

# Homemaker Newsletter

## February 2025

RUSSELL COUNTY EXTENSION OFFICE  
2688 S. HWY 127  
RUSSELL SPRINGS, KY 42642  
(270) 866-4477  
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### Homemaker Council News

## Thought of the Month:

"On your  
marks, get  
set, go"  
*Bicycle Race  
Queen 1978*

## Roll Call:

Have you  
ever  
participated  
in a race or  
contest?  
What  
happened?

The February Extension Homemaker Council meeting will be held on **Monday, February 24th, at 5 PM** at the Russell County Extension Office. At this meeting, the council will flesh out new fundraisers and community service projects for the year.

An "*Understand Your Learning Style*" program will be held on February 24th at 4 PM. **Please call to RSVP by 02/17/25.**



**DO YOU KNOW**  
*Your Learning Style?*

We are always learning! Do you know your learning style? Join FCS Agent Christy Stearns to learn about how we all learn differently! Please call to RSVP by Feb. 17th.

**FEB. 24TH @**  
**4PM**

 270-866-4477  [www.russell.ca.uky.edu](http://www.russell.ca.uky.edu)

# **Homemaker Cultural Arts Competition**

The 2025 Extension Homemaker Cultural Arts Competition is upon us. Russell County cultural arts competition entries must be brought to the Extension Office by **February 26th at noon**. Judging will occur after, with a viewing of entries after 1 pm on February 27th.

Area cultural arts will be held on Tuesday, March 10th, in Green County.

## **Goodie Bags for EMS and Road Department**

60 bags were made from your donations to go to the road crews who treat our roads! The local EMS was also greatly appreciative of your goodie bags.



# Club Meeting Information

## **Homemakers On the Go**

The Homemakers On the Go will meet on **Wednesday, February 12th**, at 10 a.m., at the Extension Office to travel to Somerset for lunch at Serendipity's (113 Trade Park Drive, Somerset). Please call 270-866-4477 to RSVP by February 7th.

## **The Piecemakers Quilt Guild**

The Quilt Guild will have a quilting retreat on **February 10th** from 9 a.m. to 6 p.m. at the Russell Springs Community Center. Please reach out to Cindy Mills to register by February 1st.

## **Sunset Club**

The Sunset Club will meet on **February 18th**, 6 p.m., at the Extension Office for fellowship, learning, and a craft. Please reach out to Susan Adams for more information.

## **Homemakers by Heart**

Homemakers By Heart will meet on **February 17th, 5 p.m.**, for a beginner crochet class, taught by Melonie Eubank. Please RSVP with Caitlyn Helm or the Extension Office by February 14th.

## **Crafty Bees**

The Crafty Bees will meet on **February 25th** at 5:30 p.m. for their monthly meeting. Please reach out to Melonie Eubank for more information.

# What is Dry Milk and How Do You Use It?

**SOURCE: ANNA CASON, EXTENSION ASSOCIATE FOR FOOD AND NUTRITION**

Dry milk, also known as powdered milk, is a shelf-stable milk option found typically in the middle of the grocery store. This is a form of milk that had the water fully evaporated to extend the shelf life of the product. Using dry milk may prevent food waste and save food dollars in the long run. By mixing it with water, you can reconstitute it to its true milk form. Fortified dry milk has the same beneficial nutrients as fresh milk; however, once reconstituted, the taste and texture may differ.

You should store dry milk in an airtight and waterproof container. Keep it in a cool place away from moisture and strong-smelling foods, such as garlic, bananas, and onions. Refrigeration will extend the shelf-life.

There are two types of dry milk that will impact how you make it: instant and non-instant. You can mix instant powdered milk with cold water and it will reconstitute quickly. You should mix non-instant powder with warm water initially and stir until it is dissolved then stored in the refrigerator to finish mixing and to cool. While you can consume instant milk immediately, some report improved taste and texture once it has been refrigerated for a few hours. Generally, 1 1/3 cups of instant, nonfat powdered milk mixed with 4 cups of water will yield 1 quart of skim milk. Check product packaging to confirm the amounts. Once you add liquid, store in an airtight container in the refrigerator and use within five days.

You can use reconstituted dry milk in the same way you would use fresh milk in a recipe. It is a great option for baking and cooking, as well as in smoothies, shakes, coffee, and tea. You can also add dry milk powder to dry ingredients in a recipe for a boost of protein, calcium, and vitamins and minerals. Add it to homemade pancake mix, or for a savory option, include it in a seasoning mix for meatloaf or meatballs.

Dry milk is a versatile and convenient ingredient for recipes. Lasting months with proper storage, it can save food dollars. It contains the same beneficial nutrients as fresh milk, and you can use it in the same ways. Give it a shot next time you are grocery shopping.

**Reference:** "Let's Talk About Dry Milk!" Plan Eat Move Blog

**<https://www.planeatmove.com/blog/lets-talk-about-dry-milk/>**

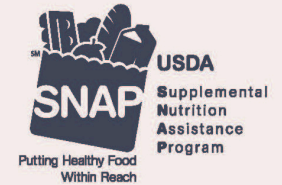


# Cauliflower Bites

**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



# February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Crochet 9 AM	5	6	7	8
9	10 Quilting Retreat 9 AM	11 Cooking the Calendar 12 PM	12 Homemakers On the Go 10 AM	13	14 	15
16	17 Floral Design 12 PM HM By Heart 5 PM	18 Sunset 6 PM	19	20	21	22
23	24 Sourdough 10 AM HM LL 4 PM HM Council 5 PM	25 Crafty Bees 5:30 PM	26 Cultural Arts Entries Due	27 Cultural Arts Viewing	28 Homebased Micro-processing 12 PM	

# Beginner Sourdough

FEBRUARY 24TH, 10 AM CST

**\$5 REGISTRATION FEE**

Join Megan Gullett, FCS Agent, to learn about making sourdough bread from a starter. The registration fee covers a take-home established starter.

To RSVP, please stop by the Russell County Extension Office to pay your registration fee.

Visit Us:

2688 S. US 127, Russell Springs, KY 42642

Call us at 270-866-4477  
www.russell.ca.uky.edu



Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



# Rag Quilt Table Runner



**\$10 Fee**

Pay at Ext. Office to hold your spot



Saturday, March 15th  
10 am - 2 pm  
2688 S. US 127  
Russell Springs, KY 42642

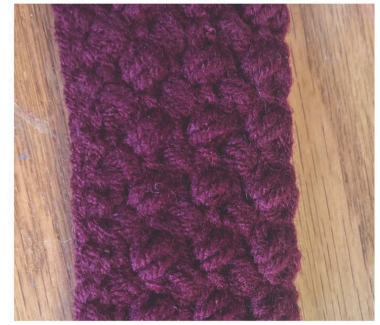
**Please bring:**

- A working sewing machine & manual
- General sewing tools
- Neutral thread

All other supplies will be provided.

An Equal Opportunity Employer.

# Crochet A Stitch Sampler Throw



Tuesday, February 4th

9 am - 10 am  
2688 S. US 127

Russell Springs, KY 42642

**FREE**

Call to RSVP

**Please bring:**

- Size I crochet hook
- Medium-weight yarn skein, the color of your choice

This will be an ongoing project.



Cooperative Extension Service

# COOKING THROUGH THE Calendar

Cauliflower Bites

February 11th

12:00 PM

Free, but call to RSVP

For more information on how you can attend these FREE cooking classes, please contact your local Cooperative Extension office:

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

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