

MARCH 2025

FCS & HOMEMAKER newsletter



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

Cooperative Extension Service
Graves County
4200 State Route 45 N
Mayfield KY, 42066
270-247-2334

Mondays	10am Crochet Club
March 4	6pm Focaccia Bread Decorating
March 6	1pm Homemaker Book Club
March 9	Daylight Savings Time Begins
March 12	10am TLC club meeting
March 12	1pm Friendship club meeting
March 13	12pm Lunch & Learn - Indoor Plants & Indoor Air Community Homemaker Club meeting
March 13	5:30pm Adult Sewing Group
March 17	Spring Into Green: Sustainable Living - Marshall County
March 20	10am & 5:30pm Greeting Card make & take (4 projects, \$10)
March 20	5pm Instant Pot class
March 25	10am Gardening Safely
March 25	10am Graves County Homemaker Council Meeting
March 30	2pm Tamale class
March 31	9:30am Purchase Area Cultural Arts judging

A note from Debbie Smith, Graves County Homemaker President

March is a busy month! My personal calendar already has many events and several of those are associated with Extension Homemakers. But March also makes us think of Spring and our spirits seem to lift with the warmer temperatures and longer times of daylight. So, get ready to have a busy, but productive month.

First, let's look at the month of March and some of its important days. Get your King cake ready because March 4 is Mardi Gras! It's a major holiday in New Orleans and surrounding areas, but around here, it's become more popular, and you can find decorations everywhere. I even saw where a local bakery was telling people that they needed to get their King Cakes reserved. How fun!! Even though it's known as a "party" day, it has more significance. It is traditionally the last feasting day before Lent begins.

Another special day is March 8 because it is International Women's Day. This day celebrates the achievements of women around the world. It honors women who have made contributions to society. Of course, I think all of you should be honored on this day because you have all made a difference in the lives of many in Graves County through Graves County Extension Homemakers. So, make sure you give yourself a pat on the back on March 8.

March 17 is St. Patrick's Day. I always I had lots of green shamrock stickers on this day when I taught school. I would have several students who believed in their Irish heritage enough that they might give you a little pinch if you didn't have on something green! I still try to have something green to wear on this day—just in case! I love to use St. Patrick's Day to serve something that is associated with Ireland and a dessert that either is green or has some green elements in it. I guess I try to give some kind of nod to my Irish heritage.

Graves County Homemakers have some special days in March, too. On March 6, Graves County Homemakers Book Club meets at 1 pm at the Graves County Public Library. If you've been thinking about attending, but just haven't yet, come and join the group on that Thursday. You can see for yourself if it is something you would enjoy. The book for March is "The Last Ballad" by Wiley Cash and Vi Kibler does a fantastic job leading the group.

March 12 is a regular meeting day for both TLC (10 AM) and Friendship (1PM) clubs to have their meetings. March 13 is the meeting day for Community (12pm this month) club. Contact the Extension Office if you would like more information on any of these clubs.

March 25 is meeting day for the Graves County Homemakers Advisory Council. This group has an important role in that they initiate programs for all county homemakers and pass on information to our local clubs. Extension Homemakers are invited to attend the 10 AM meeting. The group has officers and county chairmen for our learning areas.

So, as you see, it's a busy month, but a month filled with many good programs for Extension Homemakers.

Just for trivia, here are some other "Just for Fun" days in March.

- March 3: "What if Cats and Dogs had Opposable Thumbs Day"
- March 11: "International Fanny Pack Day"
- March 13: "National Ear Muff Day"
- March 16: "National Panda Day"
- March 16: "Absolutely Incredible Kid Day"
- March 23: "World Meteorological Day"
- March 31: "World Backup Day"

Have a wonderful March!!



March 6th, 1pm

Homemaker Book Club

The Last Ballad by Wiley Cash

Fireplace Room in the GC Public Library

March 25th, 10am

GC Homemaker

Advisory Council Meeting

TLC has the devotion

Purchase Area

Cultural Arts Day

March 31st

9:30am drop off entries

11:000 judging

1:00 pick up entries



Purple ribbon winners in the county competition will be eligible for judging at the Purchase Area Cultural Arts Day.

KEHA State Meeting

Make plans to attend the 2025 State Meeting

at Hyatt Regency Lexington

401 West High Street, Lexington!

May 6-8, 2025

“Discover KEHA – A Hidden Treasure”

Northeast Area will serve as the host area.



March 13th

12:00pm

Indoor Plants & Indoor Air

lunch & learn

free of charge

open to the public

RSVP for lunch by March 10th

come learn from Miranda Rudolph
Graves County Agriculture & Natural
Resources Agent

Gardening Safely

March 25th, 10am

taught by Debbie Hixon

FCS agent in Calloway County



Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly. This lesson focuses on the health benefits of gardening, using proper motions for repetitive movement, and appropriate tools for the job at hand. If this lesson does not sound exciting at first, maybe it will grow on you!

Goodbye, Winter - Hello, Spring!

March is just around the corner, don't you know?
Chirping birds, buzzing bees, blooming flowers and trees with leaves!

I know Spring is on its way, for I saw a tiny, purple flower peeking in the grass today!

March is just around the corner, don't you know?
Long awaited after Old Man Winter's wrath;
Finally, we can enjoy taking longer baths!

March is just peeking through, don't you know?
Don't despair for Winter is almost gone;
not to reappear until a future dawn!

March is around the corner, hooray, hooray, and this is what I say;
Until Old Man Winter visits us again, we will welcome the beautiful warm sun!

🌱🌱🌱 Welcome, Spring 2025! 🌱🌱🌱

Written by Mayra Ildia Diaz-Ballard
TLC Homemaker
02/23/2025

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Focaccia Decorating

with First Rise Sourdough's, Kara Rogers!


March 4, 6PM
pay \$25 at the door!

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 Cooperative
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Graves County Extension Office

LUNCH & LEARN

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INDOOR AIR + INDOOR PLANTS



Hear from Miranda Rudolph,
Graves County Extension ANR Agent!

MARCH 13, 2025

**Start from
12:00 – 1:00 PM**

RSVP by March 10
270-247-2334

Event Highlights:

- Managing indoor air quality for optimal plant health
- Proper plant care

Free Entry!

Lunch provided by
Graves County FCS

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INSTANT POT CLASS



Limited spots - \$10 per person

Learn fast and easy recipes to
cozy up with this fall!

Nonrefundable

Thursday
March 20, 2025
5 - 8PM

An Equal Opportunity Organization

Graves County Extension Office

TAMALE CLASS



\$35 per person - limited spots

Each person will take home
one dozen pork tamales!

Nonrefundable

Sunday
March 30, 2025
2 - 5PM

An Equal Opportunity Organization

Graves County Extension Office

Upcoming Classes

Adult Crochet Club

EVERY MONDAY AT 10AM

Focaccia Decorating

MAR 4, 6PM | \$25

Lunch & Learn: Indoor Air + Indoor Plants

MAR 13, 10AM

rsvp by March 10

Adult Sewing

MAR 13, 5:30PM

Greeting Card Classes

MAR 20, 10AM + 5:30PM

4 projects for \$10

Instant Pot Class

MAR 20, 5PM | \$10

registration opens Feb 24

Learn to Garden Safely

MAR 25, 10AM

Karen's Cake Class

MAR 25

check Karen's Cake Creations Facebook

Tamale Class

MAR 30, 2PM | \$35

registration opens Mar 10

**All classes are held at the Graves County Extension Office
4200 State Route 45 N Mayfield, KY 42066**

Call 270-247-2334 for more information!

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