



# Family and Consumer Science

Cooperative Extension Service

Ohio County  
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*Nan Montgomery*

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Agent for Family & Consumer Sciences



**INGREDIENTS:**

- 1/2 cup onions, diced
- 1/2 cup celery, diced
- 1/2 cup carrots, diced
- 2 cups kale or spinach, stems removed and chopped
- 1 14.5-ounce can no salt added diced tomatoes
- 3 cups low-sodium chicken broth
- 1 15-ounce can low-sodium navy beans, drained and rinsed
- 1/4 teaspoon ground black pepper
- 2 tablespoons Italian seasoning
- 2 teaspoons garlic powder
- 1/2 teaspoon salt

**DIRECTIONS:**

1. Heat a large saucepan over medium-high heat; coat pan with nonstick cooking spray.
2. Place onions, celery, carrots and kale in pan. Cook, stirring frequently until vegetables are soft and onions are translucent.
3. Add diced tomatoes with juice, chicken broth, beans, black pepper, Italian seasoning, garlic powder and salt.
4. Reduce temperature to low heat. Cover and simmer for 20 minutes. Stir occasionally.
5. Serve hot.

Nutrition Facts	
6 servings per container	
Serving size 1 cup (330g)	
Amount per serving	
<b>Calories</b>	<b>100</b>
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 5mg	2%
Sodium 300mg	13%
Total Carbohydrate 18g	7%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein 7g</b>	
Vitamin D 0mcg	0%
Calcium 74mg	6%
Iron 1mg	6%
Potassium 319mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

## Quick Tuscan Soup



**MENU IDEA**

**Quick Tuscan Soup**

Cheese wedge or sprinkle soup with Parmesan cheese

Whole Grain Roll

Grapes

Water

**COST**

\$4.25 per recipe

\$0.71 per serving

**Adapted from:** United States Department of Agriculture, What's Cooking USDA Mixing Bowl, March 2017. [www.usda.gov/whatscooking](http://www.usda.gov/whatscooking) (Photo: 123rf.com)

## Follow us online!

Classes are listed on our Facebook page and website!

Following us online is an easy way to keep up with Ohio Youth FCS Extension.

Family and Consumer Sciences Facebook Page

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

University of Kentucky Family and Consumer Sciences Podcast

Extension Podcast: <https://ukfcsext.podbean.com/>

Check out our county website for information on all program areas.

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

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

# Homemaker Happenings

**Thought of the Day:** "No bird soars too high if he soars with his own wings."

**Roll Call:** February is National bird feeding month. What is your favorite bird?

## Dates to Remember:

February 1<sup>st</sup> Homemaker council

February 3<sup>rd</sup> Valentines craft

February 14<sup>th</sup> Happy Valentine's Day

February 20<sup>th</sup> Presidents Day

March 1<sup>st</sup> Cultural Arts due

March 13<sup>th</sup> & 14<sup>th</sup> Easter Basket Making Class

March 14<sup>th</sup> Homemaker Leader Lesson Daviess County

**Date Change:** The March lesson was moved from 21<sup>st</sup> & 22<sup>nd</sup> to **March 14<sup>th</sup> & 15<sup>th</sup>**. **March 14<sup>th</sup> @ Daviess County 10:00 AM**

**March 15<sup>th</sup> @ Henderson County 10:00 AM**

## Big Blue Book Club

March 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup> meets via zoom 10:00 EST

You can pick up your copy at the Extension Office on February 28<sup>th</sup> if you registered.

## 2023 KEHA State Meeting

May 9-11, 2023

Crowne Plaza

Louisville, KY

<https://keha.ca.uky.edu/content/state-meeting-information>



We are planning an exciting state meeting with all the features you know and love! Because of rising prices, we have had to change the pricing structure. We are keeping prices as low as we can to make sure you get the most bang for your buck! Below is a sneak peek at the new pricing structure and all the features it will include. Look for full details and registration information coming this February in your state newsletter!

	Early-Bird Rate (By 4/10/22)	Late Registration (By 4/24/22)
Full Conference Registration	\$140	\$175
2-Day Conference Registration	\$120	\$140

### Full Conference Registration Includes:

- Everything!
- Two meals – Tuesday opening luncheon banquet (New!) and Thursday awards luncheon
- All three days of conference activities\*
- Opportunities to register for learning seminars covering a wide variety of interesting topics
- Opportunities to register for hands-on creative classes
- Cultural Arts viewing
- Quilt square viewing and auction
- Trade show vendors and KEHA merchandise store
- Basket raffle and silent auction
- Homemaker showcase
- Business meeting
- Wednesday night choir performance
- Thursday officer trainings and educational chairman workshops – all are welcome to attend. Learn what it means to lead!

### 2-Day Conference Registration Includes:

- Tuesday/Wednesday registration OR Wednesday/Thursday registration
- One meal (either opening luncheon banquet (New!) or closing awards lunch
- 2 days of conference activities\*
- Opportunities to register for learning sessions and hands-on creative classes as available on the days you select

\* NOTE: All sessions and classes require advanced registration and are subject to availability. Registration is first-come, first-served with payment. Hands-On Creative Classes and paid sessions *may* include an additional charge.





# Storing and Cleaning Scarves

**Source:** Jeanne Badgett, senior Extension associate for clothing, textiles, and household equipment

Scarves are a versatile accessory. We wear them to add visual interest to our outfits and to keep us warm. Some of us may have only one or two scarves that are worn in colder weather, while others have a closetful, for all seasons and outfits. If you wear a lot of scarves, keep them accessible by neatly folding over hangers or rolled in a bin. Special scarf organizers or clips can work, too. Just be sure the storage area or hook is smooth, so it won't snag the delicate fabric.

Because scarves are often worn close to the skin of our neck and face, they are exposed to our body oils day after day. Remember to clean them periodically to keep them fresh and looking new. For best results:

- Clean scarves according to the care label.
- If you snip off the care label, save it for future reference, or take a photo first.
- At the end of the season, clean the scarf *before* storing it.
- Do not keep dry-cleaned scarves in the plastic bag from the cleaner. Place them in a clean plastic tote, or a breathable cotton storage bag.



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## VALENTINE'S DOOR HANGER CRAFT

February 3rd

10:00 AM to 11:30 AM

1337 Clay Street St

Call 270-298-7441 to Register



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accommodated  
with prior notification.



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# EASTER

## BASKET MAKING

### CLASS



March 13th & 14th

9:00 AM to 11:30 AM

Class limited to 6 people

Call 270-298-7441

Cost \$30

In this 2 day class you will learn to Weave and make your own basket. The cost includes all supplies needed and you will take home a completely finished basket!!  
Make plans to join us!