



University of Kentucky College of Agriculture, Food and Environment Cooperative Extension Service

> Marshall County 1933 Mayfield Hwy. Benton KY 42025 marshall.ca.uky.edu

The Marshall County Extension Office is open 8-4:30 Monday through Friday.

(270) 527-3285

Upcoming Events

1/20 - Sewing with Robynn, MCEO 10-2

1/25 - All In the Family, MC Resiliency Center 9am

1/31 - Home-based Microprocessing workshop, MCEO 9:30-2:30 (call office for more information)

2/6 - Extension Homemakers Advisory Council meeting, MCEO 9:30am

2/7 - Sewing with Robynn, MCEO, English Paper Piecing, 2-4pm

2/13 - Maker Monday, MCEO 9-noon

2/15 - Genealogy 101, MCPL@Hardin, 10am

2/17 - Sewing with Robynn, Graves County

Extension Office, lap quilts 10-2

2/20 - International Day - Israel, MCEO, 10am

3/2 - Learning Session: 'Transferring Cherished Possessions' MCEO, 10am

3/3 - Area Cultural Arts day at Graves County **Extension Office**



Join Robynn for the English Paper Piecing class on 2/7 from 2-4pm. Call the office to reserve a spot!

Sewing with Robynn Join MVC Robynn as she leads a session to make lap quilts for hospice patients. The group will meet 1/20 from 10-2 at MCEO. Supplies are furnished Everyone is welcome.

Transferring Cherished Possessions

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Estate planning can be a complicated process, especially when considering how to transfer personal property to people who will want and care for it after your death. Charting a course of action as you begin is a way to provide clarity when creating an estate plan for your non-titled possessions. Join us for this session on March 3 at 10:00am.

CHECK OUT OUR NEW **UPDATED WEBSITE!**

https://marshall.ca.uky.edu/

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





If you know families raising relative children, please invite them to join us at 'All in the Family'. The next workshop will be at the Marshall County **Resiliency Center on** 1/25 at 9am. Everyone is welcome to attend.



Recipe Corner...



Cheesy Broccoli Potatoes

5 slices turkey bacon

1 tablespoon olive oil

1 clove garlic, minced

2 tablespoons chopped chives

Salt and pepper to taste

4 large potatoes, cubed

2 cups fresh broccoli florets

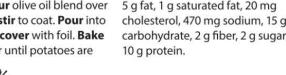
1 cup fat-free, shredded cheese

Preheat oven to 425° F. Cook bacon until crispy, crumble and set aside. Spray 9x13-inch baking dish with non-stick cooking spray. In a small bowl, combine olive oil, garlic, chives, salt and pepper; stir to blend. In a large bowl, toss together potatoes and broccoli. Pour olive oil blend over potato mixture; stir to coat. Pour into baking dish and cover with foil. Bake for 35 minutes or until potatoes are

tender: remove from oven. Sprinkle cheese and bacon on top and place back in oven until cheese melts.

Yield: 8, 1/2 cup servings.

Nutritional Analysis: 140 calories, 5 g fat, 1 g saturated fat, 20 mg cholesterol, 470 mg sodium, 15 g carbohydrate, 2 g fiber, 2 g sugar, 10 g protein.





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

Included in this mailing is the February lesson on Heart Health.



The Purchase Area Cultural Arts Day will be 3/3 from 9-2 at the **Graves County** Extension Office. Registration Is \$13. More information will be available soon for those interested in attending.



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