

NEWSLETTER

April 2025

LaRue County

P.O. Box 210, 807 Old Elizabethtown Rd.

Hodgenville, KY 42748-0210

(270) 358-3401 - larue.ca.uky.edu

Garden Your Way to Better Health

Gardening is fun and healthy. It makes your space look nice, gives you fresh food, and helps your body. Digging, planting, pulling weeds, and watering plants are all great ways to work out and stay healthy.

Gardening is something anyone can do. It doesn't matter how old you are. It's a simple way to move your body while using a lot of muscles. Michigan State University says gardening can help adults reach the Centers for Disease Control and Prevention's goal of 150 minutes of moderate exercise each week. Moderate exercise gets your heart rate up and makes you breathe a little faster. When you garden, it gives your whole body a workout. It offers many benefits, such as:

- **Burning Calories:** Gardening can burn 200 to 400 calories an hour, based on how hard you work.
- **Heart Health:** It helps your heart stay healthy by raising your heart rate and getting better blood flow.
- **Building Strength:** Tasks like lifting tools and digging make your muscles stronger.
- **Stretching and Balance:** Bending, stretching, and reaching help you stay flexible and balanced.
- **Stress Relief:** Spending time in nature helps you feel calm, lowers stress, and lifts your mood.

By gardening regularly, you can stay active, feel happier, and enjoy the reward of growing your own plants while spending time in nature.

Source: Monica Mundy, Extension Specialist for Community and Family Health

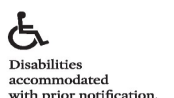


Cooperative Extension Service

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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JOIN *us this* MONTH

- **April 3, 1:00pm** – Friends & Family Homemaker Club
- **April 9, 10am** – Quilt Club, Extension Office
- **April 11, 12:00 noon** – Cooking Through the Calendar
- **April 12** – Homemakers Spring Bazaar, 9am-3pm
- **April 15, 10:30am** – South Fork Homemaker Club
- **April 16 at 9am** – Laugh & Learn Playdate Program
- **April 21 at 1:30pm** – Composition in Photography Homemaker Lesson Leader Training (Open to the Public)
- **April 22, 4:30pm** – Beginner Sewing for Adults
- **April 25, 9am** – Homebased Microprocessing Workshop – See flyer for registration details.
- **April 28** – Open Sewing at 10am, Extension Office




Spring walking club
Mondays at Noon
April 7 – June 2
Creekfront Park, 250 Tonieville Road, Hodgenville

Cooperative Extension Service

REGISTER NOW

(270) 358-3401 - marla.stillwell@uky.edu
LaRue County Extension Service



Cooking through the calendar
Lemon Broccoli Pasta

Cooperative Extension Service

LIVE STREAMING

this Month 4/11/25 @NOON

LaRue County Extension Service • 807 Old Elizabethtown Rd., Hodgenville
An Equal Opportunity Organization

Martin-Gatton
College of Agriculture,
Food and Environment

**FAMILY AND
CONSUMER
SCIENCES**

COOPERATIVE
EXTENSION
SERVICE

UK

UK Cooperative Extension Service

Marla Stillwell
Marla Stillwell

Extension Agent for Family & Consumer Sciences Education
E-mail: marla.stillwell@uky.edu Phone: (270) 358-3401
Website: http://larue.ca.uky.edu/FamilyConsumerSciences

Building strong families. Building Kentucky. It starts with us. #UKfcsext

homemaker

NEWS & NOTES

2025 State Meeting – The KEHA State Meeting will take place **May 6-8, 2025**, at Hyatt Regency in downtown Lexington. The theme is “*Discover KEHA – A Hidden Treasure.*” Northeast Area will serve as the host area. Reserve your hotel room now in the KEHA group block! The group rate is \$149/night + tax (1-4 people). Make your reservations by **April 7** to secure the conference rate. Phone Reservations: 800-233-1234 (group code **G-KEHA** for conference rate). Details are on the [State Meeting](#) webpage as well as registration forms.



➤ **April 21, 1:30pm – Leader Lesson Training, Composition in Photography.** Join us to better understand the concepts of visually pleasing photography composition within the context of the elements and principles of art.

➤ **April 29, 10am – Area Homemaker Workday** at the Hardin County Extension Office

➤ **May 13, 10am – County Homemaker Council** – County Officers and Educational Chairmen will meet to discuss several upcoming events.



Join LaRue County Extension Homemakers on Facebook!

Cooperative Extension Service

HOMEMAKERS

Spring BAZAAR

4-12-25
9 AM - 3 PM

Vendor Registration

Hosted by the LaRue County Extension Homemakers

LaRue County Extension Service
807 Old Elizabethtown Rd., Hodgenville
270-358-3401
An Equal Opportunity Organization

LaRue County Extension Homemakers Cookbooks

\$15

** Get yours today! **

HOMEBASED MICROPROCESSING *Workshop*

 Cooperative
 Extension Service



Get certified!

ADD VALUE TO YOUR PRODUCE
 IN 2025 AND START SELLING
 HOME-CANNED FOODS.

04/25/25
 9 AM - 3 PM

LaRue County Extension Service
 807 OLD ELIZABETHTOWN ROAD, HODGENVILLE
 270-358-3401

Register online:
 UKFCS.NET/HBM



\$50 fee

Anyone interested in participating in **Kentucky's Home-based Microprocessing** (HBM) Program must complete a workshop. Completion of a workshop is the first step toward certification and being able to sell your home-canned food at a farmers market. **The workshop fee is \$50.** Registration for in-person and virtual workshops are on the University of Kentucky Homebased Processing and Microprocessing website https://fcs-hes.ca.uky.edu/homebased_processing_microprocessing.


You can make microprocessed products in your home kitchen. They must include a primary ingredient you grow, and you must process it in a boiling water bath canner or a pressure canner. Examples include pickles, salsa, tomato juice, spaghetti sauce, pepper jellies, low-sugar or no-sugar-added jams and/or jellies, and canned vegetables. Hot sauces are not included. The program requires recipe review by the University of Kentucky (\$5 per recipe) for all microprocessed products.

Add value to your produce in 2025 and start selling home-canned foods at your local farmers market!



Contact us (270) 358-3401 or
 Extension Specialist, Annhall Norris
annhall.norris@uky.edu



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LaRue County FARMERS MARKET

2025 Market Schedule

JUNE 12 - JULY 31
 Thursdays 9am - 1pm

NEW! JULY 3
 4:30 - 7 pm

LaRue County High School Parking Lot
 925 S. Lincoln Blvd., Hodgenville

EXTENDED August MARKET

8/7 • 8/14 • 8/21

LaRue County Extension Service
 807 Old Elizabethtown Rd., Hodgenville



(270) 358-3401 - marla.stillwell@uky.edu or adam.thomas@uky.edu



ADULT HEALTH BULLETIN



APRIL 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

LaRue County Extension Service
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THIS MONTH'S TOPIC

APRIL IS NATIONAL KIDNEY MONTH



April is National Kidney Month. This is a time to bring awareness to kidney health and disease prevention. This year's focus is on taking charge of your health and the many factors that go into managing your kidney function. Kidney health is important for overall well-being. The kidneys play a crucial role in our bodies. So, people need to be aware of what their kidneys do and how to support them.

The kidneys filter out waste and extra fluid from the blood, making urine. They also help balance fluids and other nutrients such as electrolytes, sodium, potassium, and calcium. The kidneys also play an important role in producing hormones that help regulate blood pressure. They produce red blood cells and support bone health.

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Disabilities
accommodated
with prior notification.



Being physically active
helps maintain
a healthy weight
and reduces the risk
of conditions like diabetes
and high blood pressure
that can damage
the kidneys.

→ Continued from the previous page

There are many ways to help protect and support kidney health:

- **Drinking enough water** is crucial for kidney function. Dehydration can strain the kidneys. It makes them less effective.
- **Eating a diet low in sodium**, processed foods, red meat, and high in fruits, vegetables, and whole grains.
- **Being physically active** helps maintain a healthy weight and reduces the risk of conditions like diabetes and high blood pressure that can damage the kidneys.
- **Avoiding smoking and excessive drinking**, as smoking can damage blood vessels, including those in the kidneys. Drinking too much alcohol can cause dehydration and strain the kidneys.

Also, certain health conditions may increase the likelihood of kidney disease. Having high blood pressure or diabetes may increase your health risks. Keeping blood pressure and blood sugar levels within healthy ranges is vital to protect and maintain kidney function.

Kidney function naturally declines with age. So, it becomes even more important to monitor kidney health in older adults, especially those with diabetes, high blood pressure, or a family history

of kidney disease. See a health-care provider if you notice any symptoms of kidney problems. These include changes in urination, swelling, fatigue, or persistent back pain. Regular screenings, especially if you have risk factors (e.g., diabetes, high blood pressure), can help find kidney issues early.

If you are worried about your kidney health, talk to your health-care provider. They can help you decide if you need tests for your kidney function. For example, blood tests can measure the creatinine (waste product) level in the blood, indicating kidney function. Urine tests can help detect protein (which shouldn't be in significant amounts in the urine) and other markers of kidney disease.

Maintaining kidney health involves preventive care, a healthy lifestyle, and regular monitoring. Early detection and management of risk factors can help prevent or slow the progression of kidney disease.

REFERENCE:

<https://www.niddk.nih.gov/health-information/community-health-outreach/national-kidney-month>

ADULT
HEALTH BULLETIN

Written by:
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Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2025

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

THIS MONTH'S TOPIC: AVOID BUYER'S REMORSE WHEN CLOTHES SHOPPING

It happens to a lot of us. We buy clothing, and soon realize that we don't really like it or it doesn't fit well. Then, *those jeans* or *that shirt* hang unworn in the closet as wasted money. In fact, research estimates the average U.S. consumer tosses 81.5 pounds of clothing a year, wearing an item only 7 to 10 times before purging it.

If your closet is full of clothes you don't wear, this is a good example of the **"Pareto Principle,"** otherwise known as the "80/20 rule." So many of us wear only **20% of our clothes, 80% of the time.** This suggests many of us can make do with less. Especially if we have a closet full of unworn clothes. If this describes you, keep what you wear most, then donate or sell the rest.

REDUCING BUYER'S REMORSE

After decluttering your wardrobe, be intentional to only buy items you plan to wear moving forward. First, **choose quality over quantity.** You will get more use from a few clothes that are well made than having lots of clothes that are cheaply made and may "fall apart" after washing. Buy the best you can afford.



Also, make sure you **FEEL good** wearing your clothing. Buy items that fit well and are flattering for your body to help you feel confident and comfortable. Think about clothes you already own that you continually reach for day after day.

Consider the additional tips below to avoid buyer's remorse.

Don't buy clothing...

- **Just because it is on sale.** It's tempting to spend money to save money, but you'll get "100% off" when you don't buy it at all.
- **"Just in case."** Make sure you have a place to wear your new item; otherwise, it will never get worn. (But it's fine to have one or two outfits to wear "in case" of a funeral, job interview, formal event, etc.)

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Lexington, KY 40506




Disabilities
accommodated
with prior notification.

IT'S TEMPTING TO SPEND MONEY TO SAVE MONEY, BUT YOU'LL GET "100% OFF" WHEN YOU DON'T BUY IT AT ALL.



- **Because it's trendy.** You'll get more wear out of classic styles. If you buy something trendy, make sure the fit and style are right for you.
- **As retail therapy.** It's best to shop when you can think clearly about your purchases and you're not in a bad mood. Instead, rest, go for a walk, or get some fresh air.
- **For a "someday" body.** Buy flattering clothes that fit your body now, not for when you lose 10 pounds. Don't buy or keep clothing that makes you feel bad about yourself.
- **That needs alterations.** If the item won't work until you hem it, add buttons, or shorten the straps, don't invest in another "project" unless you know you will mend the garment.
- **That's "high maintenance."** If you're not willing to hand-wash, iron, or take clothes to the dry cleaner, select easy-care items. Read the care label before buying.
- **Without knowing the return policy.** Clarify how long until the item is no longer returnable. 7 days? 30 days?

Some "final sale" items may not be returned, or returns may be for "store credit only."

REGRET YOUR PURCHASE?

- **Return it!** Take it back to the store for a refund. If you shopped online, don't let too much time pass! Follow the return procedures so you're not stuck with something you regret.
- **No receipt or already cut the tags (but not worn)?** Take it back to the store and be honest. If you bought it recently and never wore it, you may be able to at least get store credit to buy something you WILL wear.

If you're stuck with your mistake, offer the item to a friend, donate it, or consign it. It's OK to let go of clothing you regret buying, no longer wear, or that no longer fits you even if you "spent good money" on it. The money is already spent and keeping too many unworn items in your closet makes it harder to locate the clothes you DO love to wear.

REFERENCES

<https://earth.org/statistics-about-fast-fashion-waste/>

<https://www.simplypsychology.org/pareto-principle.html>

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Designed by: Kelli Thompson | Images by: Adobe Stock

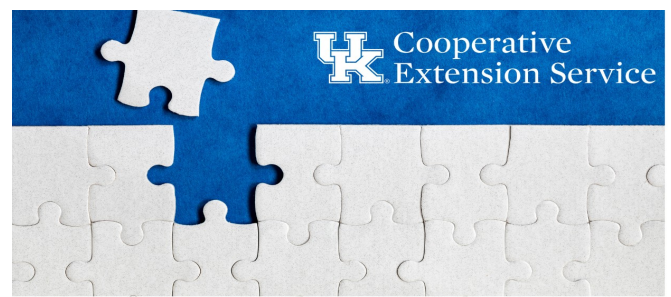


sew
SIMPLE
A SEWING SERIES FOR BEGINNERS

Project: ZIPPERED POUCH

REGISTER BY 04/18,
270-358-3401
-Bring your machine!-

04/22/25
Tuesday 4:30 - 6:30 PM
LARUE COUNTY EXTENSION SERVICE-807 OLD ELIZABETHTOWN RD., HODGENVILLE



Wits Workout

Did you know that social connectedness and intellectual engagement are two lifestyle factors that contribute to your brain's health?

Simply put, coming together and learning new things is good for your noggin! Join the Wits Workout group where you'll engage in all kinds of interactive puzzles and games and learn what you can do in your daily life to keep your brain healthy.

Join me at the **LaRue County Public Library** starting on **April 7**, then on every other Monday in April, May and June at 10:30am.

➤➤➤➤ Call to register 270-358-3851

UK Cooperative
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TOGETHER WE GROW



ART

Contest

DEADLINE: APRIL 25, 2025



LaRue County youth ages 5-18 are invited to take part in the **Together We Grow Youth Art Contest**. The LaRue County map features our top agricultural commodities. Each winning entry across the state will be displayed on a collective map of Kentucky at the 2025 State Fair. Contest pages are available at the Extension Office or you can print from our website, [https://larue.ca.uky.edu/sites/larue.ca.uky.edu/files/Together%20We%20Grow%](https://larue.ca.uky.edu/sites/larue.ca.uky.edu/files/Together%20We%20Grow%20Contest%20Pages.pdf)

Complete and return entries to the Extension Office by April 25th!



LaRue County
P.O. Box 210, 807 Old Elizabethtown Road
Hodgenville, KY 42748-0210

RETURN SERVICE REQUESTED

ASPARAGUS & TOMATO STIR-FRY

INGREDIENTS:

- **¾ pound** fresh asparagus
- **¼ cup** chicken or vegetable broth
- **1 tablespoon** lite soy sauce
- **½ teaspoon** ground ginger
- **1 clove** garlic, minced
- **¼ teaspoon** black pepper
- **1 teaspoon** cornstarch
- **4** green onions
- **2** Roma tomatoes
- **1½ cups** fresh mushrooms
- **1 tablespoon** olive oil

Yield: 4, ¾ cup servings.

Nutritional Analysis: 70 calories, 4 g fat,
0.5 g saturated fat, 0 mg cholesterol,
210 mg sodium, 7 g carbohydrate,
2 g fiber, 3 g sugars, 3 g protein.



DIRECTIONS:

1. **Trim** asparagus and cut into 1 inch pieces.
2. **Combine** broth, soy sauce, ginger, garlic, pepper and cornstarch in a small bowl to make sauce.
3. **Chop** green onions and tomatoes into ½ inch pieces. **Slice** mushrooms.
4. **Pour** oil into a wok or large skillet and **preheat** over medium-high heat.
5. **Add** asparagus and green onions; **stir-fry** 4 minutes.
6. **Add** mushrooms; **stir-fry** 1 additional minute or until asparagus is tender-crisp.
7. **Push** vegetables to the outer sides of the wok. **Add** sauce in center, **cook** until thick and bubbly. **Add** tomatoes.
8. **Stir** well and **heat** through.

<https://www.planeatmove.com/recipes/recipe/asparagus-tomato-stir-fry/>

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