



Cooperative Extension Service

Harlan County
519 South Main Street
Harlan, KY 40831-1911
(606) 573-4464
Fax: (606) 573-4468
harlan.ca.uky.edu

Harlan County Extension Homemakers Newsletter

March/April 2023

Note: All meetings are held at the Harlan County Extension Depot unless otherwise noted.

To register for programs call the office at 573-4464

Reminder: If Harlan County Schools are cancelled due to weather, any Extension workshops scheduled for that day will also be cancelled.

Upcoming Events:

March 7—10am

**Tasty Tuesday
(Mom's Macaroni Salad)**

Instructor—Rebecca Miller,
Bell County FCS Agent



This will be a hands on workshop and you will get to taste the recipe. Registration is required with a limit of 15 participants.

March 13—10am

Make-It-Monday \$5.00



Make a door stop Bunny with Pat Duncan. Registration is required with a limit of 20.

March 27—11am

Charcuterie Boards \$15.00—Pre paid
(Must be paid by Friday, March 24)

Instructor—Lora Davidson, Laurel County FCS Agent
Prepare your own board to take home in this hands-on workshop. Registration is required with a limit of 25 participants.



**April 17—10am
Make-It-Monday**

Decorate your own Derby Hat with Pat Duncan. Registration is required with a limit of 20.



Spinach Pasta Bake

2 cups whole wheat penne pasta
 1 pound ground lean beef
 1 large onion, chopped
 1 large carrot, shredded
 1 teaspoon black pepper
 1 1/2 teaspoons dry basil
 1 teaspoon garlic powder
 1 teaspoon dried oregano
 1 can (14 oz) Italian diced tomatoes, drained
 10 ounces fresh spinach, chopped
 1 cup low-fat shredded Mozzarella cheese

Preheat oven to 350 F. **Cook** pasta according to package directions. **Drain** and **cover** to keep warm. In a large skillet over medium heat, **cook** the beef and onions until beef is no longer pink. **Drain**. **Return** beef to skillet. **Add** carrots and spices and **cook** an additional two minutes. **Stir** in tomatoes. **Reduce** heat to low. **Cover** and **simmer** 10 minutes. **Add** pasta and spinach and mix well. **Cover** and **cook** an additional 3 minutes or until spinach is wilted. **Pour** into greased 3-quart baking dish. **Sprinkle** with Mozzarella cheese. **Bake**, uncovered for 10 minutes.



Backyard Gardening Program

The Backyard Gardening Program will be held on March 28 at 6:00pm and April 3 at 11am. Both programs will be held at the Harlan County Extension Depot. Programs will feature planting and care, as well as informational publications. Attendees will receive a Gardening in Kentucky publication and a Kentucky Gardening Calendar. To register for either program, contact us here at the office.



Jeremy N. Williams

County Extension Agent

For Agriculture/Natural Resources

2023 Plant Order Form

Cooperative Extension Service

Purchaser Information:

Name: _____

Address: _____

City, State, Postal Code: _____

Telephone: _____

Email: _____

Harlan County
519 S. Main Street
Harlan, KY 40831
(606) 573-4464

Quantity	Item	Unit Price	Total
_____ bundles	Strawberries (Allstar) (June bearing—larger berry)	\$5.00 (bundle of 25)	
_____ bundles	Strawberries (Earliglow) (June bearing—smaller, sweeter berry)	\$5.00 (bundle of 25)	
	Blackberries (Natchez)	\$4 each	
	Blueberries (Duke) (two varieties needed for pollination)	\$8 each	
	Blueberries (Chandler) (two varieties needed for pollination)	\$8 each	
	Raspberries (Prelude) - bare root	\$4 each	
	Bristol Black Raspberries	\$4 each	
	Asparagus (Millennium)	\$1 each	
_____ bundles	Onion plants (Candy)	\$5 (bundle of 60)	
		Total Due	

Pre-payment is required by Friday, March 10, for all plant orders.

Make checks payable to: WTA Ag Fund

Payment Information:

Amount Paid: _____

Date: _____

Received by: _____

Check No.: _____ or Cash _____

Plants are expected to ship from the nursery during the first week of April. We will send you a postcard to let you know when the plants will be available for pickup.



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

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STANDARD
US POSTAGE PAID
Harlan, KY
PERMIT # 831

Harlan County Homemaker Clubs

Creative Cutters—2nd Tuesday of each month at 10:00 am

Jr. Homemakers—2nd Tuesday of each month at 3:30 pm

Material Girls—4th Tuesday of each month at 12:30 pm

Nifty Needles—4th Tuesday of each month at 10:00 am

Scrapmakers—1st & 3rd Tuesday of each month at 4:00 pm