

# Marshall County FCS NEWS



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

## 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

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/>



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

Cooperative Extension Service  
Agriculture and Natural Resources  
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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification

# IS BUTTER A CARB?

UNPICKING FACT FROM FICTION IN THE WORLD OF NUTRITION

MARCH 2023

 March 2  
Intro - Chapter 3

 March 9  
Chapters 4-7

 March 16  
Chapters 8-11

 March 23  
Chapters 12-14

**BIG BLUE BOOK CLUB**

 Cooperative Extension Service



MORE INFO

[ukfcsext@uky.edu](mailto:ukfcsext@uky.edu)



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	Salt and pepper to taste
1 tablespoon olive oil	4 large potatoes, cubed
1 clove garlic, minced	2 cups fresh broccoli florets
2 tablespoons chopped chives	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, ½ 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.

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.



*Vicki Wynn*

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January/February 2023

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

