

FAMILY & CONSUMER SCIENCES

Muhlenberg County Newsletter

**Cooperative
Extension Service**
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March 2013

Dear Homemakers,

March is here! Spring is coming. Time changes for us on March 10. This is the month we also celebrate St. Patrick's Day, Palm Sunday, Easter, National Nutrition Month, colon cancer month, consumer protection week, and this list goes on.

Happy Spring! Enjoy each day as the beauty of the earth unfolds.



Sincerely,



Laura Holt

County Extension Agent
for Family & Consumer Sciences

- March 19 - Homemaker's Military Celebration committee meets, 8:30, office; Imitation Club meets, 11:00; Neighborhood Club meets 6 p.m.; *Home is Where the Health Is*, Bremen Elementary, 5-7
- March 20 - Forever Young Club meets 10 a.m.
- March 21 - Homemaker Council, 9:30, office
- March 25 - Travel Safety Lesson, 10:00, office
- April 9 - Exchange with Butler County, office
- April 9, 16, 23, 30 - Diabetes classes, 4:30-6:30, office
- April 15 - Deadline for Spring Seminar and Sew Simple
- April 25 - Fashion Frenzy, Princeton
- April 26 - Spring Trip to Paducah

Calendar:

- March 1 - Homemaker Exchange committee, 9:00, office
- March 4 - *Don't Let Falls Get You Down*, 5:00, office
- March 7 - Apron Friends, 10:00
- March 12 - Arts Council, 5:30, office; Graham Club meets
- March 13 - Harmonizers Club meets, 10 a.m.
- March 14 - Coupon Exchange, 6:30, office

Cultural Arts Day

Muhlenberg County Homemakers will be represented at our State Cultural Arts contest in the scrapbooking category by Linda Dukes and JoNell Mallay. Both ladies received a blue ribbon at the area cultural arts day on February 19th. Thank you to Martha Hargrove, Shelba Gibson, Becky Chaney, JoNell Mallay and Linda Dukes for sending entries for judging. Also, thanks to Martha and Paula for working while the exhibits were open to viewing.

Fashion Frenzy

Pennyriple Area Homemakers will host a *Fashion Frenzy* spring seminar on Thursday, April 25 at the Research and Education Center in Princeton, KY. Mary Kate Ridgeway, who is retired from the University of Tennessee Extension, will talk about wearing your personal colors. Other speakers will be featured throughout the day. The registration fee is \$12 which includes lunch. Brochures are available at the Extension office. The deadline for registering is April 15.

Spring Trip

We have a few seats left on the bus for our spring trip to the Quilt Show in Paducah on April 26. The cost of the trip, \$76, includes transportation, admission, and dinner. March 15 is the deadline so act fast if you would like to attend.

Sew Simple Workshop

Pennyriple Area Master Clothing Volunteers will host a *Sew Simple Workshop* on April 30 from 9 a.m. to 3 p.m. at the Muhlenberg County Extension office. The two projects for the day are a tie purse and a lollipop bag. The purse is made from a man's tie and the small bags are just the right size for cosmetics, manicure supplies or anything you want at your finger tips. Registration is due by April 15 to the Extension office along with the registration fee of \$12. A supply list will be give when you register.

KEHA Newsletter

Be watching your mail box for the KEHA newsletter. It is full of information about the upcoming state meeting to be held in Lexington May 6-9. You can also find this information at www.KEHA.org.

The Fair is Coming!

The Muhlenberg County Fair will be June 4-8. You can go on our county web page to start planning your entries. The site is <http://muhlenberg.ca.uky.edu/CountyFair>.

Quilt Squares for KEHA

KEHA invites members to share their creativity through the design of a 10-inch square quilt block. The blocks will be entered into a context at the KEHA state meeting and sold to raise funds for the organization. Learn more about this opportunity at www.keha.org in the KEHA State Meeting information section or contact the office.

March is

National Colorectal Cancer Awareness Month

March is National Colorectal Cancer Awareness Month and for good reason. Colon cancer is the second leading cancer killer in the U.S. Since early colon cancer usually has no symptoms, it is recommended that everyone age 50 and over be screened. Those at higher risk may need to be screened earlier and more often. Regular screening could prevent at least 60% of deaths from this cancer.

9 Ways to Be a Great Team Member

1. Set the example - focus on being your best every day. When you do this you'll raise the standards and performance of everyone around you.
2. Use your strengths to help the team - use your gifts and talents to contribute to the team's vision and goals.
3. Share positive contagious energy - you can be a germ or Vitamin C. Remember, negativity is toxic.
4. Know and live the magic ratio - have more positive interactions than negative interactions. 3:1 is the ratio to remember. Create more positive interactions. Praise more. Encourage more. Appreciate more. Smile more. High-five more. Recognize more. Energize more.
5. Put the team first - great team members put the team first, working, developing and serving the team.
6. Build relationships - relationships are the foundation.
7. Trust and be trusted - Trust is earned through integrity, consistency, honesty, transparency, vulnerability and dependability. Trust is everything.

8. Hold them accountable - great team members hold each other accountable.
9. Be humble - willing to learn, improve and get better.

From Jon Gordon, Positive Tip: 9 Ways to Be a Great Team Member

Gardening in Small Spaces: Growing More in Less Space

Even though outdoor temperatures are still bitter and wintry, it's never too early to start planning your garden. When you imagine a garden, do you picture a large space planted with low neat rows? This type of conventional garden has been popular for many years, however because of the space required, it often isn't practical for those living on small lots or in townhomes, condominiums or apartments. If you find that you don't have the space or time to care for a conventional garden, you might consider a raised bed or a container garden. Raised bed gardens are typically constructed 6 to 8 inches off the ground. A frame used to support the soil can be made from materials such as wood, stone, concrete blocks or bricks. The soil can also be mounded up without the use of a frame. For container gardens, the type and size of container you use will largely depend on the type of plant being grown. Containers can be as simple as a plastic pot or hanging basket. Both raised bed and container gardens offer the benefit of gardening in a limited space. For more information download the free online publications below or contact your local Extension office.

Gardening in Small Spaces:

<http://www.ca.uky.edu/enri/gardening/smspacegardening.pdf>

Home Vegetable Gardening in Kentucky:

<http://www.ca.uky.edu/agc/pubs/id/id128/id128.pdf>

Vegetable Cultivars for Kentucky Gardens:

<http://www.ca.uky.edu/agc/pubs/id/id133/id133.pdf>

Source: Ashley Osborne, Extension Associate for Environmental and Natural Resource Issues, University of Kentucky, College of Agriculture

Reduce Junk Mail

Tired of sorting through piles of unwanted mail? Catalogs, credit card offers and advertisements can be useful and informative in some cases, but often many consider some or all of it junk mail. Here are a few simple steps to shrink the pile of unwelcome mail you receive in your mailbox:

- Reduce direct mail and catalogs. Several free online services are available to help you reduce direct mailings (such as credit card offers, donation requests, bank offers, etc.) catalogs and circulars.
- Catalog Choice is a free online service that allows you to opt out of catalogs, circulars, credit card offers, etc. Visit www.catalogchoice.org and create an account. Search for catalogs and other mailings by company name. Opt out of mailings you do not want to receive. Catalog Choice will submit your request to the company. You can track the status of your request on your account.
- DMAchoice is a free online tool developed by the Direct Marketing Association. Go online to www.dmachoice.org and set up an account. Manage your mail by selecting a category (credit offers, magazines offers or catalogs). After you have selected a category, you can manage the mail you receive by choosing to stop (or start) receiving mail from companies one at a time or choosing to stop (or start) receiving mail for that entire category.
- With the use of smart phones and the Internet, many find that they don't need or use phone books very often. The National Yellow Pages Consumer Choice and Opt-Out site allows individuals to opt-out of receiving phone books. Register online at <https://www.yellowpagesoptout.com/>. Choose which directories you would like to receive or not receive. You can also choose to opt-out of all directories.
- In addition to these online resources, remember to think before giving your name, phone number, or mailing address. Many

times contests and free offers will utilize your information for their mailing lists.

- Reducing unwanted mail de-clutters our homes, reduces the amount of waste that enters our landfills and saves natural resources (trees, water and energy) used to produce mailings. Each year over 50 percent of the junk mail we receive is discarded rather than recycled, resulting in over 3 million tons of waste annually. Even if you choose not to reduce the amount of mail you receive, remember to recycle mail when possible.

For more information about recycling programs in Muhlenberg County contact the County Extension Office of County Judge's Office.

Source: Ashley Osborne, Extension Associate for Environmental and Natural Resource Issues, University of Kentucky College of Agriculture

Recipes

Easy Sweet-and-Sour Chicken

- 2 ½ pounds boneless, skinless chicken
- 1 (20-ounce) can pineapple chunks
- 1 (8-ounce) bottle low-fat creamy French salad dressing
- 1 envelope dry onion soup mix
- 2 green bell peppers, cut into thin strips
- 1 tablespoon cornstarch (optional)
- 1 tablespoon water (optional)

Place the chicken in a slow cooker. Drain the pineapple, reserving the juice. Combine the reserved pineapple juice, salad dressing and onion soup mix in a bowl and mix well. Pour over the chicken. Cook, covered, on Low for 6 to 7 hours or on High for 3 to 4 hours. Add the pineapple and bell peppers. Cook for 20 minutes or until heated through. Arrange the chicken, pineapple and bell peppers on a large platter. Dissolve the cornstarch in the water in a small bowl. Stir into the juices in the slow cooker. Cook until slightly thickened, stirring constantly. Pour over the chicken.

Note: Red or yellow bell peppers may be used instead of green bell peppers, or tray a combination of each.

From: Living Well, More than a Cookbook

Country Ham and Broccoli Grits

- 1 tablespoon olive oil
- 1 pound fresh broccoli florets
- ½ cup minced onion
- ¾ teaspoon crushed red pepper flakes
- 2 cloves minced garlic
- 4 cups 1% milk
- 1 cup uncooked quick grits
- 1 cup 2% shredded cheddar cheese
- 6 ounces country ham, cut into ½ inch pieces
- 1 large egg, beaten
- Salt and pepper to taste

1. Preheat oven to 375°F. Coat 13x9x2 inch baking dish with cooking spray. Heat olive oil in a frying pan. Sauté broccoli, onion, garlic and red pepper flakes until vegetables are tender. About 5 minutes. Set aside.
2. Heat milk to a boil in a large saucepan. Slowly, whisk in grits. Reduce heat and stir continuously until thickened. Reserve 2 tablespoons of the cheese.
3. Remove from heat, stir in ham, broccoli mixture, cheese, egg, salt and pepper. Mix until well blended. Pour into prepared baking dish.
4. Sprinkle with reserved cheese. Bake uncovered for 30 minutes, or until top is set and lightly puffed.

Sources: Kentucky 4-H Country Ham Project; <http://www.ca.uky.edu/agcollege/4h/oldsite/RESOURCE/ham-main.htm>



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