

Homemaker Newsletter

July 2023

UPDATES FROM THE RUSSELL COUNTY FCS AGENT

Homemaker Council's New Members

Thought of the Month:

"You can't buy happiness, but you can buy ice cream, and that is pretty much the same thing." -unknown

At the Russell County Homemakers Annual Meeting on June 27th, **Sue Foley** was nominated and elected as our new 2023-2025 Council President! Mrs. Foley is a member of the Homemakers On the Go and starts her term on July 1st.

Donna Robertson was nominated and selected to continue the role of Secretary for the Council. Donna is the President of Homemakers On the Go.

Roll Call:

July is National Ice Cream Month. What is your favorite ice cream?

End of the Year Reporting

Homemaker Volunteer Service Hours (VSUs) and travel passports will be due by **July 15th**. If you have completed volunteer time as a Homemaker, please report your hours to the Extension Office and your club president. Please call (270) 866-4477 if you have any questions.



Russell County Homemaker 2023 Annual Meeting

The RCHM annual meeting was held on June 27th, 2023. We are so happy to have so many homemakers on Tuesday!

Elizabeth Hoskins is our Homemaker Scholarship Award recipient for the 2023-2023 year. Ms. Hoskins plans to attend Somerset Community College to complete her general education requirements and will transfer to Morehead State University in August 2024 to pursue a degree in agriculture.

Below are some of the table decorations from the evening!





Left to Right:
Sue Foley-Incoming RCHM President, Cindy Humble- Area President, Melonie Eubank-Outgoing RCHM President, and MaryLynn Chaudoin- Incoming Area President



Elizabeth Hoskins, HM Scholarship Recipient



DONNA ROBERTSON BEING SWORN IN BY BRENDA HAMMONS- KEHA STATE PRESIDENT



SUE FOLEY BEING SWORN IN BY BRENDA HAMMONS-KEHA STATE PRESIDENT



CINDY MILLS READING A POEM FOR OUTGOING RCHM PRESIDENT MELONIE EUBANK

Storing Fresh Herbs

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

Using herbs is a great way to add flavor to foods without adding salt.

While dried herbs offer a certain convenience, fresh herbs are also popular, and you can grow them right at home. Fresh herbs lose their flavor quickly so only pick (or buy) what you need. They have a short shelf life in the refrigerator too; often wilting, changing color, or getting slimy after just a day. If you find you can't use your fresh herbs right away, follow the recommendations below to get the most storage time.

Parsley, cilantro, dill, mint, tarragon, and basil are considered soft herbs. They have a soft, limp stem. Wash soft herbs under gently running, cool water and pat dry with a paper towel. Do not use soap, detergent, or bleach when washing as the herb will absorb these substances. Trim stems and place the herbs in a small glass or jar filled half full of water – like a vase of flowers. Cover the herbs loosely with a plastic bag and secure with a rubber band. Place the glass or jar in the refrigerator for up to two weeks of storage. However, do not store basil in the refrigerator because it will turn black. Prepare basil as described above, but store on the countertop out of direct sunlight.

Rosemary, thyme, sage, savory, and chives are considered hard herbs. They have a brown, woody, or thick stem. Store hard herbs rolled up in a damp paper towel inside a resealable plastic bag in the refrigerator. After washing hard herbs, place them on a paper towel and gently roll them up. If the towel is too wet, squeeze out excess water or start with a new towel spritzed with water. Place the rolled up herbs in an unsealed plastic bag and store in the fridge for up to two weeks. You can use large bags and store multiple rolls at once.

Reference: Selecting, Storing, and Using Fresh Herbs
<https://ohioline.osu.edu/factsheet/hyg-5520>

Tuscan Chicken and Pasta

SERVINGS:6 **SERVING SIZE:2 CUPS**

Source: Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

Ingredients:

- 1 pound boneless and skinless chicken breasts
- 2 pints cherry tomatoes, halved
- 3 tablespoons olive oil
- 1/4 cup balsamic vinaigrette or Italian dressing
- 1 tablespoon dried basil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 bag (6 ounces) spinach, chopped coarsely
- 8 ounces whole-wheat pasta or spaghetti
- Parmesan cheese (optional)



Directions:

1. Wash produce under cool running water and dry before preparing for the recipe.
2. Preheat the oven to 400 degrees F. Line a large baking sheet with parchment paper or aluminum foil.
3. If using thick chicken breasts, slice crosswise into thinner cutlets. Place the chicken breast and halved tomatoes on the baking sheet. Drizzle with the olive oil and balsamic vinaigrette (or Italian dressing). Sprinkle with basil, garlic powder, onion powder, salt, and black pepper.
4. Wash hands after handling raw chicken.
5. Place baking sheet in the preheated oven and cook for about 30 to 40 minutes or until the chicken reaches an internal temperature of 165 degrees F using a meat thermometer. Note: The thickness of the chicken will impact the cooking time; always use a meat thermometer to check for doneness.
6. While the chicken and tomatoes cook, prepare the pasta according to package directions.
7. Once done, remove chicken and tomatoes from the oven. Add chopped spinach to the baking sheet. Cover and allow the spinach to steam and the chicken to rest for about 10 minutes or until the spinach wilts.
8. Cut the chicken into thin strips or bite-sized pieces. Combine cooked pasta with the chicken, tomatoes, and juices from the baking pan. Sprinkle with parmesan cheese, if desired.
9. Refrigerate leftovers within 2 hours.

Nutrition Information

350 calories; 13g total fat; 2g saturated fat; 0g trans fat; 55mg cholesterol; 350mg sodium; 35g total carbohydrate; 3g dietary fiber; 4g total sugars; 0g added sugars; 24g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.


Russell County Homemaker Annual Meeting 2023

Q Z O J V Z L I X I G H G A D M Z D G P H Y U J O C A B B U
 A E V N M B Y P X M L A K E C U M B E R L A N D O Z I F A E
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 W Z O V L Y V Q C R L V E E I C F E O D N M L V H D R L V B

Lake Cumberland	Russell County	Piecemakers	Pier
Homemakers	Flip Flops	Grilling	
Swimming	Camp Fire	Fishing	
On the Go	Pontoon	Weekend	
Barbecue	Anchor	Picnic	
Summer	Sunset	Beach	
Kayak	Dock		

JULY

2023-07

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1
3	4  OFFICE CLOSED				8
10 EASY SUMMER SIDES @ RCPL @ 5 PM	11 LAUGH @ LEARN @ RCPL @ 6 PM				15
17 COOKING THROUGH THE CALENDAR @ 5 PM	18 PRESSURE CANNING @ 9 AM EXCEL 101 @ 5:30 PM				22
24	25	26	27	28	29
31 BINGOCIZE INTEREST MEETING @ 10 AM					

CANNING SERIES:
**PRESSURE
CANNING GREEN
BEANS**

JULY 18TH
9 AM-12 PM

Space is limited, please call
270-866-4477 to RSVP by July
10th.



ADMISSION IS FREE, BUT RSVP REQUIRED!

Important Notice: This program is subject to change without notice. Please check the program details on the University of Kentucky website at www.uky.edu/ce for the most current information. If you have any questions, please contact your local Extension office or call 270-866-4477.

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

**MICROSOFT
EXCEL
WORKSHOP**

July 18th,
5:30-7:30

Common Uses of Excel

- Accounting
- Calculating
- Charting
- Formatting
- Goal Planning

Have ever wondered how
Microsoft Excel can help you in
your daily life?

Come learn about this versatile
Microsoft Office product, and
how you can put it to use!



REGISTER FOR THIS FREE 2-HOUR
CLASS BY CALLING 270-866-4477

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Cooking Through the Calendar
Tuscan Chicken and Pasta



JULY
7TH
5 PM

PLEASE CALL 270-866-4477
TO RSVP

2688 S. HWY 127, Russell
Springs, KY 42642

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July 10th
5 PM

EASY SUMMER SIDES

Presented by the Russell County Ext. Office & The Russell
County Public Library

COME LEARN TWO SUMMER SIDE RECIPES,
AND TRY SAMPLES (LIMITED SUPPLY)

- LOCATION: RUSSELL COUNTY PUBLIC LIBRARY

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CANNING SERIES: HOT
WATER BATH

**APPLE
BUTTER**

WE WILL START AT 10 AM AT THE
EXTENSION OFFICE

COME LEARN HOW TO
PRESERVE YOUR APPLES BY
MAKING APPLE BUTTER!

SPACE IS LIMITED, CALL 270-866-4477
TO RSVP!



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CANNING SERIES: HOT WATER BATH
CANNING

APPLE PIE

In a jar

Come learn how to hot water
bath can with the Russell
County Extension Office. We
will be making Apple Pie in a
Jar.

Space is limited, RSVP by
August 14th.



AUGUST 21ST
@ 5 PM

270-866-4477

RUSSELL.CA.UKY.EDU

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