

Bell County Homemaker Newsletter

March / April 2024



Quote of the Month

"The first blooms of spring always make my heart sing."
-S. Brown

Connect with Nature for Health & Well-Being

Did you know that birdsong can enhance your mental health? Listening to birdsong brings people a sense of peace and calm and helps connect them to nature. In some hospital settings, recordings of birds are played to encourage a therapeutic and uplifting experience, according to the Audubon Society.

With spring in the air, March is a good time to go outdoors. If walking is difficult, find a quiet place to sit where you can take in the sounds, sights, and smells of nature. Research demonstrates that in just 15 to 20 minutes, nature can lower stress. Nature can also decrease heart rate, blood pressure, anxiety, inflammation, fatigue, and depression. Nature can enhance happiness, mood, social interactions, attention, cognition, sleep, and vision. For some people, feeling connected to nature has even helped buffer the effects of loneliness and social isolation. It can even contribute to longevity.

Because nature is free and comes in all shapes and sizes, nature can be accessible to most people. Find ways to connect to the outdoors that fit your ability and comfort. You may go for a hike or camp overnight in a remote biodiverse space. Or you may choose to look out a window, add plants to your indoor space, grow a garden, feed the birds, or read a book outdoors. Even a little time in nature is better for your well-being than none.

Audubon Society. (2023). Around the World, the Soothing Sounds of Birdsong Are Used as Therapy. Retrieved October 6, 2023 from <https://www.audubon.org/news/around-world-soothing-sounds-birdsong-are-used-therapy> Stanton, L. & Gallop, S. (2023, September 27). Nature matters across the lifespan [Conference presentation]. Epsilon Sigma Phi Annual Meeting, Billings, MT, United States.
Weir, K. (2020). Nurtured by nature. American Psychological Association. Retrieved October 6, 2023 from <https://www.apa.org/monitor/2020/04/nurtured-nature>
Source: Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging

NEW PROGRAM

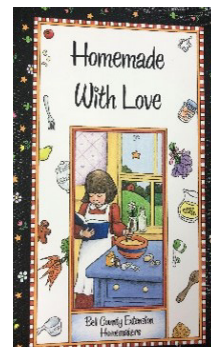
"Drop It Like It's Hot"

Are you looking to make some healthy changes in life and your daily routine? Join us for this 10 week program, starting 03/21/24 and ending 05/30/2024, and set goals to make you feel better along the way.

We will have four in-person meetings starting at 5:00 pm and the other sessions will be mail outs. See the upcoming programs and events page for dates.

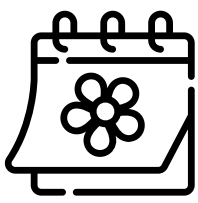
Switch To Paperless

We are now offering paperless for our bi-monthly newsletter! If you are interested in receiving our newsletter via email, call our office to make the switch!



Bell County Homemakers
"Homemade with Love" Cookbooks
\$15





UPCOMING PROGRAMS & EVENTS

CALL OUR OFFICE FOR REGISTRATIONS & SEE OUR WEBSITE FOR FLYERS AND DETAILS
606-337-2376 BELL.CA@UKY.EDU

MAR.19 *LEARN, LAUGH, & CRAFT -REGISTRATION REQUIRED*
1:00 PM - 3RD FLOOR MEETING ROOM - **MUST BRING MASON JAR**

MAR.21 *PARENTING A SECOND TIME AROUND(PASTA)*
11:00-12:30PM - BELL COUNTY BUS GARAGE
PARTNERING WITH FRYSC & BELL WHITLEY

MAR. 21 *DROP IT LIKE IT'S HOT -REGISTRATION REQUIRED*
5:00 PM - BELL COUNTY EXTENSION OFFICE

APR. 3 *HOMEMAKER COUNCIL MEETING*
10:00 AM - 3RD FLOOR MEETING ROOM

APR. 11 *DROP IT LIKE IT'S HOT -REGISTRATION REQUIRED*
5:00 PM - BELL COUNTY EXTENSION OFFICE

APR. 16 *TASTY TUESDAY -REGISTRATION REQUIRED*
1:00 PM - BELL COUNTY EXTENSION OFFICE - APPLE COLESLAW

APR. 18 *PARENTING A SECOND TIME AROUND(PASTA)*
11:00-12:30PM - BELL COUNTY BUS GARAGE
PARTNERING WITH FRYSC & BELL WHITLEY

RECIPE OF THE MONTH

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds. Rewash hands after handling eggs.
2. Gently scrub vegetables under cool running water and dry. Slice into 1/2-inch rings trying to make straight cuts to better hold the egg. Be sure to remove seeds and centers of peppers and tomatoes. If using onions, separate rings and use the larger ones.
3. Preheat a large skillet over medium-high heat and spray with nonstick cooking spray.
4. Sauté the vegetable rings until the rings are slightly soft. Bell pepper may take longer (5 to 10 minutes) than other veggies.
5. While the vegetables soften, crack eggs in a small bowl and lightly beat with a fork until well mixed.
6. Spoon or slowly pour a small amount of egg mixture into veggie ring, allowing a seal to form. A small amount may leak out of the sides. Continue adding the mixture to the other vegetable rings.
7. Sprinkle with salt and pepper and cover.
8. Cook covered for about 2 to 3 minutes, flipping the ring to finish cooking if needed.
9. Top with optional ingredients of your choice, add cheese, and let melt.
10. Serve while hot and enjoy!
11. Refrigerate leftovers within 2 hours.

Ingredients:

- 1 large bell pepper of any color, tomato, or onion
- Nonstick cooking spray
- 2 eggs (1/2 egg per ring)
- Pinch of salt
- Pinch of pepper
- 4 tablespoons grated cheese of your choice (1 tablespoon for each ring)
- Optional ingredients: tomato, chopped spinach, herbs such as parsley, chives or dill, red pepper flakes, hot sauce, chopped onion, salsa, mushrooms, leftover chopped bell pepper



VEGGIE EGG RINGS

Servings: 4
Serving Size: 1 EGG RING

Source:
Benita Wade, Christian County SNAP-Ed Program Assistant

Nutrition facts per serving: 60 calories; 3.5g total fat; 1.5g saturated fat; 0g trans fat; 85mg cholesterol; 115mg sodium; 4g total carbohydrate; 0g dietary fiber; 0g total sugars; 0g added sugars; 5g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

What's the Buzz?



Understanding Bees

An understanding of the life of the honey bee colony is essential to good beekeeping. The bee is remarkable for many reasons, including its ability to live in a cooperative society, which we call the *colony*. The colony consists of the live bees, including the brood but not including the structure they live in. The *hive* is the bee colony plus the structure around them: the wooden boxes owned by beekeepers, a hollow tree, or any other structure they might find. Sometimes a colony will not have a hive, for example a swarm of bees that is searching for a place to live. In practice, many beekeepers use the terms colony and hive interchangeably.

The **Queen** is the heart of the colony. She is usually the mother of all the other bees in the colony. The queen is the longest bee in the hive, but has the shortest wings. She can lay more than 1,500 eggs a day. It is very important to be able to identify the queen.

The **Workers** are sterile females, numbering up to 60,000 per colony. They are true to their name, tending the larvae, feeding the queen, cleaning the hive, grooming each other, constructing beeswax comb, guarding the hive, foraging for nectar and pollen, making honey, and keeping the hive warm or cool as needed.

Drones are larger than workers but not as long as queens. A drone has large eyes that touch each other at the top of the head. Drones do not have stingers, pollen baskets on their legs, or glands for producing wax, and their mouthparts are too short to gather nectar. Moreover, they do not even do jobs they could like ventilating the hive. Their only function is to fertilize the queen, and they die in the process. Drones are banished from the hive before winter begins.

Apiculture, the study and keeping of bees, is a fascinating activity for all ages. People who are beekeepers are called apiarists.

If you would like to know more about the bee club, please call our office.

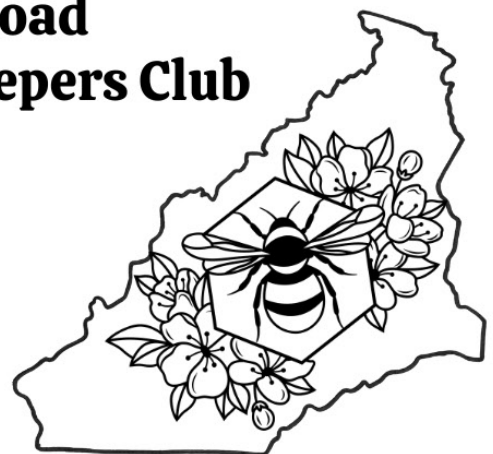
Michelle Brock
Bell County ANR Agent
606-337-2376

Wilderness Road Beekeepers Club

Are you thinking about
Beekeeping?

Do you already have
several hives?

We would like to invite
you to join the
Wilderness Road
Beekeepers Club. Follow
us on Facebook for
meeting dates and times.



Let's get ready to Garden!

Seed catalogs pile on the coffee table with dog eared pages marking your favorite seeds and potential produce opportunities. Spring is coming! If you're like me you can't wait to get back into the garden, March 19th is the official first day of spring. Even though you're ready to get seeds and plants in the ground, is your ground ready for them? The best way to find out is to have a soil test. Our office offers free soil testing courtesy of Bell County Farm Bureau. Call or stop by today to find out how to submit your sample.



Coming in March!

FUNGUS AMONG US

Mushroom Club



Learn about:

- Cultivation
- Foraging
- Cooking
- Photographing
- Identification
- and more.

**Follow the Bell
County Extension
Office on Facebook
for upcoming Dates
and Times!**

The *Cackle Fruit* Backyard Chicken Club



If you **LOVE** chickens, then this is the club for you!

Learn about:

- Chicken Breeds
- Incubation
- Nutrition & Health
- Egg Production
- Coops
- Selling Eggs
- And More!



Our 1st meeting is

Date: **April 2, 2024**

Time: **6:00 pm**

Location: **Bell County Extension Office**

Please call to register.

606-337-2376

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newsletter via email! Call our
office if you're to make the
switch.*

BELL COUNTY 4-H NEWSLETTER



4-H CAMP APPLICATIONS

APPLICATIONS WILL BE AVAILABLE **APRIL 1ST** FOR
CAMPER AGES 9-14.

STOP IN OUR OFFICE TO PICK UP AN APPLICATION, OR
YOU CAN FIND THE APPLICATION ON OUR WEBSITE
bell.ca.uky.edu

CAMPING DATES: 380 J.M. Feltner Road
JUNE 11TH- 14TH London, KY 40744
(606) 864-2770

4-H CAMP SPONSORSHIPS

Along with most things,
the price of sending
campers to JM Feltner is
continuing to rise. If
you would like to
sponsor a youth for 4-H
Camp 2024 or make a
donation to our 4-H
Council to keep the cost
of camp down for local
families, please contact
our office for more
details to do so!

COUNTRY HAM CLUB



On January 23rd, Bell County
4-H Country Ham Club
members met at Arveybell Farms
in Middlesboro to begin their
country ham projects. Five youth
(one Cloverbud) started the
salting and curing process of their
hams.

The first step was to cover the
hams with a salt and brown sugar
mixture. The hams are then put
into a cooler to start curing. The
hams are taken out and salted a
second time after two to three
weeks. These 4-Her's will meet at
Arveybell in March to place their
hams into ham socks and tie them
into pillowcases. The hams are
then transported to the Bell
County 4-H ham house, where
they will hang until late summer.



The youth will then clean their hams and prepare a speech
that will be presented at the Kentucky State Fair in August.

UPCOMING EVENTS

Bell Co. Cloverbuds
@ Extension Office
5:30-6:30pm
03/04/2024
04/08/2024

**Grab N Go
Bags**
03/13
03/27
04/03
04/17

**Middlesboro
4-H Club**
@KCTCS
3:30-4:30pm
03/20/2024
04/17/2024

Bell County
101 Courthouse Square
Pineville, KY 40977-1635

RETURN SERVICE REQUESTED

Bell County Cooperative Extension Newsletter-Oct/Nov2023

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 Bell County Cooperative Extension Service

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