



**2025 NEWSLETTER**

**Calendar of Events**

March 10	5pm	Homemaker Leader Lesson "Watch Party"
March 11	12pm – 1pm	Lunch N Learn
March 11	1pm–3pm	Crochet 101: Session 1
March 18	1pm–3pm	Crochet 101: Session 2
March 21	All Day	Jessamine County Cultural Arts
March 24	10am – 11am	Laugh N Learn
March 24	10am	Homemakers Play Pickleball– Mercer County
March 24	5pm	Homemaker Council Meeting
March 25	1pm–3pm	Crochet 101: Session 3
April 3	5:30pm	Area Homemaker Council Meeting at Franklin Co. Extension Office
April 7	5pm	Homemaker Leader Lesson "Watch Party"
April 8	12pm – 1pm	Lunch N Learn (Fall Prevention Presentation)
April 16	All Day	Area Cultural Arts in Garrad County
April 17	5pm –6 pm	Cooking Corner at the Library
April 21–22		Homemaker Brown Indiana Trip
April 24	10am	Move Your Way– Multicounty Program at Franklin Co. Extension Office
April 28	10am – 11am	Laugh N Learn

**Jessamine County Extension Homemaker Clubs**

**Hearts N' Hands**  
 First Tuesday of the month, 11 a.m. at the Extension Office

**Happy**  
 Second Tuesday of the month, 6 p.m. in a member's home

**Garden Club**  
 Third Monday of the month, 1 p.m. at the Extension Office

**4-HMothers**  
 Third Wednesday of the month, 9:30 a.m. in a member's home

**Edgewood Evening**  
 Fourth Monday of the month, 6:00 p.m. at the Extension Office

**Piece Quilters**  
 Every Tuesday, 9:30 a.m., Ag Center RoomA

**Follow us Online!**

**\*\*We post all classes on our Facebook page and website! Following us online is an easy way to stay "in the know" with Jessamine County FCS Extension.**



Jessamine County Family and Consumer Sciences on ... Face book: <https://www.facebook.com/JessamineCountyFCS/>



Check out our county website for information for all program areas!  
<https://jessamine.ca.uky.edu/>



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Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410



Dear Homemakers,

Its Spring time! Yay for warmer weather!

Due to the weather lately, we have had to cancel our Homemaker Council meetings the last few months. With that being said, I have not been able to get our February lessons to you guys so when we meet next, you will receive February and March leader lessons. March leader lesson is fun, so I am excited to pass this one out!

Please make sure you are also turning in your leader lesson ballots that are due to me by March 28th. You have the option to do it individually or as a club. Reminder that Cultural Arts is coming up, so please look at the flyer below for details on times :)

Sincerely, Sara Haag



Jessamine County Extension Agent for Family and Consumer Sciences



MARTIN TOURS, INC.  
224 LOGAN AVE.  
STANFORD, KY 40484  
1-866-346-8687

**TOUR:** BROWN COUNTY, INDIANA  
**GROUP:** FORT HARROD HOMEMAKERS  
Debbie Pierce 859-873-9165  
**DATE:** APRIL 21-22, 2025  
**COST:** \$369.00 Per Person Double Occupancy  
\$359.00 Per Person Triple Occupancy  
\$349.00 Per Person Quad Occupancy  
\$50.00 Per Person Non-Refundable Deposit  
Balance due March 1, 2025.  
**PRICE INCLUDES:** Transportation by motor coach; Dinner and lodging at Brown County Inn. Shopping in Nashville, Indiana. Visit the Brown Co State Park.

**MONDAY, APRIL 21, 2025**

**8:00 AM - 11:00 AM** Leave Lexington – Arrive **Nashville, Indiana**  
**11:15AM - 12:15PM** Lunch (on your own).  
**12:30PM - 4:30 PM** Shopping in the unique village of Nashville, Indiana.  
**4:45PM** Check in at the **Brown Co. Inn.**  
**6:00PM** **Dinner (included) at Brown Co. Inn.**

**TUESDAY, APRIL 22, 2025**

**7:00AM - 8:00AM** Breakfast (on your own).  
**8:00AM - 11:00AM** **Visit the Brown Co. State Park.**  
**11:00AM - 12:00PM** Lunch (on your own) at the park.  
**12:00PM - 3:00PM** Leave Nashville, IN. – arrive Lexington.

THANKS FOR TRAVELING WITH MARTIN TOURS!!!!

**Cooperative Extension Service**  
Family and Consumer Sciences

**JESSAMINE COUNTY HOMEMAKERS 2025**

**Cultural Arts Contest**

Drop off time: March 21st, 8am-10am  
Judging starts at 11am  
Pick up time: March 28th, 8am-4:30pm

Blue Ribbon Winners will advance to the Fort Harrod Area Contest in April and will compete with the other 7 counties.

To view the list of the categories and rules, visit <https://tinyurl.com/22ncsn23> or scan the QR code. You may also stop by the office for a hard copy

**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development  
Lexington, KY 40506

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Lexington, KY 40506

## 2025-2026 Fort Harrod Area Extension Homemakers Lesson Ballot



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

Please check one: Individual Ballot \_\_\_\_\_ Club Ballot, Club Name \_\_\_\_\_

Please choose the top 8 lessons you would like taught in the 2025-2026 Extension Homemaker year. Return your ballot to your County Extension Office **no later than March 30, 2025**.

### Cultural Arts and Heritage

\_\_\_\_\_ **Composition in Photography** – Looking to take photographs that not only capture the memory, but also enhance it? Participants will receive a handout with suggestions for successful composition in photography.

### Environment, Housing, and Energy

\_\_\_\_\_ **Carbon Monoxide** – Carbon monoxide (CO) is a poisonous gas that you can't smell or see. Every year, hundreds of people die from carbon monoxide poisoning and thousands more become ill from it. In this lesson, learn what steps you can take to keep you and your loved ones safe from this dangerous gas that is all around us.

\_\_\_\_\_ **Radon: A Silent Killer** – Do you know which cancer is the nation's leading cause of deaths? It may surprise you. The answer is lung cancer. And something in Kentucky homes may be contributing to the cause. Kentucky leads the nation in the number of new cancer cases and lung cancer deaths. Not only is this because of Kentucky's high smoking rates, but also because of Kentucky's high radon levels.

### International

\_\_\_\_\_ **Creating Welcoming Communities** - All societies experience shifts in culture, and modern America is no exception. With this lesson, become a more prepared community volunteer by understanding how culture makes all of us unique. We will examine our own culture, understand culturally related strengths of both ourselves and of others, and gain an understanding of oppressive experiences and their effects. As we seek to build a stronger Kentucky, KEHA volunteers can lead the way in making the state more welcoming to all newcomers in the Commonwealth.

### Family and Individual Development

\_\_\_\_\_ **Mental Health Matters** - Mental health is important for overall health at every life stage—from childhood through older adulthood. It includes emotional, psychological, and social well-being and affects how a person thinks, feels, and behaves. This lesson will highlight why mental health matters and draw

attention to symptoms of mental health concerns and resources that are available to help with mental well-being.

**\_\_\_\_\_ Navigating Trauma After a Natural Disaster** - This lesson will focus on coping with trauma that may occur after a natural disaster. However, leaders should keep in mind that trauma can result from other forms of loss besides a natural disaster. Trauma is our body's response when we experience an event that is life-threatening or emotionally hurtful. The lesson will provide valuable tips and skills to aid in recognizing and coping with trauma as well as how to help others in the community who might experience trauma.

## **Food, Nutrition, and Health**

**\_\_\_\_\_ Yoga-ta Try This!** - Yoga is far from a new practice but has become popular today as a mainstream form of exercise. There also are many health benefits of doing yoga beyond physical activity. This lesson introduces yoga – what it is, why you might be interested in trying it, and some poses.

**\_\_\_\_\_ How to Get Out of a Mealtime Rut** - When you or a family member find out what is on the menu for dinner, is the typical response “Again?” If you dread the thought of cleaning another dish or you just can't think of the last time you were excited by your own cooking, you may be in a cooking rut. The goal of this lesson is to share creative strategies that you can use to overcome mealtime ruts and prepare meals at home. Participants will be able to explain why it is important to prepare home-cooked meals, describe several creative strategies to come up with meal ideas, and identify ways to reduce barriers related to preparing meals at home.

**\_\_\_\_\_ Inspiring Grandchildren to become Grand Cooks** - Learning cooking skills early in life improves skills and confidence in the kitchen, which can lead to higher diet quality to support health later in life. The decrease in kitchen skills over generations means grandparents are an important resource for helping grandchildren navigate the kitchen. We'll share ideas for bringing different generations together in the kitchen in ways that build confidence, share knowledge and traditions, and create lasting memories.

**\_\_\_\_\_ Gardening Safely** - 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. 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!

**\_\_\_\_\_ Using your Air Fryer** - The air fryer has increased in popularity over the last few years and has become a staple in many kitchens. This small countertop appliance offers a healthier alternative to frying food

and also is popular for reheating leftovers. This lesson will focus on what air fryers are and how they work. We'll discuss the pros and cons, and consumers will feel informed when buying an air fryer.

**\_\_\_\_\_ Planning Thrifty and Healthy Holiday Meals** - Cooking during the holidays doesn't have to be stressful or expensive. This lesson will focus on healthy meal planning strategies and ways to stay within your budget when preparing for a large holiday meal. You will learn kitchen time management strategies to reduce the hassle of cooking, ways to prepare low-cost and delicious recipes, holiday food safety tips, and how to maximize your leftovers to avoid waste.

## **Leadership Development**

**\_\_\_\_\_ The Power of Civic Engagement: Strengthening Our Communities** - Ready to make a difference? In this session, we'll dive into the power of civic engagement and discover how each of us can help shape a more vibrant, inclusive community. Participants will learn about different ways they can get involved — whether through volunteering or participating in local boards and organizations. This lesson is designed to inspire action and provide tools for making a positive difference in your community.

**\_\_\_\_\_ Sharing Your KEHA Message** - Have you ever been asked “What does your group DO?” KEHA members are so vibrant, sometimes it can be hard to include everything in a brief statement. This lesson will help you prepare an “elevator speech” that can quickly summarize what your club or council has to offer! In addition, you will prepare responses to have ready when barriers might get in the way of inviting others to join in active membership.

## **Management and Safety**

**\_\_\_\_\_ Stretching Your Dollar: What to Do When the “Ends” Don't Meet** “Making ends meet” is getting harder in today's economy. This lesson will cover how to make your dollars and resources go farther. The lesson will provide tips for managing your money in financially tough times and offer strategies for saving on groceries, gas, utilities, clothing, and other household essentials. We will explore ways to manage fixed and variable household costs with tips on spending wisely, prioritizing finances, and saving when expenses are tight.

**\_\_\_\_\_ Understanding Your Credit Score** Does one number define you? Find out about the meaning behind credit scores, what makes a good one, and how you can improve yours.

**\_\_\_\_\_ Selecting Sheets** - Cooling? Percalé? Bamboo? Sateen? Can someone please tell us what that all means? With so many types of sheets available, it's easy to get confused. Let's put these questions to bed and unravel the mystery of thread count, too!

# Lunch N Learn

Join us at the Jessamine County Ag Center for  
**Lunch N Learn!**

We will be making the March recipe from the Nutrition Education Program Yearly Recipe Calendar,  
Crunchy Air Fryer Fish

**March 11, 2025**  
12pm - 1pm

Please call the Jessamine County Extension Office at 859-885-4811 by March 6th to register.



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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating  
Lexington, KY 40506



# Lunch N Learn

Join us at the Jessamine County Ag Center for  
**Lunch N Learn!**

We will be making the April recipe from the Nutrition Education Program Yearly Recipe Calendar,  
Lemon Broccoli Pasta

**This month we have the pleasure to have a guest speaker from the Kentucky Safe Aging Coalition to give presentation on Fall Prevention! We are excited to have our guest!**

**April 8, 2025**  
12pm - 1pm

Please call the Jessamine County Extension Office at 859-885-4811 by April 3rd to register.



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# Lunch N Learn

Join us at the Jessamine County Ag Center once a month for  
**Lunch N Learn** as we prepare recipes from the Nutrition Education Program Yearly Recipe Calendar!

**2025 Dates:**  
It will always be from 12pm - 1pm

<b>January 15</b>	<b>July 15</b>
<b>February 18</b>	<b>August 12</b>
<b>March 11</b>	<b>September 9</b>
<b>April 8</b>	<b>October 14</b>
<b>May 20</b>	<b>November 11</b>
<b>June 24</b>	<b>December 9</b>

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**LUNCH & LEARN**



# CROCHET 101

**TUESDAYS, MARCH 11, 18 & 25,  
1:00PM- 3:00PM**

***Deadline to register: Tuesday, March 4  
Call Extension Office at (859) 885-4811 to register.  
Limited Space.***

Ever wanted to learn how to crochet? Knowing how to crochet you can create everything from large Afghans to delicate jewelry. In this series of classes, you will learn the basics about how-to, the materials needed and reading patterns.

Cost is \$25.00 for all 3 sessions and includes, hooks, yarns/threads and other supplies.



Disabilities accommodated with prior notification.

# Laugh and Learn



Join our 2025 Laugh and Learn Playdate Program that targets Kindergarten readiness objectives!

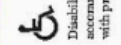
Each month offers learning activities that are relevant to children's development and will coincide to help celebrate holidays or seasonal festivities. FREE for all children ages 3 to 5 and all children must be accompanied by an adult the entire time. Lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities, and free play.

## The 2025 Dates:

January 27	July 28
February 24	August 25
March 24	September 22
April 28	October 27
May 19	November 10
June 23	December 22

**10am- 11am**

Each lesson will be at the Jessamine County Extension Office in the Ag Center. Please call the extension office at (859)885-4811 monthly to register! your child/children!



Disabilities accommodated with prior notification.



# Homemakers Learn Pickleball

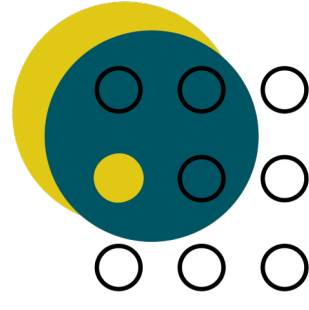
and a GREAT way to move your body! Join us for a hands on explanation of how to play!

Tara's leader lesson will be available as a video on the Fort Harrod FCS YouTube OR you can join her at the Mercer County Office on March 24th to learn how to play Pickleball HANDS ON! **RSVP IS REQUIRED 859-734-4378**

**3/24/2025**

**At 10.00AM**

**Mercer County  
Extension Office**  
1007 Lexington Road, Harrodsburg



# MOVE YOUR WAY<sup>®</sup>

with **B I N G O r i z e**

## Exercise for Everybody

Learn about non-impact exercises to help improve balance, posture, muscular strength, and ability to perform daily living activities.

**Date: April 24, 2025**

**Time: 10am**

**Location: Franklin Co. Extension Office**

**101 Lakeview Court, Frankfort KY**

**Please call (502) 695-9035 to register.**

**Registration deadline is April 17th.**

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

## Lean Green Lettuce Tacos

<b>8</b> large lettuce leaves	<b>¾ pound</b> extra lean ground beef	<b>1 tablespoon</b> finely chopped cilantro
<b>1½ cup</b> cooked brown rice	<b>1</b> small zucchini, chopped	<b>1 teaspoon</b> lime juice
<b>¾ cup</b> fresh corn kernels	<b>1 ounce</b> packet low-sodium taco seasoning	<b>1</b> tomato, chopped
<b>1 cup</b> canned black beans, drained and rinsed	<b>4 ounces</b> low sodium tomato sauce	<b>1</b> small red onion, chopped
<b>1 tablespoon</b> olive oil		

**Wash** and **dry** lettuce leaves. **Prepare** rice according package directions. **Cut** corn off cob. **Drain** and **rinse** black beans. In a skillet, **heat** the oil to medium; **add** ground beef and begin to **cook**. When beef begins to brown, **add** zucchini, corn and black beans to skillet. Continue to **cook** until vegetables are tender and beef is done. Do not overcook. **Add** in taco seasoning and tomato sauce and heat through. **Add** cilantro and lime

juice to the cooked rice. **Place** equal amounts of rice mixture and taco mixture into lettuce leaves. **Top** each taco with chopped tomato and onion.

**Yield:** 8 servings

**Nutritional Analysis:** 180 calories, 4.5 g fat, 1 g saturated fat, 20 mg cholesterol, 350 mg sodium, 23 g carbohydrate, 4 g fiber, 5 g sugars, 12 g protein.

