

Pendleton County Extension Homemaker

May 2024

INTERACT
FOR HEALTH

Rural Changemaker
Grantee



I wanted to pass along the BIG NEWS that The Gathering Wing applied for and received the first round of funding for the Rural Changemaker Grant through Interact for Health, which will be used to fully renovate and have two functioning sober living/recovery homes in Pendleton County (see email thread below).

They were one of three organizations who received this funding, out of dozens of applications. Interact for Health was so impressed with their site visit, that The Gathering Wing was even awarded 15% more than what they asked for!! I can't think of anyone who deserves this more than them. This is great news for Pendleton County, as they truly are our biggest boots-on-the-ground organization addressing the immediate needs of our community.

Kenna Pinnitt

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

HOPE WARRIORS SUPPORT GROUP

Join us for a night of support at the opening meeting for adult survivors and caretakers!

Kincaid State Park Conference Center
805 Kincaid Park Dr Falmouth, Ky 41040
Time: 6:00 PM - 8:00 PM

April 30th-Selfcare/Art Therapy
May 28th- Healthy Eating
June 25th- Staying Active

To register for the event, please contact:

PCEO: 859-654-3395

For more information, contact:

Mary Schneider: 859-240-9557, mary.schneider@uky.edu



Last Hope Warriors we focused on self-care and did some art therapy! In May we will explore healthy eating! Please share about our support group with family and friends.

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."



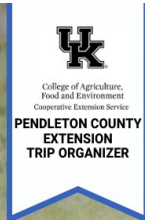
Spinach and Mushroom Quiche

- | | |
|---|---|
| 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.





Agricultural & Cultural Heritage Tour



Explore New England
September 1-8, 2024

PRICE
\$2,200
/Person

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!



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

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 Family and Consumer Sciences 4-H Youth Development Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Fitness for produce

\$50 TOTAL VALUE

Ten events, each gaining you \$5 worth of tokens!
Tokens can only be used at the Pendleton County Farmers Market

For more information, or to register call: **859-654-3395**

Highlighted activities requires RSVP

DATE	TIME	HIKE/ACTIVITY	LOCATION	✓
July 2	10AM	HIKE	AJ JOLLY	
July 6	10AM - 2PM	PC FARM TOUR	FARMS IN PC	
July 9	7PM	HIKE	35 JACOB RD - OFF HWY 10, PEACH GROVE	
July 26	TBA	HIKE	THE PINNACLES, BEREA	
July 27	TBA	STORYWALK	Fair Grounds	
July 27	5PM - 10PM	BALLOONS & TUNES	WOOLFEST GROUNDS	
July 30	9AM	FRISBEE GOLF	KINCAID LAKE STATE PARK	
July 2 - Aug 3	ANYTIME	TRAIL	PC EXTENSION OFFICE	
July 2 - Aug 3	ANYTIME	RIVER TRAIL	SOUTHERN ELEMENTARY	
AUG 3	9AM - 1PM	FARMERS MARKET	PCFM - TURN IN ACTIVITY FORM	

Cooperative Extension Service Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Free Summer meals



Free meals for kids provided by UMC food!

Meals will be delivered to homes!

Children do not have to be enrolled in public school. No income information collected.



Scan QR code to register!



For more info

Call: 859-261-4010
or
Email: admin@umc.org

Renewable Northern KY:



A Dinner and Discussion on Recycling and Solar Energy

Don't miss out on this fantastic opportunity to learn about sustainable energy, and recycling while enjoying a mouth-watering meal. Join us in welcoming Owen Electric and Rumpke for an evening of education and inspiration in Northern KY, open to everyone who is passionate about protecting the environment for future generations.



When:
Tuesday, August 27, 2024 6-9pm
Dinner line opens at 5:30pm,
Program to start at 6pm!



Register by August 23 at:
859.586.6101 or
<https://boone.ca.uky.edu/online-registration>



Where:
Boone County Extension Enrichment Center
1824 Patrick Drive, Burlington, KY 41005

Dinner will be served, so you must RSVP!

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development

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Disabilities accommodated with prior notification.

KITCHEN PANTRY STORAGE & CLEANING OFFICE & SHIPPING	<p>Chip bags* Dry mix liners (cake, powder, cereal & cookies) Candy wrappers & granola wrappers* Foam egg cartons Salad & cheese bags Fresh/frozen veggie/fruit bags</p> <p><small>*No foil lining</small></p>
	<p>Food storage bags Plastic wraps on paper towels and toilet paper Dry/wet disposable cleaning cloths Plastic grocery bags</p>
	<p>Bubble wrap & pillow packs Foam peanuts Foam block packaging Clear plastic overwrap</p>

The following items **ARE NOT** accepted in the orange bags:

- NO** batteries or electronics
- NO** food, liquid or coffee grounds
- NO** cans, glass or PVC
- NO** plastic bottles, tubs or PET #1 containers
- NO** paper, cartons or boxes
- NO** medical products or hazardous waste
- NO** hoses, tubes or rope
- NO** foil, foil lining or aluminum

REDUCE, REUSE, RECYCLE.

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

↓ **ITEMS BELOW, DO NOT PUT IN ORANGE BAG!**

ITEMS ABOVE GO INTO ORANGE BAGS! ↑

ORANGE BAGS AVAILABLE AT EXTENSION OFFICE!



WHAT CAN I RECYCLE?

PAPER <p>Flatten cardboard and remove plastic packing material.</p>	GLASS BOTTLES AND JARS <p>Any color.</p>	METAL CANS & CUPS <p>Metal lids OK.</p>
CARTONS <p>Remove caps and straws.</p>	PLASTIC BOTTLES, JUGS, TUBS & CUPS <p>Reattach lid. Yogurt and fruit cups OK.</p>	NO BATTERIES PLASTIC BAGS CLOTHING

Great turnout for our fill-a-truck Earth Day drive. Over 75 participants came to enjoy picking up a free tree, drop of their orange bag of recycling items, pick up some seeds and celebrate Earth Day with us and the Pendleton County Conservation Office. Please continue to recycle! Orange bags can be purchased at Northern Kentucky Kroger's and Walmart.



TEACH YOUR DRAGON

ABOUT FEELINGS

...ON OUR STORYWALK AT THE EXTENSION OFFICE



LET'S GO
ADVENTURE

If you walk the trail after hours, stop by the office during business hours to pick up your book.

Read your way through the trail & get a free copy while supplies last!

Our walking trail is 1/4 mile long and disability accessible

From now through mid May

