March 12th was the AEHC State Officer Training at the 4-H Camp in Ferndale. We had 3 go from our county. Teresa McCain, Ame Carlson, and Kristen Melson went to the training. Dr. Tony Windham was the keynote speaker. He spoke on the Centennial Celebration of the signing of the Smith-Lever Act which created extension as we know it. Betty Oliver, the AEHC volunteer coordinator, spoke on Leadership 101. Breakout sessions consisted of education on each officer position. The information and materials from this training will be very helpful and beneficial to our clubs in Franklin County. We are going to schedule an officer training for our county’s clubs. For more information please call the Franklin County Cooperative Extension Office.

---

Garden Art
How to make a Garden Chandelier

Tools You May Need
Needle Nose Pliers to twist the wire
Scissors or wire cutter to snip the wire
Caulking gun (if you’re using adhesive that requires one)
Electric drill and Metal drill bits if you need to make holes in your metal colander or lamp shade

How to Assemble the Garden Chandelier
These steps will depend on what you’ve got and how you want it to look, but basically you want to:
1. Wrap wires around marbles. Leave enough extra wire to attach them to the colander.
2. Attach glass gems/flat marbles to colander.
3. Figure out how you want to suspend the colander, presumably with a piece of wire.
4. That’s it. It’s ready when you (the artist) say it is.
The Power of Protein

What exactly IS protein?

Protein is an essential macronutrient, along with fat and carbohydrate, that our bodies need each day. It is part of every cell, tissue and organ in our bodies. It is made up of 20 amino acids, or building blocks. Nine of these amino acids are considered essential—we need to get them from our diets because our bodies cannot make them.

We need amino acids from the protein in the foods we eat to build and maintain bones, muscles and skin. Other important functions of protein include making enzymes, hormones and antibodies; maintaining fluid, electrolytes and acid-base balance; and providing energy and glucose (sugar) to our bodies.

If we don’t get enough protein, and specifically enough of the 9 essential amino acids, we can become protein deficient, causing problems in all of these areas. In addition, because the body doesn’t have a way to store protein as it does fat and carbohydrate, we need to consume adequate protein every day.

Where do we find it?

Protein is distributed widely in our food supply. The USDA defines the protein group as all foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts and seeds … but protein is found in other food groups as well. For example, the Milk & Milk Products food group contributes about one-fifth of our total daily protein intake. Grains also provide some protein, and even vegetables have small amounts of protein that round out a balanced diet.

The majority of our protein comes from animal sources. Americans ages 50 and above get almost two-thirds of their protein from animal foods: 40 percent from meat, 18 percent from milk and milk products and 4 percent from eggs.

So, in a well-balanced diet that includes foods from all food groups, it is fairly easy to get the protein we need on a daily basis.

Getting enough of the right kinds of protein throughout the day

- Get the day off to a strong start by making sure to get the first dose of protein at breakfast. Add an egg to a bagel, nuts to cereal, peanut butter to a slice of toast, a scoop of whey protein powder to oatmeal or a scoop of Greek yogurt to granola.
- Make sure every meal and snack contains some protein. This will help to feel full longer, reduce “swings” in blood sugar, improve bone health and reap the many other rewards protein provides!
- Focus on high quality sources of protein—lean meats, beans, nuts and nut butters, eggs, milk, cheese and yogurt. While vegetables and grains contain small amounts of protein, they are generally lacking in specific amino acids, making them a less complete protein source.
- If cost is a factor in food choices, consider dairy, beans, eggs and certain nuts as inexpensive protein sources. Fish, lentils, tofu, seeds and veggie burgers can also add variety to the diet beyond solely meat-based options.
- Experiment with “newer” protein sources such as quinoa, amaranth and whey protein powder for a change in routine.
- Read more about getting protein throughout the day in the article “Protein: Make the Shift from Dinner to Daytime” on the www.healthyeating.org website.
Chicken, Asparagus, and Bacon Skillet

Ingredients
1 pound asparagus spears, trimmed
4 slices bacon, coarsely chopped
4 skinless, boneless chicken breast halves
Salt
Ground black pepper
1 medium yellow summer squash, halved lengthwise and cut into 1/2-inch pieces
1 14 1/2 ounce can chicken broth*
2 tablespoons all-purpose flour
1/2 teaspoon finely shredded lemon peel

Lemon wedges

Directions
1. In a large saucepan cook asparagus in a small amount of boiling water about 3 minutes or until crisp-tender; drain. Immediately plunge asparagus into ice water to stop cooking.
2. In an extra-large skillet cook bacon over medium heat until crisp. Using a slotted spoon, remove bacon and drain on paper towels, reserving 1 tablespoon drippings in skillet.
3. Sprinkle chicken with salt and pepper. Cook chicken in the reserved drippings over medium-high heat about 12 minutes or until brown, turning once. Remove chicken from skillet; keep warm.
4. Add squash to skillet; cook for 3 minutes, stirring occasionally. In a medium bowl whisk together broth, flour, and lemon peel; add to skillet. Cook and stir until thickened and bubbly. Add asparagus and chicken to skillet. Cook about 6 minutes more or until chicken is no longer pink (170 degrees F). Sprinkle with bacon. Serve with lemon wedges.

*Tip: If you like, use 1 1/2 cups chicken broth and 1/4 cup dry white wine.

Nutrition Facts (Chicken, Asparagus, and Bacon Skillet)
272 kcal cal.; 11 g Fat, total; 105 mg chol.; 3 g sat. fat; 8 g carb.; 4 g Monosaturated fat; 1 g Polyunsaturated fat; 2 g fiber; 3 g sugar; 36 g pro.; 0 Mark as Free Exchange; 1 mg Pyridoxine (Vit. B6); 0 µg Cobalamin (Vit. B12); 52 µg Folate; 794 mg Potassium; 891 mg sodium; 16 mg Niacin; 2 mg iron; 40 mg calcium; 0 mg Thiamin; 0 mg Riboflavin; 534 IU vit. A; 21 mg vit. C; Percent Daily Values are based on a 2,000 calorie diet

Calendar of Events

April 15th – AEHC State Meeting Registration due
April 20th – Easter Sunday

May 11th – Mother’s Day
May 26th – Memorial Day

June 3rd-5th – AEHC State Meeting @ Hot Springs
June 15th – Father’s Day
Lemon Blueberry Layer Cake

**Ingredients:**

**Cake**
- 1 cup (230g) unsalted butter, softened to room temperature
- 1 and 1/4 cups (250g) granulated sugar
- 1/2 cup (100g) light brown sugar
- 4 large eggs, at room temperature*
- 1 Tablespoon vanilla extract
- 3 cups (375g) all-purpose flour, careful not to overmeasure
- 1 Tablespoon baking powder
- 1/2 teaspoon salt
- 1 cup (240ml) buttermilk*
- zest + juice of 3 medium lemons*
- 1 and 1/2 cups blueberries, fresh (258g) or non-thawed frozen (275g)
- 1 Tablespoon all-purpose flour

**Cream Cheese Frosting**
- 8 ounces (224g) full-fat cream cheese, softened to room temperature
- 1/2 cup (115g) unsalted butter, softened to room temperature
- 3.5 cups (420g) confectioners’ sugar
- 1 - 2 Tablespoons (15-30ml) heavy cream*
- 1 teaspoon vanilla extract
- pinch salt

**Directions:**

Preheat the oven to 350F. Spray three 9x2 inch cake pans with nonstick spray. Set aside.

**Make the cake.** Using a handheld or stand mixer with a paddle attachment, beat the butter on high until creamy - about 1 minute. Add granulated and brown sugars and beat on medium-high speed until creamed, about 2-3 minutes. Scrape down the sides and bottom of the bowl as needed. Add eggs and vanilla. Beat on medium speed until everything is combined, about 2 full minutes. Scrape down the sides and bottom of the bowl as needed. Set aside.

In a large sized bowl, toss together the flour, baking powder, and salt. Slowly add the dry ingredients to the wet ingredients. Beat on low speed for 10 seconds, then add the milk, lemon zest, and lemon juice. Beat on low until just combined. Toss the blueberries in 1 Tablespoon of flour and fold into the batter. Batter is extremely thick. Do not overmix at any point. Overmixing will lend a tough, dense textured crumb.

Spoon batter evenly into 3 prepared cake pans. Bake for about 20-22 minutes or until a toothpick inserted in the center comes out clean. Mine took 21 minutes. Remove from the oven and allow to cool completely before frosting.

**Make the frosting.** Using a handheld or stand mixer with a paddle attachment, beat cream cheese and butter together on medium speed until no lumps remain, about 3 full minutes. Add confectioners’ sugar, 1 Tablespoon cream, vanilla extract, and salt with the mixer running on low. Increase to high speed and beat for 3 minutes. Add 1 more Tablespoon of cream to thin out, if desired.

**Assemble and frost.** First, using a large serrated knife, trim the tops off the cake layers to create a flat surface. Place 1 layer on your cake stand. Evenly cover the top with cream cheese frosting. Top with 2nd layer, more frosting, then the 3rd layer. Top with frosting and spread around the sides. The recipe doesn't make a ton of frosting, just enough for a light frost. Top with blueberries or lemon garnish if desired. Refrigerate for at least 45 minutes before cutting or else the cake may fall apart as you cut.

Make 1 day in advance if you'd like. Extras keep well in the refrigerator for up to 3 days.