Harlan County Extension Homemakers Newsletter March/April 2025



Harlan County 519 South Main Street Harlan, KY 40831-1911 (606) 573-4464 Fax: (606) 573-4468 harlan.ca.uky.edu

Greetings Homemakers,

Winter is almost over and spring is just around the corner! I hope that the spring season brings opportunity for you to attend the upcoming FCS Extension programs.

Cooking Through the Calendar started in January and participation has been great so far. Be sure to come and join us to learn how to make and sample a variety of tasty recipes.

I am excited to announce that Lose to Win will kick off this spring and will provide participants the chance to focus on improving overall health while shedding some pounds. See the upcoming events section for more information.

I hope to see you soon!

Sincerely,

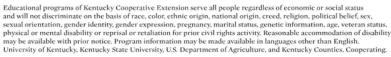
Chasity Heck

Harlan County FCS Agent













Harlan County Homemaker Clubs

Creative Cutters—2nd Tuesday of each month at 10:00 am

Material Girls—4th Tuesday of each month at 12:30 pm

Nifty Needles—4th Tuesday of each month at 10:00 am

Scrapmakers—1st & 3rd Tuesday of each month at 4:00 pm

Tasty Fruit Quesadillas

Ingredients:

- Cooking spray
- 1 tablespoon peanut butter
- 1 whole grain tortilla
- 1/2 banana, thinly sliced
- 2 strawberries, sliced
- 1/8 teaspoon cinnamon



Directions:

- 1. Spray a medium skillet with cooking spray and place skillet on medium heat.
- 2. Spread the peanut butter over the tortilla.
- 3. Arrange strawberry and banana slices over half of the tortilla and the fold the tortilla in half.
- 4. Place the guesadilla on the skillet and cook 1-2 minutes on each side until just browned.
- 5. Remove the guesadilla from the skillet and cut into 3 pieces.
- 6. Sprinkle cinnamon on top and serve.

Source: Eat Smart to Play Hard: University of Kentucky Cooperative Extension Service, Nutrition Education Program

280 calories; 9g total fat; 1.5g saturated fat; 0g trans fat; 0mg cholesterol; 200mg sodium; 43g carbohydrate; 6g dietary fiber; 12g total sugars; 9g protein

Upcoming Programs and Events

Cooking Through the Calendar

Thursday, March 13, 2025 @ 11:00 AM

Presented by Chasity Heck, FCS Agent. Participants will have the opportunity to create a crunchy air fryer fish recipe and will have the chance to sample the recipe during the program. **Registration required, no cost.**

Lose to Win Information Session

Monday, March 17, 2025 @ 10:00 AM

Register now to attend the informational session that will help you to determine if you are ready to be committed to "Lose to Win". The program is a 10 week program that will help participants stay focused on improving their health while losing weight. **Registration required, no cost.**

Laugh, Learn, and Craft—Baking for One, Two or a few

Wednesday, March 19, 2025 @ 10:00 AM

Presented by Chasity Heck, FCS Agent. Participants will learn how to create delicious recipes on a smaller scale. Participant will also have the chance to decorate a beautiful spring themed cake during the program. **Registration required, no cost.**

Harlan County Homemaker Council Meeting

Thursday, April 10, 2025 @ 10:00 AM

Harlan Co. Homemaker Council will meet at the Harlan County Extension Office.

Cooking Through the Calendar

Tuesday, April 15, 2025 @ 11:00 AM

Presented by Chasity Heck, FCS Agent. Participants will have the opportunity to create a Lemon Broccoli Pasta recipe and will have the chance to sample the recipe during the program. **Registration required, no cost.**

*ALL PROGRAMS AND EVENTS WILL BE HELD AT THE HARLAN COUNTY EXTENSION DEPOT UNLESS OTHER-WISE NOTED. REMEMBER TO CALL THE OFFICE TO REGISTER FOR PROGRAMS AND EVENTS.

Upcoming Programs and Events

Laugh, Learn, and Craft— Take Time to Make Time

Monday, April 21, 2025 @ 10:00 AM

Presented by Chasity Heck, FCS Agent. Participants will learn how to create delicious meals in minutes that will save time and allow more time for self care. During the session participants will have the chance to unwind and create a beautiful "April showers bring May flowers" themed canvas painting.

Cultural arts area winner items should be dropped off at the Harlan County Extension

Office by April 21, 2025 to allow time for the items to be labeled and prepped for transport to the State Homemakers meeting in May.

Kentucky Extension Homemakers Association Meeting "Discover KEHA-A Hidden Treasure" May 6-8, 2025 @ Hyatt Regency Lexington

Registration deadlines: April 7th for early-bird rates and April 21st for regular rates.

Harlan County Homemakers 2025 Scholarship Submission Deadline

April 1, 2025

Applications are currently being accepted and the deadline for submission is April 1. Once applications are received, winners will be selected and awards will be presented at District Award Ceremonies.

Save The Date- Wilderness Trail Area Needlework Seminar will be held May 15, 2025 10 AM-3 PM @ Clay County Cooperative Extension Service EXCEL Building, 86 Muddy Gap Rd, Manchester, Ky. 40962. Registration details and more information coming soon!



SAVE THE DATE MAY 15, 2025 | 10 AM - 3 PM

WILDERNESS TRAIL AREA IEED LEWORK SEMINAR

WTA EXTENSION OFFICES

Bell County Extension Office: 606-337-2376

Clay County Extension Office: 606-598-2789

Harlan County Extension Office: 606-573-4464

Jackson County Extension Office: 606-287-7693

Knox County Extension Office: 606-546-3447

Laurel County Extension Office: 606-864-4167

Rockcastle County Extension Office: 606-256-2403

Whitley County Extension Office: 606-549-1430

CURRENT LIST OF CLASSES:

Red Work (2 hour)

Crochet (2 hour)

English Paper Piecing (2 hour)

Jelly Roll Quilt (4 hour)

Cross Stitch (2 hour)

Basic Embroidery (2 hour)

Diamond Art (2 hour)

Watch your newsletter for additional information and registration.



Cooperative Extension Service

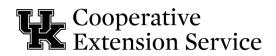
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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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