

Pendleton County Extension Homemaker

April 2024

BIG BLUE BOOK CLUB

Reading List

Session Date	Reading Assignment
4/11/24	pp. 1-125
4/18/24	pp. 126-208
4/25/24	pp. 209-end

Cooperative Extension Service | Family and Consumer Sciences



Spinach Slaw

- | | |
|---------------------------------------|--------------------------------------|
| 2 cups chopped iceberg lettuce | ¼ cup hummus, original flavor |
| 2 cups chopped red cabbage | 2 tablespoon local honey |
| 2 cups chopped green cabbage | ½ teaspoon garlic powder |
| 1½ cups fresh spinach | ⅛ teaspoon salt |
| ¼ cup canola mayonnaise | ⅛ teaspoon pepper |

1. Wash, quarter, and core lettuce, red cabbage and green cabbage.

2. Thinly slice lettuce and cabbage quarters; chop slices into small pieces.

3. Wash and tear spinach leaves into small pieces.

4. Whisk together mayonnaise, hummus, honey, garlic powder, salt and pepper until ingredients are mixed well. **Toss** dressing with vegetables until coated thoroughly. **Refrigerate** for 30 minutes before serving.

Yield: 8, 1 cup servings.

Nutritional Analysis:
70 calories, 3.5 g fat, 0 mg cholesterol, 135 mg sodium, 11 g carbohydrate, 2 g fiber, 6 g sugar, 2 g protein.



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

Pendleton County Extension Bookclub!

Book club meets the third Wednesday of each month. On April 17 we will discuss the Heartland book as a county. I have a few books left if you are interested in ready with us. The University of Kentucky Big Blue Book Club is also reading the book. If you signed up to participate in their discussion you should have received an email with link. Your reading schedule is above.

If you would like more information on the county book club, please contact the extension office at 859-654-3395! We meet via zoom once a month.

Happy Reading!

Kenna Knight
Extension Agent for Family & Consumer Sciences-
Education, Pendleton County

If your group needs to use the large TV for upcoming meetings, you must request it when booking meeting room. You must also be trained and pick up a "how to use guide."



UK
College of Agriculture,
Food and Environment
Cooperative Extension Service
**PENDLETON COUNTY
EXTENSION
TRIP ORGANIZER**

Agricultural & Cultural Heritage Tour

Explore New England September 1-8, 2024

Package Includes

- ✓ Charter Bus Transportation
- ✓ Tour Guide(s)
- ✓ Accommodation
- ✓ Some Meals

Travel to New England on a whirlwind 10-state adventure to explore agriculture, cultural heritage, and the natural wonders of the United States! Bond with others as you go from tourist to traveler with the staff of the PCEO! Price is based on double occupancy. Register today!

**PRICE
\$2,200
/Person**



Contact Us 859.654.3395 pendleton.ca.uky.edu @PendletonCountyExtensionOffice

International Dinner Belize



Thank you to April Soto and her International Chair committee for a wonderful 2024 International Dinner! Participants ground their own coffee, had an authentic Belize dinner and wonderful desserts! For more information on Belize contact Kenna Knight!

Hiking Club Overnight adventure to New River Gorge!

Watch for details on future hikes for 2024—2025! For more information on hiking club contact the office.



**PENCO
HIKERS**

"A journey is best measured in friends rather than miles."

**JOIN THE ADVENTURE.
SAVE THE DATES.**

- ✓ May 17 - Carter Caves State Park
- ✓ July 26 - The Pinnacles, Berea
- ✓ September 28 - Mammoth Cave
- ✓ March 20-22, 2025 - Southern Indiana (Leave 4 pm on 20th, PC Schools is out the 21st)

"Explore nature with PENCO Hikers! Join our club for thrilling outdoor adventures, fostering camaraderie and fitness. Whether you're a seasoned trekker or new to hiking, come discover the joy of exploration with us!"

**MORE INFORMATION
Released Closer to Departure** pendleton.ca.uky.edu

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

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LEXINGTON, KY 40546




Pete the Cat goes to Kindergarten Camp

June 11-13th

Class size
limited to 40!



Theme: Pete the Cat

Ages: 4-5

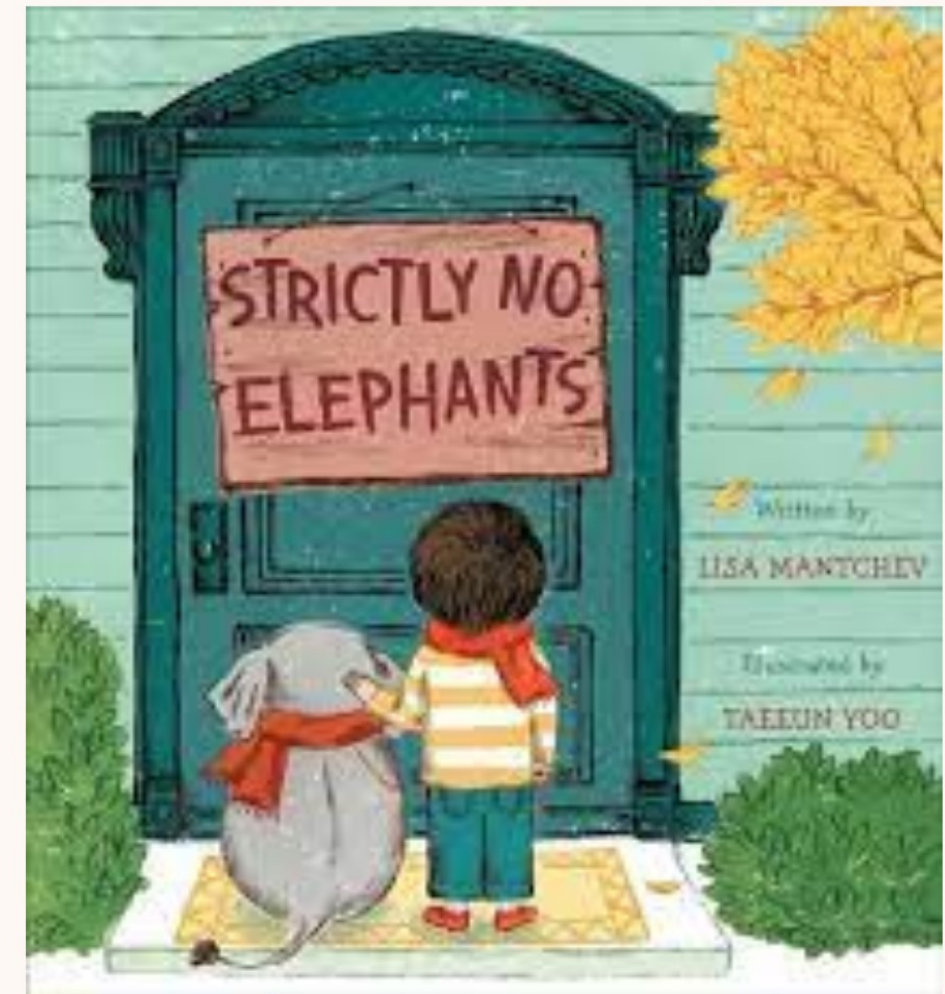
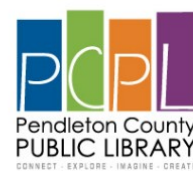
Time: 9-12:00

Call 859-654-3395 to register!

Camp will focus on developing
kindergarten readiness skills!



(2)



Storywalk[®]

April 20th, 10-12:00

Camp Northward

154 Northward Drive

Join us for a fun morning of bounce
houses, s'mores, train rides, crafts,
and more!



Acceptable Hard-to-Recycle Plastic Items to Place in Hefty® ReNew® Bag

KITCHEN PANTRY NO FOIL LINING	STORAGE & CLEANING	DINING & EATING	OFFICE & SHIPPING
<ul style="list-style-type: none"> Chip bags Dry mix liners (cake, powder, cereal & cookies) Candy wrappers Foam egg cartons Salad bags Cheese bags 	<ul style="list-style-type: none"> Food storage bags Plastic wraps on paper towels and toilet paper Dry/wet disposable cleaning cloths Plastic grocery bags 	<ul style="list-style-type: none"> Foam to-go boxes, cups, plates & bowls Plastic straws & stirrers Plastic utensils Plastic plates Plastic bowls 	<ul style="list-style-type: none"> Bubble wrap Pillow packs Foam peanuts Foam block packaging Clear plastic overwrap

FILLA TRUCK ... **Bags available at PCEO!**

Help the PCEO & Soil Conservation Office celebrate Earth Day! Bring orange bags filled with acceptable items, get a tree in return, & the chance to win a prize! Tree varieties will be Wild Plum or White Pine.

Date: April 22nd
Time: 1-6:00pm
Location: Pendleton County Extension Office

Prize winners receive:



Martin-Gatton
 College of Agriculture,
 Food and Environment

REDUCE, REUSE, RECYCLE.

FOR MORE INFO ON HOW YOU CAN HELP, CALL 859-654-3395!

ITEMS BELOW, DO NOT PUT IN ORANGE BAG!

ACCEPTABLE Hard-to-Recycle Plastic Items

KITCHEN PANTRY

- Chip bags*
- CEREAL
- GRANOLA BAR
- SALAD
- FRUITS
- CHEESE
- VEGGIES
- EGGS
- EGGS

DINING & EATING

- Fresh/frozen veggie/fruit bags
- Salad & cheese bags
- *No foil lining

STORAGE & CLEANING

- Foam egg cartons
- Candy wrappers & granola wrappers*
- Dry mix liners (cake, powder, cereal & cookies)
- Plastic wraps on paper towels and toilet paper
- Dry/wet disposable cleaning cloths
- Plastic grocery bags

OFFICE & SHIPPING

- Clear plastic overwrap
- Foam block packaging
- Foam peanuts
- Bubble wrap & pillow packs

NO The following items ARE NOT accepted in the orange bags:

- NO food, liquid or coffee grounds
- NO cans, glass or PVC
- NO paper, cartons or boxes
- NO medical products or hazardous waste
- NO foils, foil lining or aluminum
- NO hoses, tubes or rope
- NO tires, electronics or PBT #1 containers
- NO batteries or electronics

PAPER

Flatten cardboard and remove plastic packing material.

CARTONS

Remove caps and straws.

GLASS BOTTLES AND JARS

Any color.

PLASTIC BOTTLES, JUGS, TUBS & CUPS

Reattach lid. Yogurt and fruit cups OK.

METAL CANS & CUPS

Metal lids OK. COLA, SOUP

NO BATTERIES, NO PLASTIC BAGS, NO CLOTHING

WHAT CAN I RECYCLE?

ITEMS ABOVE GO INTO ORANGE BAGS!

ORANGE BAGS AVAILABLE AT EXTENSION OFFICE!

Cooperative Extension Service
 Agriculture and Natural Resources
 Family and Consumer Sciences
 4-H Youth Development
 Community and Economic Development
 Lexington, KY 40506

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