

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

**Cooperative
Extension Service**

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

Lexington, KY 40506



Disabilities
accommodated
with prior notification.

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 quesadilla on the skillet and cook 1-2 minutes on each side until just browned.
5. Remove the quesadilla 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 OTHERWISE 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 NEEDLEWORK 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)

to be held at the
Clay County Cooperative Extension Service
EXCEL Building
86 Muddy Gap Rd, Manchester, KY 40962

Watch your
newsletter for
additional
information and
registration.

Cooperative Extension Service

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



 **Cooperative
Extension Service**

Cooperative Extension Service
Harlan County
519 South Main Street
Harlan, KY 40831-1911

STANDARD
US POSTAGE PAID
Harlan, KY
PERMIT # 831