



FCS NEWS & NOTES

Cooperative Extension Service
Muhlenberg County
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UPCOMING EVENTS

May 29—Extension Office closed for Memorial Day.

June 1—Entertaining Little Ones Homemaker Lesson at 10 AM at the Extension Office. This lesson will identify fun activities for children, create a 5 day activity routine, and explore digital resources for rainy days. If you can't come to the Extension Office on June 1; you can join in via Zoom on May 30 at 10 AM. Contact the Extension Office for the Zoom link. Handouts for this lesson are included with this newsletter for mailbox members.

June 8—Block of the Month Quilting Group meeting at 9 AM at the Extension Office.

June 9—Travel Group trip to Bernheim Arboretum & Forest. Contact JoNell Mallay for full details.

June 9—Game Night at 5:30 PM at the Extension Office. You don't have to be a Homemaker to participate. Bring a friend and join in the fun! *June's game is Bunco!*

June 15—Material Girls Club meeting at 5:30 PM at the Extension Office.

June 15—Club leaders should make sure their club end of year reports and Passport

booklets are turned in!

June 18—Father's Day

June 19—Extension Office closed for Juneteenth.

June 25—Art in the Garden at the Hopkins County Extension Office from 4 to 7 PM.

June 27—Homemaker Program Chairs are invited to brunch at JoNell Mallay's home. Contact her for full details.

June 30—2022-2023 Homemaker Year Ends

July 4—Extension Office closed for Independence Day.

July 7—Garden Group informational meeting with John Winn at 9 AM at Paradise Park. Open to anyone who loves caring for plants. Tips on caring for your plants/keeping them thriving will be shared. Contact JoNell Mallay for full details.

July 8—Special Christmas in July Jingle Mingle from 9:30 AM to 3:30 PM at the Extension Office. \$25 registration fee required to sign up.

July 11—Drop off your entries for the Exhibit Hall at the fairgrounds anytime between the hours of 4 PM to 7 PM.

July 12—Drop off your entries for the Exhibit Hall at the

fairgrounds anytime between the hours of 8 AM to 10 AM.

Homemakers who are volunteering to help with entry check-in should arrive at the Exhibit Hall at 7:45 AM.

July 19—Fad Dieting Class led by Laura Buchanan at 10 AM at the Extension Office.

August 3—Bean Supper Planning Meeting at 10 AM at the Extension Office.

August 8—Identity Theft Class led by Nancy Sandlin at 6 PM at the Extension Office.



The Travel Group is planning to visit Badgett Playhouse in Grand Rivers, KY for a Summer show & lunch near the lake. More details to come!

Thought for the Day

“Dads are most ordinary men turned by love into heroes, adventurers, storytellers, and singers of song.”
-Pam Brown



Recipe Corner

Try this recipe submitted by Laura Buchanan.

Chile Rellenos Recipe

Ingredients:

1 large can evaporated milk
4 eggs
4 Tbsps. Flour
1/2 lb. Monterey Jack cheese, grated
1/2 lb. Sharp Cheddar cheese, grated
2 (4 oz.) cans whole green chilies
1 (8 oz.) can tomato sauce (optional)

Directions:

Beat evaporated milk, eggs, and flour. Alternate chilies and cheese. Pour batter over this mixture and add tomato sauce. Bake at 350 degrees F for 30 minutes.



Are you willing to volunteer in the Exhibit Hall during the Muhlenberg County Fair? We need some Homemakers to volunteers to take the following shifts: Friday, July 14 from 5 to 7 PM (1 volunteer needed), Friday, July 14 from 7 to 9 PM (1 volunteer needed), Saturday, July 15 from 5 to 7 PM (2 volunteers needed), and Saturday, July 15 from 7 to 9 PM (2 volunteers needed). Let us know if you would be willing to help! Thank you to those who have volunteered already!



July Jingle Mingle



It's going to be a fun Christmas in July Craft Day!
Saturday, July 8, 2023
9:30 AM—3:30 PM
Muhlenberg County
Extension Office

Choices of crafts include:

First Session: Wooden Block Presents or Cookie Cutter Ornament

Second Session: Snowman Hat or Gingerbread Man Craft

Everyone will make a Sock Snowman & learn to make Reindeer Bait!

There will be two guest speakers telling of Christmas in their countries.

This event is limited to 50 attendees (25 per class). **Registration fee of \$25 is required in order to sign up.** You must pay at the time of sign up. You may drop off your cash or check (made payable to Muhlenberg County Homemakers) at the Extension Office or use Cheddar Up to register online (coming soon, visit the Muhlenberg County Homemakers Facebook page for Cheddar Up payment information.) Lunch will be provided (from Subway.)

Should I be using green powders?

Green powders have become increasingly popular, but what are they and should you use them? Green powders are a mix of dried and powdered ingredients that may include vegetable and fruit powders, added vitamins and minerals, probiotics, digestive enzymes, or herbal supplements. Typically, manufacturers of green powders recommend you mix the product into a full glass of water and take it on an empty stomach.

Various green powder brands claim that their product has multiple servings of fruits or vegetables, decreases bloating, and improves digestion. However, there is limited research on green powders. Researchers have not studied them in a large enough population to make broad claims.

It is important to consider that green powders are considered a supplement. The Food and Drug Administration (FDA) does not regulate them. This means the quality of the product does not need to meet certain standards. Without regulations from the FDA, it is uncertain how much of each ingredient you are getting in the green powders and the purity of the product. When buying any kind of supplement, look for ones that are third-party tested for more legitimacy.

While green powders may be a trendy way to add vitamins and minerals to our diet, they are not an adequate replacement for eating whole fruits and vegetables. They also come at a much higher cost than buying conventional produce. Because the fruits and vegetables in green powders are dried and processed, they are missing important components like fiber and certain vitamins and minerals. Also, when we eat fruits and vegetables, they help us feel full for longer and promote an overall nutritious diet.

Plan Ahead for Canning Season

Now is the time to start preparing for canning season. It is always a good idea to purchase your supplies early so you are not running around hunting for supplies at the last minute. You can buy canning supplies at many grocery stores, home goods and farm supply stores, hardware stores, big box retailers, and online.

Begin by taking an inventory of your supplies. See what you have on hand and what you need to buy before heading to the store. Inspect gaskets on pressure canners and make sure your racks are in good condition. Now is the perfect time to take your dial gauge canner to the Extension Office and have agents check it for accuracy. Gauges should be checked once a year, and this service is free. Don't

forget to check your jars too. You can reuse canning jars year after year as long as they are not chipped, cracked, or have nicks along the sealing edge. You can also use ring bands over and over if they are not rusted.

When purchasing new jars, buy mason-type jars specifically made for canning. Other types of jars such as storage jars or craft jars are not suitable for canning and may break under the high temperatures of processing. You will also need lids and rings to seal the jars. Experts recommend two-piece lids (flat lid and ring band). If you cannot find two-piece lids, you can buy one-piece lids for use in a boiling water bath canner. Do not use one-piece lids in a pressure canner.

ART IN THE GARDEN



**JOIN US
FOR AN EVENING
IN THE GARDENS.**

**ART VENDORS
LIVE MUSIC
GARDEN TOURS
FOOD TRUCKS
KIDS ACTIVITIES
DOOR PRIZES
GARDENER RESOURCES**

**SUNDAY, JUNE 25, 2023
4-7PM**

**HOPKINS COUNTY
EXTENSION
75 CORNWALL DR
MADISONVILLE, KY**

PMGAKY.ORG



270-821-3650

A Note from the Homemaker Council President

To ALL Homemakers:

I wanted to thank everyone who came and helped for Annual Day. Everything from the first planning meeting, set up, putting on and cleaning up for this event! You may not understand how much your help and kind words mean until you get to lead an event. You ALL, each and every one, truly mean so much to me. Many hands make light work!


God Bless & Thanks Again!

Tammy Dozer



Homemakers awarded Landon Groves with a \$500 scholarship at Annual Day on May 15 and several Homemakers were recognized for their service throughout the years! Congratulations to Joyce Jessup on 50 years of membership!

Contact Us

 (270) 338-3124

 Facebook Pages:

Muhlenberg
County
Cooperative
Extension

Muhlenberg
County
Homemakers

Don't forget to contact the Extension Office to sign up for upcoming events!

Darrell Simpson
County Extension Agent
Agriculture & Natural Resources
Education

Scenes from the State KEHA Meeting

Muhlenberg County Homemakers brought home several awards from the Kentucky Extension Homemakers Association (KEHA) State Meeting in May!

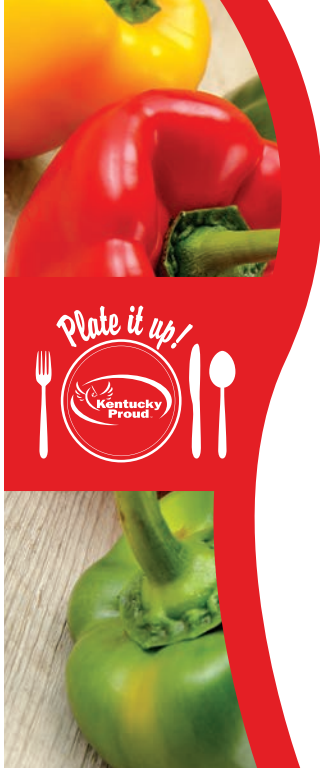
2ND PLACE - COUNTY WITH THE LARGEST OVERALL DONATION FOR OVARIAN CANCER RESEARCH

2ND PLACE - LARGEST DONATION PER MEMBER FOR OVARIAN CANCER RESEARCH

RECOGNITION FOR COUNTY DONATING OVER \$1,000 TO OVARIAN CANCER RESEARCH

3RD PLACE - 2023 CULTURAL ARTS PASSPORT CONTEST: 302 PLACES VISITED





Hot and Sweet Frittata

3 tablespoons olive oil, divided	1 pound ground turkey sausage
1 ½ cups peeled and cubed sweet potatoes	½ cup shredded mozzarella cheese
1 ½ cups diced sweet and hot peppers, or bell peppers	12 medium eggs, beaten
	¼ teaspoon salt
	½ teaspoon black pepper
	½ teaspoon crushed red pepper

Preheat oven to 375 degrees F. **Add** 2 tablespoons of olive oil to a large nonstick skillet, and **heat** to medium. **Add** sweet potatoes and diced peppers. **Cook** uncovered until fork tender, about 10 minutes. **Remove** from skillet. **Add** 1 tablespoon of olive oil to skillet. **Add** turkey sausage, and **cook** 5 to 7 minutes until cooked through. **Drain** off fat, if needed. Generously **grease** an 8-by-8-inch baking dish. **Add** the sausage, peppers, and potatoes. **Sprinkle** with

cheese. In a bowl, **crack** eggs and **lightly beat**. **Add** salt, black pepper, and crushed red pepper to egg mixture. **Pour** eggs over peppers and potatoes. **Bake** uncovered for 25 to 30 minutes or until the mixture is set.

Yield: 8 servings

Nutritional Analysis:

290 calories, 18 g fat, 5 g saturated fat, 295 mg cholesterol, 610 mg sodium, 8 g carbohydrate, 1 g fiber, 3 g sugars, 0 g added sugars, 23 g protein.

Kentucky Peppers

SEASON: June to September

NUTRITION FACTS: Both sweet and hot peppers are low in calories, high in vitamin C and are a good source of vitamin A. One raw, medium-sized pepper has about 20 calories. Red peppers are higher in vitamins A and C than green peppers. Hot peppers also contain capsaicin, an antioxidant found in its membranes and seeds. Removing these will make the pepper milder.

SELECTION: Choose peppers that have firm, smooth skin. Avoid flabby, wrinkled, or soft peppers.

STORAGE: Store peppers unwashed in a paper towel then refrigerate in a plastic bag for up to 10 days. Rinse before using.

PREPARATION: Wash carefully without bruising. Peppers can be served raw, grilled, stuffed, or roasted. Add them to salads, casseroles, or Mexican dishes.

PRESERVING: Peppers can be preserved by freezing, drying, or canning.

To freeze: Wash, stem, and seed peppers. Package leaving no headspace. Seal and freeze.

PEPPERS

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

November 2019

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand. <http://plateitup.ca.uky.edu>



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

ENTERTAINING CHILDREN

No matter how long you have been parenting, everyone runs out of ideas for keeping little ones, or big ones, entertained. When your child cries, “I’m bored,” or “There’s nothing to do,” it is not always beneficial to run to their rescue with an activity you just learned of from the latest blog or news article. Science suggests there are some benefits to boredom, characterized by feelings of dissatisfaction, restlessness, and mental fatigue. Boredom is associated with self-control problems and an impulsive mindset (individuals who are always looking for new experiences). This may be why we hear, “I’m bored,” more from adolescents as this is the time when they are developing the skills needed to gain more self-control.

Boredom can actually improve mental health. The era of technology has created an overwhelming amount of information and distractions, which reduces attention. So, taking a break until the point of boredom can indicate an overloaded brain is relaxing. Boredom also increases creativity by providing an opportunity to reflect and spend time wandering and daydreaming. In one study, it was discovered that useful ideas tend to be revealed while performing simple tasks. This suggests that we think differently when we have fewer external stimulations. Along those lines, other research indicates that boredom creates an environment for new ideas and practices to grow. And finally, learning to endure boredom early in life is great preparation for developing self-control skills (regulating one’s thoughts, emotions, and actions).



However, if stress is high and you just need to get the complaining to stop, here are a few simple steps you can use to identify the activities your children will enjoy. Begin by making a list of your child’s favorite activities. Because every child is different, this can be presented as a challenge, which may help some children respond. It is important to write these ideas on paper, so in a time of “I’m bored,” you can have them revisit the list.

Next, encourage your children to arrange their favorite activities by category. This step may also inspire them to think of additional activities. Learning this process, also known as brainstorming, will be a useful skill for the rest of their lives, especially when they begin fourth-grade writing. For example, identify indoor versus outdoor activities (or per room for indoor), solo or with friends or siblings, activities by frequency (every day or special occasions) or seasons, etc.



Now that you have some ideas, plan the week just like planning meals. Come up with a daily theme that is unique for each day of the week. Have your child go back through the list they created to select the activities that excite them the most. See if a few will go together to fill an afternoon. Here is an example week:

Move-well Monday – Bundle up and get outside. Today is the day you go on a treasure hunt, bike ride, or explore nature during a walk through the woods. Go on a story walk and become the characters in the book. Are you pirates on the open sea searching for lost treasure or maybe a mermaid searching for the perfect rock on which to soak up the sun and sing a song? Circle back home for a book or nature show that explores and discovers the natural world.

Tune Down Tuesday – Stay in your pajamas all day (or as soon as you get home from work) for a reading or movie marathon. Picking the order of the

books or movies can be part of the fun. Use themes to help. Listening to music and sharing dance moves is also very pajama conducive. Naps are also encouraged!

Worldwide Wednesday Olympics – Spend the day coming up with indoor challenges for your living room Olympics. Don't cheat yourself: Be sure to include opening and closing ceremonies, medals, awards, or trophies. A couple all-time favorites are leg wrestling and the floor is lava.

Theatrical Thursday – Have your child(ren) write, direct, and star in a home video. Be sure to include costumes, background music, and guest appearances. Record the video on your cellphone and save this for future viewing, which is sure to be fun.

Funday Friday - It's time to break out the games! Identify your child's favorite games, from classic board games, card games, charades, tickle fights, pillow fights, and yes, even video games, and have a marathon. The winner of each game chooses the next game to play.

OTHER POSSIBLE RESOURCES AND IDEAS FOR KEEPING CHILDREN BUSY:

- Indoor/outdoor scavenger hunts
- Online video dates with friends and family
- Make greeting cards for friends, family, or strangers
- Build forts inside or out. Allow siblings to have “sleepovers” or host “a home improvement show” to show off their sweet pad.
- Cooking or food prep with the kids.
- Involve kids with daily chores. A daily chore can help keep them organized and remind them of the importance of contributing.

ONLINE FUN FOR DAYS YOU CAN'T GO OUTSIDE

- **PBS Kids** - On this colorful, animated site, kids can build a story, answer math problems, and make art.
- **Duck Moose** - Owned by the reputable Khan Academy, Duck Moose offers free, interactive iPad apps for the younger set. The apps encourage use of classic nursery rhymes and songs, counting, sorting, and many other interactive elements to encourage language, math, and art skill development. This site also has a number of printable worksheets for off-line play and learning.
- **GoNoodle** – Free online resource has more than 300 dance and yoga videos aimed at keeping kids active.
- **The Kennedy Center's Lunch Doodles with Mo Willems!** – Free online drawing sessions with the author and creator of the fun children's book series featuring Elephant and Piggie.



- **National Geographic Kids** - Through digital books, videos, and games, children can learn about topics like reducing their carbon footprint and preserving the habitats of their favorite animals. Nat Geo Kids also suggests nature-themed science experiments kids can try with things you probably already have at home. There are also quizzes and funny Mad Libs style fill-in-the-blank pages to keep the learning fun.
- **Khan Academy** - Khan Academy is a nonprofit organization offering math, science, arts, and humanities curricula, and even test prep courses for older students. You'll find classes on computing, finance, animation, and even social and emotional learning.
- **Duolingo** - This free language learning app and website offers instruction in 23 different languages - including Klingon!

- **Smithsonian Institution** - The Smithsonian offers a slew of online resources, including zoo animal cams, musical recordings, geography from space, meteorology, and more. Best of all, the site has plenty of games that give kids a fun and engaging way to experience art, science, and history topics.

So, the next time your child screams, “I’m bored,” you will be well prepared to challenge both their minds and their bodies through a plethora of activities that will be sure to spark their creativity and imagination.

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SOURCE: David Weisenhorn, Ph.D., specialist for Parenting and Child Development, University of Kentucky, Family and Consumer Sciences Extension.