


FARM & FAMILY: GROWING TOGETHER

LAWRENCE COUNTY EXTENSION NEWSLETTER
APRIL EDITION

 Cooperative
Extension Service



Lawrence County
294 Industrial Park Rd.
Louisa, KY 41230
Phone: (606) 673-9495
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extension.ca.uky.edu

APRIL 2025



April brings longer days, blooming flowers, and the promise of fresh starts. As the world around us bursts into life, it's the perfect time to embrace new opportunities for growth and learning.

Whether you're looking to gain new skills, connect with your community, or simply enjoy the changing season, there's something for everyone to explore.

Stay tuned for upcoming programs and events that can help you make the most of this vibrant time of year. Spring is a season of possibility—let's make the most of it together! 🌱

Warm regards,

Maelyn Dotson, Lane Hall, + Deana West

Facebook:

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ExtensionService



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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



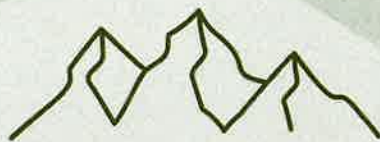
Disabilities
accommodated
with prior notification.

EXTENSION EVENT CALENDAR

note: look for event flyers for location/registration details



SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1	2	3	4	5
		Crochet 101 5:30pm	Homemakers Council 1:00pm	Beekeepers 6:00pm		
6	7	8	9	10	11	12
	CEC Meeting 5:30pm	Master Gardener 6:00pm	Sunshine 10:00am	Fallsburg 11:00am		
		Jr. Homemakers 6:00pm	Cooking Through the Calendar 12:00pm	Cloverbuds 5:30pm		
13	14	15	16	17	18	19
	Diabetes Support 5:00pm			Horse/Livestock Club 6:00pm		
20	21	22	23	24	25	26
	Dennis Green Valley 5:30pm	Paint Class 5:30pm	4-H camp registration opens	Pesticide Applicators Training		
			Homemakers Council 1:00pm			
27	28	29	30			
	Quilt Guild 10:00am	4-H Countil Meeting 5:00pm				



HIKE & LEARN

EVERY 2ND FRI.

 Cooperative Extension Service

DISCOVER NATURE'S BEAUTY WITH US

Join our Hiking Club for a unique opportunity to explore nature, learn valuable hiking and camping skills, and have an unforgettable adventure.

ALL skill levels are welcome.




Every 2nd Friday, beginning March 14th-October 14th @ 9:00a.m.



April 11th @ 9:00a.m. - Meet at the Greenbrier Boat Ramp parking lot.

REGISTER HERE



 606-673-9495

Cooperative Extension Service

Agriculture and Natural Resources
Faculty and Outreach Educators
4-H Youth Development
Community and Economic Development

MARTIN-DAYTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension
Lexington, KY 40546



Disability awareness
with prior notification.



PRIVATE PESTICIDE APPLICATORS TRAINING

When: April 24th

*Free

Time: 9:00am-12:00pm or 5:00pm-8:00pm

Where: Lawrence County Extension Office

Please call 606-673-9495 to reserve your spot.

PRIVATE APPLICATOR MEANS A PERSON IS CERTIFIED FOR RESTRICTED USE PESTICIDES FOR PERSONAL USE IT DOES NOT COVER COMMERCIAL USE OF PESTICIDES.

**Cooperative
Extension Service**

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

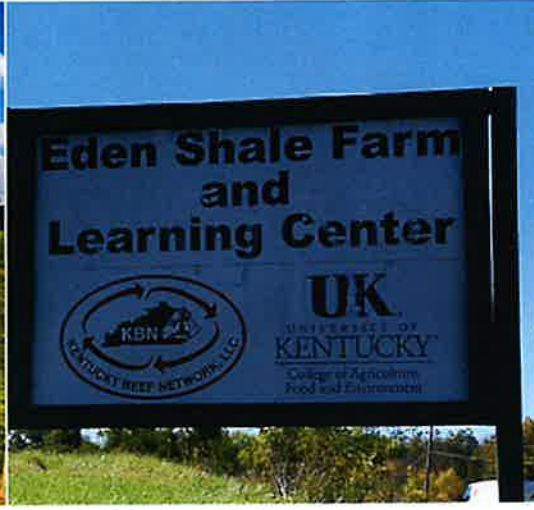
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Like several programs of Kentucky's Cooperative Extension, some 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 beliefs, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability as required in regulations for post secondary education. Reasonable accommodations of disabilities may be available with prior notice. Program information may be made available in language other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Center for Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notice only.

Eden Shale Farm Tour



APRIL 25, 2025
10:30AM - TOUR

REGISTER NOW

CALL US

LAWRENCE COUNTY: (606) 673-9495

DEPARTURE TIME
FROM EXTENSION OFFICE: 7:00 AM

We'll be joining other District 1 counties for our tour.

ATTENTION PLEASE

VAN SPACES ARE LIMITED TO THE FIRST 11 PEOPLE THAT REGISTER & REQUEST A SEAT IN THE VAN.

FOLKS CAN ALSO DRIVE & MEET US AT EDEN SHALE THAT DAY.

REGISTRATION REQUIRED BY: APRIL 4, 2025

Cooperative Extension Service

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

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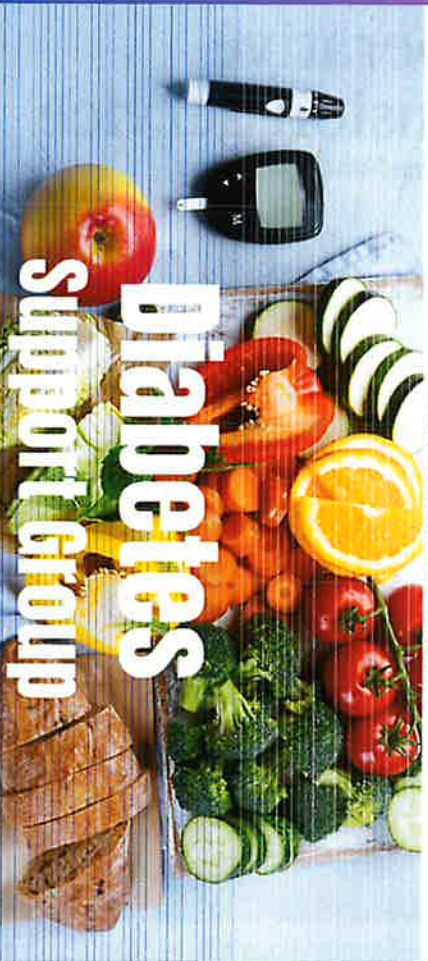
Disabilities accommodated with prior notification.



Family and Consumer Science



Cooperative Extension Service **Lawrence County Family and Consumer Science**



Diabetes Support Group

Lawrence County Extension Office

249 Industrial Park Rd, Louisa KY 412310

Every second 2nd Monday of the month---5:00pm

- ✓ Relaxed, fun group setting
- ✓ Diabetic approved recipes
- ✓ Nutritional Information
- ✓ All ages
- ✓ FREE

This month will host a special guest: Sarah Roe, certified Yoga Instructor. She will introduce Chair-Yoga.



Call 606-673-9495 or 606-638-9414 for more information

Cooperative Extension Service

Cooperative and Natural Resources, Family, and Consumer Sciences, 4-H Health Development, Community and Economic Development

MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Education programs of Kentucky's Cooperative Extension Service are fully accredited and approved by the State Board of Education and the State Board of Technical Education. We are proud to offer a wide range of educational programs and services to our clients. Our programs are designed to meet the needs of our clients and are delivered through a variety of methods including classroom, field, and distance education. We are committed to providing high quality educational programs and services to our clients and to the community at large. For more information, please contact your local Extension Office or the University of Kentucky, Kentucky State University, or the Department of Agriculture and Kentucky's Cooperative Extension Service, Lexington, KY 40546.



Homemaker Council Elections

Let's VOTE

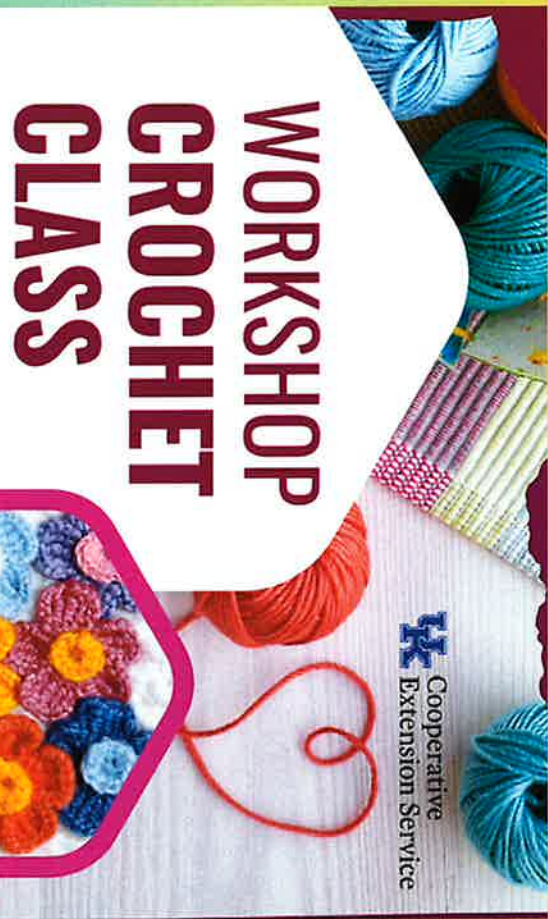


WEDNESDAY
APRIL 2, 2025
1:00 PM
AT THE
LAWRENCE
COUNTY
EXTENSION
OFFICE

President: Leads the organization, oversees meetings, and represents the group at events.
Vice-President: Assists the President and steps in during their absence.
Secretary: Keeps minutes of meetings, handles correspondence, and maintains records.
Treasurer: Manages finances, keeps track of funds, and prepares financial reports.



Family and Consumer Science



Cooperative Extension Service

WORKSHOP CROCHET GLASS

Find more info and to register
606-673-9495



Let's have some
fun! Space is
limited!

APRIL 1, 2025
5:30 - 6:30 PM
249 Industrial Park Rd
Louisa, KY 41230

WORKSHOP OUTLINE:

Join us at the Lawrence County Extension Office. Discover the joy of crochet in our Crochet Workshops! Whether you're a total beginner or just need a refresher, this fun and relaxing session will teach you the basics to get started on your first project. Supplies Provided! Just bring yourself and a willingness to learn!!!



Paint & Peace.
A creative Escape for your Mind.

Cooperative Extension Service



Join our relaxing painting class where creativity meets calm.
No experience needed - just show up, unwind and let the colors carry your stress away.
Your mental health deserves this moment.!

April 22nd@5:30-7:30pm
Lawrence County
Extension Office.

\$10
per person

Limited
spots!

Please call 606-673-9495 to reserve your spot
249 Industrial Park Rd
Louisa, KY 41230





2025

 Cooperative
Extension Service

4-H

CAMP

AGES
9-14

JULY 29-
AUG 1

J.M. FELTNER MEMORIAL 4-H
CAMP

LAWRENCE - ELLIOT - FLOYD - MARTIN

- Cost: \$100 total
- \$20 deposit

- Registration opens: April 23rd
- Ends: June 18th
- Spots are limited & are first come first serve.

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Important Info!

Who can go: Youth do not have to be currently enrolled in 4-H. Camp is for youth ages 9-14 OR who have completed 3rd grade.

Adult Counselors: Any adult/parent interested in attending camp should contact the Extension Office for a registration packet immediately. All adult volunteers must complete a screening process if selected. There is no charge for adults selected to attend!

Teen Counselors: Any teen (15-17) interested in attending camp should contact the Extension Office for a registration packet immediately! There is no charge for teens who are selected to attend!

How to Sign Up: Camp deposit (**\$20**) is DUE NO LATER THAN **JUNE 13th**. SPACE IS LIMITED. Once your deposit is paid, your spot will be secured. Registration packets and remainder of payment will be DUE NO LATER THAN **June 20th**. Cash and checks accepted. Make checks payable to Lawrence County 4-H.

Lodging & Meals: Camp registration is **\$100**. This includes meals, lodging, transportation, a camp t-shirt, and activities at camp.

Scholarships: We have a limited number of scholarships available. All scholarship applications must be received no later than **JUNE 13th, 2025!** Winners of scholarships will be notified on or around June 16th.

Health Forms: We require you to provide all health information. We do not require a physical. Campers must submit a copy of his/her Medical Insurance Card **WHEN TURNING IN CAMP REGISTRATION FORMS**.

Camp Orientation: ALL campers and at least one parent/guardian **MUST** attend at least one camp orientation. Camp orientations will be held on **July 8th** and **July 9th** at 6:00PM at the Extension Office. **CAMP ORIENTATION IS MANDATORY.**



Lemon Broccoli Pasta



This Institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Prep time: 15 minutes
Cook time: 25 minutes

- 1 box (16 ounces) whole-wheat pasta (rotini, spaghetti, bowtie, elbow macaroni)
 - 1 package (12 to 14 ounces) frozen broccoli
 - Zest of one lemon
 - Juice of one lemon (about 2 tablespoons of lemon juice)
 - 2 tablespoons olive oil
 - 2 1/2 teaspoons garlic powder or 1 clove of garlic, minced
 - 2 cups spinach
 - 1 cup grated parmesan cheese
 - 1 cup reserved pasta water
 - Salt and pepper, to taste
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Boil water and prepare pasta according to package directions. Be sure to save 1 cup of pasta water for later use.

3. While the pasta cooks, microwave broccoli for about 5 minutes, or until thawed.
4. In a large saucepan over medium heat, add oil and sauté broccoli for 3-5 minutes.
5. Add cooked pasta to the saucepan with the broccoli. Add lemon zest, lemon juice, garlic, spinach, and reserved pasta water. Use tongs or a spoon to evenly combine everything. Cook until spinach is wilted, about 5 minutes.
6. Sprinkle over parmesan cheese and stir to combine. Reduce heat to low and cook for an additional 3 to 5 minutes or until it reaches desired texture.
7. Serve.
8. Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving size: 1 1/2 cups
Cost per recipe: \$8.56
Cost per serving: \$1.07

Nutrition facts per serving:

320 calories; 9g total fat; 2.5g saturated fat; 0g trans fat; 10mg cholesterol; 200mg sodium; 51g total carbohydrate; 7g dietary fiber; 2g total sugars; 0g added sugars; 13g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium

Source:

Jeannie Noble, RD, Extension Specialist for Nutrition; and Jen Robinson, NEP Area Nutrition Agent, University of Kentucky Cooperative Extension Service

