


FAMILY & CONSUMER SCIENCES



Creating Healthy & Sustainable Families
Madison County Newsletter

 Cooperative Extension Service

Madison County Cooperative Extension
230 Duncannon Lane
Richmond, KY 40475
(859) 623-4072
<https://extension.ca.uky.edu/>

April, 2025

GARDEN PARTY FUNDRAISER FOR OVARIAN CANCER SCREENING

Reservations beginning April 1st-May 15th at the Madison County Extension Office or by mail.
Checks only made out to Madison County Extension Homemakers.

MADISON COUNTY
EXTENSION OFFICE
230 DUNCANNON LANE
RICHMOND KY 40475

June 3rd, 2025
11 AM- 1 PM
tickets
\$20 per person

Speakers:

Dr. Hope Cottrill Gynecologic Oncology at
Baptist Health

Amanda Sears, Madison County Horticulture Agent:
"Moon Gardens"

Menu

Entree Salads

Chicken Pasta Salad with Grapes
Pasta & Fresh Vegetable Salad with Mustard
Vinaigrette

Additional Salads:

Raw Broccoli & Cauliflower
Corn & Zucchini Salad
Mixed Greens with Vinaigrette

Rolls

Dessert

Mixed Fruit Salad and variety of cookies

Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

SPECIALTY CLUBS/GROUPS/CLASSES

MONDAY NIGHT SEWING SALON (sewing) **1st and 3rd Mondays, 5:00-7:30pm**, check board for room assignment. Questions call Judy Fields, (859) 623-6032. Anyone wanting to learn to sew is invited! Questions, call Judy Fields, 859-625-4081. **(NOTE: No meeting April 21.)**

SEW MUCH OR SEW LITTLE) **2nd and 4th Tuesdays, 9am-noon**, Room 3, annex bldg. **(NOTE: No meeting April 22).** **Heart Quilt Square Applique Class, May 13, 9 am.** Sew a quilt square and then applique it on a shirt, pillow top or tote bag (your choice). Supplies needed: 17 assorted solid or print 1 ½" by 8 ½" strips; one 4" by 7" background light solid fabric; one 1 ½" by 42" strip for binding and item of choice to put it on (Wonderunder will be furnished). Call Marylene LeFurgy, to register for this class at 859-358-0185.



SOUTHSIDE SLOW STITCHING (knitting, crochet, cross-stitch, English paper-piecing, embroidery or macrame) **1st and 3rd Mondays, 6-8pm**, at Southside Church on Lancaster Road. Questions, call Terri Cooper, 859-866-4380.

CREATIVE HANDS (quilting) **1st and 3rd Thursday @ month, 10am-1pm**, Room 3, annex bldg. Bring your sewing machine and a sandwich and quilt along with us. Questions, call Linda Calico, 859-582-2252. **(NOTE: April 17-meet in Room B).**

GARDENERS OF MADISON COUNTY (gardening) **2nd Wed @ month, 1-3pm**, check board for room assignment. **April 9:** Shannon Begley will present "The Right Fertilizer for the Right Plant." No need to bring anything! All are welcome! For questions, call Kathryn Bowers, 859-619-0166.

PAPER KUTZ (paper crafting, cards, etc.) **3rd Thursday @ month, 6-7:45pm**, check board for room assignment. Questions, call Connie Lawson, 859-582-5505. **(NOTE: Meet in Room 2, Annex Bldg.)**

HAPPY SCRAPPERS (scrapbooking, paper crafts, crafting, etc.) **4th Wed @ month from 12-4pm, Room 1.** Bring your work in progress and catch up. Questions, call Kathy Langosh, 720-243-0640.

EVONNE KINCER CLASS: Spring Paper Sampler, April

29: This is a beautiful, framed home decor piece featuring the symbols of spring (both secular and religious vignettes to choose from). Autumn paper sampler featured here. If you did not make a winter/autumn sampler, you will have an opportunity later this year. Cost is \$20 and includes a 12x12 shadowbox frame. Email evkaykin@yahoo.com, specify if you will be attending morning 10-1, or evening, 5-8. **RSVP by 4/25.**



KEHA: Kentucky Extension Homemaker Association website is: <https://keha.ca.uky.edu/>

Facebook page: <https://www.facebook.com/OfficialKEHA>

INCLEMENT WEATHER POLICY:



If Madison County schools are closed due to inclement weather, all homemaker, 4-H and horticulture meetings, clubs and workshops are cancelled for that day and evening. In some cases, these events may be rescheduled. If in doubt, please call **859-623-4072**. School closings are broadcast on TV, radio, and we always try to post our closures or delayed openings on our Facebook pages.





ATTENTION • NOTICE

IMPORTANT REMINDER

DUE TO UPCOMING BUILDING RENOVATIONS:

STAFF WILL BE REMODELING THE ROOM SCHEDULE AS NEEDED. PLEASE BE AWARE THAT EXTENSION PROGRAMMING IS THE PRIORITY. YOUR GROUP MAY BE ASKED TO CANCEL OR RESCHEDULE THROUGHOUT THIS PROCESS.

THANKS FOR UNDERSTANDING!

UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

Pickleball

First Come First Serve
Bring Your Own Paddle!

OPEN- COURT! **CLASSES!**

Weekends (Fridays- Sundays) April 4th through November 2nd

Last Friday of the Month April - October 9AM- 11AM

Call the office to register!

Madison County Extension Office
230 Duncannon Lane Richmond KY 40475
(859) 623-4072

More Information :
hunley.jessica@uky.edu

LEADER LESSON

COMPOSITION IN PHOTOGRAPHY

Learn the basic photography skills with light camera settings, elements and principles of art, photography vocabulary, and explore concepts for taking a visually pleasing photograph.

April 24, 2025 @ 11:00 am

Madison County Extension Center Annex Rm. 2

CALL FOR RESERVATION: 859-623-4072

This is a free presentation held at the Madison County Extension Service, all are welcome!
Call 859-623-4072 to register for this lesson.

UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

fun with fermentation

Hosted by Madison County FCS
Taught by Powell County Agent Kendyl Redding

Join us in a fun lesson as we learn the basics of fermentation!
No Experience needed!
Free!

Tuesday- May 27th @ 5:30 PM
call to sign up!
(859) 623-4072

UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

LIVING WITH ALPHA- GAL SYNDROME

JOIN UK EXTENSION FOR A WEBINAR BY ANR, HORT, FCS, & NEP AS WE COVER THE BASICS OF A.G.S., TICK BITE PREVENTION, AND DIET/LIFESTYLE MANAGEMENT IN RESPONSE TO THE CONDITION.

DATE: 29TH MAY, 2025

SPEAKER: UK EXTENSION STAFF

TIME: 7Pm Eastern

WEBINAR :

Use the QR code or link to register. Those who register for the webinar will be emailed the Zoom login information directly.

For Questions contact:
hunley.jessica@uky.edu
(859) 623-4072

ukfcs.net/AgS



THE APPLE PATCH By Cheri Stacy, Nutrition Assistant Senior

Lemon Broccoli Pasta



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Prep time: 15 minutes
Cook time: 25 minutes

- 1 box (16 ounces) whole-wheat pasta (rotini, spaghetti, bowtie, elbow macaroni)
- 1 package (12 to 14 ounces) frozen broccoli
- Zest of one lemon
- Juice of one lemon (about 2 tablespoons of lemon juice)
- 2 tablespoons olive oil
- 2 1/2 teaspoons garlic powder or 1 clove of garlic, minced
- 2 cups spinach
- 1 cup grated parmesan cheese
- 1 cup reserved pasta water
- Salt and pepper, to taste

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Boil water and prepare pasta according to package directions. Be sure to save 1 cup of pasta water for later use.

3. While the pasta cooks, microwave broccoli for about 5 minutes, or until thawed.
4. In a large saucepan over medium heat, add oil and sauté broccoli for 3-5 minutes.
5. Add cooked pasta to the saucepan with the broccoli. Add lemon zest, lemon juice, garlic, spinach, and reserved pasta water. Use tongs or a spoon to evenly combine everything. Cook until spinach is wilted, about 5 minutes.
6. Sprinkle over parmesan cheese and stir to combine. Reduce heat to low and cook for an additional 3 to 5 minutes or until it reaches desired texture.
7. Serve.
8. Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving size: 1 1/2 cups
Cost per recipe: \$8.56
Cost per serving: \$1.07

Nutrition facts per serving:

320 calories; 9g total fat; 2.5g saturated fat; 0g trans fat; 10mg cholesterol; 200mg sodium; 51g total carbohydrate; 7g dietary fiber; 2g total sugars; 0g added sugars; 13g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium

Source:

Jeannie Noble, RD, Extension Specialist for Nutrition; and Jen Robinson, NEP Area Nutrition Agent, University of Kentucky Cooperative Extension Service



Recipes from the 2025 Food and Nutrition

Recipe Calendar

a Meal

- **Lemon Broccoli Pasta**
- Add chicken, shrimp, or white beans to the pasta
- Cantaloupe



Substitutions

Add zucchini, mushrooms, spinach, or cherry tomatoes or use them in place of broccoli. Any short pasta will work for this recipe. Double the amount of bottled lemon juice if you do not have lemon zest.



Ingredient Spotlight

Broccoli

Broccoli has choline. Choline helps cells to grow. It is also good for your liver, nerves, and more!

Source: FDA's Interactive Nutrition Facts label — Vitamins and Minerals Chart



Parent's Place

If you are interested in joining any of our group(s), make reservations, or have any questions, need referrals, or just to talk, call Pam Francis at 859-623-4072, or psfr222@uky.edu.

GAP (Grandparents As Parents): April 2, 11am-1pm @ the Richmond Library, Room 138. Please call for reservations for set up and supplies. Guest: Jamie Wilson, Relative Supports Program Coordinator: Cabinet for Health and Family Services. We will also have our usual pot luck lunch and an introduction to, "Active Parenting of Teens" by Michael H. Popkin, PhD.

PARENT MATTER (Parenting Encouragement): These are parent only meetings; new members are welcome. Our meeting locations are at both Madison County Public Libraries as follows:

- **Richmond Library on April 1, 3pm to 4:30pm in Room 136.** Please call for set up and supplies. We are covering, "Active Parenting of Teens" by Michael H. Popkin, PhD.
- **Berea Library on April 8, 11:30am to 1pm.** Please call for setup and supplies. We are covering, "Raising a Strong Daughter in a Toxic Culture" by Meg Meeker, M.D.

SMALL FRIENDS is for you and your little ones, prenatal to 5 years of age. It is a great place to make new friends. Small Friends learn about friendship, fun crafts, healthy snacks, and story times. If interested, please call for more information, 859-623-4072.

KEYS TO GREAT PARENTING (KGP): KGP is an informal, FREE 10-week course designed for parents, (grands, expecting, caregivers, relatives, teens, singles and fosters). This is an informal gathering of parents to learn and grow in a supportive and encouraging community. Children do not attend classes and childcare is not provided. Referrals are welcome.

MADISON COUNTY FCS: Our Facebook page for all the upcoming news and class information, <https://www.facebook.com/MadisonCoFCS/>
Visit our webpage to download the latest newsletters <https://madison.ca.uky.edu/>

Jessica Hunley
Family & Consumer Sciences Agent
Madison County
Hunley.jessica@uky.edu

Laugh & learn Playdates

FREE

MARCH
14TH @
WACO
ELEMENTARY
1:30 PM

APRIL
18TH
SJE @ 10:00AM
WACO@1:30 PM

FUN & CREATIVE ACTIVITIES AGES 5 AND UNDER!

MAY
16TH @
WACO
ELEMENTARY
1:30 PM

games, music time, story telling, healthy snacks, positive interactions, new friends, lots of fun!

hunley.jessica@uky.edu for questions or info

FAMILY & CONSUMER SCIENCES
Creating Healthy & Sustainable Families

Cook with Me

Family Cooking series
Children ages 4 and up!

FREE!

At 5:30 PM
March 19th & 26th
April 23rd & 30th
May 20th & 28th

Check with Jessica for class availability!

All materials provided






230 Duncannon Lane
Richmond KY 40475

FOR QUESTIONS/ SINGUPS: EMAIL HUNLEY.JESSICA@UKY.EDU

CRAFTING WITH THE BEST:

Class dates/crafts below; class is free unless otherwise stated. **To reserve your space, contact Pam, 859-623-4072.**

April 4, 10-noon:

Cardmaking with Kathy Langosh. Supplies needed: Light weight glue or double sided tape, bone paper folder (ruler), scissors.



2025 SENIOR FARMERS' MARKET VOUCHER PROGRAM

The Senior Farmers' Market Voucher Program is sponsored through the Kentucky Department of Agriculture. Qualifying participants must be a Madison County resident, age 60 years old before the day of issue, whose income is less than \$2,322 per month.



Each qualifying participant will receive a voucher card worth \$50 redeemable for fresh produce and honey at the Farmers' Markets. Voucher cards will be distributed by the Madison County Cooperative Extension Service by appointment only.

Please bring a valid picture ID. Some seating will be provided for those that wish to wait. Recipients must be present to sign, proxies are welcome.

Call Cheri Stacy at the Madison County Cooperative Extension Service (859) 623-4072 for an appointment.

Vouchers are VERY LIMITED and distributed on a first come, first served basis, so make your appointment early.

Madison County 4-H

SUMMER CAMP

Camp Applications will be available starting March 3rd!

Camp Fees:

Early Bird (March 3rd-14th): \$250

Regular rate (March 15-May16th): \$275

Late Fee (After May 16th): \$300

Applications will only be available in paper form this year. no online registrations! If you would like an application mailed to you, please email Casey your mailing address and camper(s) age(s). casey.faulkner@uky.edu

If you would like to make a tax-deductible contribution to sponsor a child, 4-H gives out \$100 scholarships to families who need it! You can stop by and write a check, or mail one to Madison County 4-H, 230 Duncannon Lane Richmond, KY 40475! Check payable to Madison County 4-H



MADISON COUNTY 4-H TEEN CLUB HOSTS

Cooperative Extension Service

SOCIAL MEDIA AWARENESS: HELP KEEP OUR TEENS SAFE!

Calling ALL Highschool and Middle School aged youth in Madison County! Please make plans to attend our Teen Club meeting on April 1st, 2025. Bring your friends and your parents. This will be one of the most important meetings of the year! Even if you have never been to a meeting, you're still welcome to bring your parent and come to our town hall meeting!

Detective Michael Keeton will discuss the dangers of "sextortion" and how you can keep yourself safe from predators. Other important topics will include healthy relationships and how to identify dataing violence among young people. These are very dangerous topics, which is why it is necessary to learn how to protect ourselves and each other. Please register at the link provided!

230 Duncannon Lane
Richmond, KY 40475

April 1st, 2025
5-6PM



2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

1. SEWING (Apparel & Home Decor)

- a. Basic Garment APPAREL
- b. Specialty¹ Garment APPAREL
- c. Accessory APPAREL
- d. Basic HOME DECOR
- e. Specialty¹ HOME DÉCOR

¹ b. and e. "Specialty" may include appliqued and quilted.

2. ART, 3-Dimensional

- a. Carving
- b. Sculpture

3. ART, NATURAL

- a. Wood
- b. Other

4. ART, RECYCLED (Include a before picture)

- a. Clothing
- b. Household
- c. Other

5. BASKETRY

- a. Cane
- b. Dyed Material
- c. Miniature (under 4 inch)
- d. Novelty
- e. Plain

6. BEADING

- a. Bead Weaving
- b. Non-jewelry Item/Wearable
- c. Miscellaneous

7. CERAMICS

- a. Hand-formed
- b. Molded
- c. Pre-made

8. COUNTED CROSS STITCH

- a. 14 Count & Under
- b. 16-22 Count
- c. Specialty Cloth (linens, etc.)

9. CROCHET

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans
- d. Thread

10. DOLL/TOY MAKING

- a. Cloth
- b. Handmade Toy other than Porcelain/China or Cloth
- c. Porcelain/China

11. DRAWING

- a. Pastels
- b. Pen and Ink
- c. Pen and Ink with Oil Roughing
- d. Pencil or Charcoal-Black
- e. Pencil-Color

12. EMBROIDERY

- a. Basic
- b. Candle Wicking
- c. Crewel
- d. Machine
- e. Ribbon
- f. Smocking
- g. Swedish
- h. Tatting/Lace Making
- i. Chicken Scratch
- j. Punch Needle (under 60" perimeter)
- k. Miscellaneous

13. FELTING*

- a. Needle Method
- b. Wet Method

14. HOLIDAY DECORATIONS

- a. Autumn
- b. Spring
- c. Summer
- d. Winter

2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

16. KNITTING (HAND – with knitting needles)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

17. KNITTING (OTHER – machine / loom)

18. NEEDLEPOINT

- a. Cloth Canvas
- b. Plastic

19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

21. PHOTOGRAPHY (mounted or framed) **

- a. Black & White
- b. Color

22. QUILTS***

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)
- e. Machine Appliqué (machine quilted)

22. QUILTS*** (continued)

- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
- i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking****

24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle, rug (over 60" perimeter)
- d. Woven

25. WALL or DOOR HANGING

- a. Fabric
- b. Other
- c. Diamond Art Mosaic

26. WEAVING

- a. Hand (macrame, caning)
- b. Loom (includes pin weaving)

27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

** Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

***Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

**** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.



The Madison County Extension Homemakers' Annual Meeting has been set for **Tuesday, April 22, 2025, 6:00 pm, (registration starts at 5:30 pm)** at the Extension Office. Join us for a time of fellowship and celebration of the past years' accomplishments. Your board has planned a special event, thanks particularly to the participation of so many clubs and members. You do not need to belong to a club to attend, and we encourage all our Mailbox members to come as well.

This year the menu features Italian, with your choice of Chicken Parmesan, Chicken Alfredo, Pasta Penne with option to choose a vegetarian sauce, together with salad, breadsticks, beverages and dessert.

Along with door prizes, cultural arts items will be available for viewing before and after the meeting. Registration starts at 5:30 pm; meeting starts at 6 pm. The cost is **\$15**. Tickets are not issued for this event, but you will be registered as soon as we receive your reservation form and check. Deadline for reservation is **April 11**. No refunds will be made after April 14.

Board Member Openings: The Treasurer position will be elected at the Annual Meeting. If you would like to be considered for Treasurer, please return your Nomination form to the Extension Office no later than **April 1**. Call for a copy of the Nomination Form, 859-623-4072. We will also be filling chairmen positions.

Cultural Arts: Current extension homemaker members are eligible to submit cultural arts for the annual competition, **on or before April 21, from 9am to noon**. Judging will follow. Detailed categories can be found at https://keha.ca.uky.edu/sites/keha.ca.uky.edu/files/CAH_Exhibit_Categories_Rules_24-25.pdf (see pg. 7)

If you are on the Annual Meeting decorating committee or would like to help decorate, please contact Evonne for setup time and information, 859-412-2508.

Save the Date:

The next Madison County Extension Homemaker Board meeting will be held on July 15, 2025 at 1:00 p.m.



LIGHTING THE WAY THRU HOMEMAKERS - ANNUAL MEETING

Reservation for Tuesday, April 22, 2025 @ 6 pm

(Registration starts at 5:30 pm)

Name: _____ Phone: _____

Email: _____

Address: _____ City/zip: _____

Club Name: _____ OR _____ Mailbox Member _____ Guest

Select 1 Entrée: Chicken Parmesan Chicken Alfredo Pasta Penne w/Vegetarian Sauce

Reservations are \$15 each. If reserving for more than one, please indicate all entrée selections (with name) for a total of \$ _____. Please include names of guests, and any special seating requirements.

Deadline for reservations is April 11.

Note: Check or money order only! No refunds after April 14th.

Please make checks payable to: **Madison County Extension Homemakers**
Return form & check to: **Annual Meeting, 230 Duncannon Lane, Richmond, KY 40475**