

Union County

Family and Community Education



February Meeting

Unfortunately, due to inclement weather, our February FCE meeting was canceled for the safety of our members. While we missed gathering together for our planned activities, we look forward to reconnecting at our March meeting.



“Wherever you go, no matter the weather,
always bring your own sunshine”
- Anthony J. D’Angelo



February Meeting

This month’s theme is “Heart Healthy,” and we’re excited to welcome a guest speaker who will give a special presentation on this topic. After the presentation, we’ll enjoy a time of fellowship and a delicious lunch together.

Date: March 20th

Time: 10:00 AM

Where: Union County
Extension Office

What to bring:

- Baked potato bar item(s)
- CVU Hours
- Bring a friend!
- FCE Planner

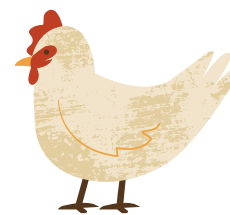
From the Ground Up: Ag Events & Education



- **April 2, 10 AM-** Apple Tree Grafting Workshop: Learn to graft 3 apple trees and take home your own plants! \$30 registration fee. Register here: tiny.utk.edu/UnionApple
- **April 30th, 9am-12pm:** Mushroom Inoculation Workshop Hands-on workshop with TN Dept of Agriculture & Union Co Extension. Register here: tiny.utk.edu/UnionMushroom
- **May 1, 8, 15, 22, 29, time TBD-** Backyard Poultry Class: Thinking about raising chickens? Join our FREE classes every Thursday in May to learn everything you need to know! Register here: tiny.utk.edu/unionpoultry



Have questions? Contact us!
Shannon@tennessee.edu
865-992-8038



Upcoming

- **March FCE meeting-** March 20th at 10am at UT Extension Office. All community members are welcome.
- **Oakes Farm Tulip Festival-** Opening Day is Saturday, **March 22nd.** (Plans to be open for 3 weeks)
 - 🌸 **Tuesdays-Fridays: 11:00AM-7:00PM**
 - 🌸 **Saturdays: 10:00AM-7:00PM**
 - 🌸 **Sunday:s: 12:00-7:00PM**
- **March 25, 8:30-11:30am-** Celebrate National Ag Day at Union Farmers Co-op. We want to thank our farmers with FREE breakfast!
- **March 27th, 3-6PM-** UT Extension Union County Open House

Contact Information

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Would you like to see your favorite recipe or cleaning tips & tricks featured in a newsletter? Please submit them to Abby via email or bring it into the office and she will make a copy of it!



Adapt Adventures

for Everyone



ACTIVE ADVENTURES
BE FIT TOGETHER

HEALTH BREAK

Did you know that 1 in 3 Tennesseans have a disability?

While regular physical activity is essential to overall health and well-being, persons with disabilities are less likely to be active than those without disabilities. Get creative with your active adventures by adapting, or modifying, activities to be inclusive of all abilities.



EVERYONE BENEFITS FROM REGULAR PHYSICAL ACTIVITY



STRENGTHENS
THE HEART



STRENGTHENS
MUSCLE



REDUCES
STRESS



IMPROVES
SLEEP

TIPS TO ADAPT ADVENTURES

- Consult a healthcare professional to determine safe activities.
- Focus on ability, not disability.
- Choose accessible walk ways and locations.
- Play with seated activities.



SOURCES/ADDITIONAL READING

Centers for Disease Prevention and Control



Physical Activity



Impacts: Tennessee

AUTHOR

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Community Health Leadership Team

SP 1040-E 08/24 25-0261. PROGRAMS IN AGRICULTURE AND NATURAL RESOURCES, 4-H YOUTH DEVELOPMENT, FAMILY AND CONSUMER SCIENCES, AND INSTITUTE OF AGRICULTURE, U.S. DEPARTMENT OF AGRICULTURE AND COUNTY GOVERNMENTS COOPERATING. UT EXTENSION PROVIDES EQUAL

Hummingbird Cake

From: Carol Pratt

| | | |
|---------|---------|---------|
| PREP | COOK | TOTAL |
| TIME 15 | TIME 30 | TIME 45 |
| minutes | minutes | minutes |

INGREDIENTS

- 1 box yellow cake mix 1/2 cup oil
- 4 eggs
- 1 can (15 oz) mandarin oranges-undrained
- 1 can (20 oz) crushed pineapple-drained
- 1 pkg. instant vanilla pudding (5.25 oz)
- 1 (8 ounce) container cool whip



INSTRUCTIONS

Combine yellow cake mix, oil, eggs and mandarin oranges until well blended. Pour into greased 9x13 inch pan. Bake for 30-35 minutes at 350 degrees. Let cake cool for 5 minutes then top with frosting.

Frosting: Fold pineapple, instant pudding, and cool whip together until fluffy.

Household Tips & Tricks: Spring Cleaning Made Simple

As we welcome warmer days, it's the perfect time for spring cleaning! Here are a few quick and effective tips to refresh your home:

🍷 **DIY All-Purpose Cleaner**– Mix 1 cup of white vinegar, 1 cup of water, and a few drops of lemon essential oil for a natural and effective cleaner. Great for countertops, sinks, and more!

🧺 **Laundry Freshener**– Toss a few drops of lavender or citrus essential oil onto wool dryer balls to naturally freshen your laundry without artificial fragrances.

🍲 **Declutter in 10-Minute Bursts** – Set a timer for 10 minutes each day and tackle one small area, like a drawer or shelf. Small steps lead to big results!

🌸 **Revive Your Space**– Open windows for fresh air, swap out heavy winter blankets for lighter fabrics, and add a pop of greenery with houseplants to freshen up your home.

Spring is a season of renewal—why not start with your home? Happy cleaning! 🏠