



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



LYON COUNTY HOMEMAKERS

MARCH
 2024

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Sincerely,

Angie York
 County Extension Agent for Family & Consumer Sciences





Hello Homemakers,

March winds are blowing lots of busy days into the Lyon County Extension Office. We are so very close to having the construction project completed. I know you are ready to get back to “normal” as much as I am. I can’t wait to see you all meeting in the office again and attending many exciting classes. Make sure and plan to come meet Jay on March 18th from 3:30 to 5:30. He will be a wealth of information for you with any agriculture related questions. I was hoping to find with last month’s contest that many of you read to the end of the newsletter so you know all the great things that are happening in our community as well as gain valuable knowledge on all Family and Consumer Sciences related programming. Unfortunately, only about a quarter of our Homemakers replied to let me know they read to the end. Congratulations to Marilyn Jones. You won the incentives. Please stop by the office and pick up your spoils. You never know when the next contest might come along so make sure to read the whole newsletter so you don’t miss anything!

-Angie

March 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 	6	7	8 Fairview Club 1:00 PM	9
10	11 Lake Barkley Club-12:00 noon	12 Savor the Flavor Cooking Class-6:00 PM	13 Saratoga Club 10:00 AM	14	15 Make Your Own Umbrella Class-9:00 AM 	16
	18 Jay Stone-ANR agent meet and greet 3:30-5:30	19 Eddyville Club-1:00 PM	20	21 Senior Citizens Nutrition Class-Senior Center 10:30 AM	22 Quilts for Courage Work Day 9:00 AM 	23
24	25 Quilt Club-10:00 AM	26 Homemaker Leader Lesson-10:00 AM Savor the Flavor taught by Angie York	27	28	29	30
31						

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Welcome to a 5-part series
where you will learn tips and
tricks for creating restaurant
quality foods at home.

MARCH 12, 2024
MARCH 26, 2024
APRIL 9, 2024
APRIL 23, 2024
MAY 6, 2024

All Savor the Flavor Classes are at 6:00 PM at the Lyon County Extension Office. Please call 270-388-2341 to register.

Make Your Own Umbrella



-MARCH 15, 2024
-LYON COUNTY EXTENSION OFFICE
-9:00 AM UNTIL 4:00 PM
-STOP BY THE OFFICE AT 231 MAIN STREET,
EDDYVILLE, KY TO PAY AND RESERVE YOUR SPOT

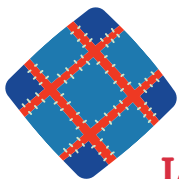
COST OF THE CLASS IS \$25.00
THIS MUST BE PAID BEFORE YOUR NAME WILL
BE ADDED TO THE ROSTER. THERE ARE ONLY 15
SPOTS AVAILABLE, SO DON'T WAIT! SUPPLY
LIST WILL BE GIVEN WHEN PAID.

Senior Citizen's Nutrition Class



JOIN ME MARCH 21, 2024 AT THE LYON COUNTY SENIOR CITIZEN'S FOR THE MONTHLY NUTRITION LESSON. WE PLAY GAMES, TASTE TEST RECIPES, AND GAIN VALUABLE KNOWLEDGE ALONG THE WAY. NO NEED TO SIGN-UP, JUST COME BY AT 10:30.

Quilts of Courage Work Day



MARCH 22, 2024
9:00 AM TO 3:00 PM
LYON COUNTY EXTENSION
OFFICE

BRING A SACK LUNCH. IF YOU
DON'T SEW WE STILL NEED YOU TO
IRON, SORT, OR BE A RUNNER. WE
NEED EVERYONE'S HELP!

April Homemaker Leader Lesson



Savor the Flavor



SEASONING WITH SPICES

Should I buy whole versus ground spices? Which are the best ones to have on hand while cooking? You may hear often that spices are a great way to add flavor without additional sodium and fat, but how? Join us for this lesson where we will learn about various spices, how to incorporate them into your favorite dishes, and enhance flavor while cooking!

When: March 26, 2024

Where: Your local Pennyryle Extension Office

What Time: 10:00 AM

You may also watch from the comfort of your home at 5:00 PM. Contact angie.york@uky.edu for the zoom link.

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LEXINGTON, KY 40546



Crafting With Christy



When: April 1, 2024
Where: Lyon County Extension Office
Time: 1:00 PM
Cost: \$10



Come join Christy for a fun crafting project. Must come by and pay to get on the class roster. For questions, please call 270-388-2341.

Spinach and Mushroom Quiche

- | | |
|---|---|
| 1 tablespoon olive oil | 8 large eggs |
| 4 cups chopped spinach | 1 cup shredded Colby-Jack cheese |
| 2 cups chopped mushrooms | 1 cup skim milk |
| 1/2 medium yellow onion, chopped | 4 tablespoons melted butter |
| 1 teaspoon crushed red pepper flakes | 2 (9-inch) unbaked pie shells |
| 1/2 teaspoon garlic powder | 4 tablespoons grated parmesan cheese |

Preheat oven to 400 degrees F. In a medium skillet, **heat** the olive oil. **Add** the spinach, mushrooms, onion, red pepper flakes, and garlic powder. **Cook** over medium heat for 8 minutes. In a mixing bowl, **beat** the eggs until smooth. **Stir** in the Colby-Jack cheese, milk, cooked mixture, and melted butter until evenly blended. **Divide** the mixture between the two uncooked pie crusts. **Sprinkle** parmesan cheese on top. **Bake** in preheated oven for 15 minutes at 400 degrees F. **Reduce** the oven temperature to 350 degrees F and **bake** an additional

30 to 35 minutes. Quiche will be rich golden brown, and a knife inserted in the center will come out clean. **Cool** slightly before serving. **Serve** warm.

Yield: 12 servings; serving size is 1/6th of one quiche. Recipe makes two quiche.

Nutritional Analysis: 280 calories; 19g total fat; 9g saturated fat; 0g trans fat; 150mg cholesterol; 330mg sodium; 19g carbohydrate; 0g dietary fiber; 2g total sugars; 0g added sugars; 9g protein; 6% DV Vitamin D; 10% DV Calcium; 6% DV Iron; 4% DV Potassium.



ADULT HEALTH BULLETIN



MARCH 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Lyon County Extension Office
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THIS MONTH'S TOPIC SAVE YOUR VISION



March is "Save Your Vision Month" in the United States. This is a timely reminder to all of us to make good choices regarding our eye health. Experts estimate you can prevent half of visual impairment and blindness through early diagnosis and treatment. Making time for preventative care is an important part of taking care of our eyes.

Many people do not realize that eyesight can get worse over time. Because of slow changes, it can be difficult to tell if your eyesight has changed until you have an eye exam.

All people should have a basic vision screening annually as a part of an overall wellness exam. The Centers for Disease Control and Prevention recommends people older than 60 receive a dilated eye exam, performed

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated with prior notification.

If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.



→ Continued from the previous page

by an optometrist or ophthalmologist, every two years. You should also make an appointment to have your eyes checked if you have any of the following:

- Decreased vision
- Draining or redness of the eye
- Eye pain
- Double vision
- Floaters (tiny specks that appear to float before your eyes)
- Circles (halos) around lights
- Flashes of light

If you are referred to an optometrist, a doctor who specializes in eye care, make sure to schedule and go to that appointment. You should follow any recommendations they give you. Glasses or contact lenses, or even eye surgery, can help restore many people's eyesight, or help them see better than they ever could before.

Other ways to protect your vision include:

- Eat a healthy diet, including leafy greens such as spinach or kale, and maintain a healthy weight.

- Know your family's eye health history.
- Wear sunglasses that block out 99% to 100% of UV-A and UV-B radiation (the sun's rays).
- Quit smoking or don't start.
- Wear eye protection such as specific kinds of glasses or goggles when operating machinery, working outside or around small particles that could get in your eyes and cause problems.

If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.

REFERENCE:

<https://www.cdc.gov/visionhealth/resources/features/keep-eye-on-vision-health.html>

**ADULT
HEALTH BULLETIN**

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