HAPPY MAY...........

The “merry” month of May brings so many wonderful events to celebrate life in a delicious and beautiful way! We kick the month off with May Day and then celebrate the running of the 141st running of the Kentucky Derby on May 2nd.

May 1-9th is the 75th Annual Portland Strawberry Festival! Included in the newsletter is the activity list, nutrition benefits of strawberries and yummy beautiful strawberry cake. Let’s pray the sun comes out so the strawberries will produce this year.

Then May 10th, Mother’s Day, we pay tribute to all of our wonderful mothers. Read the touching story which was included in the 1933 Good Housekeeping Magazine by Temple Bailey. We applaud at Graduations for those who have worked so hard for years to achieve their educational goals (my personal favorite as an educator). We honor all who have passed away and those who’ve served in our military to protect us on Memorial Day. ... and so many more events in May that we celebrate with family and friends! May 15th is the day fce clubs celebrate “The Day of the Family” with special cards.

Count it all Joy!
Theresa Allan

JUNE DAIRY MONTH.................Begins Monday, June 1, 2015

The Sumner County 4-H’ers will be celebrating June Dairy Month with activities and programs. Theme: Get More With Milk.

Lucas “Luke” Garrison is the 4-H June Dairy Chairman this year! If you would like for him to do a program for your fce club, please contact Diane Vann at 452-1423 to schedule. Due to lack of participation, the recipe contest has not been scheduled. We will let you know if we do!
Everyone knows that strawberries are delicious, but they are also a nutritional powerhouse.

**Diet**

One cup of strawberries contains over 13% of the RDA of dietary fiber, yet only 43 calories. The dietary fiber in strawberries helps to keep digestion regular, as well as lowers blood pressure and curbs overeating.

**Antioxidants**

Strawberries contain a chemical compound called phenols. Anthocyanin, a particular phenol abundantly found in strawberries, lends the rich red color to the fruit. Though anthocyanin is known to have antioxidant properties within the fruit, it is debated as to whether the antioxidant agents in anthocyanin-rich foods can be absorbed into the body once digested. Fortunately, however, it is known that when anthocyanin-rich foods are consumed, the body's uric acid levels increase, which serves as an antioxidant agent.

**Anti-Inflammatory**

The phenols in strawberries also fight against many inflammatory disorders, such as osteoarthritis, asthma and atherosclerosis, by inhibiting the enzyme cyclooxygenase (COX) in the same way that the drugs aspirin and ibuprofen do. Strawberries, however, do not carry unwanted side effects like stomach and intestinal bleeding.

**Anti-Cancer**

The combination of antioxidant and anti-inflammatory agents found in strawberries is well-known to fight against the onset of many different forms of cancer. Thanks to the vitamin C, folate, and the flavonoids quercetin and kaempferol that they also contain, strawberries are a delicious defense against potentially cancerous cells.

**Healthy Eyes**

The Archives of Ophthalmology recently published a study in which three or more servings of strawberries (and other fruits) per day can decrease the possibility of contracting age-related macular degeneration by over one-third.

**The Vigorous Vitamin C**

One cup of strawberries contains an incredible 136% of the RDA of vitamin C, an effective antioxidant that can help lower blood pressure, ensure a healthy immune system, and ward off the development of age-related ocular diseases, such as cataracts and macular degeneration.

**Magnificent Manganese**

One cup of strawberries contains 21% of manganese, an essential nutrient that acts as a powerful antioxidant and anti-inflammatory agent. By increasing the levels of superoxide dismutase (SOD), the enzyme responsible for protecting mitochondria exposed to oxygen, manganese not only helps to fight the battle against free radicals and oxidative stress, but also lessens cellular inflammation -- another cause of numerous cardiovascular diseases.
Strawberry Layer Cake & Sweet Mascarpone Cheese Icing

What You Need:
- 2 cups white sugar
- 1 (3 oz.) package strawberry flavored gelatin
- 1 cup (2 sticks) butter, softened
- 4 jumbo eggs (room temperature)
- 2 ¾ cups sifted cake flour
- 2 ½ tsp. baking powder
- 1 cup whole milk
- 1 Tbsp. vanilla extract
- 3/4 cup strawberry puree made from fresh or frozen strawberries
  (make an additional 2 cups of puree to drizzle over the cake slices or
to lay the slices on top of a pool of puree)

For the Strawberry Filling:
- 1 to 2 cups of the mascarpone cheese frosting (ingredients listed next)
- 1 ½ cups fresh strawberries, sliced

For the Sweet Mascarpone Cheese Frosting:
- 1 cup butter, softened
- 2 (8 oz.) packages/tubs mascarpone cheese, softened
- 8 cups powdered (confectioner’s) sugar
- 1 tsp. butter extract

Instructions:
- Preheat the oven to 350 degrees.
- Grease and flour two 9 inch round cake pans or three 8 inch round cake pans.
- In a large bowl, cream together the butter, sugar and dry strawberry gelatin until light and fluffy.
  Beat in eggs one at a time, mixing well after each.
- Combine the flour and baking powder.
- Stir into the batter alternately with the milk.
- Blend in strawberry puree and vanilla.
- Divide the batter evenly between the prepared pans.
- Bake for 30 – 35 minutes in the preheated oven, or until a knife inserted into the center of the cake comes out clean.
- Allow cakes to cool in their pans over a wire rack for at least 10 minutes.
- Gently tap the cakes out of their pans to finish cooling completely.

To Prepare the Frosting:
- Beat the butter, mascarpone cheese, confectioners’ sugar, and butter extract until creamy.
- Spread the first cake layer with a thick layer of frosting.
- Evenly distribute the strawberry slices over the frosting.
- Place the top cake layer on top.
- Spread remaining frosting on top of cake and all around the sides.
- Garnish to decorate: Large, beautiful strawberries presented any way that you like.
Farfalle with Asparagus, Peas and Pancetta in Cream Sauce

**What You Need:**
- 1 ½ cups pancetta, diced into ¼ inch cubes (you could also use thick cut bacon if you can’t find pancetta in your area)
- 1 cup of the top tips of asparagus cut off into 1 to 2 inch lengths
- 2 large garlic cloves, minced
- 1 cup of fresh or frozen spring peas
- ¼ cup fresh Italian parsley, finely chopped
- ½ box of farfalle (bow tie) pasta (if you want more, then you should consider doubling all of the other ingredients)
- 2 Tbsp. lemon flavor-infused extra virgin olive oil
- 1 cup heavy cream
- ¾ cup freshly grated Parmesan cheese

**Instructions:**
- In a tall pot, boil water with about a tablespoon of salt added.
- In a small sauce pan, heat the lemon flavor-infused olive oil and heat on low (remember, olive oil is sensitive and burns easily).
- Add the chopped pancetta and sauté for about 5 minutes.
- Place the pasta (farfalle) into the boiling water.
- Add garlic, peas, and asparagus to the saucepan with pancetta.
- Heat on low for about 10 minutes.
- In a large, wide sauce pan, pour in the cream and the cheese, heat on low.
- When pasta is cooked to a nice light chewy ‘bite’ (al dente), drain and add to the wide sauce pan with creamy-cheese sauce.
- Add the sautéed mixture of pancetta, garlic, asparagus and peas.
- Plate the pasta on pretty plates.
- Garnish with minced Italian parsley.
- Pass more freshly-grated Parmesan cheese around to your guests.

TAFCE fce members are encouraged to recognize families with special cards on May 15th. This project began in Tennessee May 15, 2003.

**Here is what YOU can do!**
- Each member may select a family of their choice and mail or hand deliver cards
- Clubs can get together and make cards or cards may be purchased

**A suggested card sample is:**

**Front Cover:** Day of the Family Your Family is special as can be. So here’s a wish from fce.

**Inside Left:** May 15th is the Day of the Family and we hope that you’ll take time to have a wonderful celebration with your family.

**Inside Right:** Here are some fun ways to spend time with your family:
- Have a picnic
- Play games
- Read a book together
- Nature Walk
- Bake cookies
- Play with your children or grandchildren
- Sit down to a meal together

**Back:** Made especially for you by ________________.

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Celebrate
“The Day of the FAMILY”
Thursday, May 15th

Farfalle with Asparagus, Peas and Pancetta in Cream Sauce

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- Garnish with minced Italian parsley.
- Pass more freshly-grated Parmesan cheese around to your guests.
"Is this the long way?" asked the young mother as she set her foot on the path of life. And the Guide said:

"Yes, and the way is hard, and you will be old before you reach the end of it. But the end will be better than the beginning."

The young mother was happy, and she would not believe that anything could be better than these years. So she played with her children, she fed them and bathed them, taught them how to tie their shoes and ride a bike, and reminded them to feed the dog and do their homework and brush their teeth. The sun shone on them and the young mother cried,

"Nothing will ever be lovelier than this."

Then the nights came, and the storms, and the path was sometimes dark, and the children shook with fear and cold, and the mother drew them close and covered them with her arms. The children said,

"Mother, we are not afraid, for you are near, and no harm can come."

And the morning came, and there was a hill ahead, and the children climbed and grew weary, and the mother was weary. But at all times she said to the children,

"A little patience and we are there."

So the children climbed and as they climbed they learned to weather the storms. And with this, she gave them strength to face the world. Year after year she showed them compassion, understanding, hope, but most of all unconditional love. And when they reached the top they said,

"Mother, we could not have done it without you."

The days went on, and the weeks and the months and the years. The mother grew old and she became little and bent. But her children were tall and strong, and walked with courage. And the mother, when she lay down at night, looked up at the stars and said:

"This is a better day than the last, for my children have learned so much and are now passing these traits on to their children."

And when the way became rough for her, they lifted her, and gave her strength, just as she had given them hers. One day they came to a hill, and beyond the hill they could see a shining road and golden gates flung wide. And Mother said,

"I have reached the end of my journey. And now I know the end is better than the beginning, for my children can walk with dignity and pride, with their heads held high, and so can their children after them." And the children said,

"You will always walk with us, Mother, even when you have gone through the gates."

And they stood and watched her as she went on alone, and the gates closed after her. And they said,

"We cannot see her, but she is with us still." A mother is more than a memory. She is a living presence. Your Mother is always with you. She's the whisper of the leaves as you walk down the street, she's the smell of certain foods you remember, flowers you pick and perfume that she wore, she's the cool hand on your brow when you're not feeling well, she's your breath in the air on a cold winter's day.

She is the sound of the rain that lulls you to sleep, the colors of a rainbow, she is your birthday morning. Your Mother lives inside your laughter. And she's crystallized in every tear drop.

A mother shows through in every emotion - happiness, sadness, fear, jealousy, love, hate, anger, helplessness, excitement, joy, sorrow - and all the while hoping and praying you will only know the good feelings in life.

She's the place you came from, your first home, and she's the map you follow with every step you take. She's your first love, your first friend, even your first enemy, but nothing on earth can separate you.

Not time, not space - not even death!
Garden & Goods Market will be held on Mother’s Day weekend...what a perfect setting for a ladies day, shopping with mom or lunch and tour of Cragfont with a girlfriend! We will have amazing shopping, fabulous food, local produce and garden goods, beautiful music and so much more! Mark your calendars, you don’t want to miss this.
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**May 2015**

75th Annual Portland Strawberry Festival
May 1-9, 2015 “Big Day”: Saturday, May 9th

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<td>National Day of Prayer!!</td>
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Theresa at the 2015 Extension Volunteer Conference in Maine

10 Mother’s Day

11 THDA Class 8:00 - 5:00 Extension Ofc

12 Heritage 10:00 a.m. Cottontown Fire Hall

13 Chronic Illness Class 6 – 8 pm First Baptist Church

14 Parenting Apart Class 1:00-5:00 Extension Office

15 Best of the Best Form to Theresa Allan CVU’s due to Darlene Anderson "Day of the Family" Project

16 Portland Homemakers 11:00 a.m.

17 Oak Grove Neighbors 10:00 a.m. Extension Office

18 Hendersonville 10:30 a.m. Christian Manor

19 Christian Manor 11:00 a.m.

20 Parenting Apart Class 1:00-5:00 Extension Office

21 Portland Homemakers 11:00 a.m.

22 Theresa at the One Day Camp Cookeville, Tech

23 fce Leadership Retreat-TTU Cookeville

24 Theresa at Health Committee 8:00 a.m.

25 Upper Sumner 10:30 a.m.

26 Theresa at Wilma Rudolph Convention Center 10:30 a.m.

27 Theresa at the Schwartz Convention Center 10:30 a.m.

28 Theresa at the Schwartz Convention Center 10:30 a.m.

29 Theresa at the Schwartz Convention Center 10:30 a.m.

30 Theresa at the Schwartz Convention Center 10:30 a.m.
**Number One**

We welcome Lela Jay, she transferred to our club this year from Cross Roads fce club. We have two lovely ladies that will be joining our club in May: Eileen Brown, and Kaye Mason.

Eleven members attended our Achievement Awards luncheon: Doreen Erlewine, Kay Cook, Gail Adams, Earline Rowe, Martha Bolton, Lela Jay, Bonnie Williamson, Dot Poag, Margo Campbell, Elizabeth Crites, and Millie Williams.

March – Read Across America….two of our members read to children: Martha Bolton, and yours truly. -- *Doreen Erlewine*

**Oak Grove Neighbors**

We welcome Becky Hunt as a new member to our club. She visited an fce club in Dickson County and wanted to visit one in Gallatin. We are so glad she joined!!!!!  

-- *Anita Eldred*

**CANNING COLLEGE CLASS**

*Session I – Basics*
Thursday, June 18th  
5:00 – 8:00 pm

*Session II – Beyond the Basics*
Thursday, June 25th  
5:00 – 8:00 pm

Cost: $20.00 each session  
$30.00 for both  
Please pre-register!!

UT Extension Office  
For more details call  
615-452-1423

If your club has an important announcement to share, a community project that they are working on, a success story or special workshop(s), craft class, or trip ..... Please submit a short description to the Extension office no later than the **15th of each month** to have it posted.

This page will be for fce Special Announcements and Recognition. Items may be edited for brevity by Ana Wilson. Each club is asked to submit an announcement about four time a year – also Regional and State announcements will be posted here.