


July/August, 2025

 Cooperative
Extension Service

Family & Consumer Science July/August Newsletter

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

Upcoming Events/Meetings to Remember!

- **Tai Chi** led by Kelly will be held at 8 a.m. every Monday in July at the Farmer's Market pavillion in Beaver Dam.
- **Farmers Market** is open and going strong! See flier for days when Kelly will be there with activities in July! Kids Day at the Farmers Market will be Aug. 16!
- **County Annual Homemaker Picnic** will be held at 6 p.m. July 15.
- **Water Bath Canning Class** will be held from 9 a.m. to noon and 5-8 p.m. on July 22. Sign-up by July 18.
- **Pressure Canning 101** will be held from 9 a.m. to noon and 5-8 p.m. on Aug. 5. Space is limited so you must RSVP!
- **Book Club** will meet at 5 p.m. on Aug. 7 at the Extension Office. Bring a snack to share and a book for the book swap! See flier for more information!
- **Ag Days** will be Aug. 27 and 28.
- **Make & Taste** will resume at 5 p.m. on Aug. 19! Watch the Facebook page for more information!

See attached fliers for more information! For more information or to register to attend, call the Ohio County Extension Office at 270-298-7441! We look forward to seeing you!

*Ohio County Extension Office
will be closed on September 1
in observance of Labor Day!*



Kelly Bland

Kelly Bland

Extension Agent, Family & Consumer Science

Brandy Garcia

Program Assistant, Family & Consumer Science

*The Homemaker Council is
seeking new council members
and chairpersons!*

*If you want to get involved, call
Patsy Eddins at 270-256-6906
or email her at eddinsw1@aol.com!*

WE NEED YOU!

**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.

Homemaker Happenings

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

Specialty Club: Roadrunners

President Brenda Renfrow
270-298-4460

Taylortown

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.

**Has your club done something fun or
newsworthy? Send it to us and we'll
put it in the newsletter!**

 Cooperative
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Ohio County Homemakers

Annual Picnic

July 15

Registration begins at 5:30 p.m.

Meeting begins at 6 p.m.

**Entertainment will be provided!
Wear your red, white and blue!**

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



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2025—2026 HOMEMAKER LESSONS

Trainings at the Daviess County Cooperative Extension Service Office.

*Recording available the day following the training at
<https://www.youtube.com/@greenriverareahomemakers9114>*

10:00 A.M. LESSON TRAINING

SEPTEMBER LESSON THE BIG FREEZE

August 19 - This lesson will help you get the most out of your freezer by teaching good freezing techniques for a variety of foods. You will be able to minimize food waste, save money, and time.

★ Food, Nutrition, and Health

11:00 A.M. LESSON TRAINING

OCTOBER LESSON INDOOR AIR QUALITY

August 19 - Raise awareness and knowledge about indoor air quality, how it can be affected by things in our indoor spaces, how it can affect one's health, and steps for improvement.

★ Environment, Housing & Energy



Clear your mind, destress, and experience meditation in motion with

Tai Chi

Join us at the Beaver Dam Park Farmers' Market Pavilion for a eight week session of Tai Chi.

Mondays at 8:00 a.m. all June and July

All Tai Chi classes build on one another, with movements broken down for easier learning. Beginners are welcome.

Classes are free to all. Please call (270) 298-7441 for any questions or to register.



Recipes from the 2025 Food and Nutrition

Recipe Calendar

UK Cooperative
Extension Service

Chicken Burgers



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: 10 minutes

- 1 pound 98% fat-free, ground chicken breast
- 1/4 cup barbecue sauce
- 1/2 cup green onions, finely chopped
- 1/4 cup celery, diced
- 1 teaspoon garlic powder (or 1 clove of garlic, minced)
- 1/4 teaspoon salt
- Nonstick cooking spray
- 4 whole-wheat hamburger buns
- 2 cups romaine lettuce, torn or shredded
- 1 large tomato, cut into 8 slices

Optional: 2 tablespoons cheese, such as blue cheese, feta, or shredded cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a medium bowl, combine chicken, barbecue sauce, green onion, celery, garlic powder, and salt.

3. Using wet hands (to prevent mixture from sticking), form chicken mixture into four 1/2-inch-thick patties. Wash hands with warm water and soap after handling raw poultry.
4. Preheat a large skillet over low to medium heat and spray with nonstick cooking spray.
5. Place burgers in the preheated skillet. Cook until burgers reach an internal temperature of 165 degrees F as measured on a meat thermometer, about 5 minutes per side.
6. To serve, place each burger on a bun. Top each with 1/2 cup shredded lettuce, 2 tomato slices, and optional 1/2 tablespoon of cheese.
7. Refrigerate leftovers within 2 hours.

Makes 4 servings
Serving size: 1 burger on bun with toppings
Cost per recipe: \$8.36
Cost per serving: \$2.09

Nutrition facts per serving:

300 calories; 3.5g total fat; 0g saturated fat; 0g trans fat; 65mg cholesterol; 500mg sodium; 32g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 27g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium

Source:

Andrea Wilde,
NEP Area Nutrition
Agent, University of
Kentucky Cooperative
Extension Service

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

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Slow Cooker Asian Pork Tacos

Pork prep time: 10 minutes

Pork cook time: 3-7 hours (depending on temperature of slow cooker)

Slaw prep time: 20 minutes

Pulled Pork Tacos

- Nonstick cooking spray
- 2 pounds pork tenderloin
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ginger powder (or 1 tablespoon fresh ginger)
- 1 teaspoon garlic powder (or 3 whole garlic cloves smashed and peeled)
- 1 cup hoisin sauce
- 12, 6-inch tortillas for serving

Asian Peanut Slaw

- 1/4 cup vegetable oil
 - 2 tablespoons white vinegar
 - 1 tablespoon honey
 - 1 tablespoon low-sodium soy sauce
 - 1 bag (12 ounces) coleslaw or broccoli slaw
 - 1/2 cup dry roasted unsalted peanuts, chopped (optional)
 - 2 green onions, chopped
 - 1 cup cilantro, chopped
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Coat a slow cooker with nonstick cooking spray. Place pork tenderloin in the slow cooker and season with salt, pepper, ginger, and garlic. Wash hands after handling raw meat.
 3. Pour the hoisin sauce over top of the pork. Cover and cook on high for 3 to 4 hours or low for 5 to 7 hours until the pork reaches a minimum internal temperature of 145 degrees F using a food thermometer.



4. Transfer the cooked pork to a plate and shred with two forks. Return to slow cooker and stir it together with the sauce. Leave in the slow cooker on "warm" until ready to serve.
5. While the pork cooks, make the slaw. In a large bowl, combine oil, vinegar, honey, and low-sodium soy sauce. Add slaw, peanuts, green onions, and cilantro. Toss to combine.
6. To serve, warm the tortillas in microwave for a few seconds, covered with a damp towel to keep them moist. Fill with shredded pork, then top with Asian Peanut Slaw. Roll up and serve.
7. Refrigerate leftovers within 2 hours.

Note: If you don't have hoisin sauce, you can substitute: 1/2 cup ketchup, 2 tablespoons brown sugar, 1/2 cup low-sodium soy sauce, 1 teaspoon garlic powder, 1/2 teaspoon ginger powder, 1/2 teaspoon salt, 1/4 teaspoon pepper, and a dash of hot sauce.

Makes 12 servings

Serving Size: 1 taco

(1/3 cup pork on tortilla with 1/3 cup slaw)

Cost per recipe: \$10.44

Cost per serving: \$0.87



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Nutrition facts per serving:

250 calories; 10g total fat; 1.5g saturated fat; 0g trans fat; 50mg cholesterol; 350mg sodium; 20g total carbohydrate; 2g dietary fiber; 5g total sugars; 4g added sugars; 19g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium

Source:

Rosie Allen, NEP
Special Projects,
University of Kentucky
Cooperative Extension

