

## Plate It Up, Kentucky Proud!



The objective of the Plate It Up, Kentucky Proud Program is to increase consumer purchase, preparation, and preservation of Kentucky grown and value-added commodities.

Family & Consumer Sciences Agents, University of Kentucky Cooperative Extension Specialists, University of Kentucky Nutrition/Food Science instructors and students and the KY Department of Agriculture (KY Proud) collaborate to present this program across the state.

For the past 3 years, the Campbell County Cooperative Extension Service has taught the Plate It Up, Kentucky Proud Program, to Campbell County Cooperative Extension Service participants, with Extension taking on a new television audience of 12,600 subscribers per month. Each television segment features a Plate It Up recipe. Some Plate It Up recipes demonstrated in the program and on television are: Easy Cheesy Eggplant, Bacon and Tomato Dip, Pumpkin Apple Muffins, Strawberry Green Tea, Nutty Sweet Potato Biscuits, Tomato Basil Bruschetta, Blackberry Lemon Upside Down Cake, Cucumber, Corn and Bean Salsa, Broccoli and Beef Stir-Fry, Watermelon Tomato Salad, Corn Salad, Broccoli Pizza and Broccoli Salad with Creamy Feta Dressing. For more information or for copies of the Plate It Up recipes, please phone Ronda Rex at the Campbell County Cooperative Extension Service at 859-572-2600 or email at

[ronda.rex@uky.edu](mailto:ronda.rex@uky.edu) or visit our website :<http://campbell.ca.uky.edu/>

Cooking Segments can be viewed on Campbell County Media Central Channel 20 on Time Warner and 810 on Cincinnati Bell, both Saturday and Sundays at 10:00 a.m. and Monday-Friday at 6:30 p.m.

Also visit [www.campbellmedia.org/plateitup](http://www.campbellmedia.org/plateitup) and check us out on Facebook: <http://www.facebook.com/Campbell-County-Family-and-Consumer-Sciences-Extension-144859765577922/>