

January, 2025

 Cooperative Extension Service

Family & Consumer Science January Newsletter

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

Upcoming Events/Meetings to Remember!

- An **Everything Sourdough** class will be held at 10:30 a.m. and 5:30 p.m. on Jan. 9. Call before Jan. 7 to register.
- An **Air Fryer Cooking** class will be held at 10:30 a.m. and 5:30 p.m. on Jan. 14. Call before Jan. 10 to register. See flier for more information!
- **Make & Taste** will be held at 5 p.m. Jan. 21. Please RSVP so we have enough supplies! See flier for more information!
- A **Basics of Food Preservation** class will be held at 10:30 a.m. and 5:30 p.m. on Feb. 6. Call before Feb. 4 to register.
- **Homemaker Council** will meet at 9:30 a.m. Feb. 5 at the Ohio County Extension Office. Please make sure one representative from your club can attend.
- A **Charcuterie Board for Two** class will be held at 10:30 a.m. Feb. 12 or 5:30 p.m. Feb. 13. Call before Feb. 7 to register. Space is limited!

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



WINTER WEATHER POLICY



If Ohio County schools are closed for inclement weather, all meetings and activities scheduled for that day at the Extension Office will be cancelled. Follow us on Facebook to keep the most up to date with closures!



He was a man who had a dream.

The Ohio Co. Extension Office will be closed on Jan. 20 in honor of Martin Luther King, Jr. Day.

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated with prior notification.

Lexington, KY 40506

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

February Lesson

CREATING WELCOMING COMMUNITIES

Jan. 21 (Daviess)

Jan. 22 (Henderson)

Become a more prepared community volunteer by understanding how culture makes all of us unique. We will examine our own culture, understand culturally related strengths of ourselves and others, and gain an understanding of oppressive experiences and their effects.

★ International

11:00 a.m. Lesson Training

March Lesson

HOW TO GET OUT OF A MEALTIME RUT

Jan. 21 (Daviess)

Jan. 22 (Henderson)

Share creative strategies that can be used to overcome mealtime ruts. Find out why it is important to prepare home-cooked meals, describe several creative strategies to come up with meal ideas and identify ways to reduce barriers related to preparing meals at home.

★ Food, Nutrition & Health

Fordsville

President Cathy Green
270-256-4082

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

Taylorstown

President Marsha Young
270-274-2633

Meets third Thursday, 10 a.m.

Liberty Belles

President Norma Barrett
270-256-8044

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

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/>



Split Pea Soup



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

Prep time: 10 minutes
Cook time: 90 minutes

- 2 tablespoons oil
- 1 large onion, diced
- 2 celery stalks, diced
- 1 pound dried split peas, sorted and rinsed
- 2 medium red potatoes, diced
- 3 large carrots, diced
- 1 tablespoon Italian seasoning
- 1 3/4 teaspoons salt
- 1/2 teaspoon crushed red pepper (optional)
- 1 container (32 ounces) reduced-sodium chicken broth (or vegetable broth)
- 4 cups water

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a large pot over medium heat, heat oil. Add onion and celery. Sauté over medium heat until vegetables are tender, about 5 to 7 minutes.
3. Add split peas, potatoes, carrots, Italian seasoning, salt, crushed

red pepper (if using), chicken broth, and 2 cups of water.

4. Increase heat to medium-high and bring everything to a boil. Once boiling, reduce heat to medium-low and simmer, uncovered, for about one hour, or until it reaches desired texture. Skim off any foam while it cooks and stir periodically to avoid peas from sticking to the bottom of the pot. Add 2 more cups of water during the cooking process for a thinner texture.
5. Ladle into bowls and serve.
6. Refrigerate leftovers within 2 hours.

Slow cooker variation:

Add all ingredients to a slow cooker and cook on low for 6 hours or high for 4 hours.

Makes 12 servings
Serving Size: 1 cup
Cost per recipe: \$6.97
Cost per serving: \$0.58

Nutrition facts

per serving:

210 calories; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 390mg sodium; 34g total carbohydrate; 11g dietary fiber; 5g total sugars; 0g added sugars; 12g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium

Source:

LaToya Drake, Extension Specialist for Food Access and Equity, University of Kentucky Cooperative Extension Service

Looking for new recipe ideas? Check out www.planeatmove.com



CHRISTMAS COOKIE EXCHANGE



A Kids Christmas Cookie Exchange was held Dec. 23 at the Ohio County Extension Office. Attendees enjoyed hot chocolate and made Christmas ornaments before exchanging their cookies.



Charcuterie Board for Two!

Join us at the Ohio County Extension Office for our Charcuterie Board for Two class and learn to create the perfect romantic spread for you and your special someone (or a fun gal-pal date)!

Wednesday, February 12th at 10:30 a.m. OR
Thursday, February 13th at 5:30 p.m.

Learn tips and tricks for assembling a beautiful, balanced charcuterie board, get creative with meats, cheeses, fruits, and sweets, and take home your own charcuterie masterpiece to enjoy!

Registration is required and space is limited.

Call (270) 298-7441 by Friday, February 7th to reserve your spot!

Make & Taste

5 p.m. - January 21

Learn the art of Paper Quilling and try a sample of the January 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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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



BASICS OF FOOD PRESERVATION

February 6th at the Ohio County Extension Office
10:30 a.m. or 5:30 p.m.

LEARN THE BASICS OF FOOD PRESERVATION EQUIPMENT,
TOOLS, AND PROCESSES OF: WATER BATH CANNING,
PRESSURE CANNING, FREEZING, AND DEHYDRATING FOODS.

Please register by
Tuesday, February 4th by
calling (270) 298-7441



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"Discover KEHA - A Hidden Treasure"

2025 KEHA State Meeting

May 6-8, 2025

Hyatt Regency Lexington



More information soon! If you have
questions, call the Extension Office
at 270-298-7441!

Air Fryer Cooking

at the Ohio County Extension Office

Are you ready to master the ins and outs of
your air fryer?

Join us as we learn about the different types of
air fryers, how to whip up quick and
convenient meals without sacrificing taste or
nutritional value, and how to keep them
functioning in top shape.

We'll also have an opportunity to explore a
variety of delicious recipes, all tailored for the
air fryer.

Tuesday, January 14th
10:30 a.m. or 5:30 p.m.

Class is free, but registration is required

Register by Friday, January 10th
Please call the Ohio County Extension Office at
(270) 298-7441.

KENTUCKY
COOPERATIVE EXTENSION

UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
AND COLLEGE OF AGRICULTURE, COMMUNITY AND THE RESOURCES

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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)