

Nifty Needles Quilt Guild Newsletter



March 2024

 Martin-Gatton
College of Agriculture,
Food and Environment

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FAMILY & CONSUMER SCIENCES

2024 Officers

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Monthly Meetings:

March 26
April 30
May 28
June 25– Picnic
July 30
August 27
September 24
October 29
November 26
Saturday, December 7- Christmas Party

Retreats at Office:

March 15 & 16
April 19 & 20
May 17 & 18
June 21 & 22
July 19 & 20
August 16 & 17
Sept 20 & 21
Oct 18 & 19
November 15 & 16
December 6 & 7



Kay Denniston

Agent for Family Consumer Science
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Disabilities
accommodated
with prior notification.



Baked Broccoli Frittata

1 cup broccoli florets
½ cup tomato, diced
1 small red bell pepper, sliced
2 green onions, sliced into 1 inch pieces

1 tablespoon olive oil
6 whole eggs
¼ cup Dijon mustard
2 tablespoons water
¼ cup 2% milk
¼ teaspoon salt

¼ teaspoon black pepper
½ teaspoon Italian seasoning
1 cup low fat mozzarella cheese, divided

Preheat oven to 375 degrees F. **Place** broccoli florets, diced tomato, bell pepper and green onions in a 9 x 13 inch baking dish. **Spoon** olive oil evenly over vegetables. **Roast** the vegetables in the oven until crisp-tender, approximately 10 minutes. In a bowl, **combine** eggs, Dijon mustard, water, milk, salt, black pepper and Italian seasoning. **Whisk** mixture until frothy. **Stir** in ¾ cup of shredded low fat mozzarella cheese. **Pour** the egg

mixture over the roasted vegetables. **Stir** gently with a fork to combine. **Sprinkle** the remaining ¼ cup of mozzarella cheese over the top. **Return** to oven and **bake** 20-25 minutes or until set and cheese is browned on top. **Serve** immediately.

Yield: 8 servings.

Nutritional Analysis: 130 calories, 8 g fat, 3 g saturated fat, 170 mg cholesterol, 400 mg sodium, 5 g carbohydrate, 1 g fiber, 2 g sugar, 9 g protein.



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

Kentucky Broccoli

SEASON: May through early July, October through mid-November.

NUTRITION FACTS: Broccoli is a good source of vitamin A, vitamin C and phytochemicals, all of which have health benefits.

SELECTION: Choose tender, young, dark green stalks with tightly closed buds. One-and-a-half pounds of broccoli will yield 4 half-cup servings.

STORAGE: Store broccoli, unwashed, no more than 3 to 5 days, in a perforated plastic bag in the refrigerator. Wash broccoli just before using.

PREPARATION: Wash broccoli under cold running water. Trim the leaves and peel the stalk.

To steam: Place on a rack above boiling water and steam 6-8 minutes. Rinse with cold water. Drain.

Source: www.fruitsandveggiesmatter.gov

To boil: Place in a saucepan with 1 inch of boiling water. Cover and cook 5-7 minutes.

To microwave: Place broccoli in a microwave-safe dish. Add 1 inch of water and cover with a glass lid or plastic wrap. Microwave 3-4 minutes or until crisp-tender.

KENTUCKY BROCCOLI

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

March 2014

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COOPERATIVE
EXTENSION
SERVICE



NIFTY NEEDLES QUILT GUILD MEETING MINUTES

The February 26th meeting was called to order by president Shirley Gentry at 1835.

Delicious refreshments were provided by Debbie, Teresa and Jane.

The next retreat will be held March 15 and 16.

The treasurer's report was given by Sharon Crump. The balance is \$997.30 with a balance of \$53 in the door prize fund.

The door prize was won by Jane Linville.

Shirley shared a poem by Pat Sloan

In old business-

The raffle quilt is status pending.

The bylaw revision has been tabled at this time.

Cheryl Stone made a motion that we change the refreshment policy. The vice president will be responsible for providing the food with an approximate value of \$20. Coffee will be added on a trial basis. The motion was approved.

Refreshments for the farm machinery show was discussed. Sharon Crump will work and confer with Kay on donation.

Cheryl Stone and Alice Turley have volunteered to serve as president and vice president. The motion was made that Cheryl Stone be approved as the new president. The motion carried. The motion was made that Alice Turley be approved as the new vice president. The motion carried.

Our new president is Cheryl Stone. Our new vice president is Alice Turley.

In new business-

Quilter's Day Out is March 16th. They have requested 150 copies of our newsletter for the goody bags. Teresa will take the newsletters to Lexington.

March 16 is the date for the Morehead-Rowan County quilt show.

The Quilters Hall of Fame in Marion, Indiana was discussed.

The treasury audit was performed and passed.

A suggestion was made to list the retreat dates for a whole year in the newsletter to allow people to plan accordingly.

In our show and tell, Katie and Teresa both displayed their lovely quilts and wall hangings/toppers.

March 2nd will the free health checks through the extension office.

A vendor fair will be at the Clarion Hotel on March 2 from 1:30 -4:30 pm.

April 15 will the Fayette Co Guild's Fabric Yard Sale. Tables are available to rent for \$25.

The meeting was adjourned.

Respectfully submitted,

Karen May,

Secretary, Nifty Needles Quilt Guild

A WORD OR TWO FROM THE PRESIDENT

For 25 years I have enjoyed the benefits of belonging to the Nifty Needles; the sharing, education, & especially the companionship. Even though I participate in other social activities like book clubs & church, our quilting group is one I try not to miss. I volunteered to be president this time for 2 reasons. The first is that my one responsibility at this point in my life is to care for my disabled husband & second I want this quilting society to get me through my retirement years.

It was mentioned at the February meeting that there will be a change in the refreshments. To alleviate the hassle of getting people to volunteer & keeping up with assignments your 4 new officers will be handling a simpler offering of just desert & drink. Most of us have dinner before we come so we thought we'd try it this way for a while. The officer in charge will be reimbursed by the treasurer at the meeting upon presenting receipts keeping it under \$20.

One of the things that we've been discussing is about programs at the meetings. If you have an idea or guest you'd like to present please let Alice know. One thing we'd like to try is a 15 minute "Bed turning" with our own members presenting their own handiwork. We have someone lined up for March, she will bring around 7 of her quilted items & tell us about them. Kind of a who, what, where, & why. If you want to participate please let me know. I will be doing it In June. All members are still encouraged to bring show & tell to the meetings which will still be the finishing touch for the evening.

Even if you aren't quilting much anymore or if you are new to this addictive hobby please come & participate in our meetings & retreats!

President,
Cheryl Stone

WARNING!
QUILT POX

Very Contagious To Adults

SYMPTOMS — Continual complaint as to need for snuggling under a handmade quilt. Patient has blank expression, sometimes deaf to spouse and kids. Has no taste for bedspreads or electric blankets. Hangs out at Quilting Bees. Mumbles to self "Log Cabin", "Double Wedding Ring", "Ohio Rose".

NO KNOWN CURE

TREATMENT — Medication is useless, Disease is Not Fatal. Victim should attend as many Quilt Shows and Quilt Shops as possible.

The Quilt Box Dry Ridge, Ky (606) 824-4007



Information & More

DIRECTIONS FOR HELPING HANDS AUCTION

The Helping Hands Auction has successfully funded EIGHT \$1,000 scholarships over the last eight years - even the two years without a "Helping Hands" Auction!

Let's have some fun with it AND make some money too!

- Pick a service (or item) that you are willing to share or teach another homemaker.
 - Complete the other side of this certificate.
- Return to the Extension Office by April 19th There will be no auction certificates accepted after that date.
- A list will then be compiled of all certificates received and handed out at registration the night of the meeting
 - Decide what service you or your club would enjoy purchasing.
 - Bid, bid, bid!
 - SOLD to top bidder.
 - Buyer will receive certificate with information to contact seller to schedule time to carry out service.

Each club has at least one marketable service to offer. Hopefully the larger clubs will have more than one.

Extra benefit—While having fun offering this service you will get to know fellow homemakers that are not in your club!

If you have questions, do not hesitate to call the Extension office for clarification!

859-987-1895

Get the certificates in early this year as the number of services/items being sold is being limited to shorten the length of the live auction.



COOPERATIVE EXTENSION


 University of Kentucky
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2021

BOURBON EXTENSION

HOMEMAKERS

“HELPING HANDS” AUCTION

Item/Service Donated:

(please describe and identify any restrictions)



Donated by:

----- Club

Contact Information:

Name -----

Phone -----

Email -----

All proceeds go to

Bourbon County Homemakers Scholarship Fund

Cooperative Extension Service
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 Family and Consumer Sciences
 4-H Youth Development
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LEXINGTON, KY 40546



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 with prior notification