

Extension Edition

Cooperative Extension Service

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Wolfe County Cooperative Extension Newsletter April 2025



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- 4-H Events
- 4-H Clubs
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Jessica M. Denniston
Agriculture & Natural Resources
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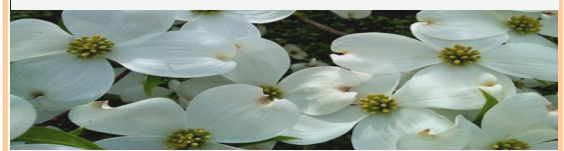


Bethany Kirby
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"No winter lasts forever; no spring skips its turn. April is a promise that May is bound to keep, and we know it." – Hal Borland



Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated with prior notification.



UK Cooperative
Extension Service

**QUICKSAND AREA FCS AGENTS
PRESENTS**

Area Homemaker Training

Quicksand Community Center

**TUESDAY
APRIL 15 @ 10 AM**

\$10 REGISTRATION FEE DUE APRIL 4TH

CALL WOLFE CO. EXTENSION OFFICE

606-668-3712

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Lexington, KY 40506



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Survive & Thrive

Disaster Preparedness Series

April Topic:
Spring Weather Preparation

Register for one of these events by calling the Extension Office where you wish to attend:

Knott County: 606-785-5329
Letcher County: 606-633-2362
Lee County: 606-464-2759

Lee County

April 9th @ 10 AM

Letcher County

April 10th @10 AM

Knott County

April 11th @10 AM

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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.

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.

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.

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>

Written by: Jeanne Badgett, Senior Extension Associate | Edited by: Nichole Huff and Alyssa Simms
Designed by: Kelli Thompson | Images by: Adobe Stock

WHO IS A BEGINNING SEWER?

A beginning sewer is anyone that has an interest in sewing but has limited or no sewing experience.

WHO IS A MASTER CLOTHING VOLUNTEER?

A person who enjoys the art of sewing and has received an intense, in-depth education to improve their skills in clothing construction and leadership.

HOW DO I BECOME A MASTER CLOTHING VOLUNTEER?

You can apply if you have basic knowledge and good skills in clothing construction.

State-wide training

seminars are conducted in the even years.

We will be accepting new volunteers in the spring of 2026. If interested, contact your FCS agent. Intensive training is offered each fall in order to keep certification.

ZIPPER POUCH

Wolfe County MCV Carole Dunhuber will teach you how to make this zipper pouch perfect for your small purse items.



DISH TOWEL APRON

Leslie County MCV Betty Harris will teach you how to transform a dish towel into this beautiful apron.



2025

COME SEW WITH US

HOSTED BY COOPERATIVE EXTENSION SERVICE AND QUICKSAND MASTER CLOTHING VOLUNTEERS

JUNE 11, 2025
BREATHITT COUNTY
EXTENSION OFFICE
10 A.M. - 1:30P.M.

JUNE 12, 2025
PERRY COUNTY
EXTENSION OFFICE
10 A.M. - 1:30 P.M.

COOPERATIVE EXTENSION

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LEXINGTON, KY 40546



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Kentucky
College of Agriculture,
Food and Environment



HEART POT HOLDER

Perry County MCV Nancy Pratt will teach you how to make this heart potholder. Limit 10 per class.



NOTEBOOK COVER

Wolfe County MCV Gayle Hensley will help you create a fun customized notebook cover for your favorite book or journal.



APPLIQUE TEA TOWEL



Owsley County MCV Cheryl McCauley will teach you the technique of how to make a beautiful Applique Tea Towel.

PILLOWCASE WITH FRENCH SEAMS



Wolfe County MCV Rita Rogers will help you create this stunning customized pillowcase with french seams if you register for her class.

SHOULDER WRAP HEATING PAD



Letcher County MCV Lisa Ison will guide you step by step with this Shoulder Wrap Heating Pad for ultimate relaxation. Limit 5 per class.

Must pre-register by May 9th for classes.

REGISTRATION FORM

Each class lasts one hour (you may select up to 3 classes). Kits will be supplied for each class. Please arrive before 10 a.m. to allow time for check-in. Classes are assigned on a first come, first serve basis so please return in a timely fashion.

_____ Heart Pot Holder

_____ Applique Tea Towel

_____ Shoulder Wrap Heating Pad

_____ Notebook Cover

_____ Dish Towel Apron

_____ Zipper Pouch

_____ Pillowcase with French Seams

Location: Breathitt _____ Perry _____

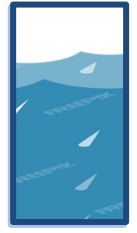
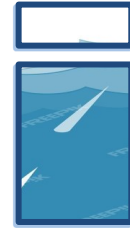
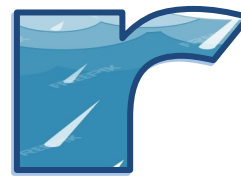
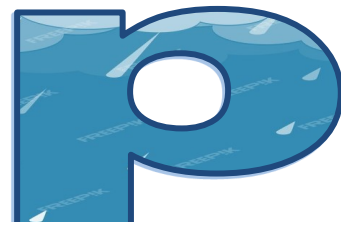
Name

Address

Phone

Mail form and \$5.00 registration fee to:

Perry County Extension Office
933 Perry Park Road
Hazard, KY 41701



Sun

Mon

Tue

Wed

| | | | |
|----|---|---|--|
| | | 1 | 2 |
| 6 | 7 | 8 | 9 Cooking Through the Calendar at 11:00 AM Survive & Thrive -Lee Co at 10:00 AM |
| 13 | 14 4-H Art Club 3:00 to 5:00 PM | 15 Area Homemaker at Robinson Ctr. 10:00 AM | 16 |
| 20 | 21 4-H Chess Club 3:00 to 5:00 PM Beekeepers 5:30 to 6:30 PM | 22 4-H Cooking Club 3:00 to 5:00 PM | 23 |
| 27 | 28 | 29 | 30 |

***All classes are held at the Wolfe County Cooperative Extension Service Office unless otherwise noted**

Thu

Fri

Sat

| | 3 | 4 | 5 |
|--|---|---|------------------|
| | | | |
| | <p>10</p> <p><i>Sit n Sew 2:00 to 5:00 PM</i></p> <p>4-H Garden Club 3:00 to 5:00 PM</p> <p>Survive & Thrive -Letcher Co at 10:00</p> | <p>11</p> <p>Survive & Thrive –Knott Co at 10:00 AM</p> | <p>12</p> |
| | <p>17</p> | <p>18</p> <p>4-H Homeschool Club 1 PM</p> | <p>19</p> |
| | <p>24</p> <p><i>Sit n Sew 2:00 to 5:00 PM</i></p> | <p>25</p> <p>Tree-Seedling Drive Through Pick up 2:30 to 4:00 PM</p> | <p>26</p> |
| | | <p>Looking Forward: Must register for Come Sew with Us-before May 9</p> | |



Sit & Sew

BRING YOUR OWN PROJECTS TO COMPLETE

*This month—
April 10th and 24th at
2:00-5:00 PM*

**Join Master Clothing Volunteers,
Rita Rogers & Carole Dunhuber
to work on your projects!**



WOLFE COUNTY EXTENSION OFFICE

Monday April 21, 2025 at 5:30 PM

CALL US AT 606-668-3712 IF YOU PLAN ON JOINING US THAT EVENING!

Plant a Tree, Grow a Future!

According to the Kentucky Division of Forestry, trees improve the environment by reducing the effect of heat, wind, dust and noise. Trees provide privacy and beautification.



We have ordered Redbud, Wild Plum, Pecan, Gray Dogwood, and a limited amount of White Oak.

Drive through tree-pick-up

Limit 5 free trees to a family

Friday April 25

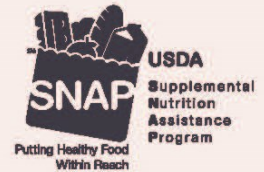
2:30 to 4:00 PM

Due to an earlier youth event our parking lot can't be accessed earlier.

While the supply lasts



Lemon Broccoli Pasta



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

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

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

Source:

Jeannie Noble, RD, Extension Specialist for Nutrition; and Jen Robinson, NEP Area Nutrition Agent, University of Kentucky Cooperative Extension Service

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Lexington, KY 40506



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UK Cooperative Extension Service

COOKING THROUGH THE
Calendar

April 09, 2025

11:00 AM

Wolfe County Extension Office

For more information on how you can attend these FREE cooking classes, please contact your local Cooperative Extension office:

Wolfe County Extension Office
 20 N Washington St.
 Campton, KY 41301
 (606) 668-3712



USDA is an equal opportunity provider and employer. This project was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

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4-H Homeschool Club

Wolfe County Extension Office

April 18 | 1pm

Register by calling or texting 6065604480



 Martin-Gatton
College of Agriculture,
Food and Environment

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Extension Service

Wolfe County 4-H April Clubs

Garden Club
April 10th

Art Club
April 14th

Cooking Club
April 22nd

Chess Club
April 21st

All clubs occur at the Wolfe County Extension Office from 3pm-5pm.

Open to all ages, children under 5 must be supervised by an adult.

Register by texting or calling 6065604480.

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4-H Garden Club

Join our meeting to get involved with the Community Garden and to learn about the basics of gardening.

April 10th | 3-5pm

Wolfe County Extension Office

 Call to register:
606-668-3712



4-H Art Club

April 14
3-5pm

Doors open after school

Wolfe County
Extension Office

REGISTER BY CALLING 606-668-3712

4-H Cooking Club

April 22
3-5pm



Learn how to make food
from all around the world!

Doors open after school

Register by calling
606-668-3712



4-H CHESS CLUB

For all skill levels! Ages 9+



April 21, 3-5pm

Wolfe County Extension Office
Call 606-668-3712 to Register

Non Profit
US Postage Paid
Permit # 4
Campton, KY

Wolfe County
20 N Washington Street
PO Box 146
Campton, KY 41301-0146

RETURN SERVICE REQUESTED



Blackberry Lemon Upside Down Cake

| | | |
|---------------------------------------|-----------------------------------|-----------------------------------|
| 2 teaspoons melted butter | 1¼ cup all-purpose flour | 1 large egg |
| ½ cup brown sugar | 1½ teaspoons baking powder | ¾ teaspoon vanilla extract |
| 1½ teaspoons grated lemon peel | ¼ teaspoon salt | 1 teaspoon lemon juice |
| 2 cups fresh blackberries | ⅔ cup sugar | ½ cup skim milk |
| | 2 tablespoons butter | |

Preheat oven to 350°F.

Place melted butter in the bottom of a 9-inch round cake pan.

Sprinkle with brown sugar and lemon rind.

Top with berries. Set aside.

Combine flour, baking powder and salt in a small bowl. Set dry ingredients aside.

Beat sugar and butter together in a large bowl with a mixer

on medium speed until well blended.

Add egg, vanilla, and lemon juice. Mix well.

Add dry ingredients to egg mixture alternately with milk, beginning with milk and ending with flour. Mix after each addition.

Spoon the batter over the blackberries.

Bake at 350 degrees for 40

minutes.

Cool cake for 5 minutes on a wire rack. **Loosen** edges of the cake with a knife and place a plate upside down on top of cake; **invert** onto plate.

Serve warm.

Yield: 8, 3 inch wedges.

Nutritional Analysis: 230 calories, 5 g fat, 35 mg cholesterol, 220 mg sodium, 45 g carbohydrate, 2 g fiber, 4 g protein.

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

