

# Homemaker Newsletter

## May 2024

RUSSELL COUNTY EXTENSION OFFICE  
2688 S. HWY 127  
RUSSELL SPRINGS, KY 42642  
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## May Homemaker Council Meeting Rescheduled for June 3rd

### Thought of the Month:

Every life matters. Be like Mother Nature and love everyone without judging. – Debasish Mridha

Due to Memorial Day, the May Homemaker Extension Council Meeting has been rescheduled for Monday, June 3rd, at 5 P.M. We look forward to seeing you!

### Roll Call:

In May, we celebrate mothers. Share a favorite memory with your mother.

The Russell County Annual Meeting will be held on **Tuesday, June 25th**, at the Health Department. The theme this year is “Bigger, Better, and Brighter” to celebrate the growth and prosperity of Homemakers this year! Sherry Daniels will be catering the event this year, please let us know if you have any food allergens when you call to RSVP.

The cost will be \$15 a person, with **RSVP and payment required by June 7th.**



# Community Service Projects

The Russell County Extension Homemakers raised \$1,260 through the donation drawing on the basketball autographed by Coach Calipari. We are very proud of your efforts in raising donations for the scholarship and general homemaker fund!

The Russell County Extension Homemaker Quilt Guild donated a beautiful quilt to the Russell County Hospital to be mounted in the hospital's chapel. Their donation was highlighted in the April 11th edition of the Times Journal.

As we wrap up this fiscal year as Homemakers, please let us know what type of projects you would like to work on next year!

## Russell County Homemaker Scholarship

The Russell County Extension Homemaker Scholarship Committee has met and reviewed the 19 scholarship applications. After careful deliberation, a selection was made for the 2024-2025 academic year. The scholarship presentation will be on Sunday, May 19th, at 2 p.m. at the ANC.

# Club Meeting Information

## Homemakers on the Go

The Homemakers on the Go invite you to join them on **Thursday, May 23rd**, to visit the Expressions Tea Room in Somerset, KY. The cost will be \$24.99 to be paid at the tea room.

Those looking to carpool are to meet at the Ext. Office at 10 AM CST.

Please RSVP by **May 9th**. If you plan to attend, please call the Extension Office at 270-866-4477.

## Homemakers by Heart

Homemakers by Heart will meet on **May 20th** at the Russell County Extension Office at 6 p.m. to learn about biscuit making! FCS Agent Megan Gullett will talk about how to make homemade biscuits and give you hands-on experience in making them. Please RSVP by calling Caitlyn Helm or the Russell County Extension Office by **May 13th**. 270-866-4477.

## Sunset Club

The Sunset Club will meet on **May 14th** at 6 p.m. at the Extension Office. The club will offer a lesson, a craft, and a potluck. No RSVP is required for this meeting.

## The Piecemakers Quilt Guild

The Quilt Guild be meeting on Monday, May 13th, at the Russell County Community Room starting at 8:00 a.m. for a retreat. Please contact Cindy Mills for more information. There will not be a 2nd meeting this month.

## Crafty Bees

The Crafty Bees will meet on **May 28th** at 5:30 p.m. in the Gray Space. The craft is basic crocheting. Please bring a skein of lightweight yarn, with a crochet hook the skein recommends on the packaging.

# The Biscuits and Bonnets Cookie Exchange





**University of Kentucky**  
 College of Agriculture,  
 Food and Environment  
 Cooperative Extension Service  
 Family and Consumer Sciences



# Let's Have a Garden Party

## LAKE CUMBERLAND ANNUAL MEETING

### INFO

Join us for 'Let's Have a Garden Party' presented by Adair County Homemakers. Enjoy fellowship, regional history, and delicious food for \$15 payable at your county extension office. Cost includes lunch, activities, and don't miss out on our door prizes! A few reminders for counties before your visit...

- Bring one check payable to Adair County Homemakers for all attendees.
- Provide one envelope labeled with the county name, containing slips of paper with all attendee's names.
- Bring one door prize valued at \$25
- Remember our name tag contest, garden themed entries are encouraged

**Thursday, May 16th 9:30 AM CST**  
**Registration opens at 9:00 AM CST**  
**Adair County Extension Office**  
**409 Fairground St. Columbia, KY 42728**

### ENTERTAINMENT



### FINE DINING

#### Main Course:

Italian Chicken Cutlets or Roast Beef

#### Sides:

Mashed potatoes, Green Beans, Rolls,  
 Broccoli & Cauliflower Salad

#### Dessert:

Variety of Cupcakes

## RSVP DUE TO YOUR COUNTY BY FRIDAY, MAY 3RD

#### 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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Lexington, KY 40506



Disabilities accommodated with prior notification.

# Cottage Cheese, Please!

**SOURCE: ARRINGTON J. WRIGHT, UNDERGRADUATE DIETETICS STUDENT; HEATHER NORMAN-BURGDOLF, EXTENSION SPECIALIST FOR FOOD AND NUTRITION**

Cottage cheese is a type of cheese that you can find in the dairy section of most grocery stores and has recently gained popularity as an addition to recipes. Cottage cheese is considered a fresh cheese because it doesn't go through an aging process like other cheeses. It looks soft, white, and creamy and has a mild, slightly tangy flavor.

You might wonder why cottage cheese has a chunky texture. The process of making cottage cheese involves adding an acid, like vinegar, to warm milk. This acid makes the milk curdle, which means it separates into lumps called curds. These curds give cottage cheese its lumpy appearance. You can find cottage cheese with small or large curds at the store, and it's usually affordable. It has a shelf life in the refrigerator similar to milk and yogurt.

Cottage cheese is becoming popular as a source of protein in people's diets. Just half a cup of cottage cheese has 12 grams of protein, which is similar to the protein in two scrambled eggs. This protein can help balance your blood sugar and support muscle development. Besides protein, cottage cheese also provides other important nutrients that support good health. It has phosphorous and calcium, which help keep your bones healthy. Additionally, cottage cheese may contain probiotics, which are good for your gut.

If you don't like cottage cheese, there are still ways to get the nutritional benefits without the taste or texture. You can blend cottage cheese with other foods to make it smoother and hide the flavor. For example, if you are making pasta, you can blend cottage cheese with ricotta cheese to make a creamy sauce that's packed with protein. There are many other ways to include cottage cheese in your diet, such as adding it to smoothies with fruits and vegetables, using it as a dip or topping for toast, combining it with bold flavors like tomatoes or pineapple, mixing it into pancake or waffle batter, or whisking it into eggs before you scramble them.

It's important to know that cottage cheese contains lactose, so if you're lactose intolerant, be careful. Also, it's best to choose cottage cheese with low added sugar and low to no sodium, if possible. If it is not already on the list, consider whether you want to add cottage cheese to your next grocery list before you head to the store.

## Reference:

Cottage Cheese Health Benefits & Nutrition Facts: American Dairy Association NE. (2023). Retrieved from <https://www.americandairy.com/health-wellness/benefits-of-dairy/cottage-cheese/#:~:text=Nutrition%20Profile,calcium%2C%20and%20vitamin%20B12>

# Cranberry-Orange Relish

**MAKES: 2.5 CUPS**

**SOURCE:** OREGON STATE UNIVERSITY EXTENSION,  
FOODHERO.ORG

## Ingredients:

- 1 medium orange (any type)
- 12 ounces cranberries (fresh or frozen)
- $\frac{1}{3}$  cup sugar
- $\frac{1}{8}$  teaspoon cinnamon



## Directions:

1. Wash hands with soap and water.
2. Remove the colored outside peel of the orange (known as zest) with a grater. Peel and section the orange.
3. Put the orange zest, orange sections, cranberries, sugar and cinnamon in a food processor or blender. Pulse until chopped into small pieces.
4. Move the mixture to a bowl and chill in the refrigerator for at least 2 hours before serving.
5. Refrigerate leftovers within 2 hours.

## Notes:

- Serve with roasted meats, sandwiches or quesadillas. Use as a topping for yogurt, pancakes or hot cereal.
- Try other spices such as nutmeg or cardamom.
- If using frozen cranberries, let them thaw about 5 minutes before chopping.

# May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
		State Meeting	State Meeting	State Meeting		
12	13	14	15	16	17	18
	Quilt Guild 8 a.m. Floral Arranging Class 5:30 p.m.	Sunset Club 6 p.m.		LCA Area MTG Adair County 9 a.m.		
19	20	21	22	23	24	25
	Cooking the Calendar 5 p.m. Homemakers by Heart 6 p.m.	Hook and Cook 5:30 p.m.		Homemakers on the Go 10 a.m. Hook and Cook 5:30 p.m.	Hook and Cook 5:30 p.m.	
26	27	28	29	30	31	
	<b>Memorial Day</b>	Crafty Bees 5:30 p.m.		Back to the Basics: Cast Iron Cooking Wayne County		





# Cooking through the Calendar

## Taco Pie

Free recipe demonstration & sampling

When: May 20, 2024 at 5:00 p.m.

Where: Russell County Extension Office  
2688 South Highway 127  
Russell Springs, KY 42642

Please RSVP by calling 270-866-4477  
by May 13, 2024.

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



Disabilities  
accommodated  
with prior notification.

# Canning Series: Hot Water Bath Canning Jelly and Jam

**JUNE 10TH @ 5:30 PM**

**\$ 10 Fee for Blue Ball  
Book (Optional)**

Come learn how hot water bath canning with the Russell County Extension Office. **Space is limited**, call 270-866-4477 to RSVP!



Deadline to register is **June 3rd**. Space is limited!

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# Canning Series: Hot Water Bath Canning Salsa & Stewed Tomatoes

**JUNE 24TH @ 10:00 AM**

**\$ 10 Fee for Blue  
Ball Book  
(Optional)**

Come learn hot water bath canning with the Russell County Extension Office. **Space is limited**, call 270-866-4477 to RSVP!

Deadline to register is **June 17th**



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# Canning Series: Pressure Canning Vegetable Soup

**JULY 20TH @ 10:00 AM**

**\$ 10 Fee for Blue  
Ball Book  
(Optional)**

Come learn pressure canning with the Russell County Extension Office. **Space is limited**, call 270-866-4477 to RSVP!

Deadline to register is **July 8th**. Space is limited!

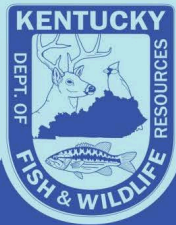


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# HOOK

and

# COOK

HARVEST YOUR OWN LOCAL MEAT

## ***HOOK AND COOK***

*Learn the basics of fishing, including rod and reel setup and fish cleaning. This class is held at the Russell County Cooperative Extension Office.*

**Russell Springs, KY**

**May 21st**

**May 23rd**

**May 24th**

*\* participants should plan to attend at least two of the three sessions*

### Event Details

*Russell Co. Coop. Extension Office*

*2688 South HWY 127*

*Russell Springs, KY 42642*

*All sessions: 5:30 p.m.— 8:30 p.m.*  
*(CST)*

To sign up for this event scan this QR code with the camera on your smart device.



More info: [Easton.Copley@ky.gov](mailto:Easton.Copley@ky.gov) or 502-330-1411

<http://app.fw.ky.gov/eventregistration/startpage.aspx?REGID=388>



YouTube