

MARCH 2024

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

March 1	9am-2pm Cultural Arts day- Graves County Extension Office
March 4, 11, 18,25	10am Crochet Club
March 7	1pm Homemaker Book Club meeting at the Extension Office
March 10	 Daylight Savings Time Begins
March 13	10am TLC Club Meeting
March 13	1pm Friendship Club Meeting
March 14	10am Community Club Meeting
March 14	5:30 Adult Sewing Group
March 15	9am-3pm Machine Embroidery Workshop -Graves County Extension
March 17	
March 21	10am & 5:30pm Greeting Card make & take
March 26	3-5pm Diabetes Alert Day - Ruler Parking Lot
March 26	10am Savor the Flavor Seasoning with Spices
March 31	Happy Easter!



April 9	2pm Emergency Health Card presentation with Lois Pressgrove
April 15	5-7pm Instant Pot Class - Graves County Extension Office
May 4	9am-12pm Mediterranean 101 cooking class- Graves County Extension
May 15	Spring Into Green: The Pride of KY, McCracken Co Extension Office
May 22	2pm Radon Presentation with GCHD - Graves County Extension

A note from Debbie Smith, Graves County Homemaker President



I think March is one of my favorite months. In most years, March signals the coming of spring even though those pesky snowflakes might try to hang around. The daffodils begin blooming and their yellow blooms dot many yards. I love driving down the road and just seeing a big patch of daffodils in the middle of a field. To me, that signifies that a house was probably there at one time and someone had taken the time to make their home more beautiful by setting daffodil bulbs. I can even let my imagination run wild by picturing a woman in her work dress, covered by an apron, kneeling on the ground and digging daffodil bulbs to divide them and replant them so that in March, she can look out her window and see the beautiful patch of flowers. I also love the forsythias that send their tiny yellow flowered branches reaching out in all directions. Grass begins turning green and the term "spring green" is very evident. March is a time for refreshing, regeneration, and even rebirth. So, you can see why I love March!

For homemakers, we can use March to refresh our participation in our clubs. Maybe we need to stick our heads above the cold and sometimes dreariness of winter and bloom in our clubs. Some of us are basically like the daffodil. We are planted in our club, hibernate all winter, and then in the spring, raise our heads above the ground and shine. We participate in the Cultural Arts Showcase by displaying our beautiful arts and crafts for everyone to see. I'm always full of awe at some of the entries to the event. I love the needlework that some do with thread to make a beautiful picture. I enjoy the crafts that are brought in and think how smart and "crafty" some people are. I love looking at the photographs that are displayed and am in awe of the "eye" that some people have to catch a moment in time. I like that we have this event in March and that it kicks off the beginning of spring.

Enjoy March. Who knows, it may bring us snow and some really cold days, but just know that those daffodils are going to bloom no matter what the weather. Have a wonderful March and support Graves County Extension Homemakers.

Savor the Flavor: Seasoning with Spices

with Mike Keller, FCS Agent, Hickman Co.

March 26, 10am

Individuals preparing meals at home are more likely to meet the daily recommendations for fruits, vegetables, and whole grains. However, individuals share they find it difficult to add flavor while keeping their meals healthy. This lesson encourages participants to use spices to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking

Homemakers' Book Club

March 7, 1 pm

GC Extension Office

Book:

Lucy's Story by Larry Hamilton



**GRAVES COUNTY
GCHD
HEALTH DEPARTMENT**

Diabetes Alert Day

MARCH 26TH
Rulers Parking Lot
3:00pm - 5:00pm

Join us for Diabetes Alert Day! We will be setting up to offer Diabetes Resources, Free Screenings, Giveaways, and more.

Email Katie Revell at KatlynnN.Brooks@graveshealth.org to register your organization for the Event.

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Disabilities
accommodated
with prior notification.

Parmesan Chive Biscuits

Make: 12 servings

Ingredients:

- 2 cups biscuit mix
- 2/3 cup milk (2% or fat-free)
- 1/4 butter stick (1/4 cup, melted)
- 3/4 cup Parmesan cheese (freshly grated)
- 1/2 tablespoon chives (finely chopped, fresh)

Directions

1. Wash hands with soap and water.
2. Combine all ingredients in a large bowl.
3. Stir together to mix well. Do not over mix.
4. Turn out onto a floured board. Roll to a 1-inch thick square.
5. Cut into 12 squares. Bake on a cookie sheet, spaced slightly apart, in a 400° F oven for 12 to 15 minutes.



<https://snaped.fns.usda.gov/resources/nutrition-education-materials/healthy-thrifty-holiday-menus/easter#recipe-1985>



Pork Loin Roast with Veggies

Makes 6 servings.

Ingredients

- 2 cups onions, cut in wedges
- 2 cups potatoes, diced
- 2 cups baby carrots
- 2 tablespoons vegetable oil (divided)
- 1 1/4 pounds pork loin
- 1 Tablespoon brown sugar
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper
- 1/4 teaspoon salt

Directions

Preheat oven to 400°F.

In a bowl mix veggies with 1 tablespoon oil, salt, and pepper. Lay veggies around the edge of a 9"x13" pan and put in oven.

Use a small bowl to make the rub. Mix the brown sugar, garlic, 1/2 teaspoon pepper, and 1/4 teaspoon salt in the bowl. Sprinkle the rub over the loin. Press gently so the rub sticks to the roast. Wash your hands after handling the raw meat. Heat the remaining 1 tablespoon vegetable oil in a large skillet over medium high heat. Add the loin. Brown the sides of meat. Turn after about 2-3 minutes per side.

Transfer the pork to the center of the pan with veggies. Bake for about 40 minutes. A meat thermometer should read 145°F. Check the temperature after 30 minutes in the oven.

Remove from oven. Let set for 5 minutes. Slice and serve.

<https://snaped.fns.usda.gov>.

Embroidery Workshop

The Purchase Area Master Clothing Volunteers will be teaching an Adult Embroidery Workshop. This will be machine embroidery, participants will take home at least one completed project.

MARCH 15, 2024
9:00 AM- 3:00 PM

Participants Bring Their Own Lunch

At Graves County Extension Office
4200 US-45
Mayfield, KY, 42066

COST WILL BE \$10
PAYMENT IS DUE MARCH 1, 2024
MAKE CHECKS PAYABLE TO
PURCHASE AREA MCV

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INSTANT POT

Monday
April 15, 2024
5 - 7PM



Limited to 15 people - \$5

We will make meatloaf, stuffed peppers & red beans and rice!

discuss how the pot works, the settings + why it's so handy!

CLASS

Graves County Extension Office

MEDITERRANEAN 101



Limited to 15 people - \$10

Make + eat fresh dressings, stuffed
veggies, mixed veg casserole,
braised greens with peppers,
braised green beans and potatoes
& two kinds of salads!

Saturday
May 4, 2024
9AM - 12PM

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