

Washington County Homemaker Newsletter

MARCH 2023

 University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



The Kentucky Extension Homemakers Association is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.

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Contact Us:

Washington County
Extension Office
245 Corporate Drive
Springfield, KY 40069
(859) 336-7741
washington.ca.uky.edu



Smoothie Basics

There are many benefits of choosing smoothies for a refreshing snack or beverage. Smoothies are often higher in calories, which is a great way to help individuals add calories to their diet if they are sick or have difficulty chewing or swallowing.

You can easily change smoothies based on available foods, taste preferences, and nutrients. They are typically prepared in a blender, but you could also make one in a food processor.

Smoothies typically start with a base or liquid, such as water, any type of milk or juice, or yogurt. For a more balanced smoothie, add at least one fruit and one vegetable, such as bananas, berries, peaches, melons, spinach, avocado, cucumber, and carrots. Be creative and use whatever produce you have on hand (canned, fresh, or frozen). You can add more nutrients and flavor with items like nut butters, oatmeal, nuts, seeds, or cinnamon. Adding ice or using frozen produce will thicken the smoothie. Blend until your desired thickness and texture. If the smoothie is too thick, simply add more base or liquid. Harder raw fruits and vegetables may require more time blending.

Compared to juices, smoothies use the entire product which leaves the fiber and nutrients. It also allows you to add other food groups to the smoothie. For example, a smoothie made with yogurt, peanut butter, bananas, and spinach provides a serving of fruit, vegetable, dairy, and protein which helps you feel full longer. Because of the ingredients used in smoothies and the entire fruit and vegetable, smoothies give you more nutrition bang for your buck.

Source: Heather Norman-Burgdolf, PhD, Extension Specialist for Nutrition and Health

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Note from the President

Homemakers!

The daffodil is the floral symbol of March and goes by many names - March lily, Easter lily, cowslips, lenty cups, and yellow maidens are a few. I am always happy to see the first sign of spring blooming because it means the end of Gloomus Season is near!

It was good to see so many of you at the International Lunch. The ladies who presented the program about their trip to the Holy Land were wonderful. We didn't want them to leave!

We discussed several issues at the council meeting after the meal and program. One is the upcoming Child Abuse Awareness and Prevention Campaign. More to come about that. Another discussion was about our service projects. Some of us are helping supply food items in the Blessing Boxes around town and plans for donating Happy Packs for children in need are ongoing.

We are few in number, but that doesn't mean we cannot do good.

Stay safe and healthy!
Rita



VOTE

Homemaker Lesson Ballot

It's time to vote for the upcoming year of Homemaker lessons! A ballot is included with this newsletter. Club and mailbox members are welcome to vote. If you vote individually, you may vote with a checkmark or 1 beside your choices. If you vote as a club, please record the total number of votes beside the choice. You may vote for as many options as you want. The FCS Agents in the Lincoln Trail Area will total the votes and the most popular lessons will be taught during the 2023-2024 Homemaker year.



Thought of the Month:

**"A woman is like a tea bag; you never know how strong it is until it's in hot water."
-Eleanor Roosevelt**

Roll Call:

March is Women's History Month. Name a woman from history you admire.

Book of the Month

Eleanor in the Village: Eleanor Roosevelt's Search for Freedom and Identity in New York's Greenwich Village
by Jan Jarboe Russel (2021)

A vivid account of a critical chapter in the life of Eleanor Roosevelt, when she moved to New York's Greenwich Village, shed her high-born conformity, and became the progressive leader who pushed for change as America's first lady.



Cooking through the Calendar

Laura Milburn, SNAP-Ed Program Assistant, will hold monthly recipe demonstrations and tastings during 2023. Everyone is welcome to come! Past recipe demonstrations will remain available to watch at [facebook.com/WashingtonCountyNutritionEducation](https://www.facebook.com/WashingtonCountyNutritionEducation).

March 23 - 4pm
Washington County Public Library
Vegetarian Taco Soup

Do you need new meal ideas?

Join the Free Recipe Club

Sign up to receive 5 free seasonal Kentucky Proud recipe cards each month. Call the Extension Office at (859) 336-7741.

***super star
chef

3-DAY COOKING CAMP

SHINE IN THE KITCHEN WITH YOUR NEW COOKING SKILLS!

Have you dreamed of having your own restaurant or cooking show? Maybe you just want to learn how to make a tasty afterschool snack for friends. Join us for the Super Star Chef cooking camp for participants ages 9 to 12. No previous cooking experience required for this free program, where you will receive cooking tools and learn how to:

- Master a variety of cooking techniques, like chopping, dicing, blending, folding and whipping.
- Make homemade meals like fiesta dip, fruit and yogurt parfaits, pizza, carrot muffins and more!
- Discover foods that fuel your body and energize you.
- Learn how to read a nutrition facts label and what it takes to be "food safe"!



DATE: April 3, 4, and 5

**TIME: 10am-2pm
(lunch will be provided)**

**LOCATION: Washington
County Extension Office
245 Corporate Drive
Springfield, KY 40069**

**TO SIGN UP, CONTACT
Extension: 859-336-7741**



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

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Dates to Remember

March 2, 9, 16, and 23 at 10am - Big Blue Book Club
You may participate on Zoom or in person at the
Washington County Extension Office.

March 2 - Generational Differences lesson
10am - Marion County Extension Office

March 3 - Homebased Microprocessor Workshop
9:30-2:30 - Washington County Extension Office

March 16 - Monthly Food Distribution at
Idle Hour Park - 8:30am

March 30 - Move Your Way: Exercise for Everyone
10am - Marion County Extension Office

March 31 - Wear Blue Day for Child Abuse
Awareness and Prevention

Monthly Lessons

March: Generational Differences

Each generation is significantly different from the ones that precede and follow it because members of each generation have been shaped and molded by markedly different societal influences during their developmental years. Learn to understand each generation's characteristics and values in order to develop strong generational relationships. This will be taught on March 2 at 10am in Marion County.

April: Move Your Way - Exercise for Everyone

As we grow older, our bodies age with us. Healthy lifestyle habits, like regular exercise, can slow the aging process. This lesson focuses on non-impact exercises, specifically seated movements, to help improve balance, posture, muscular strength, and ability to perform daily living activities that you can do from the safety of your own chair. Studies suggest that adding exercise to your daily routine will improve joint health, physical function, and emotional well-being. This lesson will be taught on March 30 at 10am in Marion County.

Big Blue Book Club

Join the next Big Blue Book Club featuring *Is Butter a Carb?* This book removes the moral stigma from food and breaks down the science to provide easy, accessible evidence-based advice on how to live your healthiest and happiest life. Led by Dr. Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition, this zoom series will be held on March 2, 9, 16, and 23 at 10am. The series will be recorded. Registration is extended. To register, go to <https://ukfcs.net/BBBC23Book1>.

IS BUTTER A CARB? UNPICKING FACT FROM FICTION IN THE WORLD OF NUTRITION

MARCH 2023

 **March 2**
Intro - Chapter 3

 **March 9**
Chapters 4-7

 **March 16**
Chapters 8-11

 **March 23**
Chapters 12-14

BIG BLUE
BOOK CLUB

 Cooperative
Extension Service



MORE INFO
ukfcsxt@uky.edu



Homebased Microprocessing Workshop



Friday, March 3, 2023

9:30am - 2:30pm

Washington County Extension Office

245 Corporate Drive, Springfield, KY 40069



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

For more information & to register:

ukfcs.net/HBM

or call 859-336-7741

Join our workshop!
Homebased
microprocessors are
farmers who grow and
harvest produce to use in
their value-added products.

Homebased
microprocessors are
required to grow a
predominant ingredient in
the products they make.
The first step to becoming
certified as a homebased
microprocessor is to attend
a Homebased
Microprocessor (HBM)
workshop presented by the
University of Kentucky.

The cost of the workshop is
\$50.00.

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2020 Census Quilt

KEHA has produced a booklet about the 2020 Census Quilt that provides details on each quilt square. Using information and images from the booklet, we will feature a couple of quilt squares each month to learn more about our Kentucky counties.



Madison County

Creator: Betty Scheiderman, Happy Hands

Pattern: Barn

Description: The Heritage Quilt Trail is a lasting legacy helping to preserve the old tobacco barns as well as the county's strong agricultural roots with farmers markets, cattle farms, and promoting heritage arts and crafts.



Magoffin County

Creator: Susie Hueseman, "Sew What" Quilt Guild

Pattern: Snail's Trail

Description: Magoffin County's block is the Snail's Trail. We have the longest "Rails to Trails" Trail in Kentucky, the Dawkin's Trail. It was created by the use of the old Dawkins Railway Company's route through our county. People have traveled from all over the state and nation to ride the trail through Magoffin County, and to visit the Rail to Trail town of Royalton, which was the site of the Dawkins Company, for which the trail is named.

Understanding Trauma Series: Defining Trauma

Trauma is our body's response when we experience an event that is physically life-threatening or emotionally hurtful. When we experience trauma, it can leave lasting effects on our mental and physical well-being and produce warning signs that we may not recognize right away. A simple way to think about trauma is to consider the largest amount of stress you can manage in response to an uncontrollable event. In many cases, the event disrupts our ability to cope because of the significant loss of relationships and things necessary to meet our basic needs.

Source: Paul Norrod, DrPH, RN, Extension specialist for Rural Health and Farm Safety

Cauliflower Casserole

Cauliflower is low in calories and sodium. It has no fat or cholesterol. A serving provides 10% of the Daily Recommended Value of folate, 8% of dietary fiber and potassium and 100% of the recommended amount of vitamin C.

Source: Plate It Up KY Proud, UK Cooperative Extension



Cauliflower Casserole

1 head cauliflower	½ cup finely chopped green pepper	½ cup finely chopped white onion
1 cup fat-free sour cream	½ cup finely chopped red bell pepper	1 teaspoon salt
1 cup low-fat shredded cheddar cheese	Paprika	¼ cup grated, reduced-fat Parmesan cheese

Preheat oven to 325 degrees F. **Grease** a 2-quart baking dish with cooking spray or vegetable oil. **Remove** the core and any green leaves from the cauliflower head. **Chop** the remaining head into 2 inch pieces. **Place** a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. **Cover** and bring the water to a **boil** over high heat. **Add** the cauliflower, and **steam** until tender, about 5 minutes. **Drain** and set aside. **Combine** sour cream, cheddar cheese, corn flakes, peppers, onion

and salt in a medium bowl. **Stir** in the cauliflower and **transfer** to the prepared baking dish. **Sprinkle** Parmesan cheese and paprika over the top of the dish. **Bake** uncovered until heated through, about 30-35 minutes.

Yield: 8 servings.

Nutritional Analysis: 110 calories, 3 g fat, 1.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 519 mg sodium, 13 g carbohydrate, 2 g fiber, 6 g sugar, 8 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Find Support

Join a walking group, play wheelchair sports, practice martial arts, or sign up for an exercise class online. Recruit family or friends for support.

Source: UK FCS Big Blue Goals resources, week 7 activity tip