



LEWIS COUNTY

MAY -JUNE 2024

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Laugh & Learn/Summer
Recipes

Important Dates

May 23rd - BINGOCIZE at Sr Citizens 10:45

May 23rd - BINGOCIZE at Tollesboro Christian
3pm

May 27th - Memorial Day (Office closed)

May 28th - BINGOCIZE at Sr Citizens 10:45

May 28th -BINGOCIZE at Tollesboro Christian
3pm

May 30th - BINGOCIZE at Sr Citizens 10:45

May 30th - BINGOCIZE at Tollesboro Christian
3pm

June 4th - Express Your Appreciation for Fine

Arts Painting Class (Take a look at these designs)

June 13th - INTERNATIONAL NIGHT 5:30pm

June 19th - Juneteenth (Office closed)

June 20 - Summer begins

From Your FCS Agent

The race is on for 2024....Summertime will be here in no time. I'm sure everyone is busy planting gardens and pretty flowers. Everything has certainly had plenty of rain to be off to a great start!

It has been busy in our office with many staff changes. Sherrill Bentley retired the end of May, Kennedy Perkins joined our team as the Ag Agent. Sandy left our office at the end of April to take another position. We hope to have our new 4-H Agent and Staff Assistant here soon. My months are incredibly busy. I am teaching several classes throughout 2024 including:

-Comprehend - How Nutrition Affects Brain Health (Quarterly)

-Lewis Co Public Library - Laugh & Learn with pre-schoolers (Monthly)

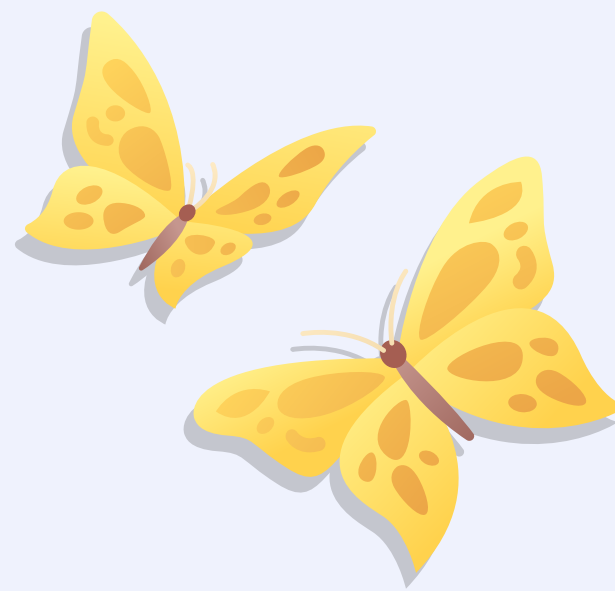
-PASTA (Parenting the Second Time Around) Grandparents Support Group (Monthly)

Senior Citizens - Disaster Awareness (Monthly)

BINGOCIZE - (A Little bit of Bingo, A Little Bit of Exercise, A Whole Lot of Fun) (Twice weekly at Tollesboro Christian Church)

-BINGOCIZE -same as above (twice weekly at Lewis Co. Sr. Citizens Center)

I was also fortunate to attend a training on Pie & Pastry Making.....not sure I've mastered it, but continuing to try!



Christa O'Call



Lewis County FCS Agent

Cooperative Extension Service

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

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

PAINT AND TAKE

June 4, 2024 \$35 each



These classes have been lots of fun and people have expressed artistic abilities they never knew they had. LOTS of FUN!! Lewis County Extension Office on TUESDAY, JUNE 4th, at 5:30pm. You must sign up and pay in advance – NO LATER THAN THURSDAY, MAY 30th.

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On May 7-9th, Diane, Donna and Debbie attended KEHA in Bowling Green. These ladies met with old friends and made new ones. They attended classes/meetings and had a great time! Safe trip for all!



INTERNATIONAL NIGHT THURSDAY, JUNE 13 5:30PM

This event will be held in the Lewis County Extension Office Community Room. Ms. Gayle Massie will be our Guest Speaker. She will entertain us with information about Russia! As we do yearly, each club will prepare a Russian recipe and are welcome to bring other dishes of choice. We will prepare a couple of dishes here in the office, as well as provide the drinks for the evening. Creative Country - Easy Vegetarian Borscht Soup, Town & Country - Easy Cabbage Pie, Hickory Nutters - Olivier Salad, KLG - Sharlotka Apple Cake, Kinniconick - Russian Tea Cakes



Russian Flag

Laugh and Learn

Ages 2-4

Meet Monthly at the Lewis County Public Library

Do you have any kids/grandkids that could benefit from this program? Give us a call at 606-796-2732 and we can provide you with more information!



Cucumber, Corn, and Bean Salsa

2-3 large cucumbers
2 tomatoes
1 yellow bell pepper
1 small red onion
¼ cup chopped fresh cilantro
½ cup black beans

½ cup fresh whole kernel corn, cooked
1 ounce package dry ranch dressing mix
⅓ cup cider vinegar
2 tablespoons sugar, optional

Wash all vegetables. Finely **chop** cucumbers, tomatoes, pepper, and onion. **Combine** in a large mixing bowl with chopped cilantro. **Drain** and rinse beans and add to chopped vegetables. **Add** corn. If using canned corn instead of fresh, **drain** off liquid prior to adding to vegetables.

dressing packet, vinegar, and sugar. **Pour** dressing over vegetables and mix well. **Serve** immediately or refrigerate until chilled.

Yield: Makes 20, ½ cup servings.

Nutrition Analysis: 50 calories, 0 g fat, 130 mg sodium, 7 g carbohydrates, 2 g fiber, 70% Daily Value of vitamin C and 6% Daily Value of vitamin A

In a small bowl, mix together ranch

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Red Potato Salad

6 medium red potatoes cut into 1½ inch pieces
4 cups fresh green beans cut into 1½ inch pieces
1 small red onion, chopped

1 red bell pepper, chopped
1 yellow bell pepper, chopped
1 cup chopped cherry tomatoes

¼ cup mayonnaise
2 tablespoons red wine vinegar
2 teaspoons fresh oregano
Salt and pepper

1. **Wash** vegetables in warm water.
2. **Boil** potatoes until tender and drain.
3. **Boil** green beans until tender crisp and drain.
4. **Place** the potatoes and green beans in a bowl.
5. **Add** chopped red onions, peppers and tomatoes.

6. In a small bowl, **mix** mayonnaise, red wine vinegar and chopped

oregano.
7. **Add** to potato mixture and mix lightly.
8. **Season** with salt and pepper. **Mix** well. **Serve** cold.

Yield: 16, ½ cup servings

Nutritional Analysis: 140 calories, 1.5 g fat, 0 g saturated fat, 0 mg cholesterol, 35 mg sodium, 26 g carbohydrate, 6 g fiber, 3 g sugar, 5 g protein.

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