

December, 2024

 Cooperative Extension Service

Family & Consumer Science December Newsletter

Ohio County Cooperative Extension Office, 1337 Clay St., Hartford, KY 42347 • 270-298-7441

Upcoming Events/Meetings to Remember!

- A **Holiday Cookie Exchange** for adults will be held at 10:30 a.m. Dec. 9 and at 5:30 p.m. Dec. 10 at the Ohio County Extension Office. See flier for more information!
- An **Electric Pressure Cooker** class will be held at 5:30 p.m. Dec. 17 and at 10:30 a.m. Dec. 18 at the Ohio County Extension Office. Call before Dec. 13 to hold your spot!
- A **Kids Holiday Cookie Exchange** will be held at 1:00 p.m. Dec. 23 at the Ohio County Extension Office. See flier for more information!
- An **Everything Sourdough** class will be held at 10:30 a.m. and 5:30 p.m. on Jan. 9 at the Ohio County Extension Office. Call before Jan. 3 to register. See flier for more information!
- An **Air Fryer Cooking** class will be held at 10:30 a.m. and 5:30 p.m. on Jan. 14 at the Ohio County Extension Office. Call before Jan. 10 to register. See flier for more information!

For more information or to register, call the Ohio County Extension Office at 270-298-7441!



Kelly Bland

Kelly Bland

Extension Agent, Family & Consumer Science

Brandy Garcia

Program Assistant, Family & Consumer Science



Stop by the Ohio County Extension Office, 1337 Clay St. in Hartford, and pick up your 2025 Nutrition Education Program calendar! It is full of great recipes and tips and it even has a place where you can keep up with your physical activity each day! Get yours before they're gone!



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.

Homemaker Happenings

2024-2025 Homemaker Lessons

Trainings will be given at the Daviess County and Henderson County Cooperative Extension Offices.

10:00 a.m. Lesson Training

February Lesson

CREATING WELCOMING COMMUNITIES

Jan. 21 (Daviess)

Jan. 22 (Henderson)

Become a more prepared community volunteer by understanding how culture makes all of us unique. We will examine our own culture, understand culturally related strengths of ourselves and others, and gain an understanding of oppressive experiences and their effects.

★ International

11:00 a.m. Lesson Training

March Lesson

HOW TO GET OUT OF A MEALTIME RUT

Jan. 21 (Daviess)

Jan. 22 (Henderson)

Share creative strategies that can be used to overcome mealtime ruts. Find out why it is important to prepare home-cooked meals, describe several creative strategies to come up with meal ideas and identify ways to reduce barriers related to preparing meals at home.

★ Food, Nutrition & Health

Fordsville

President Cathy Green
270-256-4082

Meets second Tuesday, 10 a.m.,
Jack & Joan Edge's Community Room

Taylorstown

President Marsha Young
270-274-2633

Meets third Thursday, 10 a.m.

Liberty Belles

President Norma Barrett
270-256-8044

Meets second Tuesday, 10 a.m.,
Liberty Church in Beaver Dam

Specialty Club:

Beda

President Regina Hudson
270-298-3680

Meets second Thursday, 9:30 a.m.

Specialty Club:

Roadrunners

President Brenda Renfrow
270-298-4460

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Listen to the UK Family & Consumer Sciences podcast at <https://ukfcsext.podbean.com/>



Looking for new
recipe ideas?
Check out
www.planeatmove.com



Slow Cooker Navy Bean Soup

- 1 pound dried navy beans
- 1 smoked ham hock
- 2 medium carrots, diced
- 3 medium stalks celery, diced
- 5 cups low-sodium chicken broth
- 2 tablespoons salt-free garlic and herb seasoning
- 2 bay leaves
- 1 teaspoon salt

Soaking:

1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
2. Rinse and sort beans, removing dirt, rocks, and other debris that might be present. Choose from the quick soak or overnight soak methods below:

Quick soak: Place the beans in a pot large enough for them to double in size. Add 6 cups of water for every 2 cups of dry beans. Next place the pot on medium-high heat and bring to a boil. Boil beans for 2 to 3 minutes in uncovered pan. Remove from heat. Cover pan and let soak for 1 hour before cooking.

Overnight soak: Place the beans in a pot large enough for them to double in size. Add enough water to have at least 1 inch over the beans. Cover and refrigerate 8 hours or overnight.

Cooking:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.



3. Rinse and drain the soaked beans and place them in the bottom of a large (7- to 8-quart) slow cooker. Add the ham hock, carrots, celery, chicken broth, seasoning, and bay leaves.
4. Cover with lid and cook on low for 7 to 9 hours or high for 4 to 5 hours, until the beans are tender. Add salt.
5. Remove ham hock and bay leaves from soup. Separate the meat from the skin and bone of the ham hock. Chop meat and return it to the soup. Discard the bone, skin, and bay leaves.
6. Refrigerate leftovers within 2 hours.

Note: Substitute ham hock with 2 cups diced ham or a leftover ham bone.

Makes 12 servings

Serving size: 1 cup

Cost per recipe: \$7.18

Cost per serving: \$0.60



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

Nutrition facts per serving:

220 calories; 5g total fat; 4.5g saturated fat; 0g trans fat; 25mg cholesterol; 540mg sodium; 28g total carbohydrate; 6g dietary fiber; 2g total sugars; 0g added sugars; 19g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

Source:

Jen Robinson, NEP Area Nutrition Agent; and Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

45TH ANNUAL HOMEMAKER CHRISTMAS BAZAAR





Holiday Cookie Exchange

Join us for a Holiday Cookie Exchange and learn about holiday cookie traditions from around the world.

This is a FREE class, but is limited to 12 participants, so registration is required.

Here's what you need to know:

Each participant must bring 3 dozen of your favorite holiday cookie to share with other participants.

(Please no chocolate chip cookies, unless they are fun and festive!)

All cookies must be homemade and, on a tray, or platter.

Register (see below) and let us know what kind of cookies you are bringing.

Bring your favorite cookie tin to take your cookies home in.

(Everyone will go back home with 3 dozen cookies.)

Come dressed in your favorite ugly holiday sweater!

(Prizes will be awarded for favorite cookie and ugliest sweater!)



**December 9 at 10:30 am OR
December 10th, 5:30 pm**




**Ohio County Cooperative Extension Office
1337 Clay Street Hartford, Ky**

Call the Extension Office at
270-298-7441 to register



*A hot chocolate
bar will be
available, as
well!*



A Kids Holiday Cookie Exchange will be held at 1:00 p.m. on Dec. 23!
All of the same rules apply, except they are encouraged to come dressed in their favorite holiday pajamas & prizes will be awarded for favorite cookie! Get your kids and/or grandkids signed up today!

ELECTRIC PRESSURE COOKERS

Do you own an electric pressure cooker, but not sure how to use it? Want to learn ways to use it to make cooking easier and faster? Join us!

Tuesday, December 17th at 5:30 p.m.

or

Wednesday, December 18th at 10:30 a.m.

at Ohio County Extension Office

There is no cost for this class.

Please call (270) 298-7441 to register.

Last day to register is Friday, December 13th



EVERYTHING Sourdough

COME AND JOIN US TO LEARN:

- WHAT IS SOURDOUGH
- HOW TO MAINTAIN SOURDOUGH
- THE HEALTH BENEFITS OF SOURDOUGH
- HOW TO MAKE A BREAD LOAF
- USING SOURDOUGH DISCARD IN OTHER RECIPES

THURSDAY, JANUARY 9, 2025

OHIO COUNTY EXTENSION OFFICE

2 SESSIONS OFFERED: 10:30 A.M. OR 5:30 P.M.

REGISTRATION IS REQUIRED

CALL (270) 298-7441 BY FRIDAY, JANUARY 3RD TO REGISTER.

Bring a 16-32 oz jar and take home some sourdough starter for yourself!



He was a man who had a dream.

The Ohio Co. Extension Office will be closed on Jan. 20 in honor of Martin Luther King, Jr. Day.

Air Fryer Cooking

at the Ohio County Extension Office

Are you ready to master the ins and outs of your air fryer?

Join us as we learn about the different types of air fryers, how to whip up quick and convenient meals without sacrificing taste or nutritional value, and how to keep them functioning in top shape.

We'll also have an opportunity to explore a variety of delicious recipes, all tailored for the air fryer.

Tuesday, January 14th
10:30 a.m. or 5:30 p.m.

Class is free, but registration is required

Register by Friday, January 10th
Please call the Ohio County Extension Office at (270) 298-7441.



happy holidays

OHIO CO. EXTENSION OFFICE WILL BE

CLOSED
For the holidays!

CLOSED

December 25, 2024 - January 1, 2025

REOPENING

January 2, 2025 at 8:00 AM

Happy Holidays!

KENTUCKY COOPERATIVE EXTENSION

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

