



Trigg County Cooperative Extension
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(270) 522-3269
<https://trigg.ca.uky.edu>
FB: Trigg County Cooperative Extension
Family and Consumer Sciences

February 2024 Homemaker/FCS Newsletter

Greetings,

I hope this newsletter finds you all happy, healthy, safe, and warm! Especially after that crazy January weather! Wow, it was cold!

I will be starting an email list serve so I can email all of you when I learn of things you may be interested in that I don't have time to get into a newsletter. An example is the Big Blue Book Club that I found out about recently. Online registration is set for February 1st and I knew you would not get your February newsletter in time to register, therefore I sent out an email. I would encourage you to check your emails at least once each week, just in case! Also, if you did not receive an email from me about the Book Club, please let me know. I may need to update it.

Blessings,
Teresa



Club Dates & Times

Roaring Springs:
2nd Monday each month, 6:00 pm

Happy Homemakers:
2nd Monday each month, 6:30 pm

Ebony Twilight:
2nd Tuesday each month, 6:00 pm

Millennial Homemakers:
Last Thursday each month, 5:30 pm

Please let me know if you would like for me to add any additional information about your club in a newsletter!

Available Classes:

Bread Baking Basics:

Mon. February 26th: Biscuits
Mon. March 4th: Quick Breads
Mon. March 18th: Yeast Rolls
Register for the class(es) of your choice. Each will be from 1:00 to 3:00. Get some great bread recipes, bake and taste some bread, and learn some great tips for bread baking!

Get More Bang for Your Buck:

Wed. February 7th, 1:30 to 2:30 at the Johnson Tyler Community Room, 102 Lincoln Ave. Cadiz, KY

Healthy Habits:

We are beginning our second month of our 12 week challenge that will meet via a private Facebook Group. Go to the Facebook Group Page: **Healthy Habits** and request to join!

Cooking Through the Calendar:

Learn basic cooking skills as we prepare, cook, and taste a new recipe each month! We will plan to meet the Third Thursday of each month at 10:30am—12:00ish at the Extension office kitchen. I will also record these lessons so you can replay and follow along from home at your leisure!

REGISTER for any of the above classes by sending me an email: Teresa.garcia@kysu.edu or by calling the office at (270) 522-3269.

Cooperative Extension Service

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Disabilities accommodated with prior notification.

Fundraising Committee, Anyone???

We would love to have few homemakers volunteer to be on a **Fundraising Committee!** Are you interested? This committee will help decide on the types of fundraising events we could do. It will also give all homemakers a committee to share their ideas with so those ideas don't get lost in the shuffle. **Please let me, or your club President know if you are interested.** Thank you!

Important Dates:

Mon. March 4th 9:30 am

Homemaker Council Meeting at the Ext. Office

March 8th, Spring Seminar/Cultural Arts Day
(see info below)

May 7th-9th, 2024

2024 KEHA State Meeting at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green. Theme: "Blazing Away with KEHA" We need 2 Voting Delegates to attend. Please let us know if you are interested! Go to keha.ca.uky.edu for registration, lodging info and more!

Pennyrile Area Spring Seminar Cultural Arts Day! March 8, 2024

Christian County Extension Office
2850 Pembroke Rd.
Hopkinsville, KY 42240

Cost \$15

Cultural Arts Exhibit Check-In 9:00–9:30
Program begins at 10:00

A fun-filled day learning about Pizza, Pasta, Oils
and much more!

Menu: Lasagna, salad, bread, dessert,
tea, lemonade, water

You all should have received a letter with
information and categories for the
Cultural Arts Contest.

I am anxious to see your lovely creations!

Let's have a GREAT representation for Trigg County!
I will drive if anyone needs a ride!

Email or call me to register:
Teresa.garcia@kysu.edu
(270) 522-3269



**Bread
BAKING
BASICS**

LEARN THE ROLE OF THE INGREDIENTS
IN EACH TYPE OF BREAD, THE
EQUIPMENT NEEDED, AND MORE.
YOU WILL PARTICIPATE IN BAKING AND
TASTING THE RECIPES.

No Cost!

3 CLASSES TO CHOOSE FROM

FEB. 26TH, BISCUITS: TERESA GARCIA
MAR. 4TH, QUICK BREADS: RELISSA TORIAN
MAR. 18TH, YEAST ROLLS: JANEEN TRAMBLE

TRIGG COUNTY COOPERATIVE EXTENSION OFFICE
2657 HOPKINSVILLE ROAD
CADIZ, KY 42211
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PLEASE CALL SOON TO REGISTER AND SAVE YOUR SPOT!

February Homemaker Lesson
"Time Well Spent: Organizing Tips for
Increased Productivity"

March Homemaker Lesson
"Scams, Red Flags and Avoiding Fraud"

Lesson Instruction: March 5, 10:00 am
All club Lesson Leaders for March should
come to the Extension Office to get the lesson
materials for your club, and we will watch the
instructional Zoom Meeting together.

Jill Harris, Todd County FCS Agent, will be
teaching. If you can not make it at 10:00,
please contact me and I will provide you with a
zoom link for a 5:00 pm zoom meeting that
day, but you will still need to come by the
office sometime to get the lesson materials for
yourself and your club.

Thank You!

Could you teach a basic Crochet or Knitting Class?

I have had a few people express interest! Please let me know if you could TEACH or if you are interested in attending Crochet and/or Knitting classes!
I would love to get these on our calendar!

Please share this info with anyone you know who may need some basic skills in learning to manage their finances better.

Get More Bang for Your Buck

Come learn strategies to use your money wisely,
create a budget, stretch your dollars, and much more!

Where? The Johnston Tyler Community Room,
102 Lincoln Ave, Cadiz, Ky 42211

When? Wednesday, February 7th, 2024, 1:30 - 2:30

To Register to Attend, please contact Teresa Garcia at the Trigg County Extension Office,
teresa.garcia@kysu.edu or call (270) 522-3269

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BIG BLUE BOOK CLUB

The first Big Blue Book Club series for 2024 will be April 11, 18, and 25. Each Thursday morning session will be presented via Zoom at 11 a.m. EDT. We will record the sessions, so if you aren't available during the day, you are welcome to participate via the recording.

The first book will be ***Heartland: A Memoir of Working Hard and Being Broke in the Richest Country on Earth*** by Sarah Smarsh. *This book is an eye-opening memoir about working-class poverty in America. Heartland is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.*

Registration will open at 9 a.m. EST on Feb. 1 at <https://ukfcs.net/BBBC24book1>. **The link will not be active until registration opens.** The first 200 registered participants will receive a free copy of the book. Pick up your free book at the Clark County Extension office after you receive notification that you are one of the book recipients.



Cabbage Rolls

12 cabbage leaves	1 teaspoon garlic salt	¼ cup chopped green pepper
1 pound lean ground beef	¼ teaspoon pepper	1 teaspoon sugar
1 cup cooked brown rice	½ teaspoon dried basil	1 tablespoon cornstarch
1 (15 ounce) can tomato sauce	½ teaspoon dried oregano	1 tablespoon water
	½ cup chopped onion	

Cover cabbage leaves with boiling water. Let **stand** until leaves are limp, about 4 minutes. **Drain**. When cool, **trim** away excess ridge on leaf for easier rolling. **Mix** beef, rice, ½ cup tomato sauce, garlic salt, pepper, basil, oregano, onions and green pepper. **Put** ½ cup in each leaf, starting at leaf end; **roll**, tucking in the sides. **Place** seam side down in a 9-by-11-inch baking dish. **Mix** remaining tomato sauce with the sugar, **pour** over rolls. **Cover** and **bake** at 350 degrees F for

1 hour. **Remove** cabbage rolls from baking dish, **pour** juice in a saucepan. **Mix** cornstarch and water; **stir** into saucepan. **Heat** and **stir** until mixture boils, **cook** 1 minute. **Serve** sauce with cabbage rolls.

Yield: 6 servings, 2 rolls each

Nutritional Analysis: 190 calories, 4 g fat, 1.5 g saturated fat, 40 mg cholesterol, 550 mg sodium, 24 g carbohydrate, 6 g fiber, 9 g sugars, 18 g protein.



Big Blue Muffins

2 medium oranges	2 eggs	1 cup whole wheat flour	1 teaspoon baking soda
¼ cup olive oil	½ cup low fat, plain Greek yogurt	1½ teaspoons baking powder	¼ teaspoon salt
¼ cup sugar	1 cup all-purpose flour		1½ cups fresh blueberries
¼ cup honey			

Preheat oven to 400 degrees F. **Position** rack in the center of the oven. **Wash** oranges. Using a zester or fine grater, **remove** the orange zest from the rinds of both oranges and place in a mixing bowl. **Slice** oranges in half. **Squeeze** juice into a 1 cup liquid measuring cup. **Add** water if needed to make ½ cup juice. **Add** juice to the zest. **Add** the oil, sugar, honey, eggs and yogurt. **Mix** together with a whisk. In a separate mixing bowl, **place** the flour, baking powder, soda and salt. **Add** the wet ingredients to the dry ingredients and **mix** with a wooden spoon, until just combined. Batter should be lumpy.

Add the blueberries and **fold** into batter until evenly distributed. Using a large table spoon, **scoop** the batter into a greased 12 cup muffin pan, evenly dividing the batter. **Bake** 20 minutes or until lightly browned on the tops. **Cool** in pan for 5 minutes. **Remove** to wire rack and serve.

Yield: 12 muffins. Serving size, one muffin.

Nutritional Analysis: 190 calories, 6 g fat, 1 g saturated fat, 40 mg cholesterol, 240 mg sodium, 31 g carbohydrate, 2 g fiber, 14 g sugars, 5 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.
<http://plateitup.ca.uky.edu>