participants show their talents at the windmill quilt class



Participants of February's Arts and Crafts Day made their own unique Crystal Bead Wire Tree

Bonjour



HOMEMAKER INTERNATIONAL DAY

A LOOK AT FRANCE

MARCH 26TH 2:00 PM

CALL (270) 554-9520


REGISTER BY MARCH 21ST



Calendar

MARCH

2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 Game Day, Come Play! 9 am - 12 pm Adult Sewing 9 am - 12 pm	5 Chair Yoga 10 - 10:45 am	6 Needlework Circle 10 am - 12 pm Knitting Row & Crochet Alley 1 pm - 3 pm	7 Pattern Fusing Class (1) 9 am - 12 pm	8
9	10 Homemakers Homeschool Mom Club 6 pm - 8 pm	11 Adult Sewing 9 am - 12 pm Golden Days 10 am Happy Club 10 am	12 Chair Yoga 10 - 10:45 am Tech Class: Spreadsheets 1 10 - 11 am	13 Concord Club 11 am Cajun Cooking Class 5 pm - 7 pm	14 Arts and Crafts: Hardanger Embroidery 9:30 am	15
16	17 	18 Bags of Love 9:30 am - 1:30 pm Homemaker Advisory Council Meeting 1:30 pm	19 Chair Yoga 10 - 10:45 am Scrapbooking 9 am - 3 pm	20 Game Day, Come Play! 9 am - 12 pm Needlework Circle 10 am - 12 pm Crochet Alley & Knitting Row 1 pm - 3 pm	21 Basket Weaving 2 9:00 am Pattern Fusing Class (2) 9 am - 12 pm	22
23	24 Homemaker Garden Club 10 am	25 Extension Quilt Club 10 am - 4 pm Adult Sewing 9 am - 12 pm	26 Chair Yoga 10 - 10:45 am Homemaker International Day 2 pm	27	28 Champion Food Volunteer 9 am Lesson - Gardening Safety 10 - 11 am	29
30	31 Better than Ever: Succulent Pottery Class 10 am - 12 pm					

LOOK FOR UPCOMING EVENTS ON OUR WEBSITE MCCRACKEN.CA.UKY.EDU
OR FOLLOW US ON FACEBOOK



Asparagus Ham Quiche

1 pound fresh asparagus, trimmed and cut into ½ inch pieces
1 cup, finely chopped ham
1 small finely chopped onion
2 (8 inch) unbaked pie shells

1 egg white, slightly beaten
2 cups shredded reduced fat cheddar cheese
4 large eggs
1 container (5.3 ounces) plain Greek yogurt

½ cup 1% milk
¼ teaspoon ground nutmeg
¼ teaspoon salt
¼ teaspoon pepper

Preheat oven to 400 F. **Place** asparagus in a steamer over 1 inch of boiling water and **cover**. **Cook** until tender but still firm, about 4-6 minutes. **Drain** and **cool**. **Place** ham and onion in a nonstick skillet and **cook** over medium heat until lightly browned. **Brush** pie shells with beaten egg white. **Spoon** the ham, onion and asparagus into pie shells, dividing evenly between the 2 shells. **Sprinkle** 1 cup shredded cheese over the mixture in each shell. In a separate bowl, **beat** together

eggs, yogurt, milk, nutmeg, salt and pepper. **Pour** egg mixture over the top of the cheese, dividing evenly between the 2 shells. **Bake** uncovered in a preheated oven until firm 25-30 minutes. Allow to cool approximately 20 minutes before cutting.

Yield: 16 slices

Nutritional Analysis: 200 calories, 11 g fat, 4.5 g saturated fat, 65 mg cholesterol, 370 mg sodium, 14 g carbohydrate, 1 g fiber, 3 g sugars, 10 g protein.



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

Kentucky Asparagus

SEASON: April through May.

NUTRITION FACTS: Asparagus is a good source of vitamin A and folate. One-half cup of fresh, steamed asparagus has 22 calories, 2 grams of protein, and 4 grams of carbohydrate.

SELECTION: Choose bright green stalks with tightly closed tips. The most tender stalks are apple green in color with purple-tinged tips.

STORAGE: Fresh asparagus will keep 1-2 weeks in the refrigerator. Refrigerate upright with cut ends in water or with cut ends wrapped in wet paper towels in a plastic bag.

Source: www.fruitsandveggiesmatter.gov

PREPARATION: One pound of asparagus will yield 4 one-half cup servings, about 6 spears per serving. Wash asparagus thoroughly in cool, running water. Eat asparagus raw or lightly boil, steam, stir-fry, or grill. Overcooked asparagus will be mushy. Try seasoning it with herbs, butter, or Parmesan cheese.

KENTUCKY ASPARAGUS

Kentucky Proud Project
 County Extension Agents for Family and Consumer Sciences
 University of Kentucky, Dietetics and Human Nutrition students
March 2015

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.uky.ag/fcs

COOPERATIVE
 EXTENSION
 SERVICE

