

# Homemaker Newsletter

## August 2022



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

### Cooperative Extension Service

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## Russell County Extension Homemakers

The new homemaker year has begun!  
We hope everyone had a wonderful summer.

### Membership Dues

It is time once again to pay membership dues. Your enrollment form is attached to this newsletter. Please fill out and return with your \$12 dues to the Russell County Extension Office.

Please make a note at the bottom of your form if you are due a membership pin (5, 10, 15, 20, etc.) and your years of membership.

### Homemaker Lessons for 2022-2023

September - Saving Savvy w/ Grocery Lists & Coupon Apps

October - Elements & Principles of Art/Autumn Home Decor

November - Creative Containers/Managing Stress Eating

December - Mail out - TBD

January - Mail out - TBD

February - Brazil Culture & Cuisine

March - Savor the Flavor Cooking with Oils & Vinegars

April - Making the Most of Meals while Traveling

May - Healthy Outdoor Cooking

\*All lessons are subject to change\*

### Thought for the Month:

*"Life is like a sandwich.  
Make sure to fill it with good  
ingredients."  
-Unknown-*

### Roll Call:

August is National  
Sandwich Month. What is  
your favorite sandwich?

### Council Meeting

Monday, August 22  
5:00 p.m.

Officer training will follow  
the council meeting.

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

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

# Russell County Extension Homemakers Annual Meeting 2022 “Oh the Places You Can Go”

**County Officers**  
President - Melonie Eubank  
Vice President - Jen DiGirolamo  
Secretary - Donna Robertson  
Treasurer - Cindy Fields





# Easy Baked Fish with Pineapple Salsa



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- Nonstick cooking spray
- 1 1/2 pounds fish fillets (any mild-flavored fish like tilapia, catfish, cod, etc.)
- 1 teaspoon salt-free herb blend
- 2 tablespoons butter, melted
- Juice of 1 lime (optional)

1. Preheat oven to 400 degrees F. Coat the inside of a 9-by-13 baking pan with nonstick spray.
2. Arrange the fish fillets in a single layer in pan. After handling raw fish, wash hands with warm water and soap, scrubbing for 20 seconds.
3. Sprinkle herb blend over fish.
4. Pour melted butter over fish.
5. Finish with a squeeze of fresh lime juice, if desired.
6. Cover pan with foil.
7. Bake for 20 minutes, or until fish flakes easily with a fork and has reached an internal temperature of 145 degrees F.

8. Serve with Pineapple Salsa.
9. Store leftovers in the refrigerator within 2 hours.

## Pineapple Salsa

- 1 (20-ounce) can pineapple tidbits, drained
- 1/4 red onion, finely diced
- 1/2 small jalapeno, finely minced and seeds removed
- 2 tablespoons lime juice
- 2 tablespoons cilantro or parsley (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Gently rub red onion and jalapeno under cool running water before preparing. Rinse cilantro under cool running water and pat dry before chopping.

3. Drain pineapple. (Juice can be saved to drink.)
4. In a medium-sized bowl, combine pineapple, onion, jalapeno, lime juice, and cilantro or parsley.

## Makes 6 servings

**Serving size:** 4 ounces fish and 1/6 of salsa recipe

**Cost per recipe:** \$11.10

**Cost per serving:** \$1.85

## Nutrition facts per serving:

200 calories; 7g total fat; 3.5g saturated fat; 0g trans fat; 75mg cholesterol; 85 mg sodium; 17g total carbohydrate; 1g dietary fiber; 14g total sugars; 0g added sugars; 19g protein; 70% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of Iron; 10% Daily Value of potassium.

## Sources:

- Fish: Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension
- Pineapple Salsa: Lorie Dunn, Grant County SNAP-Ed Program Assistant Senior



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