

March, 2025

 Cooperative
Extension Service

Family & Consumer Science March Newsletter

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

Upcoming Events/Meetings to Remember!

- **Ohio County Health Coalition** will meet at 11:30 a.m. March 20 at the Ohio County Extension Office. Everyone is welcome.
- Be watching for your **State KEHA Newsletter** to come in the mail! We should be getting them any day! If you plan on going to the State Meeting, you will need to get that registration filled out as soon as possible!
- **County Annual Picnic** will be held on July 15.
- **County Annual Day** will be held on Sept. 24.
- **Homemaker Bazaar** will be held on Nov. 22.

See fliers on the following pages for upcoming classes/ events! 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

Create Your Own Initial Art
with Tara Hillard

9-11 a.m. • March 15

Ohio County Extension Office

1337 Clay St. (building on the hill)

Join us and unleash your inner artist! Tara will be teaching us how to create a one-of-a-kind canvas masterpiece featuring your own initial. No experience needed! Cost is \$10 per person and space is limited! Call the office at 270-298-7441 by **March 10** to register!



**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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties. Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.

2024-2025 Homemaker Lessons

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

10:00 a.m. Lesson Training

April Lesson
**COMMUNICATION ESSENTIALS
FOR GOOD IMPRESSIONS**

March 18 (Daviess) March 19 (Henderson)

Let's learn more about non-verbal communication (body language) and the roles speaking and active listening play in communication.

★ Leadership Development

11:00 a.m. Lesson Training

May Lesson
**STRONG BONES FOR LIFE:
PREVENT OSTEOPOROSIS**

March 18 (Daviess) March 19 (Henderson)

Examine risk factors and lifestyle behaviors to help stop bone loss and rebuild bone to prevent breaks. It's never too early or too late to make bone health a priority.

★ Family & Individual Development

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

March 13 - June 13, 2025

 Cooperative
Extension Service

BIG BLUE BOOK CLUB

takes a road trip!



UKFO.NET/BIGBLUEBOOKCLUB



Crunchy Air Fryer Fish

Prep time: 10 minutes
Rest 10 minutes
Cook time: 10-15 minutes

- 1 pound of white fish fillets (tilapia, catfish, perch, etc.)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon chili powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1 egg
- 1 tablespoon olive oil
- 1 cup panko crumbs
- Nonstick cooking spray

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place fish between clean paper towels to allow any water to drain. Rewash hands after handling raw fish.
3. Create an assembly for coating the fish. First, in a small bowl, combine the garlic powder, paprika, chili powder, onion powder, black pepper, and salt; set aside. Then, in a shallow pan or plate, whisk the egg; set aside. Rewash hands after handling the raw egg. Place panko crumbs into another shallow pan or plate; set aside.
4. Coat fish on both sides with olive oil and sprinkle both sides with the seasoning mixture. Dip fish into the egg and coat both sides. Then dredge the fillets through the panko coating both sides thoroughly. Allow the coated fillets to rest about 10 minutes before cooking. Rewash hands after handling the raw fish.
5. Preheat the air fryer to 390 degrees F while the fish rests. Coat the



- preheated air fryer basket or pan with cooking spray. Add the fish, taking care not to overfill the basket or pan (you may need to work in batches). Cook for 10 to 13 minutes or until it reaches an internal temperature of 145 degrees F as measured on a meat thermometer.
6. Refrigerate leftovers within 2 hours. Reheat leftovers in the air fryer for a few minutes to revive the crunchy coating.

No air fryer? No problem. Simply bake these in the oven at 400 degrees F for 12 to 15 minutes or until they reach an internal temperature of 145 degrees F as measured on a meat thermometer.

Makes 4 servings
Serving size: 4 ounces
Cost per recipe: \$7.72
Cost per serving: \$1.93



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

Nutrition facts

per serving:

230 calories; 7g total fat; 1.5g saturated fat; 0g trans fat; 105mg cholesterol; 260mg sodium; 16g total carbohydrate; 0g dietary fiber; 1g total sugars; 0g added sugars; 26g protein; 20% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 8% Daily Value of potassium

Source:

Brooke Jenkins, Extension Specialist for Curriculum, University of Kentucky Cooperative Extension Service

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

Follow us online!

<https://ohio.ca.uky.edu/>

<https://www.facebook.com/OCExtensionService>



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



Green River District
HEALTH DEPARTMENT



Celebrate the Baby!

DRIVE THRU BABY SHOWER



FOR FIRST TIME PARENTS WITH CHILDREN
1-YEAR-OLD AND YOUNGER



4:30-5:30 P.M.

THURSDAY, APRIL 10



OHIO COUNTY EXTENSION OFFICE
1337 CLAY STREET, HARTFORD



To RSVP, call the Ohio County Extension
Office at 270-298-7441!



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4-H Youth Development
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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



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accommodated
with prior notification.

"Spoonfuls of Flavor: A Soup Tasting Adventure"

Join Us for a Flavor-Packed Journey!
Get ready to warm your soul and tantalize your taste buds at our Soup
Tasting Class!

March 6, 2025 at 5:30 pm

OR

March 7, 2025 at 10:30 am

- Learn about different soup recipes and enjoy a variety of samples.
- Discover new ingredient and flavor combinations

Call the Ohio County Extension Office
by March 3, 2025 to register
at 270-298-7441



Cooperative
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An equal opportunity organization

PRESSURE CANNING 101

Join us for a hands-on pressure
canning workshop where you'll
learn how to safely preserve low-acid
foods like vegetables, meats, and
soups.

Whether you're a beginner or need a
refresher, this class will cover:

- Basics of pressure canning
- Equipment & safety tips
- Step-by-step canning process
- Troubleshooting & common mistakes

OHIO COUNTY EXTENSION OFFICE
(ON THE HILL)
TUESDAY, APRIL 22ND
9:00 A.M. - 12:00 P.M. OR
5:00 - 8:00 P.M.

SPACE IS LIMITED

Call the Ohio County Extension Office for
questions, or to register.

270-298-7441

Cooperative
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An equal opportunity organization

"Discover KEHA - A Hidden Treasure"

2025 KEHA State Meeting

May 6-8, 2025

Hyatt Regency Lexington

Be watching for your
State KEHA Newsletter!



For more information, call the Extension
Office at 270-298-7441!

Appetizers with a Twist!



Ready to wow your guests with delicious, easy-to-make appetizers? Join us for an exclusive Appetizer Masterclass where you'll learn how to create mouth-watering bites that steal the show!

★ What You'll Learn:

- Quick and easy appetizers
- Fun flavor combinations to elevate your party game
- Tips for prepping in advance, so you can relax & enjoy

🍴 April 3, 2025

🕒 10:30 am OR 5:30 pm

📍 Ohio County Extension Office

Call 270-298-7441 and register by March 31, 2025

An Equal Opportunity Organization

Make & Taste

MARCH

TUESDAY

18

5:00 PM

MAKE AN EASTER THEMED CRAFT AND TRY A SAMPLE OF THE MARCH RECIPE FROM THE NEP FOOD & NUTRITION 2025 CALENDAR! EACH MONTH WE WILL MAKE A CRAFT AND TRY A NEW RECIPE FROM THE CALENDAR!

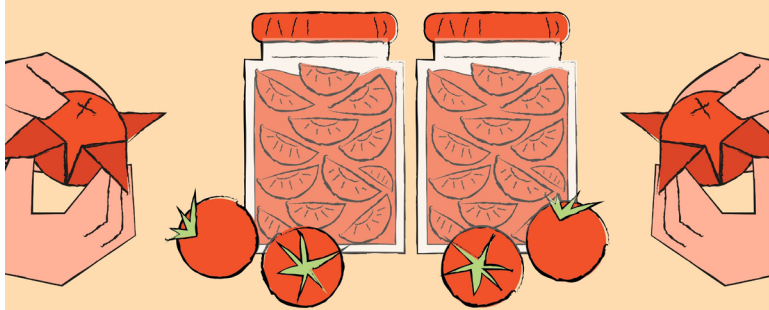
OHIO COUNTY EXTENSION OFFICE (BUILDING ON THE HILL) 1337 CLAY ST., HARTFORD, KY

PLEASE RSVP BY CALLING THE OFFICE AT 270-298-7441 (SO WE HAVE ENOUGH SUPPLIES).

FOOD PRESERVATION

JOIN US FOR A

WATER BATH CANNING CLASS



Learn the Art of Preserving Fresh Produce!

Discover the joy of home canning and gain the confidence to safely preserve fruits, tomatoes, jams, and more using the water bath canning method. Learn safe water bath canning techniques, the equipment and tools needed, food safety, and more in this hands-on class. Whether you're a beginner or looking to refresh your skills, this class is perfect for you.

Tuesday, March 25th

9:00am-12:00pm OR 5:00-8:00pm

Ohio County Extension Office

Space is limited.

Call 270-298-7441 by Friday, March 21st to reserve your spot.

BOOK CLUB

This first meeting will be a get to know each other meeting! We will pick our first book to read and discuss and we will make a bookmark! Light snacks will be provided!

March 25, 2025 • 5:00 PM

Ohio Co. Extension Office

1337 Clay St., Hartford

FOR MORE INFORMATION, CALL THE OFFICE AT 270-298-7441!

Homebased Microprocessing Workshop

 Cooperative
Extension Service

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.

April 29, 2025

9:30 a.m. - 2:30 p.m.

Ohio County Extension Office
1337 Clay Street
Hartford, KY

To register & for additional
dates/locations:
ukfcs.net/HBM

\$50
Fee

or call (859) 257-1812

OHIO COUNTY LADIES

Spring SHOP & SCREEN

MARCH
SATURDAY | **22** | 9AM-2PM
2025

Hosted by:

 AARP®

 KCP
Kentucky Cancer Program

 OHIO COUNTY
Chamber of Commerce

 Ohio County
HEALTHCARE