

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!

February 28: Laugh and Learn one-hour play date for parents and children ages 5 and under at 10 AM at the Extension Office.

March 3: Annual Day Planning meeting at 9:30 AM at the Extension Office.

March 4: Stitched Together at 5 PM at the Extension Office. This month the group is creating a microwavable bowl cozy. Please note that your fabric and thread must be 100% cotton.

March 9: Daylight Savings Time Begins. Spring your clocks forward one hour.

March 12: Cooking through the Calendar at 12 PM at the Central City Public Library. March's recipe is Crunchy Air Fryer Fish.

March 13: Block of the Month Quilting Group meeting at 9 AM at the Extension Office.

March 14: Pennyryle Area Spring Seminar/Cultural Arts Day at the Christian County Extension Expo Center. Check-in is at 9:15 AM for

Muhlenberg County. Program begins at 10 AM.

March 20: Homemaker Council meeting at 9:30 AM at the Extension Office.

March 24: Annual Day Planning meeting at 9:30 AM at the Extension Office.

March 25: Book Club meeting at 11 AM to discuss *By Any Other Name: A Novel* by Jodi Picoult.

March 26: Cooking through the Calendar at 12 PM at the Extension Office. March's recipe is Crunchy Air Fryer Fish.

March 27: Pure Home Series: Homemade Cleaners at 10 AM / 5 PM at the Extension Office. Please contact us to sign up and let us know which time you'll be attending. Class is free. You'll go home with your own homemade all-purpose cleaner. Space is limited.

March 28: Laugh and Learn one-hour play date for parents and children ages 5 and under at 10 AM at the Extension Office. At this Laugh

and Learn we're turning our space into a kid-friendly clinic where toddlers can learn, play, and have fun with doctors.

DATE CHANGE! April 3: Pure Home Series: Soy Candle Making at 10 AM / 5 PM at the Extension Office. Please contact us to sign up and let us know which time you'll be attending. Class is free. You'll go home with your own custom scented soy candle. Space is limited.

April 7: Transferring Cherished Possessions: Estate Planning for Non-Titled Property Homemaker Lesson at 10 AM and 12 PM via Zoom. Handouts for this lesson will be mailed to mailbox members.

April 8: Pasta Class at 10 AM/5:30 PM at the Extension Office. Learn to create your own pasta noodles. Space is limited. Please contact us to sign up.

April 10: Block of the Month Quilting Group meeting at 9 AM at the Extension Office.

April 14: Pure Home Series: Homemade Body Care at 10 AM / 5

Cooperative Extension Service

Agriculture and Natural Resources
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated with prior notification.

PM on April 15 at the Extension Office. Please contact us to sign up and let us know which time you'll be attending. Class is free. You'll go home with your own homemade body care item. Space is limited.

April 21: Annual Day Planning meeting at 9:30 AM at the Extension Office.

April 29: Move Your Way: Exercise for Everyone Homemaker Lesson at 10 AM and 12 PM via Zoom.

Handouts for this lesson will be mailed to mailbox members.

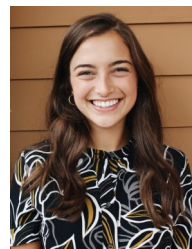
April 30: Annual Day Planning meeting at 9:30 AM at the Extension Office.

May 6-8: KEHA State meeting in Lexington, KY

May 17: Homemakers 100th Annual Day at 11 AM at the Extension Office.

May 26: Memorial Day, Office Closed

May 28: Creating Welcoming Communities Homemaker Lesson at 12 PM via Zoom. Handouts for this lesson will be mailed to mailbox members. This lesson will also be offered via Zoom on May 29 at 10 AM.



Alex Kelly

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

A Quip from the Cultural Arts Committee

On Tuesday, February 11th, a group of 13, including two homeschooled students, enjoyed an "I Love Muhlenberg" tour in keeping with the LOVE theme of the month. We met at Thistle Cottage in Greenville where we learned about the building of the house and some of the history of its first inhabitants along with some Greenville history. We received a brief overview of the genealogy section as well. There were some amazing displays to see and the tour was very informative. From there we traveled to the Central City Music Museum and viewed a large display of artifacts from many of the musicians who have strong ties to Muhlenberg County. Dr. Freddie Mayes enlightened us with his amazing stories about the musicians and related events. The morning ended at The Studio: Art for All where everyone got to paint a Kentucky shaped trinket tray. A shout out to Alex for providing a little gift bag for everyone who attended. If you've never visited these gems, you're missing out. I had been to Thistle Cottage before, but it was my first visit to the music museum though I've passed by it hundreds of times. As we were leaving each place, I heard several commenting that they wanted to return to view things at a more leisurely pace.



Mailbox Members


Handouts from February's Composition in Photography lesson are included with this newsletter for mailbox members.



Thought for the Day

"But you can come along with me,
'cause we got a lot of things to do
now." Fun, Fun, Fun—The Beach
Boys, 1964

Contact Us

 (270) 338-3124

 Facebook Pages:
Muhlenberg County
Cooperative
Extension
Muhlenberg County
Homemakers

Slow Cooker Tips for Warm Winter Soups and Stews

Slow cookers are electric appliances that are easy and convenient. You can use them to make soups and stews which are budget-friendly dishes you can stretch over several meals or feed a larger crowd. Use smaller slow cookers, in the range of 2 to 4 quarts, to feed one or two people. Larger slow cookers, 5 to 6 quarts, can feed larger families or gatherings. When preparing a soup or stew, make sure to fill the slow cooker at least halfway but no more than three-fourths full. This helps food cook evenly and reduces food safety concerns. Use the following tips and tricks to build a soup or stew with common items you might already have in your home.

- Chop vegetables into similarly sized pieces to ensure even cooking. Vegetables that cook well within the slow cooker are onions, carrots, potatoes, parsnips, celery, and green beans.
- Add vegetables to the slow cooker first. They cook slowly and need direct contact with the heat.
- If adding animal protein, trim the fat from the meat and cut into smaller, evenly sized pieces. Consider tougher cuts of meat that may be on sale such as chuck roast, stew meat, brisket, shoulder, or ribs. The ideal cut of poultry for a slow cooker soup or stew is chicken thighs. Place the meat or poultry on top of the vegetables.
- When adding liquid, make sure to cover all the vegetables. The fluid level should almost cover the meat entirely to ensure heat transfer and thorough cooking. Common liquids used in soups and stews are water, chicken broth, beef broth, and vegetable stock.
- For soups and stews that have pasta in them, add the dry pasta about 30 minutes before serving time. This will cook your pasta without making it too mushy.
- Rinsed, canned beans, lentils, and chickpeas (garbanzo beans) are a budget-friendly and nutritious protein source that you can add to a soup or stew at the beginning of the cooking time.
- Don't forget to add flavor and depth using dried herbs and spices. Bay leaves, parsley, and oregano are common in slow cooker meals. Dried herbs will handle the heat of the slow cooker better over a longer period of time compared to fresh herbs. If you're making a soup or stew with no recipe, it may take trial and error to find the level of flavor that you enjoy.
- If you're adding cream or a dairy product to the soup or stew, add it within the last hour of the cooking time. This will preserve the texture and creaminess of the soup or stew.

Serve your soup or stew with whole-grain crackers or toast and a side of fruit for a well-balanced and nutritious meal. With a little information, you can take several items you have on hand and pull together a hearty, nutritious winter meal that requires little time and attention. For more information about slow cookers, recipes, and food safety, connect with your local County Extension Office.

Reference: FN-SSB.003 *Putting Your Slow Cooker to Work*

Source: Heather Norman-Burgdorf, *Extension Specialist for Food and Nutrition*

Sign up for Remind Text Messaging so you never forget a meeting!

To join the Muhlenberg County Homemakers group, text the message **@98472d** to the phone number **81010**.

Homemaker Council members can join the Homemaker Council group by texting the message **@e8a3de** to the phone number **81010**.

After joining you will receive text messages with reminders such as program time changes, new program information, inclement weather closings, etc.

FREE BOOKS!

Thanks to the generosity of a Homemaker member, we have several free books located in the foyer of the Extension Office. Please stop by and help yourself.

Also, don't forget about our puzzle exchange! Bring in your slightly loved puzzle (all pieces included) and exchange it for one that is new to you.

Strawberry Green Tea

Ingredients:
13 cups water
13 green tea bags, regular size
1 pound fresh strawberries
1 cup honey
1 lemon, optional

Wash strawberries and remove the tops. Chop the berries with a hand chopper in a large pot. Add water to the chopped berries and bring to a boil, stirring occasionally. Remove from heat and let mixture cool for 5 minutes. Add tea bags and submerge. Steep tea for 2 to 3 minutes. Strain the tea through a mesh strainer or cheesecloth lined colander into a 1 gallon pitcher. Add honey and stir until dissolved. Chill and serve. Garnish with a lemon slice or fresh strawberry if desired.

Source: *Plate it Up Kentucky Proud*



PURE HOME SERIES

CRAFTING SAFE, COST EFFECTIVE HOME
PRODUCTS.



HOMEMADE LAUNDRY DETERGENT

JANUARY 27, 2025 10 AM / 6 PM

Make and take your own laundry detergent.

SOY CANDLE MAKING **Date change! April 3**

~~MARCH 7, 2025~~ 10 AM / 5 PM

Make and take your own custom scented candle.

HOMEMADE CLEANERS

MARCH 27, 2025 10 AM / 5 PM

Make and take your own all-purpose cleaner.

HOMEMADE BODY CARE

APRIL 14, 2025 10 AM

APRIL 15, 2025 5 PM

Make and take a body care product.

PLEASE CONTACT US TO SIGN UP FOR
EACH CLASS. SPACE IS LIMITED.
(270) 338-3124

MUHLENBERG COUNTY COOPERATIVE EXTENSION 3690 STATE ROUTE 1380 CENTRAL CITY, KY 42330

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Lexington, KY 40506



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accommodated
with prior notification.