

Cooperative Extension Service

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Homemaker Newsletter December 2022



Updates from Homemaker Council (Cont. Page2)

Holiday Gathering:

December 5th from 4:30 PM-7:00 PM. Come join the Homemakers for an evening of make and takes and enjoy hearty food. Gift Wrapping Demo at 6 PM- Bring a hard to wrap gift to get some one on one help! Cake Walk at 6:30 PM.

*Please call the Extension Office to register ASAP! * If you would like to bring finger foods, corn bread, small sandwiches a dessert, or a cake for the cake walk, please let Patricia know when you call.

Food Drive for God's Food Pantry:

From **January #rd—20th**, please bring non-perishable food to the Extension Office to be donated to the local food pantry.

Items can include:

- Can openers
- Dry milk
- Soups
- Tuna
- Crackers
- Peanut Butter
- Snack Cakes
- Canned Fruit
- Canned Beans
- Pasta

Warm the Children

Winter Drive Update:

All of the donated winter items were well received by the Russell County Schools' Family Resource team! The items donated will go a long way in helping students in need stay warm this winter.



Fundraiser Update:

Members raised \$556.80 in selling pecans this year, way to go!

Homemakers On the Go's painting fundraiser brought in \$181 for the association as well!

Thought for the Month:

“Remember this December, that love weighs more than gold!”

Josephine Dodge
Baskam Bacon

Roll Call:

December is the holiday season. What is your favorite holiday tradition?

Council Meeting

Monday, January 23rd
5:00 p.m.

RCEO Closed 12/26-1/2



Christmas Tree Safety

The feel of the cold brisk air, the crackle of a fire, the glow of twinkle lights, and the smell of fresh cut pine trees are all signs of my favorite time of year ... Christmas. Christmas is a time of memory-making with family and friends, but it is also a time when avoidable accidents happen.

Did you know each year, more than 200 house fires occur during the holiday season, injure 2,600 individuals, and cause over \$930 million in damage, according to the United States Fire Administration? Fires are extremely dangerous, costly, and at times even fatal.

So here are some tips to follow so your Christmas is not a crispy one.

- When selecting a live tree be sure to pick a freshly cut tree, as they are less likely than older cut trees to catch fire. Look for a tree with bright green needles that don't break off easily. Your tree should not be losing its needles.
- Avoid standing your tree near a heating source such as a fireplace, heat vent, electric or kerosene heaters, radiators, or candles.
- Water your tree daily to prevent your tree from drying out before the season is over. Some trees might not need water each day, but checking each day is a good idea.
- Make sure the lights you put on your tree are UL or ETL/ITSNA tested and approved for safety. Do not reuse damaged lights.
- Turn your Christmas lights off when you leave the house, and when you go to bed.

It's important to remember that artificial trees also catch fire, so the above tips apply for all Christmas trees. So enjoy your fire in the fireplace this Christmas season and stay safe.

Source: David Weisenhorn, Ph.D., Specialist for Parenting and Child Development.

Resource: American Christmas Tree Association. (2016). Fire safety tips for your Christmas tree. Retrieved from <https://www.christmastreeassociation.org/fire-safety-tips-for-your-christmas-tree/>

**Reminder: The RCEO will be closed
12/26-1/02!**



Blackberry Lemon Upside Down Cake

2 teaspoons melted butter	1¼ cup all-purpose flour	1 large egg
⅓ cup brown sugar	1½ teaspoons baking powder	¾ teaspoon vanilla extract
1½ teaspoons grated lemon peel	¼ teaspoon salt	1 teaspoon lemon juice
2 cups fresh blackberries	⅔ cup sugar	½ cup skim milk
	2 tablespoons butter	

Preheat oven to 350°F.

Place melted butter in the bottom of a 9-inch round cake pan.

Sprinkle with brown sugar and lemon rind.

Top with berries. Set aside.

Combine flour, baking powder and salt in a small bowl. Set dry ingredients aside.

Beat sugar and butter together in a large bowl with a mixer

on medium speed until well blended.

Add egg, vanilla, and lemon juice. Mix well.

Add dry ingredients to egg mixture alternately with milk, beginning with milk and ending with flour. Mix after each addition.

Spoon the batter over the blackberries.

Bake at 350 degrees for 40

minutes.

Cool cake for 5 minutes on a wire rack. **Loosen** edges of the cake with a knife and place a plate upside down on top of cake; **invert** onto plate.

Serve warm.

Yield: 8, 3 inch wedges.

Nutritional Analysis: 230 calories, 5 g fat, 35 mg cholesterol, 220 mg sodium, 45 g carbohydrate, 2 g fiber, 4 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Kentucky Blackberries

SEASON: June to September

NUTRITION FACTS: A one-half cup serving of raw berries contains 35 calories, has zero fat, and is a good source of potassium, vitamin C, and fiber.

SELECTION: Look for plump fruit that is uniform in color and appears fresh. Berries should be free of stems or leaves. Avoid fruit that is moldy, crushed, bruised, or contains extra moisture.

STORAGE: Store unwashed and covered berries in the refrigerator. Use within two days.

PREPARATION: Handle all berries gently. Wash berries by covering them with water and gently lifting the berries out. Remove any stems and drain on a single layer of paper

towels. Blackberries are delicious cooked, which intensifies the flavor, or eaten fresh as a snack or in a salad.

PRESERVING: Berries may be preserved by canning or freezing, or made into jellies or jam. For more information, contact your local County Extension Office.

BLACKBERRIES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition and Food Science students
June 2010

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COOPERATIVE
EXTENSION
SERVICE



Source: www.fruitsandveggiesmatter.gov

December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Homemaker Holiday Gather 4:30-7 PM	6	7	8	9	10
11	12 Cooking the Low-Fat Way 5 PM	13	14	15	16	17
18	19 Corn and Cheese Chowder Demo 5 PM	20	21	22	23	24 CHRISTMAS EVE
25 CHRISTMAS DAY	26 Office Closed	27 Office Closed	28 Office Closed	29 Office Closed	30 Office Closed	31 NEW YEAR'S EVE

Slow Cooker Chicken Santa Fe Soup

Servings: 8 **Serving Size:** 2 cups
Source: Connie Duncan, Fayette County Extension Volunteer

Ingredients:

- 4 thawed boneless, skinless chicken breasts
- 1 (7 ounce) can chopped green chilies
- 1 (8 ounce) bag frozen corn
- 1 (28 ounce) can diced tomatoes, no salt added
- 1 (15 ounce) can black beans
- 1 (14 ounce) can or box vegetable broth, no salt added
- 1 (32 ounce) box low-sodium chicken broth
- 3 tablespoons low sodium chili seasoning mix

Directions:

1. Place all ingredients in slow cooker and simmer on low 6-8 hours or 3-4 hours on high.
2. Remove cooked chicken and shred with two forks.
Return chicken to soup and it is ready-to-serve

Make it a Meal

- Slow Cooker Santa Fe Soup
- Add Fresh orange
- Add Crusty French bread
- Add Low-fat milk to Drink

Tips

- Eat about 5 cups of red, orange and dark-green vegetables each week.
- Tomatoes, carrots, sweet potatoes, broccoli and leafy dark green vegetables, such as kale and spinach, are good choices.
- Vegetable broth can be replaced with chicken broth.

Nutrition facts per serving: 180 calories; 2.5g total fat; 0.5g saturated fat; 0g trans fat; 35mg cholesterol; 740mg sodium; 23g carbohydrate; 4g fiber; 6g sugar; 17g protein; 10% Daily Value of vitamin A; 15% Daily Value of vitamin C; 4% Daily Value of calcium; 8% Daily Value of iron



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Megan Gullett

Russell County Extension Agent for Family & Consumer Sciences