

# Jefferson County Extension Service

## COUNTY-WIDE NEWSLETTER

### December 2022

## Welcome!

**Kentucky Cooperative Extension** is the educational resource for all Kentuckians that serves as a catalyst to build better communities and improve quality of life. **This is our vision.** We are here to enrich the lives of everyone in Jefferson County. Anything from a soil test to recipes to activities for kids to the latest advancements in farming. *Got Questions? We have the answers!*



*Kentucky's two land-grant universities, the University of Kentucky and Kentucky State University, serve as partners in conducting educational programs through Cooperative Extension. The program delivery process involves Extension faculty, county agents, advisory council members, volunteer leaders and the general public.*



Please welcome LeTicia Marshall as the Local Food Systems Justice Coordinator from Kentucky State University. Before coming to KSU Extension she was already teaching people how to grow their own food, advocating for food justice, and creating food production and distribution pathways in the community. She is happy to also be doing that work here with Extension.

WELCOME TO  
OUR TEAM!



Please welcome Von Barnes as the Urban Agriculture Extension Agent from Kentucky State University. Before coming to KSU Extension, he founded Kentuckiana Backyard Farms, which is a micro demonstration farm focused on education, wellness, and eating healthy. Outside of starting backyard farms and hosting agrarian workshops, he brought goat yoga to some local breweries. He is grateful to also be doing that work here with Cooperative Extension.



# Giving Back to our Community

By Paul Adkins, Area Extension Agent for KYNEP Central Region, Areas 5-6

Program assistants and staff from the Louisville Area Nutrition Education Program and Jefferson County Cooperative Extension Service worked with the Dare to Care Community Kitchen to prepare hundreds of pounds of breakfast sausage and butternut squash ([find a Loaded Butternut Squash recipe on page 3](#)) to be distributed to the community. The Dare to Care Community Kitchen is a 24,000 square foot facility in the heart of the Parkland neighborhood and houses Dare to Care's production and innovation kitchen, a job training kitchen in partnership with Catholic Charities Common Table program, and a demonstration kitchen and classroom space.

Want to learn more about planning nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills, and changing behavior to have a healthy lifestyle? Want to access recipes and other resources for limited resource individuals provided by the Kentucky Nutrition Education Program? Start by visiting [www.PlanEatMove.com](http://www.PlanEatMove.com) and reach out to your County Extension Office.

*\*To learn more about the Jefferson County Cooperative Extension Service - visit [jefferson.ca.uky.edu](http://jefferson.ca.uky.edu)*

*\*To learn more about Dare to Care - visit [www.daretocare.org](http://www.daretocare.org)*





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



## Loaded Butternut Squash



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



USDA  
Supplemental  
Nutrition  
Assistance  
Program

Putting Healthy Food  
Within Reach

This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.



### Loaded Butternut Squash

- 1 large butternut squash, cut in half and seeded
- 2 tablespoons olive oil
- 1 pound ground venison, elk, or beef
- 1 teaspoon salt
- 1 teaspoon ground pepper
- 1 teaspoon dried chili powder, cumin, OR paprika
- 1 medium onion, diced
- 1 green bell pepper, diced
- 1 teaspoon garlic powder
- 4 cups kale, chopped
- ½ bunch green onions

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat oven to 400 degrees F.
3. Rinse all vegetables under cool running water before preparing.

4. Place butternut squash on a baking sheet, cut sides up. Evenly drizzle 1 tablespoon olive oil over each piece.
5. Roast in oven for 50 to 60 minutes, until squash is soft.
6. While squash is roasting, heat a large skillet to medium-low and cook venison slowly. Cover pan to keep moisture from evaporating. Stir a few times during cooking to break meat apart.
7. Add salt, pepper, and spice of your choosing to meat.
8. When meat is almost fully cooked, add onion, green pepper, and garlic powder. Cook until vegetables are soft.
9. Add kale and cover with lid. Cook 5 minutes longer. Keep venison mixture on low heat until butternut squash is fully cooked.

10. Scrape soft insides out of squash and place in a large bowl. Be careful not to rip squash skin. Set squash skins on serving dish.
11. Add meat mixture to squash in bowl. Stir to combine.
12. Refill squash skins with mixture.
13. Trim ends of green onions and slice. Sprinkle green onions on top of filled squash skins.
14. Serve immediately. Store leftovers in the refrigerator within 2 hours.

**Yield:** 4 servings  
**Serving Size:** ¼ stuffed squash

**Nutrition facts per serving:**  
430 calories; 17g total fat; 5g saturated fat; 0g trans fat; 75mg cholesterol; 710mg sodium; 48g total carbohydrate; 11g dietary fiber; 11g sugars; 0g added sugars; 32g protein; 0% Daily Value of vitamin D; 20% Daily Value of calcium; 35% Daily Value of iron; 20% Daily Value of potassium.

# Grupo de Mujeres = Group of Women

**By Jessica Marques, KSU Community Resource Development Agent**

The Grupo de Mujeres is a collaborative program between Eastern Area Community Ministries and Kentucky State University's Cooperative Extension program. The group welcomes all Spanish-speaking women in Jefferson County.

As of September 2022, we have educated the participants on financial skills such as opening savings and checking accounts, understanding the difference between different forms of payments and how to apply them to their lives, making budgeting plans, and creating financial goals. During the most recent meetings, we have been focusing on creating short-term, intermediate, and long-term financial goals.

Many of the participants have stated that they have developed a sense of community and are more comfortable when it comes to discussing and handling financial matters along with developing their self-care. The group meets every 4th Tuesday of the month from 6:00 - 8:30 pm at the Trinity Presbyterian Church on Shelbyville Rd. Childcare and small meals are provided to participants and their children. If you are interested about learning more or attending the meetings, please email [Jessica.Marquez@kysu.edu](mailto:Jessica.Marquez@kysu.edu) or call 502-569-2344.



## 4-H Fair Days

**By Ami Koralia & Karen Kummer,  
4-H Youth Development Program Assistants**

On the third Thursday of each month 4-H'ers are preparing for Fair time! Each month they work on a craft project that can be entered into the 4-H County Fair (with the hopes to go on to the Kentucky State Fair next August). We recently worked on fall center pieces for the home. We had so many different items to use, everyone was able to use their own creativity and make it their own! Everyone loved it so much they asked to do it again next year.

If you are interested in learning about the 4-H programs we currently have scheduled, please email [dlbrowne@uky.edu](mailto:dlbrowne@uky.edu) to be added to our email distribution list.



# 4-H Cooking at Lassiter Middle School

By Karen Kummer, 4-H Youth Development Program Assistant

Lassiter Middle School invites us every year to do cooking classes with their youth. We start by teaching kitchen safety and proper knife cutting skills. We also did a lesson on the proper table setting and table manners along with general manners. We usually start with an appetizer then breakfast and end with entrees. This is a six-week course and has just ended for the year. We are always asked to conduct two sessions of cooking. We will start back up in January 2023 for another six weeks round of cooking classes!



## Speedy Chili

Servings:6    Serving Size:1 cup    Recipe Cost: \$4.05    Cost per Serving: \$0.68

### Ingredients:

- 8 ounces lean ground beef
- 1 14-ounce can diced tomatoes with green peppers and onions
- 1 15-ounce can low-sodium kidney beans
- 1 8-ounce no salt added tomato sauce
- 1/2 cup water
- 1 tablespoon chili powder
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

### Directions:

1. In a medium saucepan, cook ground beef over medium heat, breaking up meat until coarsely chopped; cook thoroughly.
2. Drain fat off beef; return meat to pan, add diced tomatoes, kidney beans, tomato sauce, water, chili powder, garlic powder salt and black pepper and bring to a boil.
3. Reduce temperature and simmer 10 to 15 minutes.
4. Serve immediately. Refrigerate leftovers.

<https://www.planeatmove.com>

180 Calories; 5g fat; 2g saturated fat; 0g trans fat; 35mg cholesterol; 610mg sodium; 20g total carbohydrate; 6g dietary fiber; 7g total sugars; 0g added sugars; 16g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 15% Daily Value of iron; 8% Daily Value of potassium

# Congratulations!

Mirabella Koralia is a 4-Her here in Jefferson County that also participates in Shelby County Extension programming. She was recently presented the Matt Edwards Outstanding Citizen Award at the Shelby County 4-H Achievement Banquet. We are so proud of Mirabella and how she represents 4-H!



## COOPERATIVE EXTENSION



### Position Announcement

Position Begins- February 13

Application Deadline- January 3

Starting Salary- \$15/hour plus benefits at 37.5 hours/week

Benefits- Go to: [bit.ly/ukybenefits](http://bit.ly/ukybenefits)

#### Position:

Program Assistant, Nutrition Education Program  
Working with Limited Resource and Low-Income Audiences in Louisville

#### Job Description:

Under the immediate supervision of the Extension Agent for Family & Consumer Sciences, the person filling the position will perform the following duties:

- 1) Teach people in small groups:
  - a) To select and prepare foods for an adequate diet
  - b) To plan food purchases within available funds to provide maximum nutritional value
- 2) Recruit adults and youth to participate in the Nutrition Education Program.
- 3) Recruit and support volunteer leaders for youth nutrition related programs.
- 4) Work outside of the office a majority of the time, this position requires a self-starter that will use time responsibly.
- 5) Keep and submit required records including computer and web based reports promptly.
- 6) Attend all training conferences, some held in Lexington.
- 7) Ensure that all youth and adults have an equal opportunity to participate in extension programs regardless of race, color, age, sex, religion, disability, or national origin.

Location: Jefferson County Cooperative Extension, Nutrition Education Programs  
4200 Gardiner View Avenue, Suite 204, Louisville, KY 40213

Telephone: 502-442-2035



See the reverse side for additional information. ▶▶▶



Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Disabilities accommodated with prior notification.

## JOIN THE NUTRITION EDUCATION PROGRAM AND JEFFERSON COUNTY EXTENSION

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The deadline for applications is Tuesday, 1/3/23 and the pay rate is \$15.00/hr. at 37.5 hrs. a week + EXCEPTIONAL benefits package. TWO positions available!

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Applicants should apply to BOTH positions to be considered for both: Program Assistant for EFNEP and Program Assistant for SNAP-Ed (in Jefferson County)

<https://ukjobs.uky.edu/postings/437414>

<https://ukjobs.uky.edu/postings/437406>

Anticipated start date is  
February 13, 2023.

# Meet the Jefferson County Extension Service

## 4-H Agents

Chanda Hall  
Louis Milligan  
Kelly Smith  
Patrice Thompson

## 4-H Assistants

Ami Koralia  
Karen Kummer  
Donna Thompson

## Support Staff

Donna Browne  
Phillis Mudd

## Horticulture Agent

Vacant

## Agriculture & Natural Resources

Von Barnes, Urban Agriculture Extension Agent  
Wayne Long, Agent for ANR and County Coordinator

## Family & Consumer Sciences

Paul Adkins

## Nutrition Assistants

Clarissa Cheatwood  
Susanna Diller  
Keshia Maddox  
Omar Miralles  
Tonie Thomas  
Joel Worth  
  
LeTicia Marshall  
Local Food Systems Justice Coordinator  
  
Jessica Marquez  
Community Resource Development Agent

## COOPERATIVE EXTENSION



University of  
Kentucky

College of Agriculture,  
Food and Environment



*It starts with us*

### **Cooperative Extension Service - Jefferson County**

4200 Gardiner View Avenue, Suite 101  
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502-569-2344

**Jefferson.ca.uky.edu**