HOMEMAKER HIGHLIGHTS -May 2025

Membership Drive

The Homemaker Membership Drive...."Don't Clown Around, Join Homemakers" will be held on Friday, May 2 @ 10:00 AM This will be a carnival themed event!!

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Cooperative Extension Service

Fun Friday

Fun Friday will be held on Friday, May 16 @ 10:00 AM

Homemaker Leader Training

The May Leader Training, "Travel Safety & Emergency Kits" will be held on Thursday, May 2 @ 10:00 AM

Cooking From the Calendar

Cooking From the Calendar will be held on Wednesday, May 21 @10:00 AM with the featured recipe of *Banana Pancakes*

Special Presentation

There will be a Health Information Card Presentation & Activity immediately following Cooking From the Calendar.

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Broccoli

Broccoli is a cool-season plant in the same family as cabbage and cauliflower. It is known as a cole crop. Broccoli can be grown in both the fall and the spring and can be eaten many ways.

Serving: wash broccoli under cold running water. Trim the leaves and peel the stalk.

- To steam: Place on a rack above boiling water and steam 6 to 8 minutes. Rinse with cold water. Drain.
- To boil: Place in a saucepan with 1 inch of boiling water. Cover and cook 5 to 7 minutes.

• To microwave: Place broccoli in a microwave safe dish. Add in inch of water and cover with a glass lid or plastic wrap. Microwave 3 to 4 minutes or until crisp-tender.

Storage: Once harvested, there is no need to wash broccoli before storing it. Broccoli can keep in the refrigerator for up to two weeks at 40 degrees F. Wash broccoli right before you use it

Broccoli Grape Pasta Salad

34 cup diced pecans 8 ounces whole grain pasta (bow tie or other type) 5 slices turkey bacon 2 cups seedless red grapes1 pound fresh broccoli 34 cup low-fat mayonnaise
14 cup honey
1/3 cup diced red onion
1/3 cup red wine vinegar

Preheat oven to 350 degrees F. Bake pecans in a single layer in a shallow pan for 5 to 7 minutes or until lightly toasted and fragrant, stirring halfway through. Prepare 8 ounces of pasta according to package directions. Cook bacon according to package directions. Cool and crumble into small pieces. Cut the broccoli florets from stems and separate florets into small pieces using the tip of a paring knife. Slice 2 cups of grapes into halves. Whisk together mayonnaise,

Plate it up /

and chill for 30 minutes. Stir in bacon crumbles and diced pecans just before serving. Yield: 16, ½ cup servings

pasta and grapes; stir to coat. Cover

honey, diced red onion and vinegar in a

large mixing bowl. Add broccoli, cooked

Nutritional Analysis: 160 calories, 7 g fat, 1 g saturated fat, 5 mg cholesterol, 125 mg sodium, 24 g carbohydrate, 3 g fiber, 9 g sugars 4 g protein.

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