

April, 2008

Issue 52

April

JACKSON COUNTY EXTENSION SERVICE PO BOX 188 MCKEE, KY 40447



# Family & Consumer Science Newsletter

## A Note from Michelle

April showers bring May flowers! Spring is here, which means the warm weather cannot be far behind. I hope you have an invigorating Spring!

Spring has Sprung!

\$3 FM

### Club Dates

- 7th—Gray Hawk, 4 pm
- 17th—Heart of County, 7 pm
- 21st—N. Jackson Co., 6 pm
- 28th—McKee Manor, 2 pm

## Homemaker Notes

The Homemakers have a lot going on this Spring. Be sure to mark your calendars and don't miss all of the exciting events we have going on.

### Leader Lessons:

**Friday, April 4th, Women & Money Lesson, 10 am, Extension Office.**

**Thursday, April 24th, Art in the Garden, 10 am, Extension Office.**

### Cookbook Fundraiser:

Recipes have been coming in, but we need many more. Please take just a few moments to write down your favorite recipes and get them to me. The deadline for submissions is May 16th. I challenge EVERY Homemaker to submit at least 1 recipe. Don't be left out!!!



### Upcoming Events:

The **Homemaker Picnic** is scheduled for Tuesday, June 10th, 6 pm, Travis Spark's Old Town. Each homemaker is asked to bring a covered dish. The Extension Office will provide the meat, bread, drinks, and paper products. That same evening we will have our auction.

**Sewing Camp** is scheduled for the week of June 16-19 from 10 am—2 pm. Volunteers to help with that are desperately needed. Even if you can't sew, we still need adults to sit with children and supervise them. Let me know if you can help with this project. It is such a wonderful cause. The children learn so much and really do enjoy it.

### April Dates to Remember

- 4th—Women & Money Leader Lesson, 10 am**
- 11th—Homemaker Trip to Scottsville, Kentucky to deliver quilts**
- 24th—Art in the Garden Leader Lesson, 10 am**
- 26-27—Flower & Garden Show, London Community Center**

### May Dates to Remember

- 1st—Welcome Center opens**
- 5th—Homemaker Council/Parliamentary Procedure, 4 pm**
- 15th—Women's Health Fair, Camp AJ, 10 am—12 pm**
- 16th—Deadline to turn in recipes**

## Women's Health Fair

The Jackson County Extension Service and the Jackson County Extension Homemakers will be hosting a Women's Health Fair at Camp Andrew Jackson. This event will be held on Thursday, May 15th, from 10—12 pm. We will be serving a free luncheon at 12 pm for those that attend the Health Fair. There will be many local hospitals and medical personnel available that day to do free blood work and share helpful information specifically for women.



## Quilt Trail Meeting

We will have our second meeting on Monday, April 7th, at 6 pm to discuss starting a Quilt Trail Project in Jackson County. If you are interested in helping get quilt blocks on barns and other buildings in our county then feel free to attend. We are looking for possible grants, but may have to look at barn owners paying a fee of \$300 in order to have one placed on their barn. They would then be able to pick the quilt pattern they wanted, plus get a tax write-off for two years from the IRS. For more details, attend the meeting or give me a call.

## Jackson Manor

Bridgette Adams from the Jackson Manor is looking for anyone interested in doing programs with the residents at their facility. She doesn't really care who type programs that you do. She is just interested in having people visit and do projects such as quilting, sewing, cross-stitch, painting, etc. She said most of the residents can no longer do these activities, but they enjoy watching others. If you are interested, please let me know.



## Quilt Donations

The Scrappy Quilters and Homemakers have been working diligently to get quilts made for the Center for Courageous Kids in Scottsville, Kentucky. To date, they have made 20+ quilts to donate to this camp for children with life threatening diseases. On April 11th, we plan to travel to Scottsville to the center in order to give them the quilts. The facility operators are very excited about receiving these quilts and plan to give us a tour and feed us lunch that day. Space in my van is currently filled up, but if you would like to drive yourself, feel free to give me a call.

## Festival of Hope

The Jackson County Cancer Fund Festival of Hope will hold their annual fundraiser at the Gray Hawk Park on June 14th from 2 –10 pm. The Homemakers are usually asked to prepare foods, etc. for this event. All proceeds will be used to help cancer sufferers in Jackson County. Please contact Sandy Madden for more information.



## Pictorial History Book

The Jackson County Pictorial History Book has been sent to the presses. The books should be delivered by August 15th. If you would like to reserve your copy today for the price of \$34.95, then please contact us at 287-7693. After August 1st, the price will increase to \$39.95. Only a limited number of books will be sold, so don't miss out!



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## Vegetables Vital for Good Health

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Vegetables are a plus for any meal. They contain abundant fiber, vitamins and minerals. Vegetables fresh flavors, bright colors and different shapes and textures add variety to meals.

Dark green vegetables like broccoli, collards and spinach have vitamins A and C, B-vitamins, iron and calcium. Vitamins A and C also are found in other vegetables like beets, cabbage, green peppers and tomatoes. Deep yellow vegetables like carrots and sweet potatoes also contain vitamin A.

The slogan “5-9 A Day” reminds us about the minimum number of servings of vegetables and fruits, we should strive for each day. Try a pattern of one serving for breakfast, lunch and a snack and two for supper. This will guarantee you five servings a day and you can increase to nine over time.

So, what constitutes one vegetable serving? Here are some examples: half a cup of cooked vegetable such as lima beans or corn; one cup raw vegetables such as tossed salad, broccoli buds, medium carrot, celery stalk, or small tomato, or three-fourths cup of vegetable juice.

One serving of fruits could be half a cup of strawberries or one medium navel orange.

How you store, prepare and cook vegetables can make a big difference in their nutritional value to you. Vitamin C and the B-vitamins are easily lost when vegetables aren't properly handled.

Store vegetables whole. Some vegetables such as broccoli, lettuce and carrots should be kept in your refrigerator crisper; others, like onions, potatoes and squash should be stored in a cool, dry place.

Prepare vegetables as close to mealtime as possible. Wash them quickly, rather than soak them, and trim bruised, wilted leaves and tough stems. Leave the skins on if suitable, or thinly peel. Cut vegetables into large pieces.

When cooking vegetables, use very little water. Bring the water to a boil, gently add the vegetables, cover the pan and cook on medium heat just until vegetables are tender. (Strong-flavored vegetables such as cabbage or broccoli should be cooked uncovered to reduce the unpleasant odor.) Then, immediately serve the cooked vegetables.



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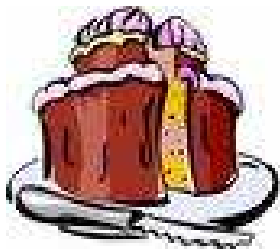
## Recipe Corner—Luscious Coconut Cake

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Thanks to Brenda Rose, Heart of the County Homemaker, who shared this absolutely delicious recipe with me. I sampled it at the Heart of the County's progressive dinner in December and loved it. I know most all of the Homemakers have wonderful recipes to share. Don't forget to submit yours by May 16 in order to be included in the new Jackson County Homemaker's Cookbook!

### Ingredients:

Butter Cake Mix  
3 Eggs  
1 C. water  
¼ C. margarine



Mix together and bake in 2 round 9" pans at 325 degrees for 35-45 minutes. Let cool and cut each layer.


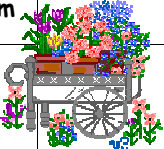
### Filling:

1 ¾ C. sugar  
16 oz. sour cream  
8 oz. cool whip  
7 oz. flake coconut

Mix your sugar, sour cream, and flake coconut together and let it chill for 1 hour. It will go in between your layers. Take 1 cup and fold into cool whip for frosting.

*\* This recipe is better made ahead of time and put in the refrigerator.*

# April 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	 4 Women & Money Lesson, 10 am	5
6	7	8	9	10	11 Trip to Scottsville, Ky. to deliver quilts	12
13	14 4 pm Gray Hawk Homemakers	15	16	17	18	19
20	21 6 pm Northern Jackson Co HM's	22	23	24 Art in the Garden Lesson, 10 am	25	26
27	28 2 pm McKee Manor HM's	29	30			



## Helpful Hints

### Kitchen Drain Smells Stinky?

Pour 1/2 cup or so of hydrogen peroxide down it to kill most bacteria and to get rid of the smell. Let it stay for about half an hour and then flush the drain with cold water for a minute or so.— Hints from Heloise

Sincerely,



Disabilities accommodated with prior notification

Michelle W. Smith  
CEA for FCS



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