Hello Everyone!

What a beautiful sunshine filled day! I am so excited about Team KEHA Spirit Week! Please help us celebrate by calling into the office each day for your special gift! I am so looking forward to our new program year together! Our membership drive starts NOW! Let’s see how many new members we can recruit! Don’t forget the early bird special FREE Wayne County Extension Homemaker T-shirt! Hopefully soon we will be able to be back together in person! Until then we will keep doing the best we can to keep communication and programming strong even though we are doing it in different ways.

Spring is coming to an end soon and we will be gearing up for Sizzling Summer Fun! This is our last week of Garden Grab N Go Bags! We will begin our Sizzling Summer Fun bags beginning in June! As your gardens grow we will begin to have information and resources on Home Food Preservation, new summer recipes, picnics and outdoor grilling, summer fun activities, etc.. Lots of Sizzling Summer Fun!!

Get outdoors and enjoy our last few days of spring! - Debbie

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Hello from FCS Agent, Debbie Shepherd ……………………………….…...……………..………...…….Page 1
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KALE AND CRANBERRY SALAD

1 large bunch kale, destemmed and finely chopped
1/4 cup olive oil
1 medium lemon, juiced
1/2 cup dried cranberries (may use raisins)
1/2 cup grated or shredded Parmesan cheese
1/2 cup slivered almonds

1. Place finely chopped kale, olive oil and lemon juice in a large bowl and mix until kale is evenly coated.
2. Add cranberries, cheese and almonds. Toss to combine.

Makes 6 servings

Serving size: 1/2 cup
Cost per recipe: $6.72
Cost per serving: $1.12

Source: Caroline Durr, Area Nutrition Agent for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service

Nutrition facts per serving: 240 calories; 17g total fat; 3g saturated fat; 0g trans fat; 5mg cholesterol; 130mg sodium; 18g carbohydrate; 3g fiber; 7g sugar; 8g protein; 150% Daily Value of vitamin A; 160% Daily Value of vitamin C; 20% Daily Value of calcium; 8% Daily Value of iron.
Eating Outdoors: Handling Food Safely

Picnic and barbecue season offers lots of opportunities for outdoor fun with family and friends. But these warm weather events also present opportunities for foodborne bacteria to thrive. As food heats up in summer temperatures, bacteria multiply rapidly.

To protect yourself, your family, and friends from foodborne illness during warm-weather months, safe food handling when eating outdoors is critical. Read on for simple food safety guidelines for transporting your food to the picnic site, and preparing and serving it safely once you’ve arrived.

Quick Tips for Picnic Site Preparation
Food safety begins with proper hand cleaning — including in outdoor settings. Before you begin setting out your picnic feast, make sure hands and surfaces are clean.

- Outdoor Hand Cleaning: If you don’t have access to running water, use a water jug, some soap, and paper towels. Or, consider using moist disposable towelettes for cleaning your hands.
- Utensils and Serving Dishes: Take care to keep all utensils and platters clean when preparing food.

APPLE GRILLED CHEESE

1. Place a medium skillet over medium heat. Butter one side of each slice of bread.
2. Place one slice of bread in skillet, butter side down. Top with two slices of cheese and 3-4 pieces of spinach. Drizzle with honey. Place 2-3 apple slices on sandwich.
3. Top sandwich with other slice of bread, butter side up. Cook for 2-3 minutes, or until golden brown and flip.
4. Repeat for next sandwich or if your skillet is large enough, you can do two at a time.

Makes 2 servings
Serving Size: 1 Sandwich
Cost per recipe: $2.20
Cost per serving: $1.10

- 2 teaspoons butter
- 4 slices whole wheat bread
- 2 slices American or Cheddar Cheese
- 1/2 cup Spinach
- 1 teaspoon honey
- 1 apple, cored and thinly sliced.

Nutrition facts per serving:
300 calories; 12g total fat; 6g saturated fat; 0g trans fat, 30mg cholesterol; 370 mg sodium; 39g carbohydrate; 3g fiber, 15g sugar; 3g added sugar, 11g protein;
Daily Value-0% Vit D, 15% Calcium, 6% Iron, 2% Potassium

Source: Katie Shoults, Extension Specialist, University of Kentucky Cooperative Extension Service
PAINTING
728 WATERCOLOR
USING WATERCOLORS AND A VARIETY OF
TECHNIQUES TO COMPLETE A PAINTING ON
WATERCOLOR PAER

GARDENING SERIES
“BENEFICIAL BUGS”
EARTHWORM TUTORIAL

MATERIALS
ACRYLIC PAPER/MIXED MEDIA PAPER
BLOW DRYER (FOR FAST DRYING)
GEL INK PEN
PENCIL
WATER COLOR KIT

NOTE: IF YOU DON’T HAVE ACCESS TO WATER COLORS, WATERING DOWN ACRYLIC PAINT IS ANOTHER EFFECTIVE OPTION.

DESIGNED AND PROVIDED BY
Seth Hart
Extension Program Assistant for Fine Arts
Wayne County Cooperative Extension Office
255 Rolling Hills Blvd.
Monticello, KY 42633
Office Phone: 606-348-8453
Cell Phone: 606-307-5327
seth.hart@uky.edu

FINE MOTOR SKILLS - THE USE OF WATER COLORS APPLIED BY PAINT BRUSH, ALONG WITH PENCIL AND INK PEN FOR OUTLINING.

SCIENCE - COMPARING BENEFICIAL BUGS TO PROBLEMATIC BUGS FOR GARDINING

MATH - UNDERSTANDING THE DIFFERENCE BETWEEN BUG CHARACTERISTICS—ZERO LEGS FOR WORMS, SIX LEGS FOR INSECTS AND EIGHT LEGS FOR ARACHNIDS

LITERARY - ALL ORAL LANGUAGE ABOUT GARDENING AND BUGS

ART VOCABULARY PERTAINING TO THIS PROJECT
LINE, COLOR, SHAPE, FORM, TEXTURE

INSTRUCTIONS ON NEXT PAGE
INSTRUCTIONS ARE ALSO ON YOUTUBE
https://www.youtube.com/watch?v=4S9z5qIrmMo&t=479s
When growing a garden, it’s important to know what bugs are beneficial and what bugs are harmful. Earthworms, for instance, are beneficial because as they travel through the soil, they create tunnels that allow water to go through them too, which helps provide nutrients to the vegetables that are grown.

**Step One:** On water color paper/mixed media paper, begin to sketch an outline of the worm by using a letter “S” (fill the entire page). To make the worm appear three dimensional, draw curved lines in the same direction of the entire shape.

**Step Two:** Using a soft bristle paint brush (1/2 inch wide or so), create a subtle background color using yellow. Brush from side to side, covering the entire worm outline, yet also in a staggered way that appears to be fading into the background. Remember that you need less paint and more water for this to effectively work. A little paint goes a long way. Blow dry before using the next color.

**Step Three:** After the yellow is dry, apply brown on the worm with the same brush, yet do so in a way that flows in the same direction of the curved lines that were first drawn with a pencil. Outline it in certain areas too to help give it some definition.

**Step Four:** Using a fine point brush, apply green accent lines that curve around the eyes and fill in the pupils. Blow dry the eyes when finished.

**Step Five:** Using a gel ink pen or Sharpie, outline the entire worm, enhancing the accent marks in a balanced way.
Hi everyone! Do you have spring/summer fever as much as I do? It seems like we have a warm day here and there, but I’m ready for LOTS of warm and sunny days! If you haven’t taken a bite out of a fresh strawberry this year, you’re missing out! Our local farmers’ market won’t be open until May 30, but some producers have strawberries available now.

My 4 year old niece, Everly had the honor of picking the first ripe strawberry out of our patch. She decided she wanted to top off her pancakes with it and savored every bite! I captured the moment below.

The First Fruits at Farmers’ Markets - Fresh Strawberries

Strawberries in Kentucky make their appearance at farmers’ markets near you around May each year. Of course, strawberries are available almost all year long at supermarkets but are in greatest abundance from spring through mid-summer. Since they are highly perishable, choose brightly colored, plump, highly aromatic berries that are free from mold. Eight whole large strawberries measure about one cup. When you buy a pint of strawberries, it will yield about 2 cups of sliced berries. Gently wash the strawberries in cold running water and pat them dry before removing the caps and white hull. Research suggests that strawberries begin to lose their nutritional value (vitamin C and polyphenol antioxidants) quickly, usually within two days. Store the unwashed and unhulled berries in a sealed container to prevent unnecessary loss of moisture. Storing in the refrigerator can increase storage time but cannot prevent the loss of nutrients. Freeze washed strawberries in a single layer, before transferring them to a heavy-duty freezer container. Freeze for up to six months for the best quality.

Besides their sweet, delicious flavor, the nutritional value of strawberries is well known and growing.
The First Fruits at Farmers’ Market (cont.)

Besides vitamin C, strawberries are a collection of polyphenol antioxidants, including flavonoids, phenolic acids, lignans, tannins, and stilbenes. Strawberries are also an excellent source of manganese, a trace mineral that your body needs in small amounts. Because of the strawberry’s rich antioxidant and anti-inflammatory properties, recent research is providing us with more evidence that strawberries may reduce the risk of cardiovascular disease. Research is also promising in the area of blood sugar regulation and improved cognitive processes as we age.

Tested strawberries are commonly high in pesticides, but the reports rarely list the pesticides found or how much was found. Certified organic strawberries are not guaranteed to be free of pesticides but may have a lower risk of the rate of detection than conventional produce. Since eating fruits and vegetables is far healthier than not eating them, don’t let the naysayers keep you from enjoying nature’s bounty.

While there are ways to use strawberries besides eating them (like home beauty treatments and teeth whitening), Plate it Up! Kentucky Proud has a website with several recipes using strawberries. Try the Strawberry Salsa on your next grilled chicken dinner or on top of your favorite pancakes or oatmeal for breakfast. Find the recipe at https://fcs-hes.ca.uky.edu/recipe/strawberry-salsa.

Very Berry Salsa

<table>
<thead>
<tr>
<th>4 cups apples, finely diced</th>
<th>1 cup raspberries, halved</th>
<th>1 tablespoon fruit preserves</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup blueberries</td>
<td>1 cup blackberries, halved</td>
<td>½ tablespoon sugar</td>
</tr>
<tr>
<td>1 cup strawberries, diced</td>
<td></td>
<td>½ tablespoon brown sugar</td>
</tr>
</tbody>
</table>

In a large bowl, combine apples and berries. In a small bowl, mix together preserves and sugars until well blended. Pour preserve mixture over fruit and toss to coat. Cover and chill in the refrigerator for at least 30 minutes.

Yield: 32, 2 ounce servings
Nutritional Analysis: 20 calories, 0 g fat, 0 mg cholesterol, 0 mg sodium, 5 g carbohydrate, 1 g fiber, 4 g sugar, 0 g protein

Plate it Up! Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers’ market, or roadside stand.
Team KEHA Spirit Week!

Join us in celebrating a special Spirit Week to honor you – Wayne County Extension Homemaker Members! Special activities each day from **May 18 to May 22**. Each day we invite you to share a response for the daily theme. There will be a special incentive drawing from the names of those who participate every day! Each day we will have a special *Spirit Week Activity Kit* for Extension Homemaker members who want to participate. **You must call each day to reserve your kit! 606-348-8453.** After you have reserved your kit we will place your name on it and place it in the lobby for pick up. For Extension Homemakers that cannot make it into the office for pick up please request it be mailed to you when you call in to reserve your kit. Everyone who calls in every day of this special event will have their name put in for an extra special Spirit item!! Join the FUN!

**Team KEHA—show us your Wayne County Extension Homemaker Spirit!!!**

**Cooking...Baking...Let's get making!**

We are doing a Wayne County Extension Homemaker’s Cookbook for a Fund Raiser. This is something we can do while we are practicing social distancing. We need several recipes from everyone so we can have plenty of delicious recipes for our new cook book. We have forms for recipes. Please let us know how many you’d like and we can mail or email them to you! Please PRINT neatly and legibly.

Please return recipe forms no later than **July 15th**. Very excited about this project!

**2020-2021 Extension Homemaker Membership Drive!**

Extension Homemaker dues are $10 per person. Please make checks payable to **Wayne County Extension Homemakers**.

**Forms are REQUIRED, must send in FORM and DUES at the same time!**

Please fill out BOTH sides of the form. We can make the club a copy of the forms and return them to the club if requested. If you are sending forms and dues in as a club **PLEASE be mindful of the deadlines**. We will also need a copy of your club minutes stating to take membership dues from the club’s account. You will NOT be counted as an official member until FORM is turned into office and DUES are marked paid. BOTH are REQUIRED for membership! You can send forms & dues in as an individual or as a club.

Early Bird Membership Drive! Everyone who turns in their forms and membership dues **by June 10th** will receive a FREE Wayne County Extension Homemaker T-shirt! Anyone who recruits a brand new member will receive a special incentive bag (one for you & one for your new member)! The CLUB with the most new members will receive a special incentive item! The MAILBOX member that recruits the most new members will receive a special item!

Our program year **begins July 1st!** It is **so very important** that we have as many members as possible registered by **July 1st**. This way members can benefit from the advantages of membership for a FULL program year. Yes, we can take membership at any time throughout the year. It is great to get new members at any time, however it helps us start our year off on the right foot if we have the majority of our membership drive completed before July 1st.
Also you can give a Gift Membership Certificate, please let us know if you need copies of the certificate. We will be happy to provide them. These are to be used if you want to pay membership for someone.

Let me know if you have any questions or additional membership forms or gift membership forms! So excited about our new year together!! Happy recruiting! Please call the office if you have questions 606-348-8453.

**Leftovers & Food Safety**

You might have leftovers from the takeout you ordered or after all the family dinners you’ve cooked this week. Whatever the case, proper handling of leftovers is essential to avoid any risk of foodborne illness. You should refrigerate leftover food as soon as possible and reheat it to a safe temperature before eating again. Follow the guidelines below to ensure the safety of your leftovers.

**Refrigerate or freeze quickly.** Do not allow leftovers to sit at room temperature for longer than 2 hours. This includes travel time from the restaurant. Throw out any food that has been sitting out for longer than 2 hours.

**Wrap well.** Cover leftovers tightly with plastic wrap or store them in airtight containers. This will help keep bacteria out and maintain the best quality.

**Reheat safely.** Reheat leftovers to 165 degrees F. Always use a food thermometer to make sure the food has reached this temperature. You can reheat in the microwave, on the stovetop, or in the oven. You can safely reheat frozen leftovers without thawing first, just allow for a little longer cooking time.

- Microwave reheating – cover food when reheating in the microwave in order to maintain moisture. You may even want to add a little water or broth to improve quality. Rotate and stir the food midway through cooking to ensure even heating. Allow the food to rest for at least a minute before checking the temperature.
- Stovetop reheating – cover food to help retain moisture. Bring soups, sauces, and gravies to a rolling boil before eating. Adding liquid may improve quality.

**Store safely.** You should eat leftover food stored in the refrigerator within 3 to 4 days. You should eat frozen leftovers within 3 to 4 months. Be sure to label and date before storing. **When in doubt, throw it out.**

Source: Annhall Norris, Food Safety and Preservation Extension Specialist

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**Blue Cheese Potato Salad**

| 3 pounds new potatoes, sliced | ½ teaspoon freshly ground pepper |
| 1 teaspoon salt | ¼ cup light blue cheese dressing |
| ¼ cup sliced green onions | ¼ cup crumbled blue cheese |
| 1 8-ounce container plain Greek yogurt |

**Place** potatoes and salt in a large saucepan and bring to a boil. **Reduce** heat and simmer 7-12 minutes, until potatoes are tender. **Drain and cool.** In a large bowl, **stir together** the green onions, yogurt, pepper, blue cheese dressing and blue cheese crumbles. **Add** potatoes and gently **stir to coat. Chill for several hours and serve.**

**Yield:** 8, ½ cup servings

**Nutritional Analysis:** 220 calories, 5 g fat, 2.5 g saturated fat, 20 mg cholesterol, 550 mg sodium, 33 g carbohydrate, 4 g fiber, 3 g sugars, 10 g protein.
Suicide Suicidal thoughts can affect anyone of any age, gender, or background. Suicide is the second leading cause of death among young people. It is the 10th leading cause of death among adults. Sadly, these rates are rising.

Suicidal thoughts are often the result of an underlying mental health condition. In many cases the people, friends, and families affected by suicide feel alone. The stigma that keeps them from talking openly about issues dealing with suicide make them feel ashamed.

Anyone who works with children or families should be aware of some important warning signs.

- Threats or comments about killing themselves
- Increased alcohol and drug use
- Aggressive behavior
- Withdrawal from friends, family, and the community
- Dramatic mood swings that can be positive or negative
- Talking, writing, or thinking about death
- Impulsive or reckless behavior
- Giving away prized possessions
- Family history of suicide attempts or completed suicides
- A mental health issue that has not received attention or treatment
- Living with a chronic or terminal illness

If a person has any of these signs, it does not necessarily mean they are suicidal. However, it can mean there is an increased risk. It is vital to talk openly about suicide in order to reduce the stigma.

It is also important to remember that talking about suicide with a person does not increase the likelihood that they will attempt suicide. In fact, helping a person talk about it might help reduce the risk of a suicide attempt.

If you or someone you know is in an emergency, call The National Suicide Prevention Lifeline at 800-273-TALK (8255). If you think someone is in immediate danger, call 911 immediately.

Source: Kerri Ashurst, Senior Extension Specialist for Family and Relationship Development