



Calendar of Events

May 3	10am – 1pm	Homemaker Derby Craft Party
May 6–8		KEHA State Meeting at the Hyatt in Lexington
May 9–10	9TH: 5pm–730pm 10TH: 10am – 1230pm	Tea/ Etiquette Class
May 17	8am–5pm	4–H Mothers Garage Sale: 134 Vincewood Drive Nicholasville, KY 40356
May 17	10am– 3pm	Piece Quilter’s Quilt Show: Located at the Jessamine Co. Extension Ag Center
May 19	10am–11am	Laugh N Learn
May 20	1pm– 2pm	Lunch N Learn
May 22	10am	Scam Prevention Guest Speaker
May 26	ALL DAY	OFFICE CLOSED: Memorial Day
May 29	7pm– 830pm	Alpha–gal Syndrome ‘Watch Party”
June 16–20		Jessamine County 4–H Camp
June 23	10am –11am	Laugh N Learn
June 24	12pm	Lunch N Learn

Jessamine County Extension

Homemaker Clubs

Hearts N’ Hands

First Tuesday of the month, 11 a.m. at the Extension Office

Happy

Second Tuesday of the month, 6 p.m. in a member’s home

Garden Club

Third Monday of the month, 1 p.m. at the Extension Office

4-HMothers

Third Wednesday of the month, 9:30 a.m. in a member’s home

Edgewood Evening

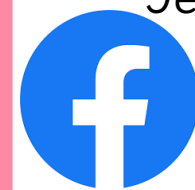
Fourth Monday of the month, 6:00 p.m. at the Extension Office

Piece Quilters

Every Tuesday, 9:30 a.m., Ag Center RoomA

Follow us Online!

**We post all classes on our Facebook page and website! Following us online is an easy way to stay "in the know" with Jessamine County FCS Extension.



Jessamine County FCS Extension Consumer Sciences on ... Face book:

<https://www.facebook.com/JessamineCountyFCS/>



Check out our county website for information for all program areas!

<https://jessamine.ca.uky.edu/>



Dear Homemakers,

It's May! Time for pretty flowers and warm weather!

This month has lots of class opportunities that we are excited to have here at the Jessamine County Extension Office. Please look at all the flyers and register by the appropriate deadlines! Leader Lessons have finished up for the 2024-2025 year! Thank you to everyone who taught leader lessons in your clubs. Your work does not go unnoticed.

Please continue to advertise "Its SEW Fine" and Heritage Craft Camp! We are in need of instructors for both events. **Please send in your application to be a "Its SEW Fine" instructor by May 15th. The Heritage Craft Camp instructor application deadline is June 23rd.** "Its SEW Fine" applications are available at this link: <https://form.platoforms.com/fr32zdhwr7e> or you can scan the QR code on the flyer on the next page. Heritage Craft Camp applications are available for pick up at the extension office and we ask that you return them back to your extension office once they have been completed. We would love to see a huge turnout at both programs!

Lastly, if you know of anyone interested in becoming a Homemaker, please advise them to contact us via email at sara.haag@uky.edu or (859)885-4811 and let us know their Name, Address, Email, Phone #, and what type of club they are interested in joining.

Sincerely, Sara Haag

Sara Haag



Jessamine County Extension Agent for Family and Consumer Sciences



Shout out to the 4-H Mothers for making such special Easter baskets for Rose Terrace. They take something to them each month! Awesome work!





Save the date

FORT HARROD AREA 2025 HERITAGE CRAFT CAMP OCTOBER 24TH AND 25TH

Boyle County Extension Office
99 Corporate Dr, Danville, KY 40422

Instructors Needed!

Please visit your county extension office for a hard copy of the instructor application.

Instructor applications are **DUE ON June 23rd** and should be turned back in at your county extension office.

Applicants will be asked to bring in samples of their desired craft camp project to the Craft Camp planning committee meeting at the Jessamine County Extension Office on June 30th at 1pm.

Fort Harrod Area looks forward to seeing you at the 2025 Heritage Craft Camp!

Join us for a

Tea Party!



Hosted by Woodford, Fayette, and Jessamine County Extension Offices!

This will be a 2-day event! Friday evening, you will be learning table etiquette and prepping your very own homemade pastries. Saturday, you will arrive and get to put your etiquette skills to test as we have a lovely tea party and get to enjoy your homemade pastries that you made Friday evening!

Dress in your best tea party attire on Saturday! Please call the Jessamine Co. Office at (859)885-4811 to register! Limited Space.

Friday, May 9th

5pm-7:30pm

and

Saturday, May 10th

10am-12:30pm

Jessamine County

Extension Office

95 Park Drive

Nicholasville, KY

40356

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities accommodated with prior notice

It's time to submit a class for the 2025 It's Sew Fine: Sewing Expo

This is an opportunity to teach a class on garment construction, home décor, quilting or accessory classes. The Expo will be at the Boyle County Extension Office on **September 4th and 5th 2025**. Your class can be full day, half day or if needed 1 ½ days in length. **The deadline for submission is May 1st**. Please email tara.duty@uky.edu with any

questions. To submit an application please follow this link:

<https://form.platoforms.com/fr32zdhwr7e> or use the QR code below.

Submitting an application does not guarantee class selection.

Committee will make final class selections and notify instructors by June 1st.



Disabilities accommodated with prior notice

Shop Local, Visit the Farmer's Market!

April 24th was the opening day for the Farmer's Market, here in Nicholasville!

Go support our local farmers for some delicious produce! Saturdays 9am-1pm at the Jessamine Co Health Department Parking Lot!
Scan the QR code below for more Farmer's Market information, or visit <https://www.nicholasvillefarmersmarketky.com/>



The Jessamine County Extension Office is proud to partner with WiN-WiN which gives farmers a place to donate your extra harvest. Please take a look at this flyer to see how you can get involved either by donating or volunteering!

COOPERATIVE EXTENSION IS A PROUD PARTNER OF

WiN-WiN
WASTE NOT, WANT NOT

Do you ever end up with more garden produce than you can use? You're not alone—and your extra harvest could help feed families right here in Jessamine County. The **WiN-WiN** program makes it easy to share excess fruits and vegetables by connecting home gardeners and local growers with community partners working to reduce food insecurity. **Here's how to get involved:**

DONATE GROW FOOD? HAVE EXTRAS? SHARE THE BOUNTY!

Donate your surplus fruits and veggies at any of our drop-off sites throughout the county. We offer multiple sites and flexible drop-off times to make it easy to participate.

SCAN THE CODE OR [CLICK HERE](#) TO LEARN MORE ABOUT OUR DONATION PROGRAM:

VOLUNTEER WE OFFER MANY WAYS TO GET INVOLVED!

Volunteers help collect, sort, and deliver produce to our food access partners throughout the county. Opportunities include:

- Assisting with **produce collection** at drop-off sites
- Delivering donations** to local nonprofits
- Helping with materials and supplies (crates, boxes, etc.)

Email win.win@uky.edu or visit winwin.ca.uky.edu to learn more

TOGETHER, WE CAN REDUCE WASTE AND FEED OUR COMMUNITY!

Support for this program is provided by USDA NIFA sponsorship award # 2023-38640-39572 to Sustainable Agriculture Research and Education (SARE).



Lunch N Learn

Join us at the Jessamine County Ag Center for
Lunch N Learn!

We will be making the May recipe from the Nutrition Education Program Yearly Recipe Calendar,
Banana Pancakes

May 20, 2025
12pm - 1pm

Please call the Jessamine County Extension Office at 859-885-4811 by May 15th to register.



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.



Disabilities accommodated with prior notification.



Lunch N Learn

Join us at the Jessamine County Ag Center once a month for
Lunch N Learn as we prepare recipes from the Nutrition Education Program Yearly Recipe Calendar!

2025 Dates:

It will always be from 12pm - 1pm

January 15	July 15
February 18	August 12
March 11	September 9
April 8	October 14
May 20	November 11
June 24	December 9

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Living with Alpha-gal Syndrome

When: Thursday, May 29
Time: 7:00 PM EDT
Where: Jessamine Co. Extension Office
95 Park Drive
Nicholasville, KY 40356

Register: Please call (859) 885-4811 to register



Heather Norman-Burgdolf, PhD
Associate Extension Professor
Department of Dietetics and Human Nutrition

Jonathan Larson, PhD
Assistant Extension Professor
Department of Entomology

Hannah Tiffin, PhD
Assistant Professor
Department of Entomology

Heather Shaw
Area Agent
Nutrition Education Programs



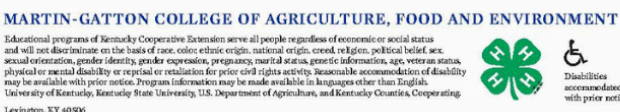
Join our 2025 Laugh and Learn Playdate Program that targets Kindergarten readiness objectives! Each month offers learning activities that are relevant to children's development and will coincide to help celebrate holidays or seasonal festivities. FREE for all children ages 3 to 5 and all children must be accompanied by an adult the entire time. Lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities, and free play.

The 2025 Dates:

January 27 July 28
February 24 August 25
March 24 September 22
April 28 October 27
May 19 November 10
June 23 December 22

10am- 11am

Each lesson will be at the Jessamine County Extension Office in the Ag Center. Please call the extension office at (859)885-4811 monthly to register your child/children!



Country MorningCasserole

Servings: 8 Serving Size: 3-by-3 inch piece Recipe Cost: \$4.51 Cost per Serving: \$0.56

Ingredients:

- 2 cups whole-wheat bread, cut into cubes
- 1 cup shredded low-fat cheddar cheese
- 6 eggs
- 1 cup skim milk
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- ⅛ teaspoon pepper
- 1 cup frozen broccoli florets
- ½ bell pepper, roughly chopped
- ½ onion, chopped



Directions:

- 1.Preheat oven to 350 degrees F.
- 2.In a 7-by-11-inch or 9-by-9-inch pan, layer bread cubes and shredded cheddar.
- 3.In a medium bowl, mix eggs, milk, salt, garlic powder, pepper and vegetables. Pour over bread.
- 4.Bake for approximately one hour (check periodically) or until eggs have set.

Source: Brooke Jenkins-Howard, Extension Specialist, University of Kentucky Cooperative

Extension Service

120 calories; 5g total fat; 2g saturated fat; 0g trans fat; 170mg cholesterol; 400mg sodium; 9g carbohydrate; 1g fiber; 3g sugar; 0g added sugar; 12g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium.



Don't forget about our awesome online FREE resources from our website, "Plan Eat Move"! Find some nutritious and yummy recipes at planeatmove.com



Blueberry French Toast Bake

¼ cup whole wheat flour	3 eggs	1 cup fresh blueberries
¼ cup all-purpose flour	6 egg whites	½ cup chopped almonds
1½ cups skim milk	1 loaf (12 ounces) French bread, cut into 1 inch cubes	Honey, if desired
1 tablespoon sugar	3 ounces fat free cream cheese, cut into ½ inch cubes	
½ teaspoon vanilla		
¼ teaspoon salt		

Generously **grease** a 13x9x2-inch baking dish. **Beat** flours, milk, sugar, vanilla, salt, eggs and egg whites in a large mixing bowl with a hand mixer until smooth. **Stir** in bread cubes until they are coated. **Pour** bread mixture into baking dish. **Top** evenly with cream cheese, blueberries and almonds. **Cover** and **refrigerate** for at least 1 hour, but no longer than 24

hours. **Heat** oven to 400 degrees F. **Uncover** and **bake** 20-25 minutes or until golden brown. **Sprinkle** with honey, if desired.

Yield: 8, 1 cup servings

Nutritional Analysis: 420 calories, 6 g fat, 1 g saturated fat, 70 mg cholesterol, 860 mg sodium, 69 g carbohydrate, 4 g fiber, 9 g sugar.



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

PROTECT YOURSELF AND OTHERS FROM SCAMS!

Join us at the Jessamine County Extension Office for a Scam Prevention Presentation!

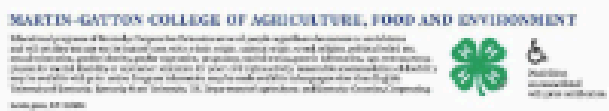
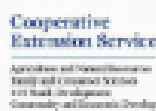
May 22, 2025 @
10 AM - 11 AM

We are excited to host our Guest Speaker from AARP Kentucky.



PLEASE RSVP BY CALLING
(859)885-4811 BY MAY 16TH

Registration is required





MAY 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>

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

THIS MONTH'S TOPIC

TICK PROBLEM PREVENTION



Spring has officially sprung in Kentucky, with flowers in full bloom and the horses off to the races! While we may be excited to get outdoors and enjoy the sunshine, the warm weather also draws out other critters ... ticks. Ticks are tiny arachnids that need to feed on blood to go through their life cycle, putting the ICK in tick. These critters can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife. While not every tick bite will lead to disease, it can take just one bite in some circumstances. That is why reducing your risk of tick bites is important. You should include these simple steps outdoors, especially when working or playing in a “tick-risky habitat.”

Ways to reduce your risk of tick bites

- Wear long pants.
- Wear tall socks with pants tucked in and taped OR wear tall boots with pants tucked into boots.
- Wear long sleeves when walking through thick brush or tall grasses.

Continued on the next page



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- Buy pre-treated clothing or treat clothes with permethrin.
 - If you treat your clothes, follow all label instructions and keep cats away from the wet clothing as it is toxic to cats when wet (but safe when dry!)
- Re-treat clothing after the number of washes shown on the label.
- Use DEET or other repellents before going into a risky habitat.
- Find the right repellent for you and your family members by using the Environmental Protection Agency (EPA) tool: <https://www.epa.gov/insect-repellents/find-repellent-right-you>.
- Remember to spray your socks and (non-rubber) boots!
- Do a tick check periodically while outdoors and soon after returning home.
- It is easiest to do a full tick check in the shower; this will help dislodge any ticks that may not have fully attached yet.
- Do a tick check on your pets too.
- Focus on areas where ticks could find an easy blood meal — “hidden” locations and spots with increased blood flow are ticks’ favorites, such as the scalp, armpits, belly button, groin, behind the knees, and in between toes (especially on pets).
- Throw clothes in the wash, then the dryer, on HIGH heat.
- Heating clothes on high for 10 to 15 minutes will kill ticks.

Take a “tick kit” with you while out and about. This will include items that help you locate, remove, and collect ticks and clean the bite site. When removing ticks, pull the skin tight, grab as close to the skin as possible with your tweezers, and pull straight up and out. Do NOT twist ticks to remove, that can break ticks and leave the mouthparts attached, potentially leading to infection.

Tick kit items

- Magnifying glass to find ticks



Ticks can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife.

- Tweezers or forceps
- Bottle (a small pill bottle works well, with identifying information removed) or zip-top bag to keep ticks if you want them identified or tested
- Hand sanitizer or cleaning towelette to clean the bite site after removing the tick

Tick testing

Kentucky residents can send in ticks (found on people and pets) for testing by following instructions through the UK’s Tick Submission Program: <https://entomology.ca.uky.edu/ticksurveillance2022>

What makes a location “tick risky”?

While many different tick species live in Kentucky and prefer different habitats, they are generally found in “wilder” areas — think brush, tall grasses, or leaf litter. You can reduce your risk by walking in the middle of hiking trails, limiting time in tall grass and brush, and using personal protection measures when in these habitats.

But don’t let ticks keep you from enjoying all the beauty that Kentucky has to offer! Using a combination of these methods, you can reduce your risk of tick bites whenever you and your family are working or recreating outdoors.

For more information on reducing your tick and mosquito bite risk and creating “bite safe” spaces around your home, check out UK’s Extension Resources: <https://entomology.ca.uky.edu/ef618> and UK’s From the Woods Today series, episodes 212 and 214.

- **Episode 212:** https://youtu.be/pr2_iPdndI?si=z1u72TXK556QQAOL
- **Episode 214:** https://youtu.be/DNTXX_DIGA4?si=F-EsaDdTMW-XFdUT

Written by: Hannah Tiffin, Ph.D.,
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Stock images: Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MAY 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC:

BUDGET-FRIENDLY VACATION TIPS

From transportation to lodging, food, or activities, it is easy for travel costs to skyrocket when taking a family trip. Planning ahead can help manage travel costs and provide extra savings while on vacation. Here are some tips for making lasting memories on road trips without breaking the bank.

LOCATIONS AND LODGING

Choose low-cost destinations and accommodations when planning your next adventure. Road trips to national or state parks are affordable with endless chances for outdoor activity. Camping can also be a way to save money on lodging while adding adventure to your trip. No matter where you choose to go, compare the cost of hotels, camping sites, and rentals. Some accommodations have extra fees for amenities, cleaning, pets, or incidentals. Also, think about staying a few miles outside of major tourist areas or going in “off” seasons to find better deals.

CUTTING FOOD COSTS

Road trips also allow you to bring food from home, which is often cheaper than buying groceries or eating out on your trip. Preparing simple meals in advance, or packing picnic lunches, can keep you from paying a high price to dine in touristy areas.



Pack drinks (including reusable water bottles) and snacks to save on overpriced convenience items. For more ways to make the most of meals while traveling, read [https://ukfcs.net/Traveling Meals](https://ukfcs.net/Traveling%20Meals).

EXPERIENCES > EXPENSES

Finding affordable activities can add to any vacation. Opt for low-cost experiences and outdoor activities like hiking, beach or lake days, and picnics. Look for free entertainment within the community including tours, movie nights, concerts, or museums. These activities allow families to make memories without overspending. Visit <https://www.kentuckytourism.com/> to explore all the vacation choices the Commonwealth has to offer!



AVOIDING TRAVEL SCAMS

The Federal Trade Commission offers tips for travelers to protect themselves from scams at <https://consumer.ftc.gov/articles/avoid-scams-when-you-travel>. Common travel scams are fake travel deals, pressuring you to make quick decisions, or asking for money by wire transfer or gift cards. Book your travel with reputable companies, be careful of unexpected requests, and stay vigilant throughout your trip to make sure you have a safe travel experience.

CONSIDER SUMMER CAMPS

One more way to make priceless summer memories while saving on travel costs is to explore summer camps. From day camps to overnight adventures, reach out to your county Extension office to learn more about summer camp opportunities in your area. Camps may be grouped by age, a special theme, or offer something for the whole family.

May is Military Family Appreciation Month



FOR MILITARY YOUTH: Military teens (13-18 years old of Active Duty, Guard, Reserve, and Retired personnel) have a chance to join adventure camps at little to no cost. These high energy, high adventure, and high experience camps are planned across the United States through Purdue Extension. Learn more: <https://extension.purdue.edu/4-H/get-involved/military-teen-adventure-camps/index.html>

FOR MILITARY FAMILIES: Kentucky Extension offers camps for military parents and their teenage children to attend together through funding from Purdue Extension. Come spend some time with your child whitewater rafting, hiking, rock climbing, ziplining, and more, all free! Each camp offers a unique outdoor experience that will allow you to build your leadership, self-confidence, and teamwork skills while engaging with the outdoors. Camps have funding available to assist with transportation costs. Learn more: <https://fcs-hes.ca.uky.edu/MTAC>

Written by: Kristen Jowers and Kerri Ashurst
Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock



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