



Family & Consumer Sciences April Newsletter

Ohio County Cooperative Extension Office, 1337 Clay St., Hartford, KY 42347 • 270-298-7441

Upcoming Classes/Events

- **"Fitness Fridays"** has been cancelled due to lack of participation.
- The Homemaker Council meeting will be held at 9:30 a.m. April 10 at the Extension Office. Please make sure one member from your club is able to attend.
- **Crafters Clan** will meet at 5 p.m. April 16 at Extension Office. Call to pre-register.
- A Homebased Microprocessor Workshop will be held from 9:30 a.m. to 2:30 p.m. April 22 at the Extension Office.
- A **Quickbreads Class** will be held at 2 p.m. April 30 at the Extension Office. Call to pre-register.
- KEHA State Meeting will be held May 7-9 in Bowling Green. You should have received the KEHA newsletter in the mail that tells all about it!
- A **Laundry Refresher Class** will be held at 4 p.m. May 13 at the Extension Office. Call to pre-register.
- A Homemade Coffee Creamer Class will be held at 10 a.m. May 22 at the Extension Office. Call to pre-register.
- **The "Understanding and Preventing Suicide" leader lesson will be presented at 10 a.m. May 14 at the Extension Office. This is a recorded presentation by Dr. Cheryl Witt, PhD, RN, Extension Specialist Senior, Ag Nurse. Please encourage all club members to attend this very informative presentation! A light lunch will be served. Call the office to pre-register.**

For more information, call the office at 270-298-7441.



Nan Montgomery

Nan Montgomery

Extension Agent, Family & Consumer Sciences

Brandy Garcia

Program Assistant, Family & Consumer Sciences



Center for Courageous Kids

Ohio County Homemakers are collecting donations for the Center for Courageous Kids in Scottsville until **the end of April**. The center has requested pillows (standard size-new in package), wash cloths, microfiber cloths and glass cleaning cloths. The items can be brought to the Extension Office any time and Nan will have a place for them.

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities accommodated with prior notification.



Homemaker Happenings

Thought for the Month: “Alone we can do so little; together we can do so much.” – Helen Keller

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



Leader Lessons: “Handy to Have: Emergency Health Information Cards” and “Understanding and Preventing Suicide” were held March 19 at the Daviess County Extension Office. If you didn’t attend, please pick up your lesson materials at the Extension office! See info on front page about “Understanding and Preventing Suicide” lesson.

In case you are interested in attending -

Ohio County Health Coalition will meet at 11:30 a.m. April 18 at the Extension Office. The topic will be “Trauma Informed Care”. To attend, register at least two days in advance at <https://forms.office.com/r/CJGP9vj3B2>.



Beda

President Regina Hudson
270-298-3680

Meets second Thursday, 9:30 a.m.

Fordsville

President Cathy Green
270-256-4082

Meets second Tuesday, 10 a.m.,
Jack & Joan Edge’s Community Room

Liberty Belles

President Norma Barrett
270-256-8044

Meets second Tuesday, 10 a.m.,
Liberty Church in Beaver Dam

Taylorstown

President Marsha Young
270-274-2633

Meets third Thursday, 10 a.m.

**Specialty Club:
Roadrunners**

President Brenda Renfrow
270-298-4460

**Specialty Club:
Crafters Clan**

Meets third Tuesday, 5 p.m.
Ohio County Extension Office



A fairy lantern class was held March 6 at the Ohio County Extension Office.

The Fordsville Homemaker Club celebrated Easter at their March monthly meeting.



Plan Ahead. Eat Well. Get Moving.

The Kentucky Nutrition Education Program (KYNEP) encompasses two USDA programs: The Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program (SNAP-Ed). Both programs are administered by the UK Cooperative Extension Service in order to show limited resource families with young children and SNAP eligible individuals how to plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills, and change behavior necessary to have a healthy lifestyle.

Looking for new recipe ideas?
Check out <https://www.planeatmove.com/>



Berry and Basil Pizza Crisp with Honey Balsamic

Balsamic Honey Glaze: ½ cup balsamic vinegar 3 tablespoons honey	Flatbread: 6 flatbreads 12 pieces of cheese, such as Havarti (2 per flatbread) 1 cup blackberries, halved	1 ½ cups strawberries, chopped 15 basil leaves, chopped and divided
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Preheat oven to 400°F. **Place** flatbreads on a baking sheet and **add** two slices Havarti cheese, blackberries, and strawberries. **Bake** for 5-7 minutes, or until cheese is melted. After flatbreads are removed from oven, **add** chopped basil and honey balsamic glaze. **Serve** warm.

To make the glaze:
Add balsamic vinegar and honey

to a small sauce pan and **simmer** until reduced by half (10-15 minutes). **Remove** from heat and **set aside**.

Serves: 6 Flatbreads

Nutritional Analysis:
340 calories, 16 g fat, 9 g saturated fat, 40 mg cholesterol, 520 mg sodium, 34 g carbohydrate, 11 g fiber, 16 g sugar, 20 g protein



Source: Annhall Norris, food preservation and food safety Extension specialist

Reference: <https://www.thespruce.com/smoothtop-electric-cooktop-care-1908592>

It is important to clean appliances regularly to keep them functioning properly. This especially holds true for ceramic or glass-top cooking surfaces. Before cleaning, check the user manual for any instructions. If the manual gives specific instructions for your unit, use those first, including anything not to do.

Follow the steps below to clean a glass cooktop.

1. Let the surface cool. You don't want to spray any type of cleaner on the glass while it is still hot. This can cause the glass to pit.
2. Mix a cleaning solution or use a commercial glass cooktop cleaner. To mix your own, combine one cup of hot water and one cup of distilled white vinegar in a spray bottle. Add a small amount of liquid dish soap if desired. Dish soap will help cut through any grease. Shake to mix thoroughly. If you choose to use a commercial cleaner, make sure it is nonabrasive and suitable for glass or ceramic cooktops. Standard glass cleaner with ammonia is not recommended.
3. Spray your cooktop evenly with the vinegar solution or apply a commercial cleaner as directed. Allow the cleaner to sit for a couple of minutes then wipe away using a nonabrasive sponge or cloth. Do not use a scouring pad, steel wool, or scrub brush as these could damage the surface.
4. Rinse away the cleaner by wiping with a damp cloth or sponge. You may have to repeat a few times in order to remove all the residue. Dry the surface using a microfiber cloth. Microfiber cloths work better than paper towels or cloth rags, which can leave streaks and lint.
5. For tough messes like burned-on food, spray the area with vinegar and sprinkle with baking soda to create a bubbling or foaming action. Cover with a hot, damp, microfiber towel. Let sit for 15 minutes to soften the food. Remove the towel and scrub with a sponge. If needed, use a thin, plastic scraper to remove the food in layers. Repeat as needed then rinse and dry as described above.

Make a habit of wiping down your cooktop after each use with a soft microfiber cloth. This will prevent any grease buildup and scratches. Promptly clean any spills. Do not let burned food accumulate on the surface as this can lead to fires. Routine cleaning will keep your stovetop functioning properly and looking nice.

Follow us online!

Classes are listed on our county website and our Facebook page!

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



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

Listen to the UK Family & Consumer Sciences podcast at <https://ukfcsext.podbean.com/>

QUICKBREADS CLASS

How To Make Scones and Biscuits!

APRIL 30

2:00 PM

Call the office at
270-298-7441 to
pre-register and
hold your spot!

Ohio Co. Extension Office

1337 Clay Street
Hartford, KY 42347



Martin-Gatton
College of Agriculture,
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Martin-Gatton
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Laundry Refresher Class

Learn all about
different types of
laundry products
and a lot more!

4 p.m. ~ May 13

Ohio Co. Extension Office

1337 Clay Street
Hartford, KY

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pre-register!

Cooperative Extension Service

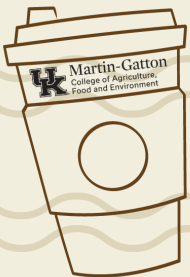
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HOMEMADE COFFEE CREAMER



Learn how to make your own coffee creamers
and other options you can do at home!

MAY 22 • 10 AM

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TO PRE-REGISTER!

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Tea for Two Membership Drive

hosted by

OHIO COUNTY HOMEMAKERS

3:30 p.m. ~ Friday, August 23

1337 Clay St., Hartford, KY

MUST RSVP: 270-298-7441

Join us for sandwiches, tea cakes,
tea & coffee! All attendees will
create a paper quilling project to
take home! Door prizes too!



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Homebased Microprocessing Workshop



9:30 a.m. - 2:30 p.m. • April 22, 2024

Ohio County Extension Office

1337 Clay Street, Hartford, KY

Homebased microprocessors are farmers who grow and harvest produce to use in their value-added products. They are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor presented by the University of Kentucky.

Cost is
\$50.

To register online, go to https://fcs-hes.ca.uky.edu/homebased_processing_microprocessing or contact Annhall Norris via email at annhall.norris@uky.edu or by phone at 859-257-1812.

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