### **Upcoming Events/Meetings to Remember!**

- An **Everything Sourdough** class will be held at 10:30 a.m. and 5:30 p.m. on Jan. 9. Call before Jan. 7 to register.
- An **Air Fryer Cooking** class will be held at 10:30 a.m. and 5:30 p.m. on Jan. 14. Call before Jan. 10 to register. See flier for more information!
- Make & Taste will be held at 5 p.m. Jan. 21. Please RSVP so we have enough supplies! See flier for more information!
- A **Basics of Food Preservation** class will be held at 10:30 a.m. and 5:30 p.m. on Feb. 6. Call before Feb. 4 to register.
- **Homemaker Council** will meet at 9:30 a.m. Feb. 5 at the Ohio County Extension Office. Please make sure one representative from your club can attend.
- A **Charcuterie Board for Two** class will be held at 10:30 a.m. Feb. 12 or 5:30 p.m. Feb. 13. Call before Feb. 7 to register. Space is limited!

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



Lexington, KY 40506

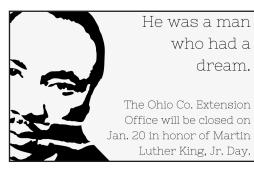


**Kelly Bland**Extension Agent, Family & Consumer Science

### **Brandy Garcia**

Program Assistant, Family & Consumer Science





### Cooperative Extension Service

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

#### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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# 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

### **Liberty Belles**

President Norma Barrett 270-256-8044 Meets second Tuesday, 10 a.m., Liberty Church in Beaver Dam

### **Taylortown**

President Marsha Young 270-274-2633 Meets third Thursday, 10 a.m.

### 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

### Follow us online!



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





### **Split Pea Soup**





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

#### Prep time: 10 minutes Cook time: 90 minutes

- 2 tablespoons oil
- 1 large onion, diced
- 2 celery stalks, diced
- 1 pound dried split peas, sorted and rinsed
- 2 medium red potatoes, diced
- 3 large carrots, diced
- 1 tablespoon Italian seasoning
- 1 3/4 teaspoons salt
- 1/2 teaspoon crushed red pepper (optional)
- 1 container (32 ounces) reduced-sodium chicken broth (or vegetable broth)
- 4 cups water
- 1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- 2. In a large pot over medium heat, heat oil. Add onion and celery. Sauté over medium heat until vegetables are tender, about 5 to 7 minutes.
- 3. Add split peas, potatoes, carrots, Italian seasoning, salt, crushed

- red pepper (if using), chicken broth, and 2 cups of water.
- 4. Increase heat to medium-high and bring everything to a boil. Once boiling, reduce heat to mediumlow and simmer, uncovered, for about one hour, or until it reaches desired texture. Skim off any foam while it cooks and stir periodically to avoid peas from sticking to the bottom of the pot. Add 2 more cups of water during the cooking process for a thinner texture.
- 5. Ladle into bowls and serve.
- **6.** Refrigerate leftovers within 2 hours.

#### Slow cooker variation:

Add all ingredients to a slow cooker and cook on low for 6 hours or high for 4 hours.

Makes 12 servings Serving Size: 1 cup Cost per recipe: \$6.97 Cost per serving: \$0.58

#### **Nutrition facts** per serving:

210 calories; 3.5g total fat; 0.5g saturated fat; Og trans fat; Omg cholesterol: 390ma sodium: 34a total carbohvdrate: 11a dietary fiber; 5g total sugars; Og added sugars; 12g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium

#### Source:

LaToya Drake, **Extension Specialist** for Food Access and Equity, University of Kentucky Cooperative **Extension Service** Looking for new recipe ideas? Check out www.planeatmove.com

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## CHRISTMAS COOKIE EXCHANGE



A Kids Christmas Cookie Exchange was held Dec. 23 at the Ohio County Extension Office. Attendees enjoyed hot chocolate and made Christmas ornaments before exchanging their cookies.



Join us at the Ohio County Extension Office for our Charcuterie Board for Two class and learn to create the perfect romantic spread for you and your special someone (or a fun gal-pal date)!

Wednesday, February 12th at 10:30 a.m. OR Thursday, February 13th at 5:30 p.m.

Learn tips and tricks for assembling a beautiful, balanced charcuterie board, get creative with meats, cheeses, fruits, and sweets, and take home your own charcuterie masterpiece to enjoy!

Registration is required and space is limited.

Call (270) 298-7441 by Friday, February 7th to reserve your spot!

Cooperative Extension Service



5 p.m. - January 21

Learn the art of Paper Quilling and try a sample of the January recipe from the NEP Food & Nutrition 2025 calendar! Each month we will make a craft and try a new recipe from the calendar!

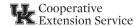
> **Ohio County Extension Office** (Building on the Hill) 1337 Clay St., Hartford, KY

Please RSVP by calling the office at 270-298-7441 (so we have enough supplies).

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BASICS OF

### FOOD PRESERVATION

February 6th at the Ohio County Extension Office 10:30 a.m. or 5:30 p.m.

LEARN THE BASICS OF FOOD PRESERVATION EQUIPMENT, TOOLS, AND PROCESSES OF: WATER BATH CANNING, PRESSURE CANNING, FREEZING, AND DEHYDRATING FOODS.



Cooperative Extension Service

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### **Dementia Caregiver Workshop**





### Tuesday, February 25th | 9am - 12 Noon ET

The Dementia Caregiver Workshop is designed for those who are caring for someone who is navigating the dementia journey. Join local and statewide experts who will provide you with a better understanding of the disease and strategies to help you and your loved one.

### **Topics will include:**

\*Disease Education \*Communication Strategies

\*Home Safety

\*Community Resources \*Research Opportunities

Register Online at https://tinyurl.com/48577fnm or call 859-323-5550



### Join us in-person or online

UK Sanders Brown Center on Aging 2199 Harrodsburg Rd, Lexington KY (in-person registration limited)





