



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

Family & Consumer Sciences

Newsletter

“Building Strong Families in Magoffin County”

Cooperative Extension Service
Magoffin County
P.O. Box 349
Salyersville, KY 41465
(606) 349-1236
Fax: (606) 349-7303
extension.ca.uky.edu

January 2023

January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Closed for the New Year Holiday</i>	3	4 <i>Crochet Club, 10 AM</i>	5	6 <i>Quilt Guild "Work day for QDO"</i>	7
8	9	10	11	12 <i>Ivyton Hmk. Meeting, 12 PM</i>	13 <i>Friendship Quilters, 10 AM</i>	14 <i>Sew What Quilters, 9 AM</i>
15	16	17	18 <i>Crochet Club, 10 AM</i>	19	20 <i>Quilt Guild "Work day for QDO"</i>	21
22	23	24	25	26	27 <i>Friendship Quilters, 10 AM</i>	28
29	30	31	The Extension Office will be closed Monday, December 26-January 2, for the Holiday Season.			



Cathy Sparks

Cathy Sparks
CEA for Family & Consumer Sciences,
4-H Youth Development Education

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

COOPERATIVE EXTENSION



2023 Plant Order Form

Cooperative Extension Service

Purchaser Information:

Name: _____

Address: _____

City, State, Postal Code: _____

Telephone: _____

Email: _____

Magoffin County
 15 Rockhouse Fork Road
 P.O. Box 349
 Phone: (606) 349-3216
 Fax: (606) 349-7303
 magoffin.ca.uky.edu

Quantity	Item	Unit Price	Total
_____ bundles	Strawberries (Allstar) (June bearing—larger berry)	\$5.00 (bundle of 25)	
_____ bundles	Strawberries (Earliglow) (June bearing—smaller, sweeter berry)	\$5.00 (bundle of 25)	
	Blackberries (Natchez)	\$4 each	
	Blueberries (Duke) (two varieties needed for pollination)	\$8 each	
	Blueberries (Chandler) (two varieties needed for pollination)	\$8 each	
	Raspberries (Prelude) - bare root	\$4 each	
	Bristol Black Raspberries	\$4 each	
	Asparagus (Millennium)	\$1 each	
_____ bundles	Onion plants (Candy)	\$5 (bundle of 60)	
		Total Due	

**Pre-payment is required by Friday, March 10, for all plant orders.
 Make checks payable to: Magoffin County Non-tax Fund**

Payment Information:

Amount Paid: _____

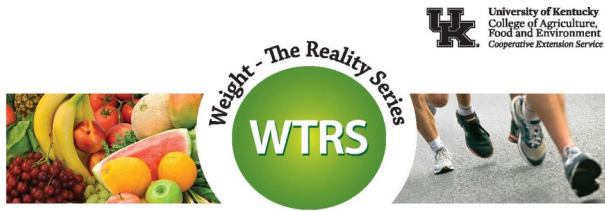
Date: _____

Received by: _____

Check No.: _____ or Cash _____

Plants are expected to ship from the nursery during the first week of April. We will send you a postcard to let you know when the plants will be available for pickup.

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A 10 week course of self-discovery, skill-building and support to help people learn about weight control. It's not easy to manage body weight. Not nearly as easy as we once thought it was. This program is based on current approaches that are promising ways to achieve better health.

This is a program to help you design a real way to think about your body. Based on the latest research, this new program gives you more options to create a plan that will work for you. Whether you're interested in learning some new ways to eat and be active, or exploring how your clothes influence the way you see your body, *Weight — the Reality Series* offers many choices. There are bound to be some that appeal to everyone with a genuine interest in a better way to achieve a healthy weight. You'll learn how to make your plan flexible and to keep it working over time. Here are some facts about the 5,000 Kentucky adults who have participated in *Weight — the Reality Series*:

- One in three lost at least 5 percent of their initial weight during the 10-week program.
- Reducing your weight by 5 percent can greatly benefit your health.
- The average weight loss for all participants was 3 percent of their initial weight.
- Some people lost, some people gained. Everyone ate well and moved more.

We've had a chance to talk to many people about why they want to reduce their body size. While

health concerns are important to most people, other reasons seem to provide more motivation to change behaviors. These reasons include: looking better in clothes, having more energy, enjoying new and favorite foods, being able to move more easily and feeling better about yourself. That's why we've included information in this course about how to dress for your body type and create a positive body image. And there's information about how to be healthy and respectful of your body at any size.

We do not yet know how people maintain weight loss after the 10-week course. National research suggests that maintaining a lower weight is very difficult. One of the ways people succeed is to actively design their own program for an approach that is right for them. To make it easier for all Kentuckians to achieve better health, use what you learn to make your community a place where you and others can continue to live well.

If you're ready, so are we. Contact your Cooperative Extension Service office to find out when the next *Weight — the Reality Series* program begins. It's a better way to a healthier you.

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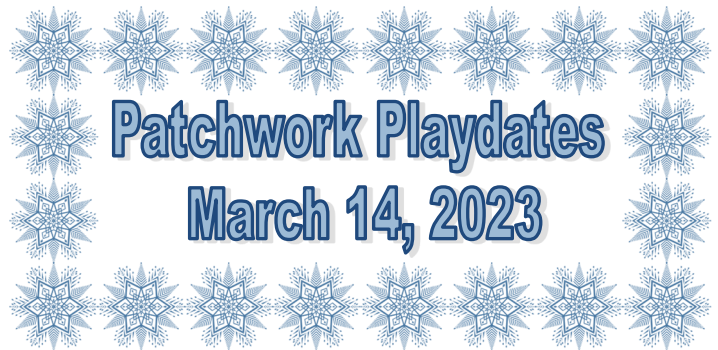
Save the Dates

Weight, the Reality Series

2023, 6 week series

February 7 February 28
February 14 March 7
February 21 March 14
Tuesday evenings, 5 PM

Call our office at 349-3216 for information!



Patchwork Playdates

March 14, 2023

Crochet Club

January 4th
January 18th
10 AM

Quilt Guild Work Days

January 6 and January 20, 2023

Members will be working on projects for Quilter's Day Out they will host in March 2023

Friendship Quilters

January 13th
January 27th
Fridays, 10 AM

Sew What Quilters

9 AM
Saturday, January 14th

NOVEMBER / DECEMBER 2022

HEALTHY CHOICES FOR HEALTHY FAMILIES



University of Kentucky
College of Agriculture,
Food and Environment
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This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP. This institution is an equal opportunity provider.



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

Healthy choices for special events

Special events can be filled with special foods. Use these tips to make healthy choices as you celebrate.

- **Serve up variety:**
Create a colorful buffet table. Include veggies, fruits, and whole grains.
- **Cheers to good health:**
Serve water or unsweetened iced tea with fresh mint leaves. Offer seltzer water with a splash of 100% fruit juice. Or try a wedge of lemon or lime.
- **Make activity part of the fun:**
Laugh, mingle, dance, and play games. Have fun walking and talking with family and friends after a special meal.
- **Rethink dessert:**
Offer fresh and dried fruit. Let guests make their own trail mix. Have peanuts, dark chocolate chips, and dried fruits on hand.
- **Reduce food waste:**
Pack leftovers for guests to take home or keep them yourself. They would be great to add to soups or



salads the next day. Or use them in omelets, sandwiches, or stews.

- **Try a twist on a dish:**
Use unsweetened applesauce for butter when baking. Use

low-fat milk when a recipe calls for cream. Try low-salt herbs and spices in a few recipes.

Source: Adapted from <https://www.myplate.gov/tip-sheet/celebrations-and-gatherings>

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LEXINGTON, KY 40546



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HEALTHY CHOICES FOR HEALTHY FAMILIES

PARENT CORNER

Prevent family illness this winter

During the fall and winter, we tend to gather with family and friends. The holidays are a great time to be together. But it can also be a time when germs are spread. Clean hands are the best way to keep you and your family from getting sick. Hand-washing should take place:

- when you are making food,
- before you eat,
- after touching a pet or feeding a pet,
- after coughing or sneezing,
- after going to the restroom,
- after cleaning, and
- after touching garbage.

Remind your family when and how best to wash their hands. Make

routine hand-washing a rule for all. Teach hand-washing to your child by washing your hands together. Hand-washing best practices are:

1. Use clean, running water to wet hands.
2. Use soap and lather for 10 to 20 seconds. Focus on both sides (front and back) of hands, nails, and between fingers.
3. Rinse hands fully and dry with a clean towel.

If you cannot use soap and water, choose hand sanitizers or waterless soap. Just like soap, rub the sanitizer on the back of hands, in between fingers and nails.

FOOD FACTS

Protein

Some foods in the protein group are meat, poultry, eggs, and seafood. This group also takes in nuts, seeds, and soy products. Proteins work as building blocks for bones, tissues, cartilage, skin, and blood. Most people get enough protein from meat, poultry, and eggs. But many do not get enough from seafood, nuts, seeds, and soy products. Getting the right amount of protein is of great value. Healthful eating of protein provides unsaturated fats, dietary fiber, and vitamin D. Eating 8 ounces per week of seafood can lower the risk for heart disease. Changing your protein choices can keep your body working well.

Source: <https://www.myplate.gov/eat-healthy/protein-foods>

BASIC BUDGET BITES

Save money by cooking smarter

You and your family can cook healthy meals, even on a tight budget. Here are some tips that can help.

Before you shop, plan ahead:

- Think about what foods you already have in the house.
- Make a list of meals that you can make with those items.
- Make a list of other foods you still need to buy.
- Make your cooking plan for the week.

When you are cooking, make the most of your time and ingredients.

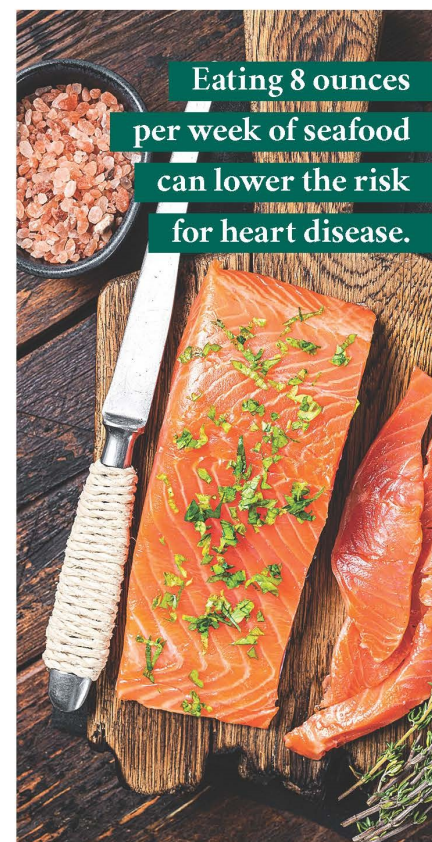
Cook once, eat twice!

- Skip seconds. Save leftovers for other meals.
- Freeze the leftovers to eat later or take them for lunch the next day.
- Keep your servings the right size. It can save calories and money.

Do “batch cooking”:

- When you can, cook large amounts of foods that freeze well, like spaghetti sauce.
- Split meals into family-sized portions and freeze right away after cooking. Use them later in the month.

Source: Adapted from NIH, WeCan https://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip_saving.pdf



HEALTHY CHOICES FOR HEALTHY FAMILIES

COOKING WITH KIDS

Fruit and Yogurt Parfait

- 1/2 cup low-fat yogurt, fruit-flavored
- 1/2 medium banana, peeled and sliced
- 1/2 cup grapes
- 1/4 cup dry crunchy cereal or granola

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spoon the grapes into a tall plastic cup.

3. Put 3 spoonfuls of yogurt on top of the grapes.
4. Spoon sliced bananas on top of the yogurt.
5. Add the rest of the yogurt.
6. Sprinkle the cereal on top and enjoy.
7. Refrigerate leftovers within 2 hours.

Serving size: 1 parfait
Makes 1 serving

Nutrition facts per serving: 240 calories; 2g total fat; 1g saturated fat; 0g trans fat; 5mg cholesterol; 140mg sodium; 52g total carbohydrate; 2g dietary fiber; 37g sugars; 8g added sugars; 8g protein; 6% Daily Value of vitamin D; 15% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium

Source: Pennsylvania Nutrition Education Network
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-yogurt-parfait>



RECIPE

Eve's Tasty Turkey Tetrazzini

If your family loves the savory flavors of a turkey dinner but is tired of turkey after a few rounds of leftovers, then try this easy, one-dish meal. This version of classic turkey tetrazzini has half the sodium and more vegetables than the original version without sacrificing flavor or texture.

- 8 ounces whole-wheat fettuccine, spaghetti, macaroni, or other noodles
- 4 tablespoons unsalted butter
- 2 cups fresh or canned mushrooms, sliced
- 1 teaspoon dried thyme
- 1/2 cup all-purpose flour
- 2 cups reduced-sodium chicken broth
- 1 1/2 cups skim milk
- 4 cups chopped cooked turkey
- 1 cup frozen or canned peas
- 2 tablespoons grated Parmesan cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat oven to 400 degrees F. Lightly grease a 9-by-9 baking dish.
3. Cook pasta in a large pot of boiling water until tender. (Check cooking

time for pasta; remove pasta approximately 2 minutes early.)

4. While pasta is cooking, melt butter in a saucepan over medium heat. Add the mushrooms and thyme. Stir and cook until mushrooms are softened, about 5 minutes.
5. Stir in flour until well blended. (Note: Start with 1/3 cup flour and add more, if needed.)
6. While whisking, slowly add chicken broth and milk. Bring to a boil, reduce heat, and simmer until sauce is thickened and smooth, about 5 minutes.
7. Add turkey, toasted almonds, frozen peas, and cooked pasta. Gently mix together. Pour into the baking dish and sprinkle with Parmesan cheese.

8. Bake until the sauce is bubbling and the cheese is golden brown, about 25 to 35 minutes. Let cool 15 minutes before serving.
9. Refrigerate leftovers within 2 hours.

Serving size: 1/8 of recipe
Makes 8 servings

Nutrition facts per serving: 290 calories; 8g total fat; 4.5g saturated fat; 0g trans fat; 65mg cholesterol; 140mg sodium; 27g total carbohydrate; 4g dietary fiber; 4g sugars; 0g added sugars; 26g protein; 6% Daily Value of vitamin D; 6% Daily Value of calcium; 30% Daily Value of iron; 8% Daily Value of potassium

Source:
Center for Nutrition Policy and Promotion
<https://www.myplate.gov/recipes/myplate-cnpp/eves-tasty-turkey-tetrazzini>



SMART TIPS

Follow these tips to safely defrost and cook frozen poultry

There are three safe ways to defrost poultry:

- **In the refrigerator:** This is the safest method. The turkey will defrost at a steady, safe temperature. It will take 24 hours for each 5 pounds of turkey.
- **In cold water:** Cover the bird fully in its original wrapper in cold tap water. The water must be changed every 30 minutes.
- **In the microwave oven:** Follow steps in your microwave owner's handbook.

If your bird did not fully defrost in the refrigerator, there is still hope. Cold water and microwave thawing can be used to finish the process.

Be sure to cook to a temperature of 165 degrees F. Use a food thermometer to check the wing, breast, and thigh at the thickest part.

If you have questions, call the USDA Meat and Poultry Hotline. The phone number is 1-888-MPHotli(ne) or 1-888-674-6854. A food safety expert can help you. Call from 10 a.m. to 6 p.m. ET, Monday through Friday. Information is available in English and Spanish. You can even get help on Thanksgiving Day. The Hotline is open from 8 a.m. to 2 p.m. ET that day.

Source: Adapted from <https://www.myplate.gov/eat-healthy/protein-foods>

LOCAL EVENTS

Magoffin County

SAVE THE DATES:

Welcome to our new ANR Agent

Wednesday, January 11, 2023

2:00-4:00 PM

Magoffin County Extension Office

Country Ham Curing

(for those who ordered and prepaid for 4-H Country Hams)

Monday, January 16, 2023, 5 PM

QUILTERS DAY OUT

SATURDAY, MARCH 18, 2023

EMMANUEL BAPTIST CHURCH

FELLOWSHIP HALL

Plant Orders Due

Friday, March 10, 2023

To the Extension Office

KEHA State Meeting

May 9-11, 2023

Louisville, KY

If you are interested in nutrition classes, contact your Extension office.

Magoffin County Cooperative Extension Office

P.O. Box 349, Salyersville, KY

(606) 349-3216

cathy.sparks@uky.edu

Extension Agent for Family and Consumer Sciences

VISIT US ONLINE AT
EXTENSION.CA.UKY.EDU/COUNTY



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Magoffin County
P.O. Box 349
Salyersville, KY 41465

RETURN SERVICE REQUESTED



Cheesy Broccoli Potatoes

5 slices turkey bacon	Salt and pepper to taste
1 tablespoon olive oil	4 large potatoes, cubed
1 clove garlic, minced	2 cups fresh broccoli florets
2 tablespoons chopped chives	1 cup fat-free, shredded cheese

Preheat oven to 425° F. **Cook** bacon until crispy, crumble and set aside. **Spray** 9x13-inch baking dish with non-stick cooking spray. In a small bowl, **combine** olive oil, garlic, chives, salt and pepper; **stir** to blend. In a large bowl, **toss** together potatoes and broccoli. **Pour** olive oil blend over potato mixture; **stir** to coat. **Pour** into baking dish and **cover** with foil. **Bake** for 35 minutes or until potatoes are

tender; **remove** from oven. **Sprinkle** cheese and bacon on top and place back in oven until cheese melts.

Yield: 8, ½ cup servings.

Nutritional Analysis: 140 calories, 5 g fat, 1 g saturated fat, 20 mg cholesterol, 470 mg sodium, 15 g carbohydrate, 2 g fiber, 2 g sugar, 10 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.