

FAMILY & CONSUMER SCIENCES



Anderson County Extension Family & Consumer Sciences Newsletter April, 2025 Building Strong Families

Cooperative Extension Service
Anderson County
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Lawrenceburg, KY 40342
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Important Dates:

- April 1**—WITS Workout, 10 a.m.
- April 5**—Basket Guild, 10—3 p.m.
- April 7**—Quilt Guild, 5:30 p.m.
- April 8**—WITS Workout, 10 a.m.
- April 10**—EH Project Day, 9—2:30 p.m.
- April 12**—2nd Saturday Sew, 10—4 p.m.
- April 14**—Little Circle, 12 p.m.
Friendship Circle, 5 p.m.
- April 15**—WITS Workout, 10 a.m.
- April 16**—Ft. Harrod Area Cultural Arts Contest,
Garrard County Extension Office
- April 17**—Lunch & Learn, 11 a.m.
- April 19**—Homemaker Craft Day, 10—2 p.m.
- April 22**—WITS Workout, 10 a.m.
- April 24**—Homemaker Council Meeting, 10 a.m.
- April 26**—Quilting Bees, 10—4 p.m.
- April 29**—WITS Workout, 10 a.m.

A Message From The County President:

Congratulations to all County Cultural Arts Contest participants. We had a great turnout with 63 entries and 33 of these received blue ribbons. As county winners those entries will advance to area competition. So many beautiful items from a very talented group.

We are moving into a very busy time of year. We will be working on plans for the County Annual Meeting (Self Care/Spa theme) to be in June and the Home Craft and Garden Fair in July. We are looking to include 4-H in the fair. If you would like to help us plan these, please let us know. We can always use fresh ideas.

Don't forget we are looking for a new County President and Secretary for the 2025-2027 term. Please consider serving or encourage someone you know would be good in this role.

*Mattie Spaulding
Acting County President*



Lunch & Learn

April 17, 11:00 a.m.—12 p.m.

Call the Extension Office at 839-7271
to register!

FREE!!

Join the homemakers as our FCS Agent, Kennedy Hannah, demonstrates recipes from the 2025 Food and Nutrition Recipe Calendar! He will be sharing "Lemon Broccoli Pasta" this month!



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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Disabilities
accommodated
with prior notification.

2025 Anderson County Cultural Arts Blue Ribbon Winners

Peggy	Franklin	Doll/Toy Making, Cloth	Caterpillar, yo yo
Peggy	Franklin	Painting, Art; Acrylic	Christmas Ornament
Peggy	Franklin	Paper Crafting, Card Making	Cards
Donna	Gribble	Ceramics, Pre-made	Chip and Dip
Donna	Gribble	Crochet, Accessory	Teal Hat
Kay	Scheffler	Holiday Decorations, Autumn	Trick or Treat Bag, Black
Kay	Scheffler	Wall or Door Hanging, Other	Button Christmas Tree
Linda	Connelly	Felting, Needle	Felted Snowman head
Linda	Connelly	Sewing, Specialty Home Decor	Toiletry Bag
Sue	Shelton	Quilts, Novelty	Quilt, Lighthouses
Sue	Shelton	Embroidery, Basic	Birds
Joan	Beard	Painting, Decorative; Other	Painted Chicken
Joan	Beard	Wall or Door Hanging, Fabric	Path of Life
Joan	Beard	Miscellaneous	Pin Cushion Cup
Joan	Beard	Holiday Decorations, Winter	Ornament
Joan	Beard	Holiday Decorations, Spring	Whisk Dragonfly
Betty Jo	Moss	Crochet, Fashion	Fashion Shawl, pink, white purple
Peggianna	Conway	Quilts, Machine Pieced	Anita Arrowhead
Peggianna	Conway	Quilts, Baby-size	One block wonder, pink
Peggianna	Conway	Art/Natural, Wood	Snowflake
Peggianna	Conway	Wall or Door Hanging, Diamond	Diamond Art
Peggianna	Conway	Photography, Color	Dogs
Peggianna	Conway	Photography, Black and White	Kids
Peggianna	Conway	Paper Crafting, Quilling	Quilling Flowers
Peggianna	Conway	Basketry, Novelty	Rope Basket
Peggianna	Conway	Sewing, Accessory Apparel	Sewing Bag Red
Marsha	Cole	Basketry, Dyed	Teal
Marsha	Cole	Needlepoint, Cloth Canvas	Angel
Marsha	Cole	Sewing, Specialty Garment	Quilt Hug, batik
Marsha	Cole	Sewing, Basic Garment	Jacket
Marsha	Cole	Holiday Decorations, Summer	Table Topper Purple
Marsha	Cole	Sewing, Basic Home Decor	Table runner, Teal
Marsha	Cole	Quilts, Miscellaneous	Flying Geese

Fort Harrod Area Cultural Arts Contest

Congratulations to all those who won ribbons at the County level! County winners will compete at the Ft. Harrod Area Cultural Arts Contest in Garrard County on Wednesday, April 16th. Blue ribbon winners from the County Cultural Arts Contest should bring their items to the Anderson County Extension Office before 4:30 p.m. on April 15th.

It's time to submit a class for the 2025 It's Sew Fine: Sewing Expo

This is an opportunity to teach a class on garment construction, home décor, quilting or accessory classes. The Expo will be at the Boyle County Extension Office on **September 4th and 5th 2025**. Your class can be full day, half day or if needed 1 ½ days in length. ***The deadline for submission is May 1st.*** Please email tara.duty@uky.edu with any questions. To submit an application please follow this link: <https://form.platoforms.com/fr32zdhwr7e> or use the QR code below.

Submitting an application does not guarantee class selection. Committee will make final class selections and notify instructors by June 1st.



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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notific

You can view this newsletter & find a variety of other information & upcoming events on our county website.

Visit us at: <http://anderson.ca.uky.edu>

Follow us on Facebook: <http://www.facebook.com/andersoncountyCES>

Become a smoothie-making pro with these simple, nutritional steps

Smoothies are a convenient way to add nutrients to your diet, adding variety to what and how you eat. Smoothies are simple because you combine all the ingredients into one spot, then blend and enjoy.

With a little practice and these tips listed, you can become a smoothie-making pro.

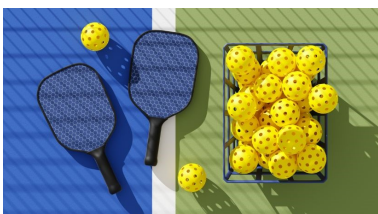


- Add over-ripened fruits and vegetables. Over time, this can reduce food waste and save food dollars in your home.
- Consider buying single-serving blenders. These are typically less expensive than a true blender. You can also buy blenders secondhand or refurbished, generally discounted around the holiday season. If you do not have a blender, make smoothies in a food processor or with an immersion blender instead.
- Enjoy smoothies right after you prepare them. When you have leftovers, you can drink smoothies within 24 hours if you store them in an airtight container in the refrigerator. You can also pour leftovers into an ice tray with a toothpick or a popsicle tray to freeze and enjoy later.
- Smoothies are a healthy way to supplement meals. They are an easier way to take in calories when eating a meal may be difficult. This is an important consideration during sickness, if someone is managing a chronic condition, or needs to gain weight.
- Smoothies offer variety. You can easily change smoothies to your liking. The next time you make one, try adding a new ingredient or removing one you may not have liked.
- Store-bought smoothie options can be more convenient, but not typically healthier. These options are generally more expensive, high in added sugar and less nutritious than homemade. At home, you can add what you want and simultaneously save food dollars.
- You may have heard of “juicing.” When you juice a fruit or vegetable, you remove fiber and most micronutrients. This is what makes a smoothie a more nutritious option. Smoothies include fiber, vitamins, minerals, antioxidants and phytochemicals you only get when you eat the entire fruit or vegetable.
- With the right ingredients, smoothies can be a balanced meal. Add multiple food groups to your smoothie to meet nutrient needs. For example, a smoothie made with yogurt, strawberries, a banana, spinach and oats provide nutrients from the dairy, fruit, vegetable and grain food groups.
- Smoothies are an easy clean up. To make clean up a breeze, fill the blender or food processor halfway up with water, add a dash of dish soap, and blend. It’s that simple. For other creative ideas for adding nutritious foods to the diet, look for upcoming programs and classes at your local Anderson County Extension office.

Source: Heather Norman-Burgdolf, UK Extension Specialist for Food and Nutrition; Anna Cason, UK Senior Extension Associate

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“KEHA Plays Pickleball”



The leadership lesson for April is “KEHA Plays Pickleball.” The YouTube links for this lesson cover What pickleball is; How to Play; and Basics for Success. The links for this lesson have been sent to all homemakers, but if you need additional information, please call the office at 502-839-7271.

Let us know if you have any questions about this newsletter or need additional information

Susan Campbell

Susan Campbell, Anderson County Extension Agent for 4-H/Youth Development/FCS

Kennedy Hannah, Anderson County FCS Agent