

February, 2025

 Cooperative  
Extension Service

# Family & Consumer Science February Newsletter



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

## Upcoming Events/Meetings to Remember!

- **Make & Taste** will be held at 5 p.m. Feb. 18. Please RSVP so we have enough supplies! See flier for more information!
- A **Community Forum** will be held at 10 a.m. Feb. 28 at the Ohio Co. Extension Office. This is an opportunity for community members to share insights, ideas and concerns about how Audubon Area Community Services can better serve individuals and families facing poverty. Residents are encouraged to attend.
- **Make & Taste** will be held at 5 p.m. March 18. Please RSVP so we have enough supplies! See flier for more information!
- **Book Club** will meet for the first time at 5 p.m. March 25. See flier for more information.
- **County Annual Picnic** will be held on July 15.
- **County Annual Day** will be held on Sept. 24.
- **Homemaker Bazaar** will be held on Nov. 22.

**For more information or to register, call the Ohio County Extension Office at 270-298-7441!**



*Kelly Bland*

**Kelly Bland**

Extension Agent, Family & Consumer Science

**Brandy Garcia**

Program Assistant, Family & Consumer Science

*Create Your Own Initial Art*  
with Tara Hillard

**9-11 a.m. • March 15**

**Ohio County Extension Office**

1337 Clay St. (building on the hill)

Join us and unleash your inner artist! Tara will be teaching us how to create a one-of-a-kind canvas masterpiece featuring your own initial. No experience needed! Cost is \$10 per person and space is limited! Call the office at 270-298-7441 by March 10 to register!



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Agriculture and Natural Resources  
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4-H Youth Development  
Community and Economic Development

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# Homemaker Happenings

## 2024-2025 Homemaker Lessons

Trainings will be given at the Daviess County and Henderson County Cooperative Extension Offices.

### 10:00 a.m. Lesson Training

#### April Lesson

#### COMMUNICATION ESSENTIALS FOR GOOD IMPRESSIONS

March 18 (Daviess)    March 19 (Henderson)

Let's learn more about non-verbal communication (body language) and the roles speaking and active listening play in communication.

★ Leadership Development

### 11:00 a.m. Lesson Training

#### May Lesson

#### STRONG BONES FOR LIFE: PREVENT OSTEOPOROSIS

March 18 (Daviess)    March 19 (Henderson)

Examine risk factors and lifestyle behaviors to help stop bone loss and rebuild bone to prevent breaks. It's never too early or too late to make bone health a priority.

★ Family & Individual Development

#### 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:

##### Beda

President Regina Hudson  
270-298-3680

Meets second Thursday, 9:30 a.m.

#### Specialty Club:

##### Roadrunners

President Brenda Renfrow  
270-298-4460

### Follow us online!



<https://ohio.ca.uky.edu/>  
<https://www.facebook.com/OCExtensionService>

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



## Cauliflower Bites

**Prep Time: 15 minutes**  
**Cook Time: 19 minutes**

- Nonstick cooking spray
- 1/2 cup all-purpose flour
- 1/2 cup water
- 1 teaspoon garlic powder
- 3 tablespoons Buffalo sauce
- 1 head cauliflower, cut into florets
- 1 tablespoon butter, melted
- 2 tablespoons olive oil

1. Preheat oven to 450 degrees F. Prepare a baking sheet with nonstick spray.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. Gently rub cauliflower under cool, running water before preparing.
4. In a large bowl, combine flour, water, garlic powder, and Buffalo sauce. Stir until smooth.
5. Gently fold in cauliflower florets to evenly coat with batter.
6. Arrange florets in a single layer on the baking sheet. Do not overcrowd the pan (use two pans if needed). Bake for about 20 minutes or until golden.
7. In a small bowl, combine melted butter and olive oil.
8. Remove pan from oven. Drizzle the melted butter and oil mixture over the cauliflower. Gently toss until evenly coated.
9. Return tray to oven to bake for another 20 minutes or until the cauliflower begins to crisp.
10. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

### Air Fryer Version

1. Follow steps 2-5 above.
2. Make one layer of florets in the air fryer basket.
3. Set the air fryer to 355 degrees F for 12 minutes, tossing florets halfway through.
4. Remove to bowl.
5. Drizzle melted butter and olive oil over the cauliflower.
6. Return florets to air fryer basket. Cook again at 355 degrees F for 5 to 7 more minutes or until florets begin to crisp.
7. Repeat steps to cook the remaining florets.
8. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.

Makes 8 servings  
Serving Size: 1/2 cup bites  
Cost per recipe: \$3.87  
Cost per serving: \$0.48

### Nutrition facts per serving:

100 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 5mg cholesterol; 220mg sodium; 11g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium

### Source:

Jacqui Denegri,  
Fayette County NEP  
Assistant Senior,  
University of Kentucky  
Cooperative Extension

*Looking for new recipe ideas? Check out [www.planeatmove.com](http://www.planeatmove.com)*





## "Spoonfuls of Flavor: A Soup Tasting Adventure"

Join Us for a Flavor-Packed Journey!  
Get ready to warm your soul and tantalize your taste buds at our Soup Tasting Class!

March 6, 2025 at 5:30 pm

OR

March 7, 2025 at 10:30 am

- Learn about different soup recipes and enjoy a variety of samples.
  - Discover new ingredient and flavor combinations
- Call the Ohio County Extension Office  
by March 3, 2025 to register  
at 270-298-7441



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# Make & Taste

**5 p.m. - February 18**

Learn the art of Paper Quilling and try a sample of the February recipe from the NEP Food & Nutrition 2025 calendar! Each month we will make a craft and try a new recipe from the calendar!

Ohio County Extension Office  
(Building on the Hill)  
1337 Clay St., Hartford, KY

Please RSVP by calling the office at  
**270-298-7441 (so we have enough supplies).**

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# Make & Taste

MARCH

TUESDAY

18

5:00 PM

MAKE AN EASTER THEMED CRAFT AND TRY A SAMPLE OF THE MARCH RECIPE FROM THE NEP FOOD & NUTRITION 2025 CALENDAR! EACH MONTH WE WILL MAKE A CRAFT AND TRY A NEW RECIPE FROM THE CALENDAR!

OHIO COUNTY EXTENSION OFFICE  
(BUILDING ON THE HILL)  
1337 CLAY ST., HARTFORD, KY

PLEASE RSVP BY CALLING THE OFFICE  
AT 270-298-7441 (SO WE HAVE  
ENOUGH SUPPLIES).

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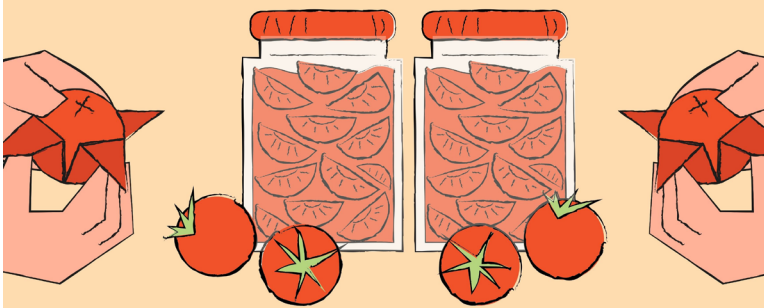
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FOOD PRESERVATION

JOIN US FOR A

## WATER BATH CANNING CLASS



Learn the Art of Preserving Fresh Produce!  
Discover the joy of home canning and gain the confidence to safely preserve fruits, tomatoes, jams, and more using the water bath canning method. Learn safe water bath canning techniques, the equipment and tools needed, food safety, and more in this hands-on class. Whether you're a beginner or looking to refresh your skills, this class is perfect for you.

Tuesday, March 25th

9:00am-12:00pm OR 5:00-8:00pm

Ohio County Extension Office

Space is limited.

Call 270-298-7441 by Friday, March 21st to reserve your spot.

# BOOK CLUB

This first meeting will be a get to know each other meeting! We will pick our first book to read and discuss and we will make a bookmark! Light snacks will be provided!

**March 25, 2025 • 5:00 PM**

**Ohio Co. Extension Office**

1337 Clay St., Hartford

**FOR MORE INFORMATION, CALL THE  
OFFICE AT 270-298-7441!**

# Dementia Caregiver Workshop



**Tuesday, February 25th | 9am - 12 Noon ET**

The Dementia Caregiver Workshop is designed for those who are caring for someone who is navigating the dementia journey. Join local and statewide experts who will provide you with a better understanding of the disease and strategies to help you and your loved one.

## Topics will include:

- \*Disease Education
- \*Communication Strategies
- \*Home Safety
- \*Community Resources
- \*Research Opportunities

Register Online at  
<https://tinyurl.com/48577fnm>  
or call 859-323-5550



**Join us in-person or online**

UK Sanders Brown Center on Aging  
2199 Harrodsburg Rd, Lexington KY  
(in-person registration limited)