

Homemaker Newsletter

April 2024

RUSSELL COUNTY EXTENSION OFFICE
2688 S. HWY 127
RUSSELL SPRINGS, KY 42642
(270) 866-4477
FAX: (270) 866-8645
RUSSELL.CA.UKY.EDU

Homemaker Council Meeting will be on April 22nd

Thought of the Month:

Alone we can do so little; together we can do so much." – Helen Keller

The Russell County Extension Homemaker Council will meet on April 22nd, at 5 PM at the Russell County Extension Office. We will discuss the area and county annual meetings and nominations for the Vice President and Treasurer positions up for election in the HM Council.

At 4 p.m., we will have a class on self-care and self-pampering to help promote good mental health. This class is free to attend, but RSVP is required. Please call 270-866-4477 to RSVP. If there is low registration, the class will be canceled.

The Russell County Annual Meeting will be held on Tuesday, June 25th, at the Health Department. The theme this year Extension celebrates our growth and prosperity as a county! The cost will be \$15 a person, with RSVP and payment required by early June.

Roll Call:

April is National Volunteer Month. What is your favorite way to volunteer?



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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Community Service Projects

The Russell County Extension Homemakers raised \$1,260 through the donation drawing on the basketball autographed by Coach Calipari. We are very proud of your efforts in raising donations for the scholarship and general homemaker fund!

Cultural Arts Competition

Area Competition

State Competition

Kris Nelson	Basketry	Red
Elaine Mattox	Beading, Non-jewelry	Red
	Jewelry, beaded	Blue
Melonie Eubank	Counted Cross Stitch	Red
	Quilts, Miscellaneous	Blue
Diane Hainey	Crochet, accessory	Red
Angelia Miller	Crochet, afghans & home decor	Red
Sue Foley	Drawing, Pen & Ink with oil roughing	Blue
	Drawing, color pencil	Red
	Painting, decorative, wood	Blue
Linda Helm	Photography, black & white	Red
Glenda York	Photography, color	Blue
Cindy Mills	Quilts, lap-size	Blue

Area blue ribbon winners need to have their entries to the Extension Office by noon on Friday, May 3rd, to go to state.

Club Meeting Information

Homemakers on the Go

Hold the date of **April 11th** at 9 a.m. for the Homemakers on the Go meeting. They plan to meet at the Extension Office and travel to Casey County to visit greenhouses. Lunch will follow at the Bread of Life.

Please RSVP by **April 8th**. If you plan to attend, please call the Extension Office at 270-866-4477.

Homemakers by Heart

Homemakers by Heart will meet on **April 15th** at the Russell County Public Library at 6 p.m. to learn more about gardening! ANR Agent Jonathan Oakes and FCS Agent Megan Gullett will talk about the best times to start planting a garden, and the varieties of gardens that may best suit your needs. Please RSVP by calling Caitlyn Helm or the Russell County Extension Office by **April 8th**. 270-866-4477.

Sunset Club

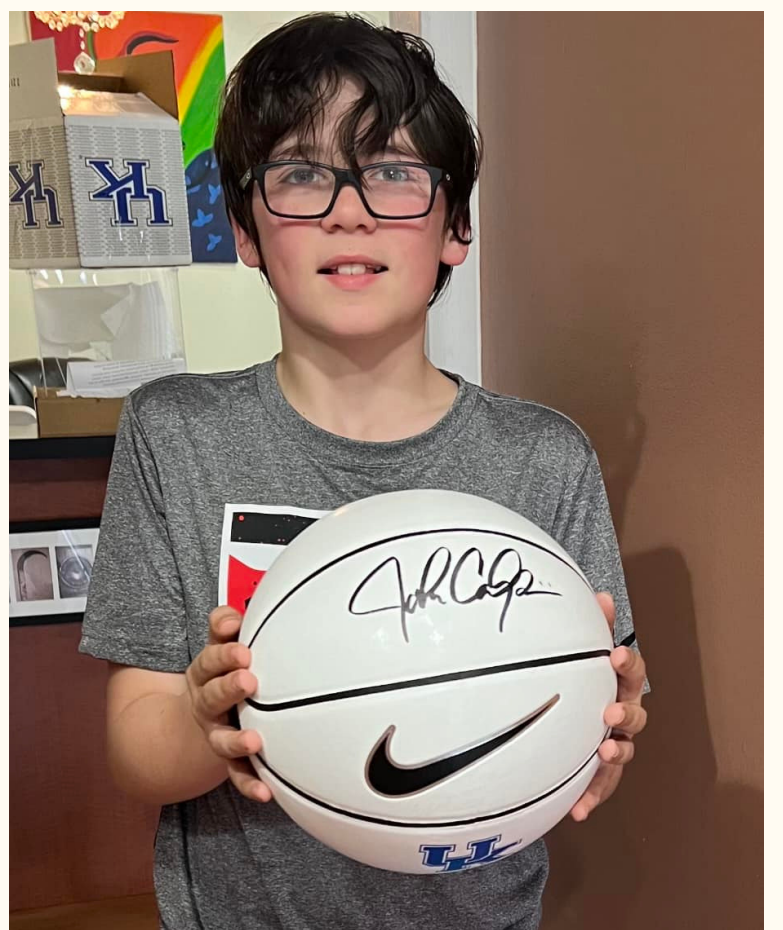
The Sunset Club will meet on **April 9th** at 6 p.m. at the Extension Office. The club will offer a lesson, a craft, and a potluck. No RSVP is required for this meeting.

The Piecemakers Quilt Guild

The Quilt Guild will be doing a single day (full day) quilting meeting in April, with the date TBA. Please follow up with the Extension Office or Cindy Mills for more information!

Crafty Bees

The Crafty Bees will meet on **April 23rd** at 5:30 p.m. The craft is not yet determined, so please follow up with Melonie Eubank for more information!





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



Let's Have a Garden Party

LAKE CUMBERLAND ANNUAL MEETING

INFO

Join us for 'Let's Have a Garden Party' presented by Adair County Homemakers. Enjoy fellowship, regional history, and delicious food for \$15 payable at your county extension office. Cost includes lunch, activities, and don't miss out on our door prizes! A few reminders for counties before your visit...

- Bring one check payable to Adair County Homemakers for all attendees.
- Provide one envelope labeled with the county name, containing slips of paper with all attendee's names.
- Bring one door prize valued at \$25
- Remember our name tag contest, garden themed entries are encouraged

Thursday, May 16th 9:30 AM CST
Registration opens at 9:00 AM CST
Adair County Extension Office
409 Fairground St. Columbia, KY 42728

ENTERTAINMENT



FINE DINING

Main Course:

Italian Chicken Cutlets or Roast Beef

Sides:

Mashed potatoes, Green Beans, Rolls,
 Broccoli & Cauliflower Salad

Dessert:

Variety of Cupcakes

RSVP DUE TO YOUR COUNTY BY FRIDAY, MAY 3RD

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



Disabilities accommodated with prior notification.

Oven Canning is Not Safe

SOURCE: ANNHALL NORRIS, FOOD PRESERVATION AND FOOD SAFETY EXTENSION SPECIALIST

Oven canning is the process of placing food in jars, applying lids, then heating in an oven for a period of time until “done.” When you remove the jars and allow them to cool, the lids seal, and it is supposedly safe for the jars to sit at room temperature. However, this is not true. Oven canning is not a safe way to preserve food. Just because you used canning jars and the jar sealed, it doesn’t mean the food was preserved and is safe to eat. Food that you can in an oven has not reached a safe internal temperature and you should not store it at room temperature or eat it.

The goal of canning is to destroy spoilage microorganisms and harmful bacteria that would otherwise be able to survive in the food at room temperature. It refers to heat treating closed containers of food for a set amount of time at a set temperature. The canning process uses moist heat to reach temperatures of 212 degrees F inside jars processed in a boiling water bath canner and 240 degrees F inside jars processed in a pressure canner. Using dry heat from an oven will not achieve these temperatures inside jars of food. Food canned in an oven will be underprocessed and runs the risk of bacterial contamination. Low acid foods in particular may be contaminated with the botulinum toxin, which causes botulism, a deadly form of food poisoning.

It is also important to understand that canning jars are not designed for use in an oven. The dry heat can cause the glass to crack or shatter. Jars can explode in the oven causing personal injury and damage to the oven.

You should always use up-to-date, research-based canning recipes and processing procedures when canning food. Not all recipes on the internet or social media are research-based. You can find research-based recipes in the Cooperative Extension Service home canning publications, the Ball Blue Book Guide to Preserving, or the National Center for Home Food Preservation’s website <https://nchfp.uga.edu/>. Follow each recipe exactly as written. Do not make changes to ingredients or the processing instructions. Not following the recipe precisely may result in sickness or death.

For more information on safe food canning and research-based recipes, contact the Russell County Extension Office.

References

<https://extension.psu.edu/avoid-open-kettle-or-oven-canning> and
<https://www.nal.usda.gov/exhibits/ipd/canning/exhibits/show/techniques/processing/oven>

Chicken and Ranch Mushrooms

SERVINGS:4 SERVING SIZE: 1/4 OF RECIPE

SOURCE: BROOKE JENKINS-HOWARD, EXTENSION SPECIALIST, UNIVERSITY OF KENTUCKY COOPERATIVE EXTENSION SERVICE

Ingredients:

- Nonstick spray
- 1 pound boneless, skinless chicken breasts, sliced into strips
- 8 ounces white mushrooms, sliced
- 2 teaspoons dry ranch dressing mix
- 1 tablespoon unsalted butter
- 1 ½ cups fresh spinach
- ¼ teaspoon garlic powder
- 2 cups cooked barley or brown rice



Directions:

1. Spray large skillet with nonstick spray; heat to medium. Add chicken, cover and cook for 5 minutes. Turn chicken and move to one side of pan. Add mushrooms.
2. Sprinkle ranch seasoning over chicken and mushrooms. Add butter. Sauté for 5 minutes, stirring frequently. Remove from pan.
3. Add spinach to pan and sprinkle with garlic powder. Cover and steam until spinach wilts (3-5 minutes), stirring occasionally.
4. Arrange barley or brown rice on plates. Top with spinach, chicken and mushrooms.

320 calories; 6g total fat; 2.5g saturated fat; 0g trans fat; 90mg cholesterol; 270mg sodium; 26g carbohydrate; 4g fiber; 1g sugar; 0g added sugar; 30g protein; 80% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.



MEGAN GULLETT
CEA FOR FAMILY & CONSUMER SCIENCES

April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Bread Basics 10 A & 5 P	2	3	4	5	6
7	8 Sourdough Starter 5 P	9 Sunset 6P	10	11 Homemakers on the Go 9 A	12	13
14	15 Cooking the Calendar 5 P Homemakers by Heart 6 P	16	17	18	19	20
21	22 Self-Care 4 P Council Mtg 5 P	23 Crafty Bees 5:30 P	24	25	26	27
28	29	30				



Floral Design Class

Monday, May 13th, 5:00 pm
Russell County Extension Office
2688 S. HWY 127
Russell Springs, KY 42642

- Limited to 10 people
- \$10 registration fee

Learn to make a round floral arrangement!

Call the Russell County Extension Office at (270) 866-4477 to register.



SELF-CARE AND PAMPERING WORKSHOP

Self-pampering is a valuable self-care practice for enhancing wellness. Come find out more about self-pampering and self-care on April 22nd @ 4 PM.

Presented by FCS Agent
Megan Gullett

April 22nd @ 4:00 PM

Class is FREE, but call 270-866-4477 to RSVP.



Cooking through the Calendar

Lentil Sloppy Joes

Free recipe demonstration & sampling

When: April 15, 2024 at 5:00 p.m.

Where: Russell County Extension Office
2688 South Highway 127
Russell Springs, KY 42642

Please RSVP by calling 270-866-4477
by April 8, 2024.



HOOK and COOK

HARVEST YOUR OWN LOCAL MEAT

HOOK AND COOK

Learn the basics of fishing, including rod and reel setup and fish cleaning. This class is held at the Russell County Cooperative Extension Office.

Russell Springs, KY
May 21st
May 23rd
May 24th

Event Details
Russell Co. Coop. Extension Office
2688 South HWY 127
Russell Springs, KY 42642
All sessions: 5:30 p.m. – 8:30 p.m. (CST)

To sign up for this event scan this QR code with the camera on your smart device.

* participants should plan to attend at least two of the three sessions

More info: Easton.Copley@ky.gov or 502-330-1411

<http://app.ky.gov/eventregistration/startpage.aspx?REGID=385>



BACK TO THE BASICS: COOKING WITH CAST IRON



Thursday, May 30th
Wayne County Extension Office
255 Rolling Hills Blvd, Monticello

Registration begins at 9:30am EST
Program begin at 10am EST

LEARN ALL ABOUT:

- THE HISTORY AND BASICS OF CAST IRON
- RESTORATING CAST IRON
- CARING FOR CAST IRON
- MULTIPLE CAST IRON COOKING DEMOS

Registration and \$15 fee due to
your county office by May 10th

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Disabilities
accommodated
with prior notification.