

# Marshall County FCS NEWS



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The Marshall County Extension Office is open 8-4:30 Monday through Friday. We are taking every precaution to keep everyone safe and healthy. We ask when you visit our office, please wear a face covering and follow social distancing guidelines.

The next Marshall County Extension Homemaker Advisory Council meeting will be **May 3** at 9:30am at the Extension Office. Please call the office to confirm your attendance as our guidelines still allow for limited seating in our meeting room. Masks and social distancing are required for all indoor meetings.

## Save the Dates!

County Annual Day - July 26  
Area Annual Day - October 18

The Annual County Picnic will be June 7 at Mike Miller Park. Advisory Council meeting begins at 9:30am, with picnic to follow.

- 1) Call office to RSVP and specify sandwich choice before May 28:  
California chicken salad, turkey or tuna;
- 2) \$10 door prize per club;
- 3) \$5 BINGO prize and bring coins for cover;
- 4) Bring your own drink.



**Maker Monday**  
will be held on July 12.  
Bring a project you are working on to enter in the County Fair July 19-21.

The Extension Office will be closed for the following:  
May 31--Memorial Day  
June 18 - Juneteenth  
July 5 - Independence Day





Marshall County Extension Homemakers are looking for a few good leaders. If the nominating committee contacts you, please consider serving as county President or Treasurer for the next two years. More information about officer responsibilities can be found on the KEHA site at [www.keha.org](http://www.keha.org)

## Recipe Corner...



### Spring Harvest Salad

- |   |  |                                      |
|---|--|--------------------------------------|
| <b>5 cups</b> torn spring leaf lettuce  | <b>Dressing:</b><br><b>4 teaspoons</b> lemon juice | <b>2 teaspoons</b> Kentucky honey    |
| <b>2½ cups</b> spinach leaves           | <b>2½ tablespoons</b> olive oil                    | <b>½ teaspoon</b> salt               |
| <b>1½ cups</b> sliced strawberries      | <b>1 tablespoon</b> balsamic vinegar               | <b>¼ cup</b> feta cheese crumbles    |
| <b>1 cup</b> fresh blueberries          | <b>1½ teaspoons</b> Dijon mustard                  | <b>½ cup</b> unsalted sliced almonds |
| <b>½ cup</b> 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.

**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.

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



## 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](http://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](http://www.ca.uky.edu/fcs).

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EXTENSION  
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The 2021  
Marshall County  
Direct Market  
Farmer's Directory  
is now available.  
Request your copy  
by contacting  
our office!

*Vicki Wynn*

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