

Homemaker Hilite

April/May 2025

Cooperative Extension Service

Grant County
105 Baton Rouge Road
Williamstown, KY 41097
(859) 824-3355
Fax: (859) 824-3391
grant.ca.uky.edu

 **Martin-Gatton**
College of Agriculture,
Food and Environment

GRANT COUNTY COMMUNITY MARKET

FRESH PRODUCTS & PRODUCE FROM LOCALS

SECOND SATURDAY OF EVERY MONTH



MAY 10
JUNE 14
JULY 12
AUGUST 9
SEPTEMBER 13
OCTOBER 11
NOVEMBER 8
DECEMBER 13

2025

RAIN OR SHINE!
2 - 7 pm
105 Baton Rouge Road
Williamstown, KY 41097

**PREREGISTRATION IS REQUIRED! PLEASE CALL 859-824-3355 OR
EMAIL KARLEY.LUBER@UKY.EDU &/OR
MICHELLE.JENKINS@UKY.EDU FOR INFORMATION ON BOOTH
SET-UP / VENDOR INFORMATION.**

**Cooperative
Extension Service**

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

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.





WITS WORKOUT

An engaging, interactive,
and educational
brain health program

April 14 & May 12
1 PM

Class is at Williamstown
Senior Center

Call to Register:
(859)824-3355

I
ILLINOIS
Extension

COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES

COOKING THROUGH THE CALENDAR

April 16
Lemon Broccoli Pasta

May 21
Banana Pancakes

Classes will start at 1 PM at the
Extension Office

Call 859-824-3355 to register.

COOK WILD

Cooperative
Extension Service



A monthly cooking program focusing
on common Kentucky game.

Friday, April 4 at 6 PM

We will be featuring:

HOT TURKEY SALAD

Friday, May 2 at 6 PM

We will be featuring:

SAUTEED FROG LEGS

Program will be held at:
Grant County Extension Service
105 Baton Rouge Road
Williamstown, KY

Please call to register:
859-824-3355

An Equal Opportunity Organization

Beginning and Intermediate

QUILLING



Saturday, April 26, 2025

9:30am - 11:30am

Beginners: \$15 for kit

Intermediate: Bring your kit

Call the office to register
Before April 16, 2025
(859) 824-3355

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

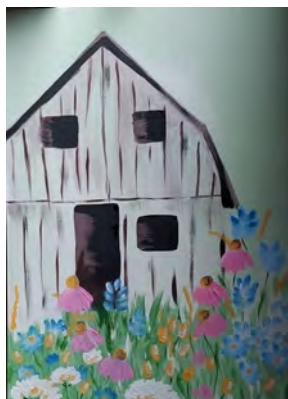
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physical or mental disability, or registered sex offenders for prior civil rights activities. Reasonable accommodations of disability
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension
Lexington, KY 40546



CALENDAR

GCES = Grant County Extension Service

O	4/4	Loving Stitchers	10 AM @ GCES – Sewing Room
		Bingocize	11 AM @ Senior Center
		Cook Wild	6 PM @ GCES – Teaching Kitchen
R	4/7	Happy Stitchers	10 AM @ GCES – Sewing Room
		Bingocize	11 AM @ Senior Center
		After Hours Hmkr	6 PM @ GCES – Doyle Room
N		Hmkr Fair Council	6 PM @ GCES – Hume Room
	4/8	Dry Ridge Hmkr	10:30 @ GCES – Sininger Room
	4/10	Lunch & Learn	11:30 AM @ GCES – Sewing Room
E	4/11	Loving Stickers	10 AM @ GCES – Sewing Room
		Bingocize	11 AM @ Senior Center
	4/14	Bingocize	11 AM @ Senior Center
R		WITS Workout	1 PM @ Senior Center
	4/15	Hmkr Council	11AM @ GCES - Sininger Room
	4/16	Cook thru the Calendar	Noon @ GCES Teaching Kitchen
	4/18	Loving Stitchers	10 AM @ GCES – Sewing Room
		Bingocize	11 AM @ Senior Center
		Beginning Sewing (Adult)	6 PM @ Sewing Room
	4/21	Happy Stitchers	10 AM @ GCES – Sewing Room
		Bingocize	11 AM @ Senior Center
	4/22	Hmkr Project Day	9 AM @ GCES - Doyle
	4/23	Hmkr Area Council Meeting	6 PM @ GCES - Sininger Room
	4/24	Paint Night	6 PM @ GCES – Sewing Room
	4/25	Loving Stitchers	10 AM @ GCES – Sewing Room
		Bingocize	11 AM @ Senior Center
		Dr. Yum	Noon @ GCES – Project Room
	4/28	Bingocize	11 AM @ Senior Center



Paint Night

April 24

Class begins at 6 PM
(your choice of pic)
\$35/person

Grant County Extension Office
105 Baton Rouge Road, Williamstown

Call 859-824-3355 to sign up.
Class will be cancelled if fewer than
5 sign up.

CALENDAR

GCES = Grant County Extension Service

O R N E R	5/2	Loving Stitchers Bingocize Cook Wild
	5/5	Happy Stitchers Bingocize After Hours Homemakers
	5/8	Lunch & Learn Hmkrs Sewing Retreat
	5/9	Sewing Retreat Loving Stitchers Bingocize
	5/10	Community Market
	5/12	Bingocize WITS Workout Hmkr Fair Council
	5/13	Dry Ridge Hmkrs
	5/16	Loving Stichers Bingocize Adult Beginning Sewing
	5/19	Happy Stitchers
	5/20	Hmkr Council
	5/21	Cook thru the Calendar
	5/23	Loving Stitchers Dr. Yum
	5/26	Memorial Day – Office Closed
	5/30	Loving Stitchers

10 AM @ GCES- Sewing Room
11 AM @ Senior Center
6 PM @ GCES- Teaching Kitchen
10 AM @ GCES – Sewing Room
11 AM @ Senior Center
6 PM @ GCES – Doyle Room
11:30 @ GCES – Project Room
9 AM- 9 PM @ GCES
9 AM – 9 PM @ GCES
10 AM @ GCES – Sewing Room
11 AM @ Senior Center
2 -7 PM @ GCES (inside)
11 AM @ Senior Center
1 PM @ Senior Center
6 PM @ GCES – Sewing Room
10:30 @ GCES –Hume Room
10 AM @ GCES – Sewing Room
11 AM @ Senior Center
6 PM @ GCES – Sewing Room
10 AM @ GCES – Sewing Room
11AM @ GCES - Sininger Room
1 PM @ GCES Teaching Kitchen
10 AM @ GCES – Sewing Room
Noon @ GCES – Project Room
10 AM @ GCES- Sewing Room

Spring Harvest Salad

5 cups torn spring leaf lettuce	Dressing: 4 teaspoons lemon juice	2 teaspoons Kentucky honey
2½ cups spinach leaves	2½ tablespoons olive oil	½ teaspoon salt
1½ cups sliced strawberries	1 tablespoon balsamic vinegar	¼ cup feta cheese crumbles
1 cup fresh blueberries	1½ teaspoons Dijon mustard	½ cup unsalted sliced almonds
½ cup thinly sliced green onions		

1. **Combine** leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.

2. **Prepare** dressing by whisking together the lemon juice, olive oil,

balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and toss to coat.

3. **Sprinkle** salad with feta cheese and sliced almonds.

4. **Serve** immediately.

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

Yield: 8, 1 cup servings.
Nutrition Analysis: 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.



Kentucky Lettuce

SEASON: Early to late spring.

NUTRITION FACTS: Lettuces have 5-15 calories per cup depending on variety.

Lettuce provides vitamins A and C, calcium, and iron.

SELECTION: Choose crisp, brightly colored lettuce with no blemishes, slime, browning or wilted leaves.

STORAGE: Store washed and dried lettuce in a plastic bag in the refrigerator for three to five days, depending on the variety.

Source: www.fruitsandveggiesmatter.gov



PREPARATION: Wash well and dry before using. Add dressing just before serving to prevent wilting. Lettuce is almost always eaten raw in salads or on sandwiches. Lettuce can also be steamed or added to soups at the end of cooking.

LETTUCE

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition and Food Science students

March 2012

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.ca.uky.edu/fcs.

COOPERATIVE
EXTENSION
SERVICE

UK
UNIVERSITY OF
KENTUCKY
College of Agriculture,
Food and Environment

Kentucky Arbor Day is celebrated the last Friday in April. An Arbor Day celebration with Tree give away will be at the Boone County Arboretum on 4/26/25.

Date / Time : Saturday, 04/26/2025;
11:00 am - 2:00 pm

Summary: Come to the Arboretum for FREE tree seedlings! (While supplies last.)

Meet us at the big tent near the front entrance of the Arboretum.

No charge for this event.

Registration not required.

Location:

Boone County Arboretum
9190 Camp Ernst Road
Union, KY 41091

SEWING RETREAT



Date

May 8-9, 2025



Time

9 AM - 9 PM



Location:

Grant Co. Extension
105 Baton Rouge Road
Williamstown, KY

RETREAT HIGHLIGHTS:

- ✓ Work on any project
- ✓ Get help from others
- ✓ Don't pack up between days
 - ✓ No Fees
- ✓ Bring your own food.

REGISTER NOW!

859-824-3355

An Equal Opportunity Organization

HOMEMAKER PROJECT DAY!

April 22 9AM-9PM

The day has been set aside for you to complete those projects along side everyone else who have undone projects too!!

(Crafting loves company!)

Please call for a table: 859-824-3355

