

FCS Newsletter

April/May 2023

Cooperative Extension Service

Simpson County

300 N Main St

Franklin, KY 42134

270-586-4484

simpson.ca.uky.edu

Dates to Remember:

April 2nd World Autism day

April 5th Homemaker Leader Training 10:00 a.m.

April 7th Good Friday

Cooking Through the Calendar 11:00 a.m.

April 9th Easter

April 10th KEHA Early Bird Registration Due

April 14th Tea Cup donations due (see box below)

April 19th RSVP date for Bird Feeder Craft

April 22nd Earth Day @ the Park 10-2 p.m.

(need volunteers)

April 24th Last day KEHA Late Registration may be postmarked

April 29th Opening Day for FS Farmers Market

May 3rd Homemaker Leader Training 10:00 a.m.

May 5th Cooking Through the Calendar 11:00 a.m.

May 6th Spring Fling Craft Show at Farmers Market

May 9-11th KEHA State Meeting, Louisville

May 12th Homemaker Council Meeting 10:00 a.m.

May 14th Mother's Day

May 22 CPR Training (more information to come)

May 29th Memorial Day (Extension Office is closed)

2023 KEHA State Meeting

May 9-11, 2023



Crowne Plaza Louisville Airport Expo Ctr

830 Phillips Lane, Louisville, Kentucky 40209

866-888-0620 (group code PZ5 for conference rate)

Standard Room \$124 + Tax (1-4 people)

State Meeting Information May 9-11, 2023

	Early Bird Rate (By 4/10/23)	Late Registration (By 4/24/23)
Full Conference Registration	\$140	\$175
2-Day Conference Registration	\$120	\$140

For more detailed information go to: <https://keha.ca.uky.edu/content/state-meeting-information>

THE SIMPSON COUNTY EXTENSION OFFICE IS
LOOKING FOR DONATIONS OF TEA CUPS AND
SAUCERS (DO NOT HAVE TO MATCH). FOR AN
UPCOMING PROJECT. PLEASE BRING DONATIONS TO
THE OFFICE BY FRIDAY, APRIL 14TH



Nancy Doyle

Nancy Doyle

Simpson County Extension Agent for Family &
Consumer Sciences Education



Bird Feeder Craft Class

Make your own Tea Cup Bird Feeder

Monday, April 24th @ 10:00 a.m.

Simpson County Extension Office

300 N Main St

Franklin, KY 42134

Call 270-586-4484 to sign up,

limited spots available

Claim your spot by April 19th.

Open to anyone ages 18 and up



Volunteer Opportunity

Volunteers are needed to work the

Homemaker Booth at the

Earth Day Fair on April 22nd.

Simpson County Homemakers will have a

booth to hand out green cleaning recipes.

Please call the office (270-586-4484 or email
nancy.doyle@uky.edu to sign up.

CALENDAR OF EVENTS

FRANKLIN-SIMPSON FARMER'S MARKET

APR 29 **OPENING DAY** 
8 AM - 2 PM

MAY 6 **SPRING FLING CRAFT SHOW** 
8 AM - 2 PM

MAY 13 **MOTHER'S DAY [AT] THE MARKET** 
8 AM - 2 PM

MAY 20 **BEE DAY** 
8 AM - 2 PM

MAY 27 **MEMORIAL DAY** 
8 AM - 2 PM

304 NORTH MAIN ST
FRANKLIN, KY 42134

FOLLOW US ON FACEBOOK FOR MORE DETAILS.

Homemaker Leader Trainings

first Wednesday of the month at 10 a.m.

Due to many At Large/Mailbox Members, **ALL
are invited to the Leader Trainings.

Wednesday, April 5th at 10 a.m.

April Lesson: Succulents & Perennials *

*attend for a chance to take home
your own succulent!



May Lesson: Entertaining Little
Ones

Wednesday, May 3rd at 10 a.m.

April Showers

Bring May Flowers!





Meet our new KSU Area Agent for Family & Consumer Sciences! Some of you may have met (or will meet) Megan at our county events. She has a wealth of knowledge and is willing to help us wherever she can. If you see Megan at an event, be sure to introduce yourself to her!

MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

Meet Your Kentucky State University Area FCS Agent

Megan Treadway is the new Area Extension Agent for Family and Consumer Sciences in Kentucky State University's West Regional Office. She earned a Bachelor of Arts in English for Secondary Education and Master of Arts in Adult Education from Western Kentucky University. She will be providing FCS programming in Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson, and Warren counties.

Prior to joining Kentucky State University, Megan spent seven years working for the University of Kentucky Cooperative Extension Service. She looks forward to opportunities to collaborate with her former colleagues in the Mammoth Cave Area. Her favorite programs are those that encourage families to spend time learning together.

The Kentucky State University Extension Program's West Regional Office is located in Bowling Green, Kentucky and currently houses agents who specialize in Family and Consumer Sciences, Work-Life Education, Small Farms, and Agriculture Technology. Look for more to come from Megan and Kentucky State University in future newsletters. In the meantime, you are welcome to contact Megan or the West Regional Office with any questions.

Megan Treadway
Area Extension Agent for Family and
Consumer Sciences
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KY 42101
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SNAP-Ed News

Another new face that you may have seen at the Extension Office is our SNAP-Ed Assistant, Amy Lawrence.

SNAP-Ed teaches people how to make their SNAP dollars stretch, how to shop for and cook healthy meals, and how to stay physically active.

- Hands on Activities
- Cooking Demos
- Tips, Tools, & Recipes
- No Cost to participate!

SNAP Classes to be held at Franklin First United Methodist Church Tuesdays & Thursdays in May.

May 9, 11, 16, 18th, 23, 25, & 30th at 2:00 p.m.

For more information, stop by and see Amy at the Extension Office.

Cook Through our Food & Nutrition Calendar With Us!

First Friday of the month
11:00 a.m.

Simpson County Extension Office

April 7, 11:00 a.m.

May 5, 11:00 a.m.

June 2, 11:00 a.m.

July 7, 11:00 a.m.

August 4, 11:00 a.m.

***Dates subject to change.**

Call office to confirm

Broccoli Salad

Servings:16 Serving Size:1/2 cup

Ingredients:

- 6 cups fresh broccoli, chopped
- 1 cup raisins
- 1 medium red onion, peeled and diced
- 2 tablespoons sugar
- 8 bacon slices, cooked and crumbled (optional)
- 2 tablespoons lemon juice

$\frac{3}{4}$ cup low-fat mayonnaise

Directions:

Combine all ingredients in a medium-sized bowl. Mix well.

Chill for 1 to 2 hours. Serve.



Source: United States Department of Agriculture, Food Stamp Nutrition Connection, Recipe Finder, June 2008.
<http://recipefinder.na1.usda.gov>

Nutrition facts per serving: 100 calories; 4g total fat; 1g saturated fat; 0g trans fat; 5mg cholesterol; 135mg sodium; 13g carbohydrate; 2g fiber; 8g sugar; 2g added sugars; 2g protein; 8% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 4% Daily Value of potassium