



## Family and Consumer Sciences Bi-Monthly Update: May 4, 2020

As we move through Phase One of Governor Bullock's plan to gradually reopen the state, MSU Extension will continue its current practices of telework, online and remote instruction. Currently plans are being developed to allow programming to resume in accordance with social distancing requirements and other safe practices. Our office in Yellowstone County is open and committed to serving our community by alternate methods including phone, email, internet, etc. Agents are working from home to provide clients with useful and educational resources. You can contact Jackie by phone at 406-256-2828 or e-mail [jackie.rumph@montana.edu](mailto:jackie.rumph@montana.edu).



### Rhubarb, Rhubarb, Rhubarb

My rhubarb plant looks like something out of a science fiction book. I will be attempting to use it as it grows. If your rhubarb plant is also aggressively growing here is a favorite simple rhubarb dump cake recipe.

#### Ingredients:

- 5-6 cups fresh, raw rhubarb chopped into 1" pieces
- 1/3 cup white sugar
- 1 pkg strawberry Jell-O Mix
- 1 pkg white, yellow or vanilla cake mix
- 1 cup water
- 1/3 cup butter, melted

#### Directions:

1. Preheat oven to 350F.
  2. Grease 9 X 13" pan.
  3. Sprinkle Jell-O and sugar evenly over rhubarb.
  4. Sprinkle cake mix evenly over rhubarb mixture.
  5. Pour water evenly over the base.
  6. Pour melted butter evenly over base.
  7. Bake 45-60 minutes until cake is browned.
  8. Let stand 15 minutes
- Enjoy warm with vanilla ice cream.

Contact our office for an extensive Rhubarb Recipe Book that we can email or mail to you!

FCS Lunch and Learns for May - Each week on Tuesday, Wednesday and Thursday there will be a Family and Consumer Sciences focused lunch and learn. Scheduled class topics are listed below. Sessions begin at 12:00 PM and will wrap up by 1:00 PM. To access a class click on the picture below or go to our Facebook page <https://www.facebook.com/pg/MsuExtensionYellowstoneCountyFCS/events/>. Previous classes can be found and viewed on Ravalli County Extension's YouTube channel: <https://www.youtube.com/channel/UCn7YUfpXK993XZhZESbxyYQ>.



**MAY 5 - FOOD SUPPLY: SURPLUS OR SHORTAGE? - JOEL SCHUMACHER**

**MAY 6 - TUNING-UP YOUR HEATING AND COOLING SYSTEMS - HEALTHY HOMES - MONTANA WEATHERIZATION CENTER**

**MAY 7 - IMMUNE HEALTH FROM A CHINESE MEDICINE PERSPECTIVE - ENZO NATURAL MEDICINE**

**MAY 12 - CREATING PASTAS AND SAUCES - KATRIN FINCH AND HALEY BARKER**

**MAY 13 - GAINING THE UPPER HAND, WHEN DISASTER STRIKES: PLANNING FOR SELF CARE - ROGER LAFERRIERE, EMERGENCY PREPAREDNESS COORDINATOR, ROCKY MOUNTAIN LABORATORIES**

**MAY 14 - READING FOOD LABELS - JASMINE CARBAJAL**

**MAY 19 - CREATING SALADS AND DRESSINGS - HOLLY MINER**

**MAY 20 - MED INSTEAD OF MEDS - ALICE BURCHAK**

**MAY 21 - QPR: QUESTION, PERSUADE AND REFER - SUICIDE PREVENTION**

**TRAINING, TAMARACK GRIEF RESOURCE CENTER**

**MAY 26 - DUTCH OVEN COOKING - MIKE SCHULDIT**

**MAY 27 - MAKING ARTISAN BREAD - TARA ANDREWS**

**MAY 28 - DISK FAJITAS - LARRY BRENCÉ**

Preferred Indicia Statement:

The U.S. Department of Agriculture (USDA), Montana State University and the Montana State University Extension prohibit discrimination in all of their programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital and family status. Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Cody Stone, Director of Extension, Montana State University, Bozeman, MT 59717.