

FCS NEWS & NOTES

Cooperative Extension Service
Muhlenberg County
3690 State Route 1380
Central City, KY 42330-5512
(270) 338-3124
extension.ca.uky.edu



Don't forget to call us at (270) 338-3124 to sign up for upcoming events!

Upcoming Events

February 26: Bingocize at 9:30 AM at Harbin Memorial Library in Greenville.

February 26: Bingocize at 1 PM at the Central City Library.

February 27: Slow Cooker Class from 10:30 AM at the Extension Office.

February 27: The Happy Healthy Club at 3 PM at the Central City Library. Free for Muhlenberg County youth in Kindergarten through Second Grade.

February 28: Bingocize at 2 PM at Harbin Memorial Library in Greenville.

See the March 2024 calendar included with this newsletter for a full list of dates/times for Bingocize, The Happy Healthy Club, and other events coming up at the library.

February 29: Book Club meeting at 10 AM / 5 PM at the Extension Office. This month's

book is *Lessons in Chemistry* by Bonnie Garmus.

March 5: Scam Red Flags and Avoiding Fraud Lesson via Zoom at 10 AM (at the Extension Office) and 5 PM (on your own). Contact the Extension Office to let us know if you will be coming in to watch, or if you would like the Zoom link emailed to you. Stay safe by learning to recognize red flags of a scam and take steps to protect yourself from fraud. *Handouts for this lesson were included in the previous newsletter for mailbox members.

March 7: Annual Day Planning meeting at 10 AM at the Extension Office.

March 8: Pennyriple Area Spring Seminar/Cultural Arts Day at the Christian County Extension Office. **\$15 fee due no later than February 28.** Check-in begins at 9 AM, program begins at 10 AM. Door prizes and lunch provided.

March 9: Junior Homemakers Club meeting at 10 AM at the

Extension Office. This club is open to youth in grades 7-12.

March 10: Daylight Saving Time—Don't forget to set your clocks forward 1 hour!

March 12: Tamale Class at the Extension Office. Join us to learn to make authentic tamales. All spaces in the 10 AM class are taken, there are still some spots remaining for 5 PM. This class has a \$5 (cash or check only) fee.

March 13: International Potluck! Bring your favorite dish and recipe to share; 11 AM to 1 PM at the Extension Office.

March 13: Cooking through the Calendar at 11:30 AM at the Central City Library. March's recipe is Veggie Egg Rings. Also, **March 27** at 11:30 at the Extension Office.

March 14: Block of the Month Quilting Group meeting at 9 AM at the Extension Office.

March 21: Homemaker Council meeting at 9:30 AM at

Upcoming Events Continued

the Extension Office.

March 25: Book Club meeting at 11 AM / 5 PM at the Extension Office. March's book TBD.

March 26: Savor the Flavor: Seasoning with Spices Lesson at 10 AM (at the Extension Office) and 5 PM (on your own). Contact the Extension Office to let us know if you will be coming in to watch, or if you would like the Zoom link emailed to you. Join us to learn about various spices and how to incorporate

them into your favorite dishes, and enhance flavor while cooking. *Handouts for this lesson are included with this newsletter for mailbox members.

March 28: Bread Series: Sourdough class at 10 AM / 5:30 PM at the Extension Office. Pick the time that works best for you. There is a \$5 fee (cash or check only) for this class.

April 9: Pickleball Club begins again for 2024! We will meet at 5:30 PM at the Extension Office. Youth and adults welcome. See

the enclosed flyer for 2024 dates.

April 12: Homemakers Game Night at 5:30 PM at the Extension Office.

April 13: Junior Homemakers Club meeting at 10 AM at the Extension Office. This club is open to youth in grades 7-12.

April 23: Wok Class at 10:30 AM / 5:30 PM. Class is free.

April 29: Book Club meeting at 10 AM / 5 PM at the Extension Office. April's book TBD.

A Note from the Muhlenberg County Homemakers President

Well, another month has come and almost gone. March has a lot of opportunities available for you to do as much or as little as you would like to be involved in. Refer to your newsletter for dates and activities, you can also find these in your yearbook; also be watching on our Facebook page.

One of our big things this month is Cultural Arts for the Pennyryle Area at the Spring Seminar. I REALLY hope everyone will enter at least a couple of things! The numbers have been way down since COVID. The last two years have had several categories were nothing was even entered at all. I also know the seminars numbers have been way down. The committee that works on these decided to combined the two events, Cultural Arts and Spring Seminar, together to see if they can get more participation. I know it is fast approaching but try to go. It is a lot of fun and I do believe you

will greatly enjoy it. You don't have to go to enter your items! In your yearbook (on pages 19 – 22) you can find more details about this event. Jo Nell Mallay is our Cultural Arts Chair and you can ask her any questions you might have. Her number is 270-657-2361. You can also ask your club president or myself anytime.

We still have a couple of areas that we need leaders in, if you are interested in stepping up to help in those please let me know. The two areas are: *Environment, Housing and Energy and Leadership Development.*

Before I close, I would like to send a BIG shout out to my Vice-President, Brenda Waller for leading the last council meeting while I was in Texas helping with my grandsons.

Jammy Dozer

Thought for the Day

"Think outside-no box required."
- Unknown

Contact Us



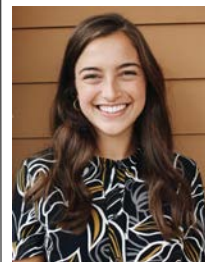
(270) 338-3124



Facebook Pages:

Muhlenberg
County
Cooperative
Extension

Muhlenberg
County
Homemakers



Alex Kelly

Alex Kelly
Muhlenberg County
Extension Agent for
Family & Consumer
Sciences Education

MARCH 2024

For more information:
 (270) 338-4760
 mcplib.org
 Find us on Facebook, X, &
 Instagram!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	01 Making Connections Genealogy Meet-Up (TC) 10:00AM - 11:00AM	02
03	04 Yoga Class (HM) Please call to register. 1:00PM - 1:30PM Tutoring Connections (CC) 3:45PM - 4:45PM	05 Storytime (HM) 10:30AM - 11:30AM Storytime (HM) 1:00PM - 2:00PM Happy Healthy Club w/Miss Alex (CC) 3:00PM - 4:00PM	06 Bingocize (HM)** 2:00PM - 3:00PM LEGO Club (CC) 3:00PM - 4:00PM	07 Storytime (CC) 10:30AM - 11:30AM Storytime (CC) 1:00PM - 2:00PM Tutoring Connections (HM) 3:45PM - 4:45PM Wire Bunny Craft (HM) 5:00PM - 6:00PM	08 Common Threads Crafters' Meet-Up (TC) 10:00AM - 11:00AM Books on the Green (CC) 3:00PM - 4:00PM	09
10 Young Artist Showcase (TC) Mar. 11 & 12 3:00PM - 6:00PM	11 Bingocize (HM)** 9:30AM - 10:30AM Yoga Class (HM) Please call to register. 1:00PM - 1:30PM Bingocize (CC)** 1:00PM - 2:00PM Tutoring Connections (CC) 3:45PM - 4:45PM	12 Storytime (HM) 10:30AM - 11:30AM Storytime (HM) 1:00PM - 2:00PM Happy Healthy Club w/Miss Alex (CC) 3:00PM - 4:00PM	13 Cooking Through the Calendar (CC)** 11:30AM - 12:30PM	14 Storytime (CC) 10:30AM - 11:30AM Storytime (CC) 1:00PM - 2:00PM Tutoring Connections (HM) 3:45PM - 4:45PM Meal Prep (HM)** 5:30PM - 6:15PM	15 Making Connections Genealogy Meet-Up (TC) 10:00AM - 11:00AM Color Me Happy Coloring Club (CC) 3:00PM - 4:30PM	16
17	18 Bingocize (HM)** 9:30AM - 10:30AM Yoga Class (HM) Please call to register. 1:00PM - 1:30PM Bingocize (CC)** 1:00PM - 2:00PM Tutoring Connections (CC) 3:45PM - 4:45PM	19 Storytime (HM) 10:30AM - 11:30AM Storytime (HM) 1:00PM - 2:00PM Happy Healthy Club w/Miss Alex (CC) 3:00PM - 4:00PM	20 Craft Hour (CC) 10:30AM - 11:30AM Please call to register. Bingocize (HM)** 2:00PM - 3:00PM LEGO Club (HM) 3:00PM - 4:00PM	21 Storytime (CC) 10:30AM - 11:30AM Storytime (CC) 1:00PM - 2:00PM Tutoring Connections (HM) 3:45PM - 4:45PM	22 Common Threads Crafters' Meet-Up (TC) 10:00AM - 11:00AM Bingocize (CC)** 10:30AM - 11:30AM Books on the Green (CC) 3:00PM - 4:00PM	23
24 Outreach Van: Drakesboro Park 10:00AM - 11:30AM	25 Bingocize (HM)** 9:30AM - 10:30AM Yoga Class (HM) Please call to register. 1:00PM - 1:30PM Bingocize (CC)** 1:00PM - 2:00PM Tutoring Connections (CC) 3:45PM - 4:45PM	26 Storytime (HM) 10:30AM - 11:30AM Storytime (HM) 1:00PM - 2:00PM Happy Healthy Club w/Miss Alex (CC) 3:00PM - 4:00PM Thistle Cottage Book Club (TC) 6:00PM - 7:00PM	27	28 Storytime (CC) 10:30AM - 11:30AM Storytime (CC) 1:00PM - 2:00PM Tutoring Connections (HM) 3:45PM - 4:45PM Teen Book Club (CC) 5:15PM - 6:15PM	29 Bingocize (CC)** 10:30AM - 11:30AM Free Friday Flick (CC) 2:30PM - 4:45PM	30

**Various health and nutrition programs - Call the UK Extension Office to register: (270) 338-3124.

18 months - 5 years
 Kindergarten - 2nd Grade
 3rd Grade - 5th Grade

Teen (6th Grade - 12th Grade)
 Adult (18+)
 All Ages (children & their adults)

Please check each program listing for location!
 Programs may be held at Harbin Memorial Library (HM),
 Central City Public Library (CC), Thistle Cottage (TC), or
 other local sites.

STAY IN THE LOOP

Parents/guardians may join our Remind
 by texting the appropriate code to 81010.

Storytime: @mcplib1
 K-2: @mcplib2
 3-5: @mcplib3
 Teen: @mcplib4

YOUNG ARTIST SHOWCASE

The Youth Art Show is back again at
 Thistle Cottage for 2024! Muhlenberg
 County artists in grades K-8 will have
 their work exhibited in the gallery at
 Thistle Cottage for the month of March.
 Open houses are planned for both March
 11 and 12 from 3 to 6 p.m., with March
 11 focusing on grades K-3 and March 12
 for grades 4-8.

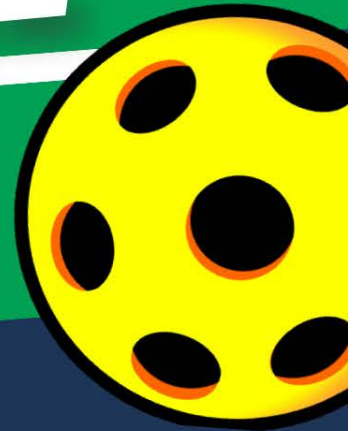
Free refreshments will be available
 during the open houses.
 Come out and help us celebrate these
 talented young artists!
 The Youth Art Show is sponsored by
 Muhlenberg County Public Libraries and
 the Muhlenberg Arts Council with
 assistance from Muhlenberg County
 Public Schools.

TAKE-HOME CRAFT KITS

Take-home craft kits for children, teens,
 and teens will be available at either
 library location starting March 11th. Get
 one while supplies last!



PICKLEBALL CLUB



YOUTH & ADULTS WELCOME

CLUB DUES

\$

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2024 MEETING DATES

APRIL 9	JUNE 11
APRIL 16	JULY 16
MAY 2	JULY 30
JUNE 4	5:30 PM

MUHLENBERG COUNTY
EXTENSION OFFICE

3690 STATE ROUTE 1380 CENTRAL CITY, KY 42330

 (270) 338-3124

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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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 15 • ISSUE 3

THIS MONTH'S TOPIC: ALLOWANCE: A LIFE SKILL BUILDER

Allowance plays a crucial role in shaping a child's development. It fosters important life skills, instills a sense of responsibility, and promotes financial literacy. Allowance can be a powerful tool for teaching important life lessons.

Allowance is money parents or caregivers give to their children on a regular basis to teach them money management skills. Giving children an allowance is a personal decision for each family that may depend on disposable income or household expectations. Some parents tie allowance to specific chores while others provide a fixed amount each week or month.

FINANCIAL RESPONSIBILITY

One of the main benefits of giving children an allowance is to teach money management. When children receive a fixed amount of money regularly, it is easier to understand how to budget. They learn to save their money for various reasons, such as saving for a desired toy, spending on daily needs such as lunch, or giving to charitable causes. This early exposure to financial decision-making lays the foundation for responsible money management later in life.



WORK ETHIC

Allowance also teaches children the value of hard work. Many parents give allowance for the completion of chores. By associating money with effort, children develop a strong work ethic and understand that rewards are earned through dedication and responsibility. This connection between work and reward prepares children and teens for adulthood.

GOAL SETTING

Allowance is a practical tool for teaching children about goal setting. Whether it's saving for a new toy, a special event, or a long-term investment, children learn to set goals and work toward them. This is a valuable skill that goes beyond financial matters.

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Disabilities
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ALLOWANCE ALSO PLAYS A ROLE IN NURTURING EMPATHY AND SOCIAL RESPONSIBILITY.



DECISION-MAKING

Receiving an allowance allows children to make choices about spending. “Do I buy what I can afford today, or do I wait and save more money for the nicer option?” This fosters critical thinking and decision-making skills. Children must evaluate their priorities, make trade-offs, and consider the consequences of their choices. Such decision-making experiences contribute to the ability to analyze and solve problems which are essential skills in life.

EMPATHY

Allowance also plays a role in nurturing empathy and social responsibility. Parents can encourage children to give some of their allowance to charitable causes or community projects. This practice can expand a child’s understanding of others’ needs and teaches them to give back. These early lessons in generosity and compassion create individuals who are mindful of the needs of others.

FINANCIAL LITERACY

As children grow, the lessons learned through allowance provide a foundation for understanding financial literacy concepts.

Understanding the basics of budgeting, saving, and making informed financial decisions is crucial in making wise decisions later. Individuals who have been exposed to these concepts through allowance are better equipped to manage money, avoid debt, and plan for their future.

The value of allowance extends far beyond the simple act of receiving money. It is a tool for building life skills, responsibility, and financial literacy. Allowance can contribute to the overall development of children, shaping them into more responsible, thoughtful, and money-wise individuals.

REFERENCES:

- Greenspan, A. (2005). The importance of financial education today. *Social Education*, 69(2), 64-66.
- Rossmann, R. (2002). Involving children in household tasks: Is it worth the effort? University of Minnesota.
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Savor the Flavor: Seasoning with Spices

Heather Norman-Burgdolf, Annhall Norris, and Janet Mullins, Dietetics and Human Nutrition

Making foods flavorful is just one of the many benefits of using spices in the kitchen. Adding salt to a dish can be the first thing that comes to mind to add flavor when something is bland, but using spices during cooking may be a more healthful choice.

Spices come from seeds, fruit, roots, bark or other substances from a plant. There are a wide variety of different spices to compliment any recipe. Spices not only add flavor to food, but they can also add vibrancy and color, making the dish look more appetizing. Storing spices in a cool, dry place out of sunlight is ideal for preserving flavor.

Whole versus Ground

Some spices are commonly found in the whole form, like ginger root and cinnamon sticks. However, the majority of spices are found in the ground form as a convenience to the individual purchasing them. Once ground, spices tend to



gradually lose their flavor over time. Freshly ground provides the most abundant flavor, but may require specific kitchen equipment or tools. Keep in mind that whole spices take longer to add flavor to a dish, while ground spices add flavor much quicker. Neither whole nor ground are better than the other and it is personal preference which should be used.

Common Spices

Spices such as cinnamon, coriander, cumin, ginger, nutmeg, paprika, and turmeric are found in most grocery stores. Many

of these spices originated in a certain location, but now they are used around the world in a variety of dishes. They provide us a way to explore new flavors in our own kitchen. Experimenting with these spices can be a fun way to make old recipes new again.

Cinnamon

Cinnamon is a very strong smelling spice that is taken from the bark of a tree that grows in tropical regions. It is found in both the whole and ground form. It is one of the oldest spices on record. In an-

cient cultures, it was used as a preservative, in perfumes, and as common spice for cooking meat. It is now most commonly used in breads and desserts because of its sweet taste and delicious smell. Many people do not realize it can be so versatile. For example cinnamon can be used to add sweetness to foods like oatmeal and cooked fruit and even boldness to chili and soups.

Coriander

Coriander is found in both the whole and ground form. Coriander seeds are actually the seeds from the cilantro plant, but has a very different taste. The flavor of coriander hints at sweet with a slight warmth similar to mint. Coriander is commonly used in Indian cuisine and used as a pickling spice. It may also be used to season meats and vegetables.

Cumin

Cumin is a widely used household spice, commonly known for use in chili and taco

seasonings (see recipe below). It is also a staple spice in Indian, Middle Eastern, Mexican, Portuguese and Spanish cuisine. It is a savory spice and can be used in a variety of dishes such as soups, stews, rice, bean, lamb, steak and chicken recipes. When too much is used, it can easily overpower other spices.

Ginger

Ginger lends a sweet flavor that ends with a refreshing, warm, and spicy note. Ginger can be found in both the fresh and dried form. Ginger root is the fresh form known as a “hand” because of its knobby appearance. Ginger root should be peeled before use. Dried, ground ginger is a yellow powder that tends to be less sweet than the fresh form. Typically, people associate ginger with Asian cuisine, but it can be used in a variety of other dishes to add depth and boldness. Ginger pairs well with sweet vegetables like carrots and sweet potatoes, duck, chicken, beef, and pastries and pies.

Nutmeg

Nutmeg comes from a seed of the nutmeg tree and has a very similar aroma and taste as cinnamon. It can be used for making desserts as well as savory dishes. It is common for nutmeg and cinnamon to be used together to add the perception of sweetness to foods, like pumpkin pie. Nutmeg has a strong flavor, so little is needed to make a big difference. It is recommended to grate whole nutmeg right before use, because the flavor can be lost rapidly.

Paprika

Paprika may be one of the most versatile spices available. With its spicy, smoky flavor and vibrant red color, it is a great addition to any recipe for taste and appearance. It is used around the world and can be found in a wide variety of dishes including soups, seafood, meat, egg dishes, and pasta. In addition to its variety of uses, paprika is unique in that it can



be used as a garnish to add a pop of color to a neutral-colored dish.

Turmeric

Turmeric gives food a bright, bold yellow color. Turmeric provides an earthy, mild, and woody flavor and is most commonly found in the dried, ground form. Turmeric is the main ingredient in curry powder. It has been suggested that curcumin, the compound in turmeric that gives it color, has positive health effects. However, strong studies in humans are lacking to support this claim.

Garlic: The Ultimate Flavoring Agent

Garlic is one of the most common ingredients used around the world and has been in use since 3000 BCE. Garlic is a relative of the onion and is treated like both a spice and a vegetable to add a robust aroma and flavor. A head of fresh garlic is made of several smaller segments called cloves, which may be minced, crushed, or used whole after they have been peeled. Typically, garlic is not eaten by itself but added at the beginning of the cooking process to build flavor.

Common Powders

Chili, garlic, and onion powders are commonly found in the spice aisle at the grocery

store, although they are not considered spices. These powders serve many purposes and can serve as healthy seasoning alternatives. Garlic and onions are simply dried and ground to produce powders. On the other hand, chili powder is a spice blend with the main ingredient being dried and ground chili peppers.

Benefits of Using Spices in Cooking

Using spices to add flavor while cooking is considered a healthful choice because they have very few calories (3-10 calories per teaspoon) and can take the place of added salt, sugar, and fat depending on the

food. Human studies are beginning to show that spices may have anti-inflammatory effects and also protect against the development of diabetes and heart disease. However, there is limited research to suggest how much or how regularly you need to consume spices to receive protective health benefits. Using spices to season healthy, nutrient-dense foods is a great way to improve overall diet quality and work toward or maintain a healthy body weight.

Many spices can be found in supplement form, but they are not regulated and research is limited whether they achieve the marketed health claims.



Homemade Taco Seasoning Mix

Yield: 1 cup, 8 servings

Serving Size: 2 tablespoons (equal to one store-bought packet)

Ingredients:

½ cup chili powder

¼ cup onion powder

2 tablespoons ground cumin

2 tablespoons garlic powder

1 tablespoon paprika

2 tablespoons salt

1 tablespoon black pepper

Directions:

- Blend until spices are well incorporated. Store in an air-tight container.

Source: Mississippi State Extension Service

Resources

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