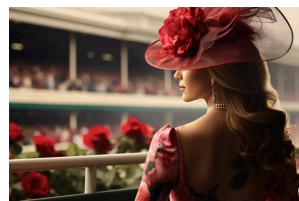


## Extension Homemaker Newsletter - May 2025



### RUN FOR THE ROSES... FASTEST 2 MINUTES IN SPORTS ON SATURDAY, MAY 3RD

The Kentucky Derby hat tradition began in 1875 as a way to bring high society class to the racetrack. Today, it's a fashion spectacle with hats measuring over 2 feet wide and featuring everything from feathers to miniature horses!



## FIT TIP 4

Do stretches or exercise while watching television or during commercials or sporting events; try doing crunches (mix it up with squats, pushups, and planks!) **Move to help your mood!**

### Warm up:

Start with these moves to get your body ready.

- Standing Arm Circles --- 30 seconds
- March in Place --- 1 minute
- Air Squats --- 30 seconds
- Jumping Jacks --- 1 minute

### Workout:

Complete the following lower body movements, resting as needed.

#### Set # 1

- Glute Bridge --- 20 reps
- Bodyweight Lunges --- 12 reps each leg
- Squat and Side Leg Lift --- 12 reps each leg

#### Set # 2

- Squat Jumps or Calf Raises --- 12 reps
- Bench Step Up --- 12 reps each leg
- Alternating Side Lunge --- 12 reps each leg

Need help with the workout movements or want more workouts for home? Visit [www.planeatmove.com](http://www.planeatmove.com) for more information.



## Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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Disabilities  
accommodated  
with prior notification.



Cooperative  
Extension Service

# Mother's Day Tea



Saturday,  
May 10, 2025

2 PM

OWEN COUNTY EXTENSION OFFICE  
265 Ellis Road  
Owenton, KY 40359

\$7

Kids 5 and under FREE

Must register by

Wednesday, April 30th (502) 484-5703



4-H sewing members will be conducting a Fashion Revue showcasing their recently completed sewing projects.





# Suicide Prevention Certification Course

## What is QPR

QPR stands for Question, Persuade, and Refer – three simple steps that you can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a person in distress and possibly a suicidal crisis and how to question, persuade, and refer someone to help. QPR is a simple educational program that teaches people how to recognize a mental health emergency and how to get a person at risk the help they need. It is also an action plan that can result in lives saved.

## We can all save lives

We can all save lives QPR is a 90 minute evidence-based training providing practical and proven suicide prevention strategies for work, school, at home and in your community.

## What you'll learn

- Recognize the warning signs & risk factors for suicide
- Intervene & ask tough questions when someone is at risk for suicide
- Refer someone at risk of suicide to an appropriate lifesaving resources

**May 6th**  
**6pm Meal**  
**6:30pm Program**

**Limited to the first 15**  
**Call 502-484-5703 to RSVP**

**Owen County Extension Office**

265 Ellis Rd  
Owenton, KY 40359





# JOY IN THE Mourning

The loss of a spouse or loved one brings unforeseen emotional and legal challenges. This open seminar offers guidance and support for those in need.

**Wednesday May 28, 2025**  
**1:00pm**  
**Owen Co. Extension Office**

**Please call 502-484-5703 by May 26 to RSVP**

## **Speakers:**

**Mary Jane Schopp- Representative of Joy in the Mourning Ministries**  
**Todd Spurgeon- Legal Expert**

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



# Alpha-Gal Syndrome

This is an informational webinar to help recognize symptoms, take preventive measures, and how to manage the condition if you have been diagnosed with Alpha-Gal Syndrome.

**May 29 | 7:00 PM**

Scan QR code to register for this free webinar.

\*Must have an email address to register. Call the Owen County Extension Office (502) 484-5703 for assistance.



## OWEN COUNTY FARM & CRAFT MARKET



LOCATED AT  
430 ROLAND AVENUE  
OWENTON, KY 40359  
ocfacm@gmail.com

First opening Day is May 9th, and reoccurring every Friday from 10AM-1PM located behind KY Farm Bureau in pavilion.

### MAY 9TH

OPENING DAY JUDGE EXECUTIVE COOKOUT

### MAY 23RD

20TH YEAR CELEBRATION

### MAY 30TH

KIDS DAY- PETTING ZOO

### JUNE 13TH

SENIOR APPRECIATION DAY

### JUNE 19TH

THURSDAY NIGHT MARKET - TBA

### JUNE 27TH

KIDS VENDOR DAY

### JULY 17TH

THURSDAY NIGHT MARKET - TBA

### JULY 25TH

KIDS DAY- FIRST RESPONDERS

### AUGUST 1ST

CUSTOMER APPRECIATION

### AUGUST 21ST

THURSDAY NIGHT MARKET - TBA

### AUGUST TBA

FARM TO TABLE DINNER

**UK** Cooperative Extension Service | Digital Literacy

## IS IT SAFE? - Smart Devices



Please join us for a discussion on "smart devices" covering how they communicate with other devices inside or outside of your home.



WEDNESDAY June 18, 2025 @ 10AM



265 Ellis Road Owenton, KY 40359

TO REGISTER: call (502) 484-5703

Cooperative  
Extension Service

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4-H Youth Development  
Community and Economic Development

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



## Kids Days

May 30



Petting Zoo

June 27



Kids Vendor Day

July 25



First Responders

**Money Habitudes**

**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky

*Habitudes are our habits (actions)  
and attitudes (thoughts).*

Wednesday, June 18, 2025  
10:00 - 11:00 a.m.

Carroll County Extension Office  
500 Floyd Drive, Carrollton  
(502) 732-7030



- A card game played to help people discover their personal money styles.
- The Money Personality Profile that makes sense of Financial Behavior.

# SPRING CLEANING FOR YOUR MENTAL HEALTH

Ever feel like your home is practically shouting at you to tidy up? You're not alone! With busy schedules and endless to-do lists, it's easy for clutter to pile up—along with your stress levels. While spring cleaning might seem like just another chore, it can actually work wonders for your mental health. A fresh, organized home doesn't just look good; it helps you feel better, too.

Believe it or not, clutter can contribute to feelings of anxiety, overwhelm and even depression. When you're surrounded by mess and disorganization, it's a constant reminder of everything you still need to do. On the flip side, an orderly space can foster mental clarity, reduce stress and give you a sense of calm. If you're ready to spruce up your home—and your mind—here are some practical strategies:

1. **Prioritize tasks:** Start small instead of throwing yourself into a massive cleaning frenzy. Pick one manageable job—like decluttering a drawer or organizing a single shelf—and go from there. Success with smaller tasks can motivate you to tackle bigger ones later on.
2. **Focus on one room at a time:** It's easy to get stuck rushing from one part of the house to another, only to realize you've created more chaos. Concentrate on one area until it's done. Checking off each room provides a sweet sense of accomplishment.
3. **Use a timer:** Got a big job ahead, like sorting through an entire closet? Break it down. Set a timer for 20 or 30 minutes and work until it goes off. This keeps you focused, helps prevent procrastination, and makes large tasks feel more approachable.
4. **Spread out the cleaning:** Unless you thrive on marathon cleaning sessions, don't try to do everything at once. For most of us, it's easier on both mind and body to spread tasks over several days or weeks. This way, you won't burn out before you're done.
5. **Ask for help:** Do you have more on your plate than you can handle alone? Call in reinforcements! Friends, family, or even roommates can make big projects more manageable. Plus, it can actually be fun when you're working together. Crank up the music, chat and turn it into a social event.
6. **Mindful cleaning:** As you dust or scrub, pay attention to the sensations in your body. Feel your muscles working, notice the scents around you and focus on the moment. This kind of mindfulness can reduce stress and help you relax.
7. **Celebrate your progress:** Give yourself a pat on the back or even a small reward each time you complete a task. Recognizing your achievements keeps you motivated and encourages a positive outlook.

Remember, the goal of spring cleaning isn't just a squeaky-clean home, it's also about giving your mental health a little TLC. By chipping away at clutter, focusing on one task at a time, and inviting mindfulness into your routine, you can turn spring cleaning into a surprisingly refreshing and stress-relieving experience.

Contact your local Owen County Extension office for more information on how to spring clean your house.



## Homemaker Area Meetings

July 23rd Gallatin County (1:00 PM)

September 24th Carroll County (1:00 PM)

Triannual Meeting October 22nd Kenton County

## Owen County Homemaker Council Meeting

Wednesday, May 14th

1 PM

Owen County Extension Office

## Owen County Homemaker Officers

Donna Bryant President

Linda Williams Vice President

Lana Jones Secretary

Beverly Kincaid Treasurer

Judy Williams Educational Chair



### **My Old Kentucky Home: The Astonishing Life and Reckoning of an Iconic American Song** *by Emily Bingham (2022)*

In the book, Emily Bingham, explores the long strange journey of what has come to be seen by some as an American anthem, an integral part of our folklore, culture, customs, foundation, a living symbol of a happy past. But My Old Kentucky Home was never just a song.

### **A Calamity of Souls** *by David Baldacci (2024)*

Set in the tumultuous year of 1968 in southern Virginia, a racially-charged murder case sets a duo of white and black lawyers against a deeply unfair system as they work to defend their wrongfully accused black defendants in this courtroom drama. Jack Lee, a white lawyer who has never done anything to push against racism, decides to represent black man charged with brutally killing an elderly and wealthy white couple. Lee quickly finds himself out of his depth when he realizes that what is at stake is far greater than the outcome of a murder trial.

- These books can be found at the Owen County Public Library.

# SAVE THE DATE

# OWEN COUNTY FAIR

## July 8-12th

## EXHIBITS SCHEDULE

July 7<sup>th</sup> ALL EXHIBITS  
9am-12pm

July 12<sup>th</sup> PICK UP EXHIBITS  
9am-12pm





# Craftin' for the Community

Memory Makers Homemakers Club hosted their semi-annual fundraising event called Craftin' For The Community on Saturday, April 12th. The day long event consisted of multiple vendors, spring themed ceramics workshop, delicious food from Bear Dog BBQ, crafting, and fellowship. Over \$2600 was donated to the Owen County KY Seniors Association, LLC. Also, donations of non-perishable food, personal care items, and pet supplies were collected for Meeting the Needs Ministry and OC Friends of Animals. Thanks to everyone who made this event such a success!! Save the date for the fall Craftin For The Community on Saturday, September 13, 2025.



## FUN FACT

Did you know this event began over 15 years ago as a way to bring more people to our golden triangle? Today, most of our participants actually come from outside Owen County! That means our crafting community is reaching out and spreading love for our small town far beyond.







*Save the Date*

# CRAFTIN' FOR THE COMMUNITY

Hosted by Memory Makers Homemakers

---

SATURDAY, SEPTEMBER 13<sup>TH</sup> 2025

Owen County Extension Office

Join us for shopping, crafting, food, giveaways and more- all while supporting a great cause in our community! Crafting table registration opens later this summer, more details to come!





# ADULT HEALTH BULLETIN



**MAY 2025**

Download this and past issues  
of the Adult, Youth, Parent, and  
Family Caregiver Health Bulletins:  
[http://fcs-hes.ca.uky.edu/  
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Owen County Extension Office  
265 Ellis Road  
Owenton, KY 40359  
(502) 484-5703  
[owen.ca.uky.edu](http://owen.ca.uky.edu)

## THIS MONTH'S TOPIC

# TICK PROBLEM PREVENTION



**S**pring has officially sprung in Kentucky, with flowers in full bloom and the horses off to the races! While we may be excited to get outdoors and enjoy the sunshine, the warm weather also draws out other critters ... ticks. Ticks are tiny arachnids that need to feed on blood to go through their life cycle, putting the ICK in tick. These critters can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife. While not every tick bite will lead to disease, it can take just one bite in some circumstances. That is why reducing your risk of tick bites is important. You should include these simple steps outdoors, especially when working or playing in a "tick-risky habitat."

### Ways to reduce your risk of tick bites

- Wear long pants.
- Wear tall socks with pants tucked in and taped OR wear tall boots with pants tucked into boots.
- Wear long sleeves when walking through thick brush or tall grasses.

Continued on the next page ➔

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506





# Ticks can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife.

## ➔ Continued from the previous page

- Buy pre-treated clothing or treat clothes with permethrin.
  - If you treat your clothes, follow all label instructions and keep cats away from the wet clothing as it is toxic to cats when wet (but safe when dry!)
- Re-treat clothing after the number of washes shown on the label.
- Use DEET or other repellents before going into a risky habitat.
  - Find the right repellent for you and your family members by using the Environmental Protection Agency (EPA) tool: <https://www.epa.gov/insect-repellents/find-repellent-right-you>.
  - Remember to spray your socks and (non-rubber) boots!
- Do a tick check periodically while outdoors and soon after returning home.
  - It is easiest to do a full tick check in the shower; this will help dislodge any ticks that may not have fully attached yet.
  - Do a tick check on your pets too.
  - Focus on areas where ticks could find an easy blood meal — “hidden” locations and spots with increased blood flow are ticks’ favorites, such as the scalp, armpits, belly button, groin, behind the knees, and in between toes (especially on pets).
- Throw clothes in the wash, then the dryer, on HIGH heat.
  - Heating clothes on high for 10 to 15 minutes will kill ticks.

Take a “tick kit” with you while out and about. This will include items that help you locate, remove, and collect ticks and clean the bite site. When removing ticks, pull the skin tight, grab as close to the skin as possible with your tweezers, and pull straight up and out. Do NOT twist ticks to remove, that can break ticks and leave the mouthparts attached, potentially leading to infection.

## Tick kit items

- Magnifying glass to find ticks

- Tweezers or forceps
- Bottle (a small pill bottle works well, with identifying information removed) or zip-top bag to keep ticks if you want them identified or tested
- Hand sanitizer or cleaning towelette to clean the bite site after removing the tick

## Tick testing

Kentucky residents can send in ticks (found on people and pets) for testing by following instructions through the UK’s Tick Submission Program: <https://entomology.ca.uky.edu/ticksurveillance2022>

## What makes a location “tick risky”?

While many different tick species live in Kentucky and prefer different habitats, they are generally found in “wilder” areas — think brush, tall grasses, or leaf litter. You can reduce your risk by walking in the middle of hiking trails, limiting time in tall grass and brush, and using personal protection measures when in these habitats.

But don’t let ticks keep you from enjoying all the beauty that Kentucky has to offer! Using a combination of these methods, you can reduce your risk of tick bites whenever you and your family are working or recreating outdoors.

**For more information** on reducing your tick and mosquito bite risk and creating “bite safe” spaces around your home, check out UK’s Extension Resources: <https://entomology.ca.uky.edu/ef618> and UK’s From the Woods Today series, episodes 212 and 214.

• **Episode 212:** [https://youtu.be/pr2\\_\\_iPdndI?si=z1u72TXK556QQAOL](https://youtu.be/pr2__iPdndI?si=z1u72TXK556QQAOL)

• **Episode 214:** [https://youtu.be/DNTXX\\_DIGA4?si=F-EsaDdTMW-XFdUT](https://youtu.be/DNTXX_DIGA4?si=F-EsaDdTMW-XFdUT)

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**Written by:** Hannah Tiffin, Ph.D.,  
Assistant Professor, Dept. of Entomology

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:** Adobe Stock



*This is a hands on class*

# Beginners Sour Dough Bread Class

**Thursday, August 14, 2025**

**10:00 a.m. - 12 noon**

Carroll County Extension Office  
500 Floyd Drive, Carrollton  
(502) 732-7030



Registration is required  
by 8/12/2025  
Space is limited.

**\*\* Please bring a large  
bowl with a lid.**

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Community and Economic Development

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Lexington, KY 40506



## Hands-on Class



**Wednesday, August 27, 2025**  
**5:00 p.m.**

Carroll County Extension Office  
500 Floyd Drive, Carrollton  
(502) 732-7030

Registration is required  
by 8/22/2025  
Space is limited

We will make  
a jar of Salsa

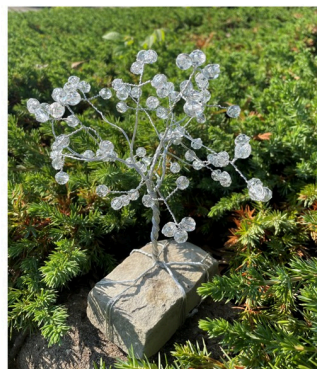


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# Wire Tree Sculpture



**Thursday, June 5th**  
**5:30 p.m.**

Carroll County Extension Service  
500 Floyd Drive, Carrollton  
(502) 732-7030

Call to register by May 28th.  
**FREE!**

*"Come bend branches, twist trunks and rotate roots  
as you sculpt a wire tree."*

*We'll touch on a few sculpture basics, and you'll  
create a small tabletop tree.*

Program Presented By:

**Susan Miller**  
Community Arts Agent  
University of Kentucky  
Boone County Cooperative Extension

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Lexington, KY 40506



## Hands-On

# Pressure Canning Class

**Thursday, August 28, 2025**

**5:00 p.m.**

Carroll County Extension Office  
500 Floyd Drive, Carrollton  
(502) 732-7030



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# Yogurt's hidden benefits: From digestion to heart health

**N**ational Dairy Month is in June each year. This is the month that highlights the value of dairy.

Despite the wholesome paybacks, a lot of us do not eat enough dairy products. Yogurt is a food most people can put in their food plan. Here are some of the benefits of eating yogurt:

- **Gives key nutrients:** Most types of yogurts are a great source of protein, riboflavin, vitamin B12, calcium, and phosphorus. It is also a good source of potassium, pantothenic acid, magnesium, and zinc.
- **Helps gut health:** Yogurt has special bacteria called probiotics that are good for your gut. They help to keep your digestion running smoothly and may help your immune system.
- **Builds strong bones:** Yogurt is packed with calcium and vitamin D, which are vital for making your bones strong.



- **Good for your heart:** Eating yogurt often is linked to lower blood pressure and reduced risk of heart disease.
- **Easy to digest:** Yogurt is well tolerated by people with lactose intolerance. This is because the live active cultures in yogurt help to break down lactose. This makes it simpler to break down food compared to other dairy products.
- **Helps you feel full:** Yogurt can help you feel full and satisfied. This is helpful if you are trying to keep a healthy weight.
- **Easy to enjoy:** Yogurt comes in many flavors and types. Enjoy yogurt by itself, with fruit, or use it in smoothies.

Yogurt is a healthy food. Choose yogurts made with low-fat milk and less added sugar. Try adding yogurt to your meals and snacks.

Source: Adapted from Colorado State University Extension's Yogurt Health and Probiotic Benefits

## YOGURT FRUIT SMOOTHIE

### Ingredients:

- ¼ cup low-fat light strawberry yogurt
- ⅓ cup non-fat dry milk
- ½ banana
- ¾ cup orange juice
- ½ cup fresh or frozen strawberries

### Instructions:

1. Place all ingredients into a blender or food processor and blend until smooth.
2. Serve immediately.

150 calories; 0.5g total fat; 0g saturated fat; 0g trans fat; 5mg cholesterol; 80mg sodium; 32g total carbohydrate; 2g fiber; 24g total sugars; 0g added sugar; 6g protein; 10% Daily Vitamin D; 15% Daily Value calcium; 0% Daily Value iron; 8% Daily Value potassium.



# GROW A MORE SUCCESSFUL GARDEN WITH A NEW AND FUN CALENDAR

Gardening is a rewarding experience that provides fresh produce and a deeper connection to nature. The Growing Your Own - GARDEN calendar from Plan Eat Move—a part of the University of Kentucky College of Agriculture, Food and Environment Cooperative Extension Service—is an excellent resource to guide both novice and seasoned gardeners through the planting and harvesting seasons. With monthly recommendations and engaging activities, the calendar helps individuals and families plan a productive and enjoyable gardening experience.

A well-planned garden starts with careful preparation. Before planting, sketching a layout can be a useful exercise. For families, involving children by having them cut out pictures of vegetables and placing them on the garden plan can be both educational and fun. This interactive approach encourages engagement while helping gardeners visualize plant placement and spacing for optimal growth.

The calendar provides a detailed month-by-month breakdown of what to plant and when to harvest. Beyond planting and harvesting, the calendar incorporates family-friendly activities to make gardening even more enjoyable. Keeping a garden journal allows individuals to track planting dates, growth progress and harvest yields.

Children can add their own observations through drawings or short descriptions. Taste tests with homegrown produce introduce youth to different flavors while emphasizing the benefits of fresh food. Creative activities, such as making DIY garden markers with craft materials, add a personal touch and help with plant identification.

Success in gardening often comes down to simple, consistent practices. By following the guidance in the Growing Your Own - GARDEN calendar, gardeners can cultivate a thriving space that not only produces nutritious food but also fosters family bonding. Gardening is a journey filled with learning, patience and the satisfaction of harvesting what was planted. Whether tending to a small backyard plot or a larger garden, these seasonal tips and activities provide the foundation for success.

To access the guide, visit <https://www.planeatmove.com/get-moving/growing-your-own-garden>.

Contact the Owen County Extension office for more information on how to create a successful garden. Calendars are available at the office for pick up.

Source: Rick Durham, Department of Horticulture professor



## EXTENSION EQUIPMENT RENTALS



Fold top over three times and secure

Take soil samples to your County Extension Office.

DO NOT ENCLOSE WRITING IN THIS CONTAINER!

Division of Regulatory Services  
University of Kentucky  
Lexington, KY 40546-0275

FILL TO THIS LINE

For Identification

Name .....

Field Name  
or Number .....

County Code      County ID No.

--	--



Visit the website below for more details on lab services provided.

[rs.uky.edu/soil/forms.php](https://rs.uky.edu/soil/forms.php)

Agricultural Row Crops

Agriculture Pasture/Hay

Commercial Horticulture Crops

Home Lawn

Home Garden

**6 SOIL SAMPLES  
EACH YEAR**

# Don't Forget To Test Your Soil



# May 2025

SUNDAY

MONDAY














TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

				1	2 Kentucky Oaks 	3 Kentucky Derby 
4	5  CINCO DE MAYO	6 SEW ALL DAY Extension Office 9 AM- 4 PM  Suicide Prevention Certification Course Extension Office 6 PM Meal 6;30 PM Program	7 Pleasant Home Extension Office 11 AM 	8	9 Owen County Farm & Craft Market Opening Day 10 AM Sweet Owen Sweet Owen Store 11 AM 	10 Mother's Day Tea  2 PM
11	12 Sew & Go Extension Office 11 AM 	13 Cotton Club Extension Office 6 PM 	14 Homemaker Council Meeting Extension Office 1 PM 	15	16	17
18	19	20 Extension District Board Meeting Extension Office 5 PM	21 Lunch & Learn- Fraud Awareness & Prevention Extension Office 12 PM  German American Bank	22	23	24
25	26 OFFICE CLOSED Memorial Day 	27	28 Crochet & Fellowship Extension Office 11 AM  Joy in the Mourning Extension Office 1 PM	29 Alpha-Gal Syndrome Must Register Via Zoom 7 PM	30	31

Kindly reach out to club and class leaders to confirm each meeting. Membership is required for homemaker clubs.



**Martin-Gatton**

College of Agriculture,  
Food and Environment  
University of Kentucky®

**Owen County Extension Office**  
**265 Ellis Road**  
**Owenton, KY 40359**



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Bryce Charles

4-H Youth Development Agent

Kendal Bowman

Agriculture & Natural Resources Agent



## COOK UP SOMETHING SPECIAL!

### Owen County Extension Homemakers Cookbooks

Stop by the Owen County Extension Office today to get yours!

1 cookbook for \$10 OR 2 cookbooks for just \$15

Checks made payable to: Owen County Extension Homemakers



## SPRING HARVEST SALAD



### Ingredients:

- 5 cups torn spring leaf lettuce
- 2 ½ cups spinach leaves
- 1 ½ cups sliced strawberries
- 1 cup fresh blueberries
- ½ cup thinly sliced green onions
- 4 teaspoons lemon juice
- 2 ½ tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 ½ teaspoons Dijon mustard
- 2 teaspoons Kentucky honey
- ½ teaspoon salt
- ¼ cup feta cheese crumbles
- ½ cup unsalted sliced almonds

### Directions:

1. Combine leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.
2. Prepare dressing by whisking together the lemon juice, olive oil, balsamic vinegar, Dijon mustard, honey and salt. Pour over lettuce mixture and toss to coat.
3. Sprinkle salad with feta cheese and sliced almonds.
4. Serve immediately.