

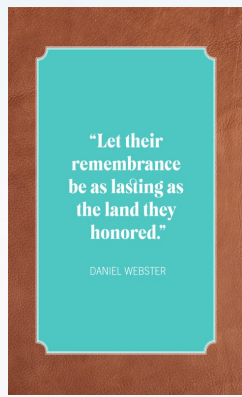


# Homemakers F&CS

FAMILY & CONSUMER SCIENCES - EXTENSION HOMEMAKER NEWSLETTER MAY 2023

Dear Owen County Extension Homemakers,

We have lots of things coming up in May including a class with Firing Squad Ceramics on the first day of May and the KEHA State Meeting in Louisville the second week of the month. Speaking of Louisville, Let's Talk Derby. The Kentucky Derby is the



Greatest Two Minutes in Sports where Thoroughbreds Run For The Roses the first Saturday in May. Let's also not forget about Memorial Day on Monday, May 29th. Memorial Day is so much more than grilling out and ice cream, it is a day of observance to remember and thank the millions of Americans in uniforms that gave their lives for this country. Make sure to take the time with your friends and family to show respect and honor those heroic men and women who gave you the freedoms you have. Red poppies are the symbol to represent their ultimate sacrifice, so as the holiday approaches you will notice these beautiful vivid flowers everywhere.



Also, in May is Mother's Day. We are hosting a Mother's Day Tea here at the Extension Office on Saturday, May 13th at 2pm. The flyer is on page 3. Please join us and invite others to join with you! There is a small charge of \$5 per person. We welcome all!

4-H Camp is June 26th-30th. Several campers are applying for scholarships due to inflation raising the cost to \$280 per camper. If you like to make a donation, you can make checks payable to Owen County 4-H Council. Any amount of donation would be greatly appreciated.



Also, if you would like to volunteer to help 4-H sewing complete projects on June 5th and 6th from 9:00 AM- 2:00 PM at the Extension Office it would be great.

With summer quickly approaching and County Fair right around the corner, we are looking for volunteers to help with County Fair exhibits so if you are able and willing to help in any way, please reach out and let us know! For more information refer to the flyer on page 9!



Chelsea Young  
Owen Co.  
Extension Agent For Family & Consumer Sciences



# DEEP THOUGHTS WITH DENISE

*Welcome May! Only three more "thoughts from me" left in my term, time has flown by this past two years.*

*May is a busy month for me lots of self-care with doctor/dentist appointments, haircut, planning for Mother's Day with my Mom, one of my favorite activities Bluegrass Care Navigators derby brunch fundraiser, and the Kentucky Extension Homemakers state meeting. It is also the last month of school which the littlest one at my house is so excited about the 26 days count down, that we look at the calendar to see what the next day will be. It has sidetracked his sister and him from asking when will the pool be ready so we can swim, which won't be started before the middle of the month.*

*Are you interested in attending craft club? We are in the process of planning the meetings for the next few months. If you are interested, please let me know or call the office and let us know if you are interested and what day is best for you.*

*We still need a vice president to fill out the rest of the next three month. President and Vice President are still needed to lead the Owen County Extension Homemakers for the next two years. Please consider running for office.*

**Denise Perkins**

## Homemaker Book List

**Kentucky Heirloom Seeds: Growing, Eating Saving** by Bill Best and Dobree Adams (2022). Practical advice for the homemaker on how to make the most of Kentucky's native heirloom produce varieties.

**The Hitchhiker's Guide to the Galaxy** by Douglas Adams (1979). This hilarious science fictional novel is lengthy, but an easy read. With a consistently sarcastic protagonist Arthur from Earth joined by a depressed robot and multiple interstellar hitchhikers in space, the goal is to discover the answer to life, the universe, and everything. Armed with a guide emblazoned with the words DON'T PANIC on the cover, Arthur and his travel mates struggle through issues of logic, time, and physics to arrive at the ultimate answer.

**\*\*These books can be found at the Owen County Public Library.**





Put on your best Sunday hat or fascinator and come to our

# Homemaker's Mother's Day Tea Party

at the

Owen County Extension Office

Saturday, May 13, 2023

2 PM

265 Ellis Road



Cost \$ 5.00 per person



RSVP by May 2nd  
Call 502.484.5703  
for  
REGISTRATION



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LEXINGTON, KY 40546



Disabilities  
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with prior notification





# Get Your Home Garden Off 'To A Good Start



University of Kentucky  
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Source: Rachel Rudolph, UK horticulture extension specialist

Springtime in Kentucky is the perfect time to get outside and start your home garden. A few tasks will help you have a successful season

Planning your garden on paper before you begin allows you to visualize the plants you want to grow and when they will be ready to harvest.

Next, select a good gardening site. Plan a site in full sun, relatively level, well-drained, close to a water source and dries quickly from morning dew. You may need to get a soil test to best prepare the soil. Add fertilizer according to soil test results.

## Don't Forget To Test Your Soil

Remember to only plan a garden as large as you can easily maintain. Beginning gardeners often overplant and fail because they can't keep up with the required tasks. You must manage weeds and pests and apply water so your plants will be ready to harvest on time.

A few other important tips:

1. Grow vegetables that will produce the maximum amount of food in your available space.
2. Plant during the correct season for the crop.
3. Choose varieties recommended for Kentucky.
4. Harvest vegetables at their proper stage of maturity. Consider how you will store them if you don't use them right away.

Consult the University of Kentucky College of Agriculture, Food and Environment's Home Vegetable Gardening publication ID-128, available online at

<http://www2.ca.uky.edu/agcomm/pubs/id/id128/id128.pdf>

Soil Testing supplies are available at the Owen County Cooperative Extension Office. Owen County residents are eligible to receive 6 FREE soil samples per year. For more information contact our Agricultural and Natural Resources Agent Kendal Bowman at [Kendal.Bowman@uky.edu](mailto:Kendal.Bowman@uky.edu) or by phone 502.484.5703.

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# DO'S & DON'TS of Spring Lawn Care


There are so many opinions as to what you should do for your lawn in the spring. This time of year, there is one commercial after another on television that promotes various lawn care products. Weed and feed products have become very popular. However, the University of Kentucky recommendations vary slightly from all of those marketing advertisements. Here are a few “do’s and don’ts” regarding spring lawn care practices.


 **DO** complete a soil test for your lawn. You probably think of soil testing as a way to know what fertilizer to apply to a lawn or garden. Just as important to consider is what lime should or should not be applied to the lawn. I like to soil test the lawn in the spring specifically to see about the soil pH. If the pH is low, lime is often recommended. It takes 6-12 months to get the benefit of a lime application. Applying lime in the spring is a great way to prepare the soil for fall over-seeding. Also, if the soil pH is not properly adjusted, nutrient uptake by lawn grasses may be hindered regardless of how much fertilizer is applied. Applying lime without a soil test is not a good idea either. If the soil pH is too high, nutrient availability to lawn grasses may be hindered as well. A popular saying to remember is “Soil Test, Don’t Guess!” You won’t really know if lime and fertilizer application is warranted until you complete a soil test. Soil testing is free through the Clark County Extension Service to Clark County residents, and soil testing probes/supplies are available to check out.


 **DON'T** fertilize your lawn in the spring with nitrogen fertilizer. Think of applying fertilizer for the health of the lawn root system. In the spring, lawn grasses are growing rapidly. Any N fertilizer that is applied makes what is above the soil line grow rapidly, causing the need for increased mowing, but does little for the longevity and overall health of the lawn. Some research has shown that spring N applications promote lawn weeds and create favorable conditions for the development of lawn diseases. A much better approach is to fertilize the lawn in the fall. Applying N at the right time in the fall will actually promote a better root system going into the winter months, result in earlier green-up, and will not promote annual summer lawn weeds. Again, make sure you fertilize according to a soil test to have the best estimate of the nutrients that your lawn grasses need.

 **DO** apply pre-emergent herbicide for crabgrass control. Now is a great time to get pre-emergent down as the soil temperatures are starting to be optimal for crabgrass to germinate. However, avoid “weed and feed” products if possible to avoid applying N. If you do have to use a weed and feed product, get one that has a very low fertilizer analysis.

 **DON'T** forget to make sure your mower and other lawn care equipment is serviced and in working order. Make sure that mower blades are good and sharp. Check the service manual for service instructions, or take your mower to a professional to make sure that everything is greased, oiled, in good repair, and ready to go for the upcoming season.

 **DO** make sure that the lawn is dense, and that there aren't any bare spots. A dense, healthy lawn is the greatest defense against weeds. Bare spots should be seeded in the next couple of weeks. Lightly rake in grass seed to initiate good seed to soil contact. We have plenty of rainfall now it may seem, but make sure to weigh if irrigating newly seeded areas of the lawn is necessary. If weed pressure has been heavy in previous years, and if herbicide will be applied, make sure to check the label. It may be better to get a handle on weed issues in the spring, then seed in the fall.

 **DON'T** let weed issues get out of control. Make controlling lawn weeds early a top priority, especially if you had weed issues last year. Summer weeds are easier to control if they are treated with an herbicide prior to maturity and seed development. If you plan to do any re-seeding, remember to check herbicide labels.

 **DO** maintain a proper mowing height. Cool season grass lawns should be maintained at 2-4 inch mowing heights. Maintaining around a 3” mowing height is ideal, and will also help lawn grasses out-compete and keep down weed pressure. If you happen to get behind on mowing due to weather, or other reasons, remember the 1/3 rule. No more than 1/3 of the grass height should be removed in any one mowing. Instead of taking more of the height off in one mowing, increase the frequency of mowing until you reach the desired lawn height.







# LIHEAP SPRING COOLING SUBSIDY FOR ELECTRIC BILL ASSISTANCE AVAILABLE APRIL 17, 2023- JUNE 2, 2023 (OR UNTIL FUNDS ARE EXPENDED)



## Appointment Scheduling Options (USE ONLY ONE)

- Scan this QR Code
- Call (859) 484-8450 and follow the prompts
- Visit our website at: [www.nkcac.org](http://www.nkcac.org)







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# SUMMER PRESCHOOL DAY



## FRIDAY, JUNE 23RD

**AGES 3-5** PLAYDOUGH WATERTABLE

STORYTIME & FIREWORK  
CRAFT PAINTING

**CALL 502.484.5703 TO REGISTER**

**10AM-NOON**



### OWEN COUNTY EXTENSION OFFICE 265 ELLIS ROAD

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# ***CPR/AED &***



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## **Cooperative Extension Service**

Gallatin County  
395 US Highway 42 West  
PO Box 805  
Warsaw, KY 41095-0805  
(859) 567-5481  
Fax: (859) 567-5432  
Gallatin.ca.uky.edu

# ***First Aid Informational Class***

## ***Tuesday, May 23, 2023 1:00 pm***

At the Grant County Extension Office  
105 Baton Rouge Road, Williamstown



Diana Morgan, Grant County Homemaker and Management & Safety Chair will teach an informational class focusing on CPR, AED, and First Aid. Diana has been certified EMT for 42 years with active service at a local Fire/EMS agency.

Diana will provide classroom style instruction as well as demonstrations of CPR and AED. This will be an informational class ONLY!

Upon completion of the class, if you want to pursue completing the training of becoming certified in administering CPR/AED, Diana will be able to point you in the right direction.

Call the Grant County Extension Office to register for this class at (859) 824-3355.

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# VOLUNTEERS NEEDED TO WORK FAIR EXHIBIT HALL

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Tuesday, July 4  
Wednesday, July 5  
Thursday, July 6  
Friday, July 7

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2 SHIFTS  
12:00 PM- 4:00 PM  
4:00 PM- 8:00 PM

**\*\*PLEASE CALL 502.484.5703 TO SIGN UP**



Sponsored by the Northern Kentucky



Area Extension

Homemakers



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# BARN (Bringing Awareness Right Now) Workshop

June 7<sup>th</sup>, 2023 from 9 a.m.-4 p.m.

Boone County Enrichment Center

LUNCH IS PROVIDED

\*Required workshop for those who plan to participate in the BARN presentation.\*

Register by Friday, May 12th, 2023

by calling (859) 586-6101

or visit [tinyurl.com/BARNworkshop2023](https://tinyurl.com/BARNworkshop2023).

## Other important dates

### Practice Dates

August 29<sup>th</sup> & 30<sup>th</sup> times TBA

### Dinner Theater

August 31<sup>st</sup> from 6-8 p.m.

***\*You MUST be able to commit to attend a minimum of June 7th,  
August 29th AND August 31st dates\****

***For more information please call (502)484-5703.***

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# May 2023



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Firing Squad Ceramics 5-7 PM Extension Office	2 SEW ALL DAY Extension Office <b>DEADLINE TO REGISTER FOR TEA PARTY</b>	3 Pleasant Home 11 AM Extension Office	4 <b>Kentucky Thurbry</b> 	5 <b>Kentucky Oaks</b> 	6 <b>Kentucky Derby</b> 
7	8	9	10 2023 KEHA State Meeting Crowne Plaza	11	12 Sweet Owen 11 AM Sweet Owen Store	13 Mother's Day Tea 2 PM Extension Office <b>**MUST REGISTER</b>
14 	15 Country Ham Cleaning 10 AM - 6PM Extension Office	16 <b>VOTE</b> 	17 Cotton Club 6 PM Extension Office	18	19 Memory Maker's Extension Office	20
21	22	23	24	25 <b>Cooperative Extension Service</b> Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development	26	27
28	29 <b>CLOSED IN OBSERVANCE FOR MEMORIAL DAY</b> 	30	31 Crochet & Fellowship 10 AM Extension Office			

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# Broccoli Grape Pasta Salad

<b>¾ cup</b> diced pecans	<b>2 cups</b> seedless red grapes	<b>¾ cup</b> low-fat mayonnaise
<b>8 ounces</b> whole grain pasta (bow tie or other type)	<b>1 pound</b> fresh broccoli	<b>¼ cup</b> honey
<b>5 slices</b> turkey bacon		<b>½ cup</b> diced red onion
		<b>½ cup</b> red wine vinegar

**Preheat** oven to 350 degrees F. **Bake** pecans in a single layer in a shallow pan for 5 to 7 minutes or until lightly toasted and fragrant, stirring halfway through. **Prepare** 8 ounces of pasta according to package directions. **Cook** bacon according to package directions. Cool and crumble into small pieces. **Cut** the broccoli florets from stems and separate florets into small pieces using the tip of a paring knife. **Slice** 2 cups of grapes into halves. **Whisk** together mayonnaise,

honey, diced red onion and vinegar in a large mixing bowl. **Add** broccoli, cooked pasta and grapes; stir to coat. **Cover** and **chill** for 30 minutes. **Stir** in bacon crumbles and diced pecans just before serving.

**Yield:** 16, ½ cup servings

**Nutritional Analysis:** 160 calories, 7 g fat, 1 g saturated fat, 5 mg cholesterol, 125 mg sodium, 24 g carbohydrate, 3 g fiber, 9 g sugars 4 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

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