

Marshall County FCS NEWS



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
Marshall County
1933 Mayfield Hwy.
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(270) 527-3285

Upcoming Events

- 1/12 - Hardin Homemakers Club meeting 9:30am
- 1/13 - Sharpe Homemakers Club meeting 9:00am
- 1/17 - Office closed for Martin Luther King Day
- 1/20 - Olive Homemakers Club meeting 10:00am
- 1/24 - Learning Session - 'Saving Savvy with Grocery List & Coupon Apps' 10:00am (will be taught only in Marshall County)
- 1/31 - Home-based Microprocessor Workshop 9:30-2:00
- 2/7 - Extension Homemakers Advisory Council meeting 9:30am
- 2/10 - Sharpe Homemakers Club meeting 9:00am
- 2/14 - Maker Monday 9-noon
- 2/17 - Olive Homemakers Club meeting 10:00am
- 2/24 - Learning Session - 'Living with Loss: Self-Care & Managing Grief' 10:00am



Join us on 1/24 to learn about maximizing savings and time by understanding how to successfully use apps for grocery shopping lists and coupons.

The Marshall County Extension Office is available to Extension Homemaker Clubs for monthly meetings.

Call to reserve time and dates.

Everyone is welcome to attend all club and Extension Homemaker advisory council meetings.



The Purchase Area Cultural Arts Day will be held at the McCracken County Extension Office from 9-2. Registration form, categories and rules are included in this mailing.



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HOMEBASED MICROPROCESSING WORKSHOP 2022

Monday, January 31st
9:30AM-2:00PM CT
In-person

MARSHALL COUNTY COOPERATIVE
EXTENSION SERVICE

For more information and to register call 270-527-3285 or visit
https://fcs-hes.ca.uky.edu/homebased_processing_microprocessing

Join our in-person workshop! Homebased microprocessors are farmers who grow and harvest produce to use in their value-added products. Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky. The cost of the workshop is \$50.00.

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 40546



Disabilities
accommodated
with prior notification

Recipe Corner...



Zippy Corn Chowder

1 medium onion, chopped	and chopped	3 cups fresh or frozen whole kernel corn
1 green pepper, chopped	2 teaspoons Dijon mustard	4 green onions, chopped
1 tablespoon butter	1 teaspoon basil	2 cups skim milk, divided
1 (14.5 ounce) can low-sodium chicken broth	½ teaspoon paprika	2 tablespoons all-purpose flour
2 large red potatoes, cubed	½ teaspoon crushed red pepper flakes	1 teaspoon salt (optional)
1 jalapeno pepper, seeded		

In a large saucepan, sauté onion and green pepper in butter until tender. Add broth and cubed potatoes. Bring to a boil. Reduce heat; cover and simmer for 15 minutes or until potatoes are almost tender. Stir in jalapeno, mustard, basil, paprika and red pepper flakes. Add corn, green onions and 1½ cups of milk. Bring to a boil. In a separate bowl, combine all-purpose flour and remaining ½ cup

milk, stirring until smooth. Gradually add mixture to soup. Bring to a boil. Cook and stir for 2 minutes or until thickened and bubbly.

Yield: 8, 1 cup servings

Nutritional Analysis: 190 calories, 2.5 g fat, 1 g saturated fat, 5 mg cholesterol, 350 mg sodium, 34 g carbohydrate, 4 g fiber, 10 g sugar, 7 g protein



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



- To speed cooling, transfer soup to shallow containers, making sure soup is no more than TWO inches deep. Refrigerate promptly.
- Soup can also be chilled in an ice or cold water bath before refrigerating.
- You can place loosely covered foods in the refrigerator while still warm; cover when food is completely cooled.
- When serving soup a second time, reheat it until it's steaming hot throughout, at least 165 F.



Broccoli Chowder

2 tablespoons canola oil	3 cups broccoli florets	all-purpose flour
½ cup chopped onion	½ teaspoon dried Italian seasoning	3½ cups low sodium chicken broth
3 cloves garlic, finely minced	½ teaspoon salt	½ cup half-and-half
½ cup chopped carrots	¼ teaspoon pepper	½ cup low-fat, shredded cheese
2 cups diced, unpeeled red potatoes	3 tablespoons	

In a large heavy pot, heat the oil over medium heat. Add the onion and garlic and sauté 2-3 minutes. Add the carrots, red potatoes and broccoli one at a time; sauté each about 2 minutes. Add the Italian seasoning, salt, pepper and flour and toss until vegetables are coated. Cook 1-2 minutes. Add the chicken broth and bring to a boil. Reduce heat to low, cover pot and simmer for 15

minutes. Remove lid and stir in the half-and-half. Bring back to a simmer and remove from heat. Ladle into bowls and top with cheese to serve.

Yield: 8, 1 cup servings

Nutritional Analysis: 180 calories, 8g total fat, 2.5 g saturated fat, 15 mg cholesterol, 340 mg sodium, 18 g total carbohydrate, 3 g dietary fiber, 4 g sugar, 8 g protein.



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



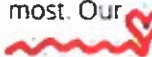
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LASAGNA LOVE



LEARN MORE AT
LASAGNALOVE.ORG

Lasagna Love is a global nonprofit and grassroots movement that aims to positively impact communities by connecting neighbors with neighbors through homemade meal delivery. We also seek to eliminate stigmas associated with asking for help when it is needed most. Our mission is simple: feed families, spread kindness, and strengthen communities. 

Jan/Feb 2022



Cook food. Spread love. Strengthen communities.

Lasagna Love is a nationwide grassroots movement that aims to connect neighbors with neighbors through a simple act of love and kindness. We accomplish this by cooking and delivering free, homemade lasagnas to families under stress, whether due to economic insecurity, food insecurity, illness, pressure of having to work while home schooling, etc. We also seek to eliminate stigmas associated with asking for help.

Volunteer lasagna chefs are matched with recipients every Tuesday and deliveries are usually made within the week at a mutually agreed upon time. Lasagnas are dropped off, contact free, at the recipient's door with reheating instructions. Volunteers then wait at a safe distance to make sure the lasagna is picked up.

Request a meal. If your family needs a meal, or you know a family that does, it only takes a moment to request through our website <https://www.lasagnalove.org/> It's a free meal, made with love, no strings attached, and all contact information is kept confidential.

Want to help? We're always looking for new cooks! Sign up through our webpage www.lasagnalove.org - the commitment can be anything you're comfortable with - you can choose the frequency and number of deliveries as well as your delivery area.

To date, Lasagna Love has delivered over **6,000+** meals! Started in May of 2020 as an act of kindness by one mama and her toddler, it has spread all over the US including major metro areas like Atlanta, Boston, Chicago, Dallas, Houston, Las Vegas and San Diego, and is supported by more than **3,000** volunteers.

LASAGNA LOVE



NEED A HAND FEEDING YOUR FAMILY? YOUR NEIGHBORS WANT TO HELP!
REQUEST A FREE LASAGNA DELIVERY WITH THESE 5 STEPS:



1

Scan the QR
code or visit
lasagnalove.org



2

Get matched to
a local lasagna
mama or papa



3

Coordinate a
delivery day and
time



4

Get a safe,
contactless
delivery



5

Sign up
again the
next month!

Feed families, spread kindness, strengthen communities.

 @wearelasagnalove  @wearelasagnalove  www.lasagnalove.org

Our Mission

Lasagna Love was started at the beginning of the pandemic, when the founder of 'Good to Mama' was looking for a way to help moms in her community. She and her toddler started making and delivering meals to families in the neighborhood who were struggling, whether that struggle was financial, emotional, or simply a feeling of overwhelm.

Lasagna Love has since grown into a national movement, with thousands of people all cooking and delivering meals to families in their communities. ***What we do is simple: feed families, spread kindness, and strengthen communities.*** Our mission is not only to help address the incredible rise in food insecurity among families, but also to provide a simple act of love and kindness during a time full of uncertainty and stress.