

Powell County Extension News



Cooperative Extension Service
Powell County
169 Maple Street
Stanton, KY 40380
(606) 663-6405
powell.ca.uky.edu

December & January 2024

December & January at the Extension Office

December 10

Clay City Homemakers 11:00am

December 20

Homeschool Club 1:00pm

December 12

Homeschool Club 2:00pm

December 27

Date Night Cooking 7:00pm

December 13

Date Night Cooking 6:00pm

January 14

Clay City Homemakers 11:00am

December 19

Holiday Gift Workshop 5:00pm-7:00pm

January 16

Livestock Association 6:30pm

Follow Us on Social Media



Instagram [powell_extension](#)



Powell County Extension Service
Powell County 4-H
Powell County Nutrition Education Program
Powell County Farmers' Market
Powell County Livestock Association

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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Disabilities accommodated with prior notification.

FAMILY AND CONSUMER SCIENCES

Building strong families. Building Kentucky. It starts with us.



Kendyl Redding

Powell County Agent for Family & Consumer Sciences

Kendyl Redding

606-663-6405

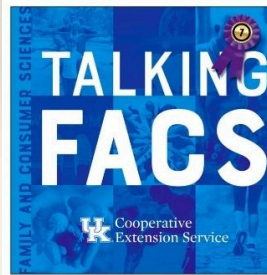
✉ Kendyl.Redding@uky.edu

▶ Powell County FCS Extension

🌐 powell.ca.uky.edu/fcs

#TalkingFACS

<https://ukfcs.ext.podbean.com>



Learn the facts with the Talking FACS podcast!

Talking FACS is a podcast offering research-based information on various topics, including addiction, aging, air quality, nutrition, cancer, career development, civic engagement, disaster recovery, family finance, food safety, mental health, parenting, and physical activity.

Partnerships with UK Healthcare's Markey Cancer Center and the UK College of Dentistry have inspired two spin-off shows, Cancer Conversations and KY Smiles, which are both available on Talking FACS.



AVAILABLE ONLINE NOW

Homemaker Dues
should be turned in no
later than
Dec 15th!



Your name _____	0123
Date _____ 20__	
Pay to the order of <u>Powell County Homemakers</u> Ten _____ dollars	\$ 10.00
Memo <u>2025 Dues</u>	

Annual Dues = \$10.00

Date: _____

**Enrollment Form
for**

POWELL

County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home (____) _____ Work (____) _____

Cell (____) _____ Fax (____) _____

Birth year (*Optional*): _____

Race (*Optional – circle one*): White Black or African American
 Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (*Optional - circle one*): Hispanic Non-Hispanic

Gender (*Optional - circle one*): Female Male

Total years of membership: _____

I, (print full name) _____, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

Witness: _____ Date: _____

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2024

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: BEING A RESPONSIBLE CONSUMER OF INFORMATION

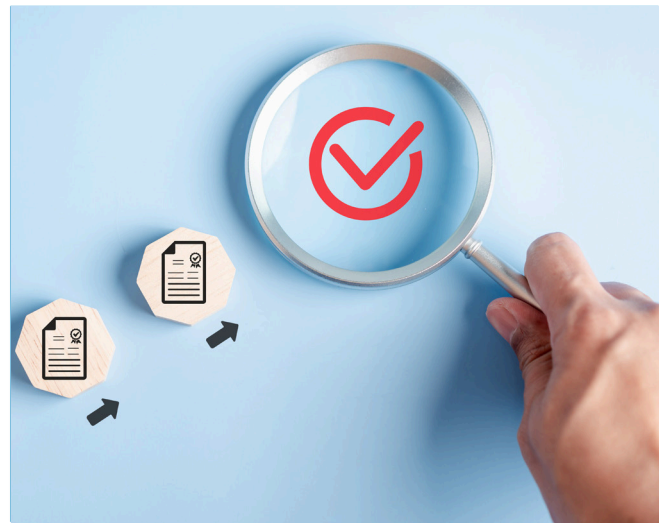
With the introduction of online sources for news and current events, the opportunity for misinformation has become a growing concern. When newspapers, radio, and television were the primary sources available for news, most providers recognized that their service was a “public good.” As such, they had a responsibility to verify the accuracy and reliability of their content. With more sources of information at your fingertips, accuracy sometimes becomes diluted or even nonexistent as anyone with an opinion, whether factual or not, can publish online.

GOING VIRAL

Just like viral infections start with tiny germs and spread quickly in your body to make you (and others) sick, viral stories use online hosts to make “copies” of the original post to spread it quickly. Within a very short time, many people might believe something to be true, just because they have seen it repeatedly. The accuracy of the information was not verified, even though it was shared millions of times.

STOPPING INTERNET “GERMS”

What can you do to prevent the spread of viral online “germs”? The News Literacy Project has



identified five key factors that you can apply to any story to weed out misinformation: authenticity, source, evidence, context, and reasoning.

First, ask yourself, does this even seem reasonable or credible? Is it **authentic**? If the headline and the story do not match, that is a red flag. If the story seems too outlandish to be true, that could be another reason to question whether it is true. Be aware that pictures, stories, videos, and even people’s voices can be manipulated through artificial intelligence (AI), so you should carefully evaluate everything you see and hear.



“IF IT SEEMS TOO GOOD TO BE TRUE, IT PROBABLY IS”



Second, is the **source** trustworthy? Most reliable news outlets are transparent with where they get their information. They also might publish their ethics policies. Check out a publication's sources and policies to see if you are comfortable with their ethical standards. No sources? Another red flag.

Third, is there **evidence** that supports any claims that were made? If statements are made without evidence, you should hesitate before believing them. Even if evidence is presented, follow up to see if the evidence is credible.

Next, does the **context** make sense? If things seem out of place or are in conflict, dig deeper. Remember, not all sources are reliable.

Finally, is it supported by solid **reasoning**? If the story goes against common sense, trust your instincts and question the story.

BUYER BEWARE

You can also apply these factors to financial consumer awareness. Consider **caveat emptor**. This Latin phrase means, “Let the buyer beware.” When you buy a good or service, it is your responsibility to do your

due diligence to ensure that you pay a fair price and get a good product. While we now have consumer protection agencies and laws that look out for consumers' best interests, applying the five factors of misinformation can save you lots of time, money, and aggravation.

Various types of **scams and frauds** from “bait and switch” to “phishing scams” (addressed in previous MONEYWIS\$E newsletters) might be more easily recognized if you consider the misinformation factors. Looking at anything you “consume” (from news to purchases) with a critical eye will help you better recognize scams and fraud. The old adage, “If it seems too good to be true, it probably is,” holds water. Contact your local FCS agent for more information on becoming an informed consumer.

RESOURCES

American Psychological Association. <https://www.apa.org/topics/journalism-facts/misinformation-interventions>

News Literacy Project. <https://newslit.org/>

The Role of Consumer Protection Agencies. https://fcs-hes.ca.uky.edu/files/moneywise_june_2024.pdf

Written by: Melinda McCulley, Extension Specialist for Instructional Support

Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



Become a fan of MONEYWIS\$E on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)

December

Date Night Cooking

6:00 - 8:00 PM

Friday **13** December

Powell County Extension Office

Registration required!
Space is limited.

Children under 18 must
be accompanied by an
adult.



REGISTER



ADULT

HEALTH BULLETIN



DECEMBER 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC

AVOID WINTER HEALTH RISKS



As winter approaches, temperatures continue to fall and daylight hours diminish. For many, it seems like there are more tasks to complete and less time to complete them. It is easy to understand how keeping up with your health can be tricky this time of year. Research has shown that illnesses increase in the winter, as do injuries related to the cold. There are many things people can do to prioritize their health that do not take lots of extra time, money, or effort.

People spend more time indoors during this time of year, escaping bad weather and attending gatherings with family and friends. Here's how you can protect yourself from extra germs:

- Get a flu shot at least 2 weeks before big gatherings,
- Talk to your doctor about vaccines to protect against RSV, pneumococcal disease, and pneumonia,
- Wash your hands when you get home, every time,

Continued on the next page ➔



Cooperative Extension Service

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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 Disabilities accommodated with prior notification.

**Cough or sneeze
into the crook
of your elbow,
instead of your hands.**



→ Continued from the previous page

- Add a small container of hand sanitizer to your vehicle or purse, and/or
- Cough or sneeze into the crook of your elbow, instead of your hands.

In the winter, the air is often drier, which can cause problems for people's skin. You can test the level of moisture in your home with a hygrometer, or air moisture meter. If dry air affects you, try these things:

- Use skin moisturizer with an oil base to prevent evaporation.
- Avoid hot showers; try lukewarm water instead.
- Use a humidifier inside to replace moisture in the air.

People are often home more during cold months as well. While we want our homes to provide warmth and comfort to our loved ones, we do not want to harbor disease. Remind all household members to pitch in and help keep your home healthy:

- Clean high-touch surfaces (door knobs, countertops, handles, and remotes) on a regular basis with a disinfecting cleaner.
- Do not share items for eating like utensils or cups, or personal care items like toothbrushes, face towels, or washcloths.
- Keep your distance from family members who are sick, and wash your hands frequently if you are caregiving for a sick family member.

Extreme cold, snow, and ice can cause extra health concerns. Plan ahead and be prepared for worsening weather conditions:

- Dress for the weather — keep gloves and a hat with your coat.
- Pace yourself with outdoor chores in the cold.
- Wear shoes with grips or thick tread in the snow and ice.
- Keep a blanket and hand warmers in your vehicle for emergencies.

Older adults and young children in particular are at a greater risk for hypothermia, when body temperature gets too low. As people age, bodies become less able to regulate temperature and retain heat. Even temperatures well above freezing can cause hypothermia for some people. Signs of hypothermia include blue or purple lips, fingers or toes, and stiffness in the neck, arms, and legs. Call 911 if you suspect someone is suffering from hypothermia.

REFERENCE:

How does cold weather affect your health? Harvard Health. (2014, November 13). <https://www.health.harvard.edu/staying-healthy/how-does-cold-weather-affect-your-health>

**ADULT
HEALTH BULLETIN**

Written by: Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: Adobe Stock





Bingo + Exercise = Bingocize®

BINGOCIZE® is a health promotion program that combines the game of bingo with fall prevention exercise. Come play bingo and meet new people while learning about techniques to reduce falls.

**WHEN: Every Monday
(Beginning Nov 4th)**

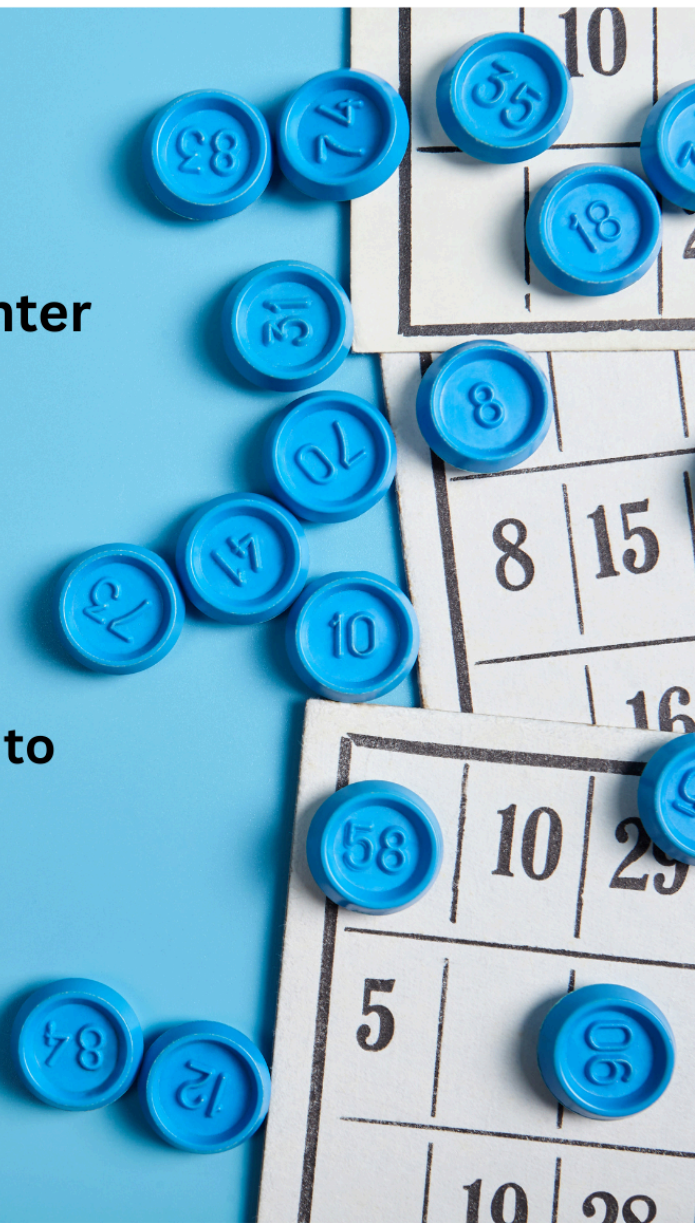
WHERE: Stanton Senior Citizen Center

TIME: 10:00 a.m.- 11:00 a.m.

**Call the Powell Co. Extension Office to
register at 606-663-6405**



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



Kentucky Sweet Potato

SEASON: All year—peak season is October through March.

NUTRITION FACTS: Sweet Potatoes are a good source of fiber, complex carbohydrates and vitamins A and C.

SELECTION: Two varieties of sweet potatoes are grown in Kentucky. The pale sweet potato has a light yellow skin and pale yellow flesh that is dry and crumbly. The darker variety has a dark skin and orange sweet flesh that cooks up moist. Choose small to medium-sized ones with smooth, unbruised skin.

STORAGE: Store unwrapped in a cool (50 degree) dry, dark place with good ventilation for up to 2 months or at room temperature for 2 weeks.

PREPARATION: Scrub well. Leave whole or peel, then slice, dice or shred.

Baking: Pierce skin in several places and rub with

Source: www.fruitsandveggiesmatter.gov

margarine if desired. Arrange in a single layer and bake uncovered in a 375° F oven until soft when squeezed (45-60 minutes.)

Boiling: In a 3-quart pan, boil 4 whole medium-size potatoes, covered in 2 inches water until tender when pierced. Drain.

Microwaving: Pierce skin, place on a paper towel in microwave. If cooking more than 2 at a time, arrange like spokes. Microwave on high, turning halfway through cooking time. Allow 4-5 minutes for one potato.

SWEET POTATOES

Kentucky Proud Project

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

OCTOBER 2012

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COOPERATIVE
EXTENSION
SERVICE



Nutty Sweet Potato Biscuits

1 cup all-purpose flour
1/3 cup whole wheat flour
1 1/2 teaspoons baking powder
1/2 teaspoon salt

1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/3 cup chopped walnuts
1 cup mashed sweet

potatoes
6 tablespoons sugar
1/4 cup butter, melted
1/2 teaspoon vanilla
1 tablespoon milk

1. In a large mixing bowl, **combine** flours, baking powder, salt, cinnamon, nutmeg and walnuts. **Set** aside.
2. **Combine** sweet potatoes, sugar, butter, vanilla and milk; **add** to flour mixture and mix well.

3. **Turn out** onto a floured surface; gently **knead** 3 or 4 times. **Roll** dough into 1/2 inch thickness. **Cut** with a 2 inch biscuit cutter and **place** on a lightly greased baking sheet.
4. **Bake** at 450°F for 12 minutes or until

golden brown.

Yield: 18 biscuits

Nutritional Analysis: 4 g fat, 2 g saturated fat, 5 mg cholesterol, 210 mg sodium, 14 g carbohydrate, 1 g fiber, 4 g sugar, 2 g protein.



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



Planning Holiday Meals on a Thrifty Budget

Planning a holiday meal on a budget starts weeks and sometimes months in advance. There are several strategies that can help you spend less while having a delicious meal your family will enjoy. By planning ahead, you will feel less stressed about the extra cost of the holiday meal when the time comes to celebrate.

Plan meals within your budget

Do not get hung up on typical foods you are supposed to have on certain holidays. Holiday meals should be about what each family likes and enjoys. Consider the recipes and foods that are important to your family. Are there certain proteins, casseroles, salads, or desserts that are often part of your family celebrations? Use these recipes in your menu plan to honor your family traditions.

Choose foods that are within your budget. The biggest cost for a holiday meal is usually the main dish meat. Planning for this large cost will make it easier to enjoy the meal with your family. Watch grocery ads and buy meat when you find it on sale and freeze until needed. If the price of a large cut of meat is too much for your budget, think about other choices your family might enjoy. Maybe a turkey is outside your budget. Instead, roast a turkey breast or whole chicken. Or make a chicken and dressing

casserole. The flavors will be like turkey and dressing at a lower cost.

Use fresh fruits and vegetables when they are in season or on sale. Choose canned or frozen fruits and vegetables for out-of-season times. Serve “plain” vegetables rather than “fancy” ones. For example, serve green beans instead of green bean casserole. This will cut down on costs and even save you some time in the kitchen.



Be flexible about vegetable side dishes to get more savings. For example, if you want to serve a salad and the recipe calls for spinach but romaine lettuce is cheaper, you can easily substitute the lettuce for the spinach without compromising the taste or outcome of the recipe. Or if you want to serve a green vegetable but do not prefer a certain kind, then choose the cheapest option. For example, fresh asparagus might be tasty but if it is out of season and more costly, choose canned green beans instead.

Think about how to stretch the holiday meal with lower-cost foods. Try low-cost foods like potatoes; whole grains such as pasta or rice; dried beans, peas, or lentils; or bread.

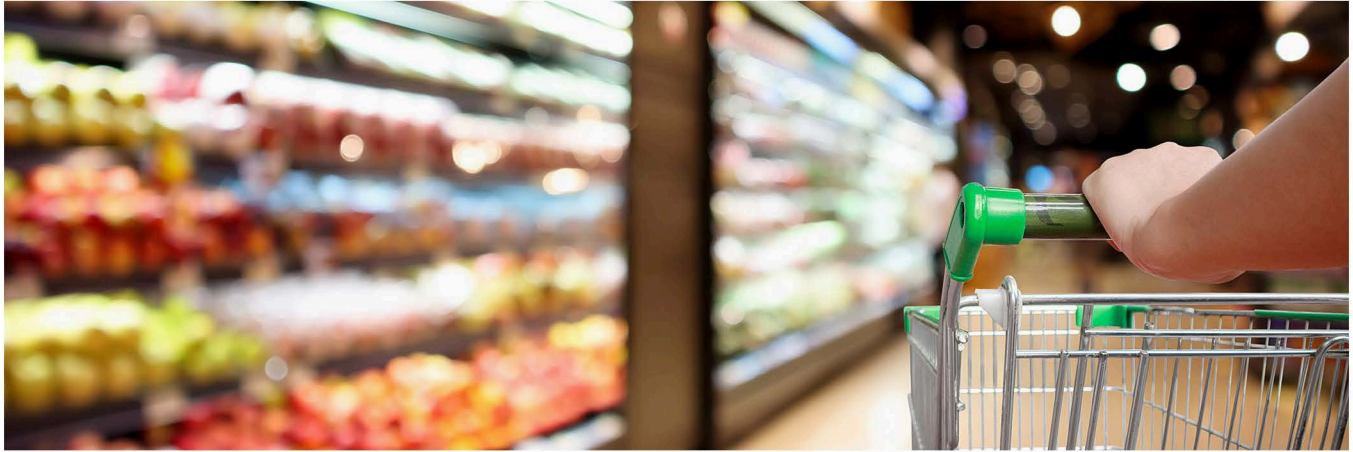
Check your cupboards, pantry, refrigerator, and freezer for food that you already have. A holiday meal might be a chance to use up that frozen casserole you have been saving for a “special occasion” or the

bag of dried lentils you have not known how to use. What can you prepare that features some of the foods you have on hand?

Make smart beverage choices. Soft drinks, juice drinks, sports drinks, and other sweet drinks can be expensive and usually contain a lot of added sugars. Instead, serve tap water. Water is affordable and the best way to quench everyone’s thirst. If you want to make it special, serve it with lemon or other fruit slices.

To help lower your costs for holiday meals, ask guests to bring an item or two. If someone asks what you need, look at your menu plan and give them a dish from your list. If they offer to bring something that’s not on your menu, mark off something similar from your list to cut down on your workload and reduce food waste. Even those not as skilled in the kitchen can help by bringing rolls, drinks, or paper products.





Use these tips to complete the meal planning worksheet. This will help you plan a well-rounded meal that is within your budget.

Budgeting for the big meal

Budgeting for a large meal means thinking ahead and planning for weeks and sometimes months beforehand so the financial burden is not so great at one time.

If possible, save \$5 or more each week for a month or two. In two months, you will have money saved to help buy the turkey, ham, or other ingredients you choose. For example, if you save \$5 a week for eight weeks, that is \$40 you can put toward your holiday meal. When you have a tight budget, it might seem hard to set aside money at the time. Look for ways to free up \$5 a week from your current spending habits, like skipping a drive-through meal or vending machine purchase.

Check store flyers for sale prices. Pay attention to sale prices and stock up on foods when they are at their cheapest. Buy store-brand items when possible. Often store brands are cheaper. Set aside the items until it is time to prepare for the holiday.

Shopping lists save time, money, and trips to the grocery store. Use a menu planner and recipes to make a shopping list for your holiday meal. Compare store prices to find the best value for the items on

your shopping list. Shopping around can take more time, but it is often worth it to save money. Many larger stores list their groceries and prices online. When it is available, check store websites to compare prices. This will save you time and money on gas going from store to store. Also, use store loyalty programs and coupons to lower food costs.

The 5-trip budget shopping method

Below is a system for shopping on a budget that can help you spread out items for the holiday meal over five shopping trips.

Shopping trip 1: Canned foods

Canned goods are shelf stable and keep for a while. They can be some of the first things you buy for your holiday meal. Canned foods often cost less and are easy to use. Some canned foods are preferred over fresh. Stock up on no-salt-added canned vegetables, fruit canned in juice or water, fruit fillings, soups, canned milk, etc. Set them aside for the holiday meal.

Shopping trip 2: Dry ingredients

For the next shopping trip, focus on non-perishable dry ingredients. Think about flour, sugars, baking powder, baking soda, cornmeal, dried fruits, baking chips, breadcrumbs, pasta, rice, shelf stable pie crusts,

condiments, nuts, oils, cooking sprays, and other items you will need. If you have some of the needed ingredients on hand, you still may need to buy more for the holiday meal if you will be using them in the meantime.

Shopping trip 3: Flavor ingredients

Ingredients that add flavor can be some of the higher-priced items on your shopping list. Be sure to see what you have on hand before adding these items to your shopping list. There is no need to buy costly items you do not need. Flavor ingredients to buy might be spices, herbs, vinegars, garlic, or flavorings like vanilla extract.

Shopping trip 4: Frozen foods

Buying frozen foods can be tricky. You must have enough freezer space to allow you to buy what you need. Leading up to a holiday meal, make some extra freezer space. Use up some of what you have in the freezer to make room for needed ingredients and leftovers after the holiday meal. Using frozen foods in your holiday meal can be another way to save money. Most of the time, frozen vegetables and fruits cost less than fresh foods and are equal in quality. Other frozen foods to think about are breads, desserts, juices, and meats.

Shopping trip 5: Perishable ingredients

You should buy perishable or fresh ingredients within a few days of the holiday meal. These items do not have a long shelf life. Fresh fruits and vegetables, milk and dairy products, meat or poultry, eggs, breads, and bakery items are all perishable ingredients. Look over fresh produce and choose foods without any bruises or blemishes. If you cut

away bad spots or throw away part of the food, you are throwing away money. Depending on the time of year, check the local farmer's market to buy the freshest fruits and vegetables from your community.

In addition to perishable ingredients, recheck your recipes and supplies to make sure you have everything you need for cooking. You do not want to find out on the day of the holiday that you are missing important ingredients or cooking supplies.

Use the shopping lists worksheet to plan what you need to buy.

By planning early, you can spread out spending and help manage the financial cost of holiday meals.

References

- Kurzynske, J., & May, R. (1999). *Plan now, party later*. University of Kentucky Cooperative Extension, Let's Get Foodwise.
- More in My Basket. (2021). *Getting ahead of the holiday meal cost*. North Carolina State University MoreFood Blog. Retrieved February 16, 2023 from <https://www.morefood.org/category/getting-ahead-of-the-holiday-meal-cost>
- Nordlund, J., Haggemiller, M., & Shroeder, M. (2021). *Holiday food on a budget*. University of Minnesota Extension. Retrieved August 7, 2023 from <https://extension.umn.edu/save-money-food/holiday-food-budget>

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Seasonal CRD Preparedness Tips December: Online Safety Preparedness

This holiday season is a time for gift buying and gift wrapping for loved ones. Make sure you are up to date on the latest online safety for purchases made online. See the tips below for decide, password, privacy, and credit card safety:



•Phishing emails are common around the holidays

•These emails look like they are from retails (see picture attached)

■Don't click links, download attachments, or provide personal information

•Make sure your information is being encrypted.

•Many sites use a secure sockets layer (SSL) to encrypt information.

•Your information is encrypted by using the URL "https:" instead of "http:"

■This will also include a closed padlock (encrypted information)

Tip #1: Check Your Devices:

•Ensure software is upto-date (includes: phones, electronics, toys, etc.)

•Enable auto-updates

•Change the default password on devices

•Use different and complex passwords, along with two-factor authentication

•Check your device's privacy and security

•Know how your information is used/stored,

•Check if you are sharing more information than you want to provide

Tip #2: Only Shop Through Trusted Sources

•Don't connect to unsecure public Wi-Fi

•ESPECIALLY when online shopping or banking

•Ensure your website is a reputable, established vendor before making purchases

•Always verify the legitimacy before supplying any information

Tip #3: Use Safe Methods For Purchases

•Use a credit card as opposed to a debit card

•There are laws to limit your liability for fraudulent credit card charges,

■Debit cards may not have the same level of protection

•Debit cards draw money directly from your bank

■Unauthorized charges could leave you with insufficient funds to pay bills

•Check your credit card and bank statements for any fraudulent charges

•If you receive a suspicious email may be a phishing scam, you can report it:• <https://www.us-cert.gov/report-phishing>

Source:

https://www.cisa.gov/sites/default/files/publications/Holiday%2520Online%2520Safety_tip%2520sheets_2020-v5-DW_508%2520pobs.pdf



Supplemental Nutrition Assistance Program



April Tipton

Powell County NEP Program
Assistant Senior






-  606-663-6405
-  april.tipton28@uky.edu
-  Powell County Nutrition Education



HOW DO THE FRUITS AND VEGETABLES IN YOUR MEALS ADD UP?




Remember that most moderately active 10-year-old children need 1½ cups of fruit and 2½ cups of vegetables each day. Your child might need more or less.

VEGETABLES:

 +
  +
  +
  +
  = **2-1/2 CUPS VEGETABLES**

1/2 cup baby carrots 1/2 cup sweet potato fries 1/2 cup baked beans 1/2 cup broccoli 1/2 cup tomato sauce

FRUITS:

 +
  +
  = **1-1/2 CUPS FRUIT**

1/2 cup berries 1/2 cup orange juice 1/2 cup grapes

GOOD NEWS! Schools are now required to offer at least 1/2 cup of fruit and 3/4 cup of vegetables in school lunches.*

*Provided under the National School Lunch Program for grades K-8.





Slow Cooker Navy Bean Soup

- 1 pound dried navy beans
- 1 smoked ham hock
- 2 medium carrots, diced
- 3 medium stalks celery, diced
- 5 cups low-sodium chicken broth
- 2 tablespoons salt-free garlic and herb seasoning
- 2 bay leaves
- 1 teaspoon salt

Soaking:

1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
2. Rinse and sort beans, removing dirt, rocks, and other debris that might be present. Choose from the quick soak or overnight soak methods below:

Quick soak: Place the beans in a pot large enough for them to double in size. Add 6 cups of water for every 2 cups of dry beans. Next place the pot on medium-high heat and bring to a boil. Boil beans for 2 to 3 minutes in uncovered pan. Remove from heat. Cover pan and let soak for 1 hour before cooking.

Overnight soak: Place the beans in a pot large enough for them to double in size. Add enough water to have at least 1 inch over the beans. Cover and refrigerate 8 hours or overnight.

Cooking:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.



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

3. Rinse and drain the soaked beans and place them in the bottom of a large (7- to 8-quart) slow cooker. Add the ham hock, carrots, celery, chicken broth, seasoning, and bay leaves.
4. Cover with lid and cook on low for 7 to 9 hours or high for 4 to 5 hours, until the beans are tender. Add salt.
5. Remove ham hock and bay leaves from soup. Separate the meat from the skin and bone of the ham hock. Chop meat and return it to the soup. Discard the bone, skin, and bay leaves.
6. Refrigerate leftovers within 2 hours.

Note: Substitute ham hock with 2 cups diced ham or a leftover ham bone.

Makes 12 servings
 Serving size: 1 cup
 Cost per recipe: \$7.18
 Cost per serving: \$0.60

Nutrition facts per serving:
 220 calories; 5g total fat; 4.5g saturated fat; 0g trans fat; 25mg cholesterol; 540mg sodium; 28g total carbohydrate; 6g dietary fiber; 2g total sugars; 0g added sugars; 19g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

Source:
 Jen Robinson, NEP Area Nutrition Agent; and Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service





TIPS & TRICKS

Slow Cooker Navy Bean Soup

Nutrition

- Navy beans are an economical source of protein, and even more economical when cooked from dry. It's easy to do, but it takes some time, which is why a slow cooker recipe works perfectly.
- Navy beans are in the protein group. The Dietary Guidelines for Americans recommends eating more dry beans, peas, and lentils for protein. Like vegetables, beans, peas, and lentils are excellent sources of fiber, folate, and potassium. And like protein foods, they are excellent sources of plant protein, also providing iron and zinc.
- When possible, it is best to buy low-sodium or no-salt-added products. Notice this recipe uses low-sodium broth and salt-free seasoning. This recipe still includes table salt, which is far less than using full-salt alternatives for the broth and seasoning. The Dietary Guidelines for Americans recommends that Americans consume less than 2,300mg of sodium per day. This limit was made using evidence of the benefit of reducing sodium intake on cardiovascular risk and hypertension risk.

Cooking Tips

- Dried beans need to soak to soften the skin before cooking.
 - Soaked beans cook faster.
 - As beans soak, they absorb water. The water inside the beans helps the inside and outside of the bean to cook evenly.
 - Soaked beans are more likely to hold their shapes because they do not need to cook as long.

- Another benefit to soaking beans is that it helps reduce the digestive discomfort that is often associated with eating beans.
- Older beans take longer to cook than fresher beans. Do not mix the two.
- If you have not used bay leaves in cooking before, be sure to remove them before eating. Bay leaves are added in their whole, dried form for flavor. They will keep their shape throughout the cooking process, and you should remove them before serving.
- Many soups taste better the following day. Leftovers stored in the refrigerator are good for three to four days. Leftovers stored in the freezer are good for two to three months. Be sure to label and date foods stored in the freezer.
- You can substitute any dried bean for navy beans in this recipe. Cooking times might vary depending on the type of bean you use.
- **Note:** If using cooked dried beans as a substitute for canned beans, a 14.5-ounce can of beans is equivalent to about 1 ¾ cups cooked beans.
- When cooking in a slow cooker, avoid lifting the lid during the cooking process. The heat escapes and can result in less even cooking.



USDA
Supplemental
Nutrition
Assistance
Program

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





4-H Youth Development



Emilee Bryant

Powell County Agent for 4-H Youth Development

Emilee Bryant



606-663-6405



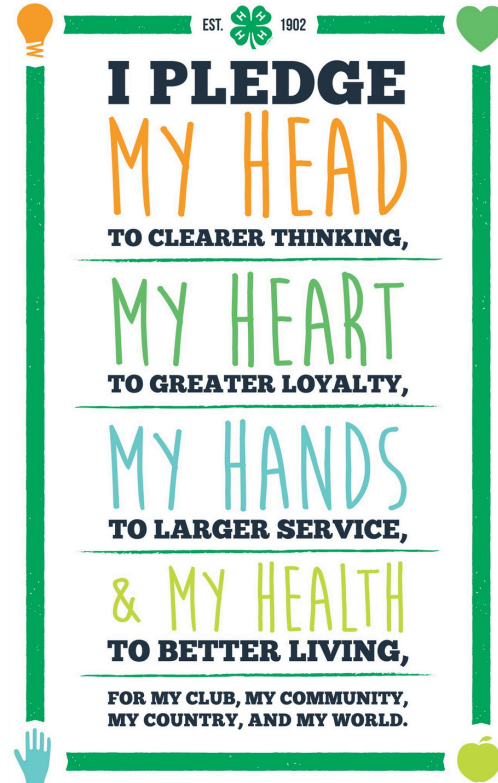
Emilee.Hager@uky.edu



Powell County 4-H



powell.ca.uky.edu/4H_Youth_Development



VOLUNTEERS NEEDED

Do you enjoy working with youth and have a skill you'd love to share? We are looking for 4-H Club Volunteers with a passion for:

- | | | |
|-----------|-----------------|----------|
| Cooking | Arts & Crafts | Outdoors |
| Gardening | Photography | Nature |
| Baking | Crochet | Fitness |
| Sewing | Shooting Sports | & more! |

Leading a club entails hosting meetings at the Powell County Extension Office for at least 6 educational hours with youth 5-18 (ages vary by club). Meeting dates and times will be scheduled to fit the club volunteers available time.

Contact Emilee at 606-663-6405 or emilee.hager@uky.edu if you are interested!





Handmade from the Heart

Thursday, December 19th 5:00 – 7:00 PM 169 Maple Street 40380

Join Powell County 4-H and FCS agents to create handmade holiday gifts for all the important adults in your life! Space is limited. Sign up online or contact the extension office at 606-663-6405.

Highlights:

- Youth ONLY, 5 - 18
- Participants will create 4 handmade items
- Dinner Provided
- Cost: \$5.00



Homeschool Club

2025 MEETING DATES

December 12th
December 20th
January 9th
January 23rd
February 13th
February 27th
March 13th
March 27th
April 10th
April 24th
May 8th
May 22nd



Youth 5-8

1 pm

Text @powell4h1 to 81010
to join our Remind group!

Youth 9-18

2 pm

Text @powell4h2 to 81010
to join our Remind group!



4-H COUNTRY HAM PROJECT

- 4-H members (9-18 years old) will receive 2 ham to cure: they will learn how to cure the ham and hang hams for 8 months.
- After hams are cured, youth are required to give a presentation on a specific topic related to country ham
- Youth are **REQUIRED** to give 3-5 minute presentation at the Kentucky State Fair on August 21, 2025
- Youth must get 6 hours of classroom instruction in order to compete at the State Fair. We will have monthly meetings at the Extension Office.
 - Hams will be hung and monitored

4-H YOUTH COST: \$20.00 includes 2 hams, cure mix & supplies

ADULT COST: \$50.00 includes 1 ham, cure mix, and supplies

Deadline to sign-up will be on Thursday, December 12, 2024

If any youth 9-18 years old are interested in signing up, please stop by the Extension office or call Extension Service at 606-663-6405 for more information.

Cash or checks made payable to Powell County 4-H

Cooperative Extension Service

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Martin-Gatton
College of Agriculture,
Food and Environment

Powell County 4-H Livestock Club End of Year Celebration

Join us for a dinner and presentation about
our 2024 Livestock Projects.

Call 663-6405 with any questions.



January 7th, 2025

6:00 PM

**Powell County
Extension Service
169 Maple Street**

Youth Investment Sponsors Needed

To help support the 4-H & FFA youth awards in the Powell Co. Livestock Projects, pay for expenses related to this Celebration Event and support the Powell Co. 4-H/FFA Livestock Programs in Powell Co.

Contact Emilee (4-H Agent) or Michaela Moreland (Club leader) if you would like to sponsor this year's youth livestock participants!



Birdwatching engages 4-H'ers year-round

4-H youth can still enjoy nature in cooler weather by watching and feeding birds, which can enhance outdoor experiences and backyard learning. Kentucky hosts a variety of colorful winter birds, such as cardinals and chickadees, that attract youth. Additionally, birds benefit backyards by aiding in flower pollination and naturally controlling pests by eating insects.

*Source: Laurie Thomas and Ashley Osborne
An Equal Opportunity Organization.*



Pinecone Bird Feeder

SUPPLIES:

- Pinecone
- Birdseed
- Curling ribbon
- Peanut butter (or alternative)
- popsicle sticks/ butter knives
- Plate

STEPS:

1. Put your pinecone on a plate watch out for prickles.
2. With the help of a grown up, use the popsicle stick/knife to spread peanut butter all over the pinecone.
3. Sprinkle the bird seed all over the pinecone, or pour seeds on the plate and roll the pinecone in the seeds.
4. Tie the ribbon to the top of the pinecone to hang outdoors.

*Source: 4-H at Home Activity Guide
An Equal Opportunity Organization.*

Agriculture and Natural Resources



Jason Vaughn

Powell County Agent for
Agriculture & Natural Resources

Jason Vaughn



606-663-6405



Jason.Vaughn@uky.edu



Powell County Livestock Producers



powell.ca.uky.edu/anr



Powell & Clark County Beekeepers

will meet **Monday, December 9th** at
6:30 p.m. at the
Clark County Extension Office Annex

A potluck dinner will be served.



UK Beef Management Webinar Series

Registration is necessary. To register, please send an email to dbullock@uky.edu with **Beef Webinar** in the subject line and your **name** and **county** in the message. You will receive the direct link with a password the morning of each meeting. This invitation will directly link you to the site and you will be asked for the password which can be found just below the link. Each session will be recorded and posted for later viewing. **All meeting times are 8:00pm ET/7:00pm CT.**

November 12, 2024

Shooting the Bull: Answering all your Beef Related Questions! – Updates and Roundtable discussion with UK Specialists

December 10, 2024

Winter Feeding Strategies to Extend Short Hay Supplies – Lawton Stewart, Professor, University of Georgia

January 14, 2025

Important Traits for Bull Selection in Kentucky – Matt Spangler, Professor, University of Nebraska

February 11, 2025

Marketing Opportunities for the Spring – Kenny Burdine, Professor, and Kevin Laurent, Extension Specialist, University of Kentucky

March 11, 2025

Preparing for a Successful Spring Breeding Season – Les Anderson, Extension Professor, University of Kentucky

April 8, 2025

Health Update and Internal Parasite Field Study Results – Michelle Arnold, Extension Veterinarian, and Jeff Lehmkuhler, Extension Professor, University of Kentucky

For additional information please contact your local Agriculture and Natural Resources Extension Agent.



Beginners Beekeeping Workshop

Join us for this FREE workshop taught by Larry Young, Past Kentucky Beekeeper of the Year and President of the Clark & Powell Beekeepers Association.

Great for anyone interested in beekeeping or as a refresher for existing beekeepers!

Topics will include:

- **What to expect the first year of beekeeping**
- **Beekeeping equipment costs**
- **Pest and diseases of bees**
- **Selecting a site for your hive**
- **And much more!**

6:30 p.m.

**January 30th,
February 6th, 13th,
20th, and 27th**

**at the Montgomery County
Extension Office
106 E Locust St.,
Mount Sterling**

**For more information or to register, contact the Powell
County Extension Office, 663-6405**

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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Disabilities
accommodated
with prior notification.

Butternut Squash and Turkey Chili

2 tablespoons olive oil
1 medium onion, chopped
4 cloves garlic, minced
1 pound ground turkey

1 pound (1 small) butternut squash — peeled, seeded, and cut into 1-inch cubes
1 cup low-sodium chicken broth
1 (4.5-ounce) can chopped green chilies

2 (14.5-ounce) cans petite diced tomatoes
1 (15-ounce) can no-salt-added kidney beans, drained and rinsed

1 (15.5-ounce) can white hominy, drained
1 (8-ounce) can tomato sauce
1 tablespoon chili powder
1 tablespoon ground cumin
1/2 teaspoon salt

Stovetop: Heat the olive oil in a large pot over medium heat. **Stir** in the onion and garlic; **cook** and **stir** for 3 minutes or until onion is translucent. **Add** ground turkey. **Break** into pieces and **stir** until cooked through and no longer pink. **Add** the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce. **Season** with chili powder, cumin, and salt. **Bring** to a simmer, **reduce** heat to medium-low, and **cover**. **Simmer** until the squash is tender, about 20 minutes.

Electric Pressure Cooker: **Press** sauté function. **Add** olive oil and onion; **cook** and stir for 3 minutes or until onion is translucent. **Add** garlic and cook for 30 more seconds. **Add** ground turkey. **Break** into pieces and stir until cooked through and no longer pink. **Add** the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce. **Season** with chili powder, cumin, and salt. **Close** the lid, and then turn venting knob to the sealing position. **Pressure cook** at High Pressure for 15 minutes, **allow** for a natural release. **Open** the lid carefully.

Yield: 10, 1-cup servings

Nutrition analysis:

190 calories, 4g total fat, 0.5g saturated fat, 20mg cholesterol, 590mg sodium, 25g total carbohydrate, 7g fiber, 5g total sugars, 0g added sugars, 16g protein, 0% DV vitamin D, 8% DV calcium, 10% DV iron, 15% DV potassium



Kentucky Winter Squash

SEASON: August through October

NUTRITION FACTS: Winter squash, which includes acorn squash, butternut squash, pumpkin, and other varieties, is an excellent source of vitamin A and fiber.

SELECTION: Winter squash should be heavy for its size with a hard, tough rind that is free of blemishes or soft spots.

STORAGE: Store it in a cool, dry place and use within one month.

PREPARATION:

To steam: Wash, peel, and remove seeds. Cut squash into cubes. Bring 1 inch of water to a boil in a saucepan and place squash on a steaming basket in the pan. Do not immerse it in water. Cover the pan, and steam for 30 to 40 minutes or until tender.

To microwave: Wash squash, cut it lengthwise, and remove seeds. Place on a baking dish. Microwave until tender, using these guidelines:

- **Acorn squash:**
1 squash, 8 1/2 to 11 1/2 minutes
- **Butternut squash:**
2 pieces, 3 to 4 1/2 minutes
- **Hubbard squash (1/2-pound pieces):**
2 pieces, 4 to 6 1/2 minutes.

To bake: Wash squash, cut it lengthwise and remove seeds. Smaller squash can be cut in half; larger squash should be cut into portions. Bake in a baking dish at 400 degrees F for 1 hour or until tender.

Kentucky Proud Project

County Extension Agents
for Family and Consumer Sciences
University of Kentucky, Dietetics
and Human Nutrition students

Source: FruitsAndVeggies.org

July 2021

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



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