

HENDERSON COUNTY EXTENSION FCS NEWSLETTER

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- Garden Your Way to Better Health

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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.

HOMEMAKER HAPPENINGS

Club Meetings:

Town and Country - 3rd Monday of each month at 6:00 p.m. in the Expo Kitchen

Happy Knitters - every Tuesday at 10:00 a.m. in the Expo Conference Room

Niagara - 3rd Wednesday of each month at 10:00 a.m. at Cash Creek Baptist Church

Central - 2nd Thursday of each month at 11:00 a.m. at St. Paul's Episcopal Church

Crafty Cats - 4th Thursday of each month at 4:00 p.m. at Redbanks Pleasant Pointe

Roll Call:

In May, we celebrate mothers. Share a favorite memory with your mother.

Lesson for the Month:

Strong Bones for Life:
Prevent Osteoporosis

Thought for the Day:

"There's no load I can't hold
A road so rough, this I know
I'll be there when the light comes in
Just tell 'em we're survivors"
Life is a Highway
Rascall Flatts 2006 (Cars Movie)



Sewing Class

We will meet every Thursday at
10:00 a.m.

This group is for:

- Those who want to learn to sew
- Those interested in tackling a new project

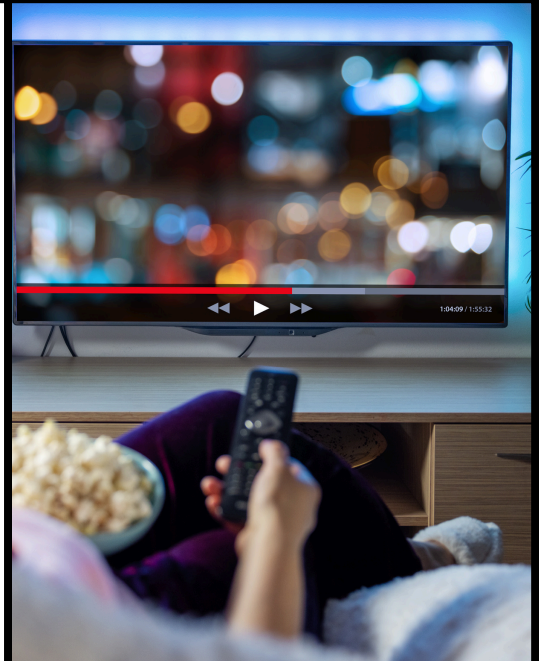
Feel free to bring your own projects to work on,
or we will provide a supply list for new projects
based on the patterns available at each class.



Continue to Watch and Listen:

TV - Lifestyles on News25 on
the 2nd Tuesday of each
month

Radio - every Thursday
morning on WSON at
6:50 a.m.



Cancer Support Group

Open to Everyone

The group meets on the
3rd Monday of each
month at 3:00 p.m.

Beginners Quilt Piecing Class

- Basic sewing skills and machine knowledge are required.
- You may choose to follow along with the group project or work independently.
- String quilting is one of the projects we will complete.

When: 2nd Thursday of every month

Where: Henderson County Extension
Expo Building in the project room

Time: 5:30-8:00 p.m.

Call the office to reserve a seat at
270-826-8387



Check out our new and
improved website

<https://henderson.ca.uky.edu/fcs>



Farmers Market Opening Day

Make plans to attend the Opening Day
of the Henderson Farmers Market!

May 3rd

8:00 a.m. 12:00 p.m.



Reminders

Remember to bring items for the birthday box for Christian Community Outreach.

Boxes should include:

- Recipe
- Regular size can of soda (12 oz)
- Box of cake mix
- Cake icing
- 9 x 13 cake pan
- Sprinkles (optional)
- Candles



AVAILABLE ONLY AT

**Henderson County
Education and Expo Center**

(located behind the Extension Office)

3099 Zion Road

(270) 826-8387

SENIOR FARMERS MARKET NUTRITION PROGRAM

FOOD VOUCHER CARDS

Friday, May 9, 2025

9 am until Noon

(or until vouchers gone)

**First Come
FIRST
SERVED!**

***Limited Number of Cards
Available***

REQUIREMENTS

- **MUST bring a State Issued Identification for age verification**
- **Income level is 185% of the federal poverty level or less**

***If you previously received a
voucher card, please bring it
with you!**



**Cooperative
Extension Service**

Distributing Agency is
Henderson County
Cooperative Extension



Wicks and Whimsy Candles, Parfaits & Play!

A Special Bonding Day for Moms, Grandmas,
Aunts, Mother Figures & Kiddos



Join us as we celebrate the special women in our lives with an evening full of creativity, sweetness, and giggles! Bring your little one (or older one!) and join us for a hands-on experience.

Candle Making Fun

Create a custom-scented candle together—mix your scents, and pour your love into every layer!

Build-Your-Own Parfaits

Design a sweet treat from a fun parfait bar. A delicious way to make memories!

Interactive Games

From silly games to sweet surprises, we've got plenty of fun planned for all ages.

Spots are limited — reserve yours today!
Call the Extension office at 270-826-8387

When: May 8th at 5:00 p.m.

Who: Moms, Grandmas, Aunts, Mother
Figures & Kids (Ages 5 and up)

Where: Henderson County Extension
Expo Building (Behind Farm Bureau)

Cost: FREE!!

Henderson County Extension
3341 Zion Road
Henderson, KY 42420





Garden Your Way to Better Health

Gardening is fun and healthy. It makes your space look nice, gives you fresh food, and helps your body. Digging, planting, pulling weeds, and watering plants are all great ways to work out and stay healthy.

Gardening is something anyone can do. It doesn't matter how old you are. It's a simple way to move your body while using a lot of muscles. Michigan State University says gardening can help adults reach the Centers for Disease Control and Prevention's goal of 150 minutes of moderate exercise each week. Moderate exercise gets

your heart rate up and makes you breathe a little faster. When you garden, it gives your whole body a workout. It offers many benefits, such as:

- **Burning Calories:** Gardening can burn 200 to 400 calories an hour, based on how hard you work.
- **Heart Health:** It helps your heart stay healthy by raising your heart rate and getting better blood flow.
- **Building Strength:** Tasks like lifting tools and digging make your muscles stronger.

- **Stretching and Balance:** Bending, stretching, and reaching help you stay flexible and balanced.
- **Stress Relief:** Spending time in nature helps you feel calm, lowers stress, and lifts your mood.

By gardening regularly, you can stay active, feel happier, and enjoy the reward of growing your own plants while spending time in nature.

Source: Monica Mundy, Extension Specialist for Community and Family Health

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3341 Zion Road
Henderson KY 42420

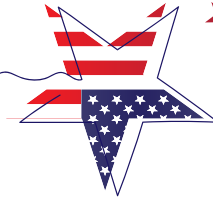
RETURN SERVICE REQUESTED

Apple Sage Pork Chops

Wash hands with soap and warm water, scrubbing for at least 20 seconds. Gently clean all produce under cool running water. Mix flour, sage, garlic, thyme, and salt together in a small bowl. Sprinkle 1 1/2 tablespoons of the mixture over both sides of the pork chops. Remember to wash hands after handling raw meat. Heat oil in a large skillet over medium-high heat. Sear pork chops for 2 to 3 minutes on each side. Pan will smoke a little. Remove pork chops from the pan and set aside. Reduce heat to medium. To the same skillet, add onion and cook for 2 minutes, or until soft. Add apples, and continue cooking until tender, about 2 minutes. Add apple juice, brown sugar, and remaining spice mixture and stir to dissolve. Return pork chops to the skillet by nestling them in the pan. Bring the liquid to a boil, reduce heat to low, and simmer for 5 minutes or until the pork is cooked through and reaches 145 degrees F on a food thermometer. Refrigerate leftovers within 2 hours.

Yield: 4 servings. **Nutrition Analysis:** 310 calories, 10g total fat, 1.5g saturated fat, 50mg cholesterol, 660mg sodium, 35g total carbohydrate, 3g fiber, 25g total sugars, 7g added sugars, 22g protein, 6% DV vitamin D, 2% DV calcium, 6% DV iron, 15% DV potassium.

- 1 tablespoon flour
- 1 teaspoon dried sage
- 2 tablespoons garlic powder
- 1/2 teaspoon ground thyme
- 1 teaspoon salt
- 4 boneless center cut pork chops
- 2 tablespoons oil
- 1/2 large onion, thinly sliced
- 2 thinly sliced red apples
- 1 cup unsweetened apple juice
- 2 tablespoons brown sugar (optional)



Memorial Day

Our office will be closed on May 26, 2025

