



# OPEN HOUSE

- 10524 US HWY 25 E
- MARCH 25th
- 1:00-4:00PM

JOIN US TO CELEBRATE THE OPENING OF OUR NEW OFFICE! TOUR THE FACILITY, ENJOY REFRESHMENTS, AND LEARN ABOUT THE PROGRAMMING OFFERED BY 4-H YOUTH DEVELOPMENT, FAMILY AND CONSUMER SCIENCES, AGRICULTURE AND NATURAL RESOURCES, AND THE NUTRITION EDUCATIONAL PROGRAM.

## 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

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# Bell County Homemaker Newsletter

March/April 2025



## Quote of the Month

**"When one flower blooms, spring awakens everywhere."**  
-John O'Donohue

## OPEN HOUSE!

Join us for our open house on Tuesday, March 25th, from 1:00pm - 4:00 pm in the meeting room. Please call if you would like to attend!

## Spring Cleaning for your Mental Health!

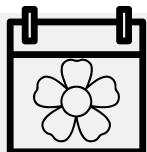
**Beyond the physical benefits of a clean and organized home, spring cleaning can offer mental health advantages. Clutter can contribute to feelings of anxiety, being overwhelmed, and even depression, while a tidy space can promote mental clarity and a sense of calm.**

**To maximize the benefits of spring cleaning, consider following these strategies:**

- **Prioritize tasks:** Begin with smaller, manageable tasks to avoid feeling overwhelmed. This could involve de-cluttering a drawer, organizing a bookshelf, or washing windows.
- **Focus on one room at a time:** Instead of getting bogged down, concentrate on one area at a time. This can help prevent burnout and provide a sense of accomplishment as you complete each space.
- **Use a timer:** Set time limits to maintain focus and prevent procrastination. This can also help you break down larger tasks into smaller, more manageable chunks.
- **Spread out the cleaning:** Don't try to do everything at once. Spread out the cleaning process over several days, or weeks to avoid feeling overwhelmed and to allow for rest and recovery.
- **Ask for help:** Don't hesitate to ask friends or family for help, especially with heavy or time-consuming tasks. This can make the process more enjoyable and efficient.
- **Mindful cleaning:** Practice mindfulness while cleaning by focusing on the present moment and the sensations of your body. This can help reduce stress and promote relaxation.
- **Celebrate your progress.** Acknowledge and reward yourself for your accomplishments along the way. This can help boost your motivation and maintain a positive outlook.

*Celebrate your progress. Acknowledge and reward yourself for your accomplishments along the way. This can help boost your motivation and maintain a positive outlook.*

Source: Dr. Natese Dockery, Clinical Assistant Professor and Extension Specialist for Mental Health and Well-Being.



# Upcoming Programs & Announcements

PLEASE CALL TO REGISTER FOR EVENTS (606-337-2376)

**MAR.18** PASTA - EXTENSION OFFICE MEETING ROOM  
- 11:00AM

**MAR. 25** OPEN HOUSE - MEETING ROOM - 1:00PM-4:00PM

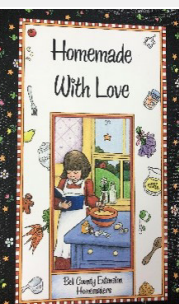
**MAR. 27** LEARN, LAUGH, & CRAFT - SPRING STRING ART  
- MEETING ROOM - 1:00PM



**APR. 2** HOMEMAKER COUNCIL MEETING - 10:00AM - MEETING ROOM

**APR. 15** PASTA - EXTENSION OFFICE - MEETING ROOM  
- 11:00AM

**APR. 30** TISSUE PAPER FLOWERS - SHARON BURCHFIELD - EXTENSION  
OFFICE MEETING ROOM - TIME TBD



**Bell County Homemakers**  
**"Homemade with Love" Cookbooks \$15**

## Recipe of the Month

**Nutrition facts per serving:** 390 Calories, 16g fat, 3.5g saturated fat, 0 mg cholesterol, 200 mg sodium, 52 g carbohydrate, 1 g fiber, 6 g sugars, 0 g added sugars, 10 g protein

### INGREDIENTS:

- 4 TABLESPOONS OLIVE OIL, DIVIDED
- 2 CLOVES GARLIC, MINCED
- 1 SMALL ZUCCHINI, CHOPPED
- 1 SMALL YELLOW SQUASH, CHOPPED
- 2 TOMATOES, CHOPPED
- 1/2 CUP GREEN ONIONS, CHOPPED
- SALT AND PEPPER TO TASTE
- 2 TABLESPOONS BALSAMIC VINEGAR
- 1 TEASPOON DRIED BASIL
- 8 OUNCES WHOLE WHEAT PASTA
- 1 TABLESPOON PARMESAN, GRATED

### DIRECTIONS:

1. IN LARGE SKILLET, HEAT 1 TABLESPOON OLIVE OIL OVER MEDIUM HEAT. ADD MINCED GARLIC AND COOK ONE MINUTE, UNTIL FRAGRANT.
2. ADD CHOPPED ZUCCHINI, SQUASH, TOMATOES, AND GREEN ONIONS, AND COOK UNTIL TENDER. ADD SALT AND PEPPER TO TASTE.
3. IN A LARGE BOWL, WHISK TOGETHER 3 TABLESPOONS OLIVE OIL, BALSAMIC VINEGAR, AND DRIED BASIL.
4. STIR IN ZUCCHINI, SQUASH, TOMATOES, AND GREEN ONIONS. LET SIT FOR 5 TO 10 MINUTES.
5. IN A LARGE POT, COOK PASTA IN SALTED WATER ABOUT 7 MINUTES, UNTIL AL DENTE. DRAIN.
6. TOSS PASTA WITH VEGETABLE MIXTURE UNTIL INCORPORATED. SPRINKLE WITH PARMESAN CHEESE. SERVE WARM.



**BALSAMIC  
VEGGIE PASTA**

**SERVINGS:4 SERVING SIZE:2 CUPS**



# BELL COUNTY 4-H NEWSLETTER



## 4-H CAMP APPLICATIONS

APPLICATIONS WILL BE AVAILABLE SOON FOR  
CAMPER AGES 9-14.

STOP IN OUR OFFICE TO PICK UP AN APPLICATION, OR  
YOU CAN FIND THE APPLICATION ON OUR WEBSITE  
[bell.ca.uky.edu](http://bell.ca.uky.edu)

**CAMPING DATES:** 380 J.M. Feltner Road  
**JUNE 10TH- 13TH** London, KY 40744  
(606) 864-2770

## 4-H CAMP SPONSORSHIPS

Along with most things,  
the price of sending  
campers to JM Feltner is  
continuing to rise. If  
you would like to  
sponsor a youth for 4-H  
Camp 2025 or make a  
donation to our 4-H  
Council to keep the cost  
of camp down for local  
families, please contact  
our office for more  
details to do so!

## BELL CO. CLOVERBUDS



On March 3rd, we had our first Bell Co. Cloverbuds meeting here in the new office. We had an outstanding attendance of 16 participants ages 5-8! This year's lessons are all focus on healthy lifestyles. Cloverbuds learned the difference between physical and resting activities, created their own trail mix, and made their own exercise spinners to help making staying active fun. If you have a youth or know one interested in a club filled with bright young minds, call us for more information! Club meetings are the first Monday or every month

## UPCOMING EVENTS

**Bell Co. Cloverbuds**  
@ Extension Office  
5:30-6:30pm  
04/07/2025  
05/05/2025

**Grab N Go  
Bags**  
03/12  
03/26  
04/09  
04/23

**Middlesboro  
4-H Club**  
@KCTCS  
3:30-4:30pm  
03/19/2025  
04/16/2025

# Now Taking ROOTSTOCK ORDERS

Apple and Pear Rootstock \$2 each

Place your order by March 7th at the  
Bell County Extension office.

Stock is limited, and will be processed  
on a first-come, first-serve basis.

Bell County Cooperative Extension  
10524 US HWY 25E  
Pineville, KY 40977  
606-337-2376



# SPRING Plant Sale

VISIT THE BELL COUNTY  
EXTENSION OFFICE TODAY TO PICK  
UP A ORDER FORM.



## Strawberries

Allstar & Earliglow  
\$7 (bundle of 25)



## Blackberries

Natchez  
\$5 each



## Blueberries

Duke & Chandler  
\$9 each



## Raspberries

Prelude (Red) & Jewel  
Black Raspberries  
\$5 each



## Asparagus

Millennium  
\$1 each



## Onion Plants

Candy Variety  
\$5 (bundle of 60 plants)

Orders and  
pre-payment  
must be  
received by  
Friday, March  
7th.

10524 US Highway 25E  
Pineville, KY 40977  
606-337-2376



**FCS, 4-H, ANR, AND NEP  
PROGRAMS AND EVENTS**

# March 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11 Bell Co. Rocks 5:00pm	12	13 Cooking Through the Calendar 5:30pm	14	15
16	17	18 PASTA 11:00am	19 Middlesboro 4-H Club 3:30-4:30 pm	20	21	22
23	24 Wilderness Rd Beekeepers Club 6:00-7:00pm	25 Open House 1:00-4:00pm	26	27 Learn, Laugh, & Craft 1:00pm	28	29
30	31 Eating for the Health of it 2:00pm					



**FCS, 4-H, ANR, AND NEP  
PROGRAMS AND EVENTS**

# APRIL 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Homemaker Council Meeting 10:00AM	3	4	5
6	7 Bell Co Cloverbuds 5:30-6:30pm	8 Bell Co. Rocks 5:00pm	9	10 Cooking Through the Calendar 5:30pm	11	12
13	14 Homemaker Scholarship Deadline	15 PASTA 11:00am	16 Middlesboro 4-H Club 3:30-4:30 pm	17	18 4-H Scholarship Deadline	19
20	21	22	23	24	25	26
27	28 Eating for the Health of it 2:00pm  Wilderness Rd Beekeepers Club 6:00-7:00pm	29	30 Tissue Paper Flowers Class - Time TBD			

Bell County  
10524 US Highway 25E  
Pineville, KY 40977-1635

RETURN SERVICE REQUESTED

## **Bell County Cooperative Extension Newsletter**

### ***Bell County Extension Staff:***

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#### **Connect with us:**



606-337-2376



<http://bell.ca.uky.edu>



Bell County Cooperative Extension Service

***Are you interested in going  
paperless? We are now offering our  
Bi-Monthly Joint Newsletter via  
email! If you're interested in making  
the switch, call our office.***

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.