


FARM & FAMILY: GROWING TOGETHER

LAWRENCE COUNTY EXTENSION NEWSLETTER
MARCH EDITION

 Cooperative
Extension Service

Lawrence County
294 Industrial Park Rd.
Louisa, KY 41230
Phone: (606) 673-9495
Fax: (606) 673-9498
extension.ca.uky.edu



March 2025

As winter finally gives way to warmer days, we're excited to see signs of spring all around us! Daffodils are beginning to peek through the ground, reminding us of the fresh possibilities ahead. With the new season comes new opportunities—our Extension Office is happy to offer a variety of classes this month to help you grow and learn. Whether you're looking to enhance your gardening skills, explore local resources, or try something new, we've got something for everyone. Check out our fliers and calendar announcements. Stay tuned for more upcoming offerings all year long!

Warm regards,

Maelyn Dotson, Lane Hall, & Deana West

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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

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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 receipt of 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.

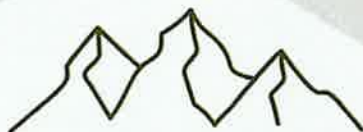
EXTENSION EVENT CALENDAR

note: look for event flyers for location/registration details

MARCH


S M T W T F S

						1
2	3	4	5	6 Beekeepers 6:00pm	7	8
9	10 Diabetes Support 5:00pm	11 Jr. Homemakers 6:00pm Master Gardener 6:00pm	12 Sunshine 10:00am Homemakers Council 1:00pm	13 Fallsburg 11:00am Cooking Through the Calendar 12:00pm Cloverbuds 5:30pm	14 HBCA 6:00pm	15
16	17  Dennis Green Valley 5:30pm	18 Crochet 101 5:30pm	19	20 Farmers Market Sellers Meeting 5:00pm Horse/Livestock Club 6:00pm	21	22
23	24 Quilt Guild 10:00am	25 Grafting Class 12:00pm	26	27	28	29
30	31					



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.

 First hike will be at Yatesville Lake Marina-ADA Trailhead. Later hike locations are TBD.

REGISTER HERE



 606-673-9495

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



Interested in selling at the Farmers Market?

You must attend this meeting.



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

2025



Farmers Market



SELLERS MEETING



MARCH 20
5:00 PM

LC EXTENSION OFFICE
249 INDUSTRIAL PARK RD
LOUISA KY 41230



**Cooperative
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Agriculture and Natural Resources
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
The purpose of the University of Kentucky Cooperative Extension Service is to provide opportunities of education to rural areas
and will not discriminate on the basis of race, color, sex, age, marital status, national origin, religion, political beliefs, sex
orientation, sexual identity, gender expression, pregnancy, marital status, genetic information, age, or ancestry status.
Special or general disability is reported in materials for the print and digital versions. Because the content is not available in digital or
print format, it is not available in the print version. Please see the website for more information. For more information, please contact the
University of Kentucky, Kentucky State University, 118 College Avenue, Lexington, KY 40506.



WORKSHOP CROCHET CLASS

Find more info and to register
606-673-9495



MARCH 18, 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 Workshop! 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!!!

**Let's have
some fun!!
Space is
limited!**

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Discrimination prohibited
with prior notification

JOIN us for...

Cooking through the Calendar 2025!

UK Cooperative
Extension Service



**You're invited to the Lawrence County
Extension Office the second Wednesday
of each month @ noon.**

**Enjoy our free cooking demonstrations
and sampling. Try tasty nutritious
recipes while discovering ways to eat
healthier for you and your family.**



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**PLAN.
EAT.
MOVE.**

**USDA
SNAP**

Supplemental Nutrition Assistance Program

and Healthy Food Vouchers

4-H YOUTH DEVELOPMENT



Lawrence County
4-H
CLVERBUDS

A place for those "Not quite 4H'ers"
ages 5-8!

Fun, Music, Learning and all the
things Cloverbuds Love!

October 10th
November 14th
January 9th
February 13th
March 13th
April 10th

Contact Maelyn Dotson: 606-673-9495
maelyn.dotson@uky.edu
249 Industrial Park Rd. Louisa, KY
40230

MARTIN GATTUSO COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENTAL SCIENCES



UK Cooperative
Extension Service

Lawrence County JUNIOR HOMEMAKERS

LIFESKILLS, COOKING, SEWING, & MORE!
GRADES 4-8 ~ 6:00PM

October 8th
November 12th
January 14th
February 11th
March 11th
April 8th

FAMILY &
CONSUMER
SCIENCES



Lawrence County 4-H Livestock & Horse Club

**HORSE & LIVESTOCK CLUBS WILL MEET AT
6:00PM @ LAWRENCE COUNTY EXTENSION OFFICE**

MEETING DATES:
OCTOBER 17TH
NOVEMBER 21ST
JANUARY 16TH
FEBRUARY 20TH
MARCH 20TH
APRIL 17TH



I pledge


my **HEAD** to cleverer thinking,
my **HEART** to greater loyalty,
my **HANDS** to larger service,
and my **HEALTH** to better living,
for my club, my community,
my country and my world.



ANY QUESTIONS, CONTACT MAELYN DOTSON
606-673-9495 MAELYN.DOTSON@UKY.EDU



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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LEIGHTON, 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.

ADULT HEALTH BULLETIN



MARCH 2025

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

THIS MONTH'S TOPIC

THE POWER OF POSITIVE LANGUAGE AROUND FOOD



The way we talk about food can have a big impact on how we feel about it and how we take care of our bodies. When we use positive, respectful language around food, it helps us build a healthier relationship with what we eat. A healthy relationship with food means not feeling guilty or stressed about what we eat but instead enjoying food as something that nourishes and energizes us.

Words have a lot of power. The language we use can shape our thoughts and feelings. If we call food "bad" or "unhealthy," we might start feeling bad about eating it. For example, saying things like, "I shouldn't eat this," or "this is so unhealthy," can make us feel guilty when we enjoy our favorite foods. But when we use words like "balanced" or "nourishing," it reminds

Continued on the next page →

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Disabilities
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While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad.



Continued from the previous page

us that food is not the enemy — it's something our bodies need to stay strong and healthy.

We often talk about food in ways that make it seem like some foods are “good” and others are “bad.” While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad. All foods can be good for us in one way or another. Whether it's the nutrients it provides us or the enjoyment we get from eating it. The key is to focus on balance, not perfection. If we can learn to talk and think about food without judgment, it can help us feel more relaxed and less stressed about eating.

Talking about food in a mindful way can also help us enjoy it more. Mindful eating means paying attention to what we're eating, how it makes us feel, and how much we're eating of it. When we use words like “enjoying,” “savoring,” or “appreciating,” we remind ourselves to slow down and notice the flavors, textures, colors, and smells of our food. This helps us be more aware of when we're full and prevents overeating. Instead of rushing through a meal or eating while distracted, we can focus on the experience of eating and truly enjoy it.

Language around food is also important in the way we talk about it with others. If we constantly talk about dieting, weight loss, or food rules, it can create stress and pressure around food. Instead, focus on how food makes us feel good, how it helps our bodies grow, and how it brings people together. When we talk about food in a positive, relaxed way, it can help create a more supporting environment for everyone.

The words we use around food matter. They can help create a healthy, positive relationship with food. By avoiding judgment, focusing on balance, and practicing mindful eating, we can build a better relationship with food.

REFERENCES:

- Satter, E. (n.d.). Are you feeling bad about your eating? Ellyn Satter Institute. <https://www.ellynsatterinstitute.org/family-meals-focus/96-are-you-ready-to-stop-feeling-bad-about-your-eating>
- Ellyn Satter Institute. (n.d.). The joy of eating: Being a competent eater. Ellyn Satter Institute <https://www.ellynsatterinstitute.org/how-to-eat/the-joy-of-eating-being-a-competent-eater>

**ADULT
HEALTH BULLETIN**

Written by:
Anna Cason, RDN
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock





Crunchy Air Fryer Fish

Prep time: 10 minutes

Rest 10 minutes

Cook time: 10-15 minutes

- 1 pound of white fish fillets (tilapia, catfish, perch, etc.)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon chili powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1 egg
- 1 tablespoon olive oil
- 1 cup panko crumbs
- Nonstick cooking spray

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place fish between clean paper towels to allow any water to drain. Rewash hands after handling raw fish.
3. Create an assembly for coating the fish. First, in a small bowl, combine the garlic powder, paprika, chili powder, onion powder, black pepper, and salt; set aside. Then, in a shallow pan or plate, whisk the egg; set aside. Rewash hands after handling the raw egg. Place panko crumbs into another shallow pan or plate; set aside.
4. Coat fish on both sides with olive oil and sprinkle both sides with the seasoning mixture. Dip fish into the egg and coat both sides. Then dredge the fillets through the panko coating both sides thoroughly. Allow the coated fillets to rest about 10 minutes before cooking. Rewash hands after handling the raw fish.
5. Preheat the air fryer to 390 degrees F while the fish rests. Coat the



- preheated air fryer basket or pan with cooking spray. Add the fish, taking care not to overfill the basket or pan (you may need to work in batches). Cook for 10 to 13 minutes or until it reaches an internal temperature of 145 degrees F as measured on a meat thermometer. Refrigerate leftovers within 2 hours.
6. Reheat leftovers in the air fryer for a few minutes to revive the crunchy coating.

No air fryer? No problem. Simply bake these in the oven at 400 degrees F for 12 to 15 minutes or until they reach an internal temperature of 145 degrees F as measured on a meat thermometer.

Makes 4 servings
Serving size: 4 ounces
Cost per recipe: \$7.72
Cost per serving: \$1.93



USDA
Supplemental
Nutrition
Assistance
Program

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

Nutrition facts

per serving:
230 calories; 7g total fat; 1.5g saturated fat; 0g trans fat; 105mg cholesterol; 260mg sodium; 16g total carbohydrate; 0g dietary fiber; 1g total sugars; 0g added sugars; 26g protein; 20% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 8% Daily Value of potassium

Source:

Brooke Jenkins,
Extension Specialist for
Curriculum, University of
Kentucky Cooperative
Extension Service

