

Cooperative Extension Service
Bell County
101 Courthouse Square
Pineville, Kentucky 40977-1635
(606) 337-2376
Fax: (606) 337-6739
extension.ca.uky.edu

Bell County Homemaker Newsletter

April/May 2023

Quote of the Month



Your mind is like a garden.
Your thoughts are seeds.
You can grow flowers or
you can grow weeds.

unknown

Our office is open to the public and we are here to serve you! If you are still unsure about venturing out, we can be reached by phone at 337-2376 or by email.

rebeccaj.miller@uky.edu

brian.good@uky.edu

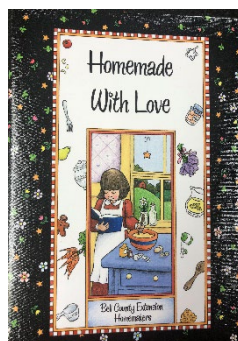
michelle.key@uky.edu

christy.blevins@uky.edu

tanzi.rader@uky.edu

If you need anything just let us know.
Continue to stay safe and healthy.

Homemaker Cookbooks Now On Sale



Homemade with Love Cookbooks are now on sale at the Extension Office. Cookbooks are \$15 and would make a wonderful gift.



Homemaker Scholarship application deadline is Monday, April 17th.

Quilt Squares Needed



Our homemaker council is calling all members to make a quilt square to complete a quilt to be placed in our new building. Deadline for submission is Friday, June 30th. Squares need to be on a finished 12x12 piece and on cotton fabric.

Basket Donations

We are putting together a homemade basket to help fund our homemaker scholarships. If each member could bring something handmade or made local, that will help us to get donations. Deadline to have your items in the Extension Office is Friday, May 12th.

Tasty Tuesday



Join us Tuesday, May 16th at 1:00 pm in the Extension Office to make Rainbow Pasta Salad. Call the office to register.

Family Day Out

Join us Saturday, May 20th at 10:00 am at Newtown Park for Family Day Out! We will have a storybook walk, activities for your kids and snacks. For more information call our office at 337-2376.



KMLF Homemaker's Quilt Show 20223



Our annual Kentucky Mountain Laurel Festival Quilt Show is back.

Registration will be Wednesday, May 24th 9-4 (enter on the fountain side of courthouse)

Viewing of quilts will be Thursday, May 25th 9-4 and Friday, May 26th 10-6

Quilt pick up will be after the parade until 1:00 pm.

Be sure to enter your quilts and come visit the show that will be located in the basement of the Old Bell County Courthouse.

Plan Ahead for Canning Season

Now is the time to start preparing for canning season. It is always a good idea to purchase your supplies early so you are not running around hunting for supplies at the last minute. You can buy canning

supplies at many grocery stores, home goods and farm supply stores, hardware stores, big box retailers, and online.

Begin by taking an inventory of your supplies. See what you have on hand and what you need to buy before heading to the store. Inspect gaskets on pressure canners and make sure your racks are in good condition. Now is the perfect time to take your dial gauge canner to the Extension Office and have agents check it for accuracy. Gauges should be checked once a year, and this service is free. Don't forget to check your jars too. You can reuse canning jars year after year as long as they are not chipped, cracked, or have nicks along the sealing edge. You can also use ring bands over and over if they are not rusted.

When purchasing new jars, buy mason-type jars specifically made for canning. Other types of jars such as storage jars or craft jars are not suitable for canning and may break under the high temperatures of processing. You will also need lids and rings to seal the jars. Experts recommend two-piece lids (flat lid and ring band). If you cannot find two-piece lids, you can buy one-piece lids for use in a boiling water bath canner. Do not use one-piece lids in a pressure canner.

Get more information on canning, including research-based recipes, by contacting your local County Extension Office.

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist

Recipe of the Month

Cauliflower on the Side



Ingredients:

- 1 large head of cauliflower
- 1 tablespoon extra-virgin olive oil
- 1 cup minced onions
- 2 tablespoons extra-virgin olive oil
- 3/4 cup whole wheat seasoned bread crumbs
- 1 teaspoon garlic powder
- 1/4 cup shredded Parmesan cheese
- Salt and pepper, to taste

Directions:

1. Wash cauliflower head, remove leaves and core.
2. Place head in a large pot and cover with water. Bring to a boil over high heat. Reduce heat to medium low; cover and simmer until fork-tender, 5-7 minutes.

3. Drain and allow to cool for 1-2 minutes.
4. Chop into bite size pieces.
5. Put 1 tablespoon of olive oil in a skillet over medium-high heat. Sauté the onion in oil until browned, about 5 minutes.
6. Add 2 tablespoons of olive oil to onion. Stir in the bread crumbs and garlic powder; cook until mixture bubbles.
7. Add the cauliflower and Parmesan cheese to the onion mixture. Cook 3-5 minutes, until cauliflower is warm.
8. Season with salt and pepper, serve hot.

Servings: 12, 1/2 cup

Nutritional Analysis: 70 calories; 4g fat; 1g saturated fat; 0mg cholesterol; 55mg sodium; 8g carbohydrate; 1g fiber; 2g sugar; 2g protein.

Source: *Plate it up! Kentucky Proud Project.*



NONPROFIT ORG
US POSTAGE PAID
Pineville, Ky
PERMIT 77

**For more information about the Bell County
Cooperative Extension Service:**

Visit our website at:

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

**Follow us on Facebook at Bell County Cooperat
Extension Service**

**Rebecca Miller
Bell County Extension Agent
For Family and Consumer Sciences**

Bell County
101 Courthouse Square
Pineville, Ky. 40977-1635

RETURN SERVICE REQUESTED



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

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.