

ADAIR COUNTY EXTENSION HOMEMAKERS

April 2025

Lemon Broccoli Pasta



Nutrition facts per serving:
 320 calories; 9g total fat; 2.5g saturated fat; 0g trans fat; 10mg cholesterol; 200mg sodium; 51g total carbohydrate; 7g dietary fiber; 2g total sugars; 0g added sugars; 13g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium

Prep time: 15 minutes
Cook time: 25 minutes

- 1 box (16 ounces) whole-wheat pasta (rotini, spaghetti, bowtie, elbow macaroni)
 - 1 package (12 to 14 ounces) frozen broccoli
 - Zest of one lemon
 - Juice of one lemon (about 2 tablespoons of lemon juice)
 - 2 tablespoons olive oil
 - 2 1/2 teaspoons garlic powder or 1 clove of garlic, minced
 - 2 cups spinach
 - 1 cup grated parmesan cheese
 - 1 cup reserved pasta water
 - Salt and pepper, to taste
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Boil water and prepare pasta according to package directions. Be sure to save 1 cup of pasta water for later use.

3. While the pasta cooks, microwave broccoli for about 5 minutes, or until thawed.
4. In a large saucepan over medium heat, add oil and sauté broccoli for 3-5 minutes.
5. Add cooked pasta to the saucepan with the broccoli. Add lemon zest, lemon juice, garlic, spinach, and reserved pasta water. Use tongs or a spoon to evenly combine everything. Cook until spinach is wilted, about 5 minutes.
6. Sprinkle over parmesan cheese and stir to combine. Reduce heat to low and cook for an additional 3 to 5 minutes or until it reaches desired texture.
7. Serve.
8. Refrigerate leftovers within 2 hours.

Makes 8 servings
 Serving size: 1 1/2 cups
 Cost per recipe: \$8.56
 Cost per serving: \$1.07

Congratulations! Area Cultural Arts Winners



Peggy Brown



Bridgett Powell



Jennifer DiGirolamo



Shannon Steveson

Calendar of Events

- CEC & District Board - April 1st
- Town and Country Club - April 7th
- Sano Stars - April 8th
- Green River Club - April 9th
- Bliss & Happy Club - April 10th
- Gardening Safety - April 11th
- Joyful Hearts Quilt Guild - April 14th
- Council Meeting - April 15th
- Photography Class - April 18th

See you soon!
Dylan Gentry
 Dylan Gentry
 County Extension Agent
 for Family & Consumer Sciences



Adair County Cooperative Extension Service



Adairces



adair.ca.uky.edu



Disabilities accommodated with prior notification.

Project Grad Snack Cake Collection

NOW UNTIL MAY 19TH

Item drop-off location? Extension Office

Who? Open to everyone

Description: The Adair County

Homemakers are collecting snack cakes of all varieties to benefit the Adair County Project Graduation. To ensure there are plenty of cakes for all students our goal is to collect 350 cakes. These cakes need to be individually wrapped, commercially packaged, and still in-date. Donations can be dropped off at the Adair County Extension Office located at 409 Fairground Street, Columbia KY 42728.

class of
2025

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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Lexington, KY 40506



Gardening Safety

APRIL 11TH AT NOON

Where? Extension Office

Who? Open to everyone

Cost? FREE

Teacher: **Debbie Shepherd, Wayne County FCS**

Description: 🌱 Love to Garden? Learn to Do It Safely! 🌱

Gardening is great for your body and mind—but did you know over 400,000 people visit the ER each year from gardening injuries? Join us for a fun, hands-on program that explores how gardening: Boosts physical and mental health Counts as exercise

Can be done safely with simple injury prevention tips

Let's grow healthier together—mind, body, and garden! 🌿



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*Get in Tune with
Homemakers*



**Lake Cumberland Area
Extension Homemakers
Annual Meeting**

May 15, 2025

**Clinton County
Fairgrounds**

Registration 4:30 pm CST

Program 5:00 pm CST

\$15 Registration

***Due to your Extension Office May 1st**



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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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

Adair County
409 Fairground Street
Columbia, KY 42728
Official Business Only

Quilt Drive Going on Now

When? Now until May 1st

Where? Extension Office

Who? Open to everyone

What size Quilt? Extra large twin

Description: The Adair County Homemakers are collecting extra large twin size quilts to benefit the Camp for Courageous Kids, a summer camp for kids with special needs. They are in need of the quilts for the campers who will use them in their dormitories during the camping session. Quilts can be handmade, machine made, or purchased. Donations can be dropped off at the extension office during office hours.

Intermediate Photography

When? Friday, April 18th at 9AM CST

Where? Adair County Extension Office

Who? Open to everyone

Cost? FREE (Pre-registration required at (270) 384-2317

Description: 📷 Enhance Your Portrait Photography Skills! 📷

This interactive session will include live subject photography, allowing you to practice techniques as you learn. This class is designed for those with some camera experience who want to take their portraits to the next level. Bring your own camera to get the most out of the class, but it's not required. Through guided instruction and hands-on practice, you'll refine your ability to capture stunning portraits with confidence! 📍 Space is limited—register today!



Example photograph by
Matt Barton
Ag Communications