

November 2024

 Cooperative
Extension Service

FCS NEWS & NOTES

Cooperative Extension Service
Muhlenberg County
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extension.ca.uky.edu



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

Join us Mondays for Bingocize at 1 PM at the Central City Public Library.

October 28: Book Club meeting at 10 AM at the Extension Office to discuss *The First Ladies*.

Final Walk & Talk meetings: October 29 at 5:30 PM and October 31 at 8 AM.

October 29: How to Get out of a Mealtime Rut Homemaker Lesson at 10 AM and 5:30 PM via Zoom. You may come in to the Extension Office at 10 AM to watch the Zoom or watch on your own at 5:30 PM. Contact the Extension Office for the Zoom link. **New! Alex will also teach this lesson at the Extension Office at 9 AM on October 31.** Contact us to let us know if you plan to attend! Handouts are included with this newsletter for mailbox members.

October 29: Cooking through the Calendar at 12 PM at the Extension Office. October's recipe: Sweet Potato Hash.

October 30: Bread Baking Day at 10 AM. **Class is full.**

November 1: Laugh and Learn play date for parents and children ages 5 and under from 10 AM to 11 AM at

the Extension Office.

November 3: Daylight Savings Time ends. Don't forget to turn your clocks back 1 hour.

November 5: Election Day, Office Closed

November 7: Wits Workout at 10:30 AM at the Extension Office.

November 7: Big Blue Book Club meeting at 6 PM at the Extension Office. **You must call to sign up.**

November 8: Tea Party at 5:30 PM at the Extension Office. Join Homemakers for a relaxing evening with tea, coffee, sandwiches, and desserts. We will also learn the art of paper quilling. There will be door prizes! Bring a friend and help Homemakers grow. Please RSVP at the Extension Office.

November 13: Cooking through the Calendar at 12 PM at the Central City Public Library. Also-**November 19 at 6 PM** at the Extension Office and **November 20 at 12 PM** at the Extension Office. Pick the time that works best for you. November's recipe: Hearty Harvest Bowl.

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

November 14: Homemaker Council meeting at 9 AM at the Extension Office.

November 15: Deadline to pay your Homemaker Dues! Dues are \$10 per member.

November 15: Deadline to order a poinsettia to support Muhlenberg County 4-H. Poinsettias are \$10 each and are available in red, white, and pink. Poinsettias will be ready for pick up at the Extension Office on Friday, December 6 from 1 to 4 PM or Saturday, December 7 from 9 AM to 12:30 PM. Stop by the Extension Office to place your order. **Money must be paid upon ordering.**

November 28 & 29: Thanksgiving, Office Closed

December 5: Wits Workout at 10:30 AM at the Extension Office.

December 6: Laugh and Learn play date for parents and children ages 5 and under from 10 AM to 11 AM at the Extension Office.

December 12: Wits Workout at 10:30 AM at the Extension Office.

December 25-January 1: Office Closed

A Note from your Family & Consumer Sciences Agent

Hi everyone! Can you believe it's already November? October was such a whirlwind! The annual Bean Supper was a huge success—THANK YOU to everyone who contributed and came out to support us. We have some exciting events lined up for November, so be sure to check the calendar to see what's coming up!



Alex Kelly

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

A Note from your Muhlenberg County Homemaker Council President

Just wanted to say a huge thank you to all who jumped in to help with the Bean Supper. You all have been amazing over the years, and I appreciate every bit of support, no matter how big or small!

As some of you might know, I've been in Texas for the last three weeks helping with my grandsons while my son and his family get settled in their new military post. I know some of you had your own plans too, so I hope everyone who traveled is back safe and ready to dive back into things!

Thanks again for all your help. We still have quilt tickets to sell, so let's keep pushing to wrap that up! It really takes a team effort to make this all happen, and I'm grateful for each of you!

Tammy Dozer

BIG BLUE BOOK CLUB

THURSDAY
NOVEMBER
7
2024

WATCH PARTY

6:00 PM
@the
Extension
Office

REGISTER @ <https://ukfcs.net/BBBClaundry>

Cooperative Extension Service | Family and Consumer Sciences



Several Muhlenberg County Homemakers attended the Pennyrile Area Annual Meeting "Between the Rivers" on October 18. Congratulations to our own Brandy Garcia on being sworn in as the Pennyrile Area President!



Muhlenberg County Homemakers met with Muhlenberg County Judge Executive, Mack McGehee to declare October 13-19 KEHA Week.

Scenes from the Homemakers Annual Bean Supper



Quilt Raffle tickets are still available! Tickets are \$5 each. Quilt is on display at the Extension Office!



SCAN TO PURCHASE YOUR TICKET ONLINE!

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.

Principles or Elements of Art

There are 7 principles of art that one should keep in mind when creating a piece or viewing someone else's creation. They are listed below with a brief explanation of each.

Balance: A distribution of visual weight on either side of the vertical axis. Symmetrical balance uses the same characteristics. Asymmetrical uses different but equally weighted features.

Contrast: The arrangement of opposite elements (light vs. dark, smooth vs. rough, small vs. large, etc...) in a composition so as to create visual interest.

Emphasis: Used to make certain parts of an artwork stand out. It creates the center of interest or focal point. It is the place in which an artist draws your eye to first.

Movement: How the eye moves through the composition; leading the attention of the viewer from one aspect of the work to another. Can create the illusion of action.

Pattern: The repetition of specific visual elements such as a unit of shape or form. A method used to organize surfaces in a consistent regular manner.

Rhythm: Regular repetition of, or alternation in elements to create cohesiveness and interest.

Unity: Visually pleasing agreement among the elements in a design. It is the feeling that everything in the work of art works together and looks like it fits.

While you're reading this, look around your house and find a work of art and see if you can find any or all of these elements included in it.



Thought for the Day

"And we know what we want, and the future is certain, give us time to work it out." Road to Nowhere, Ozzy Osbourne, 1991

Contact Us



(270) 338-3124



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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.

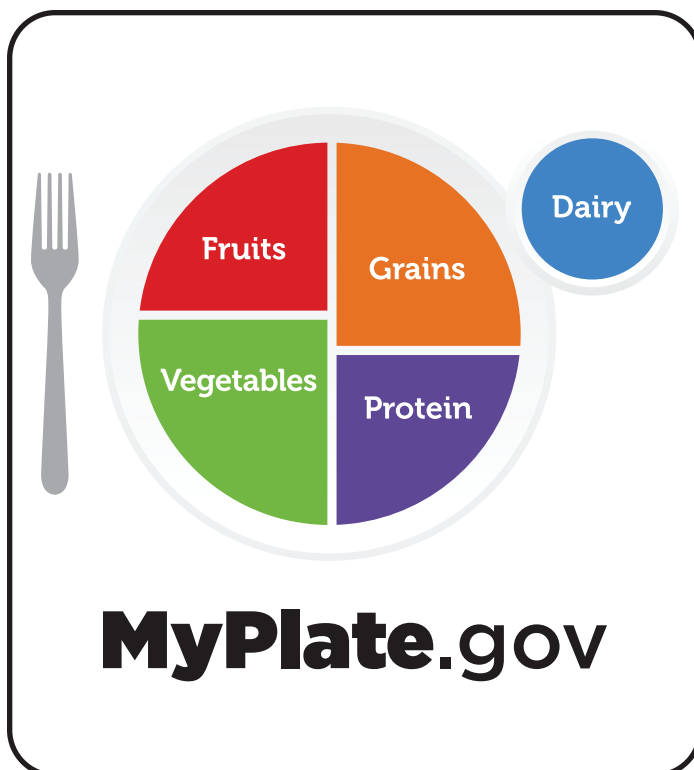
How to Get Out of a Mealtime Rut

Heather Norman-Burgdolf, Dietetics and Human Nutrition, and Jean Najor, Kentucky Nutrition Education Program

When you or a family member find out what is on the menu for dinner, is the typical response “Again?” If you dread the thought of cleaning another dish or you just can’t think of the last time you were excited by your own cooking, you may be in a cooking rut. Even the most avid cooks have cooking ruts from time to time. Fear not, because these ideas will spark your cooking creativity and make meal-times more appealing!

Benefits of Home-cooked Meals

Sometimes a reminder of the benefits of cooking at home is all we need. In many studies, meals made and eaten at home were linked to higher-quality diets and better health. Home-cooked meals often have more variety, are more balanced, and include foods from all five of the food groups featured in MyPlate, a visual nutrition guide based on the USDA’s Dietary Guidelines for Americans. Studies have shown families that prepare and eat meals at home five or more times each week consume more fruits and vegetables than those who eat meals at home less than three times per week.



Aside from the health benefits of home-cooked meals, enjoying meals cooked at home benefits the family in many other ways. Home-cooked meals often result in shared family meals, which are linked to stronger family connections. When cooking at home, children are more likely to engage in the cooking process. As a result, children may be more likely to eat foods that are more nutritious when they help make the meal, and they learn cooking skills they will use as they move into adulthood. Additionally, when children see adults eating a variety of nutritious foods, they are more likely to make the same healthy choices. These are all great reasons to cook at home.

Start Simple

The easiest way to get out of a cooking rut is to build MyPlate meals. MyPlate serves as a visual guide to include all the food groups at meals. When planning your meals, refer to MyPlate to include fruits, vegetables, grains, proteins, and dairy. Including a variety of foods from all groups ensures you receive the energy, fiber, and nutrients each food group provides.

Start with a favorite family meal. This might be your regular “go-to” dish because it is easy and filling or simply a meal that your family loves. Think about that meal in terms of MyPlate. What can you add or change about the meal to make it a MyPlate meal? MyPlate can help us build satisfying meals that include a variety of nutrients and the fiber we need, helping us feel full longer. These MyPlate meals do not have to be complicated. Simple meals that are filling and nutritious are the goal.

If your go-to meal is chicken and rice, consider making a stir-fry by adding frozen mixed vegetables and a stir-fry sauce to serve over brown rice. Pair with canned mandarin oranges and a glass of milk. This meal now includes all the food groups and has more flavor and nutrition than the original.

Add Creativity and Fun to Your Meal Creations

Rely on a variety of useful tools to inspire kitchen creativity. These ideas will provide you with a new outlook when preparing your next meal that will help you break free of the mealtime rut. Approaches that encourage family involvement in mealtime decisions and preparation are a win-win.

Plan Themed Dinner Nights

Reduce decision-making by creating a standing themed dinner night each week. Taco Tuesday and Pizza Friday are nothing new. Put a new spin on these by letting a family member pick a recipe or by making something from scratch that you normally would not, such as pizza crust. Ask your family what creative ideas they have for a themed dinner. Ideas may include Slow Cooker Saturday, or Throwback Thursday with classic childhood favorites. If one night is family movie night, make a meal that relates to the movie. It helps to know each week has at least one pre-scheduled meal.

Whole-grain banana pancakes with a berry and yogurt parfait are sure to please. Use vegetables by making breakfast burritos or an egg casserole, both of which can serve as lunch the next day.

Try Breakfast for Dinner

One of the most familiar ways to vary your dinner routine is to make breakfast for dinner. Breakfast foods are often affordable and easy to make. Cooking them at dinner allows more time to make breakfast foods that are too time-consuming for morning routines. Aim to include whole grain, fruit, and protein options.

Explore the Store

It is common to purchase the same items at the grocery store from week to week. When you have time, explore the store to look at items you have never tried or new products that are available. Try buying something you enjoy but simply have never made at home, such as eggplant or parsnips. Go beyond your own store and see what other grocery stores are in your area. Explore an international market to find interesting new items and to see their versions of items you buy at your regular grocery store. You may pick up a new grocery store routine.

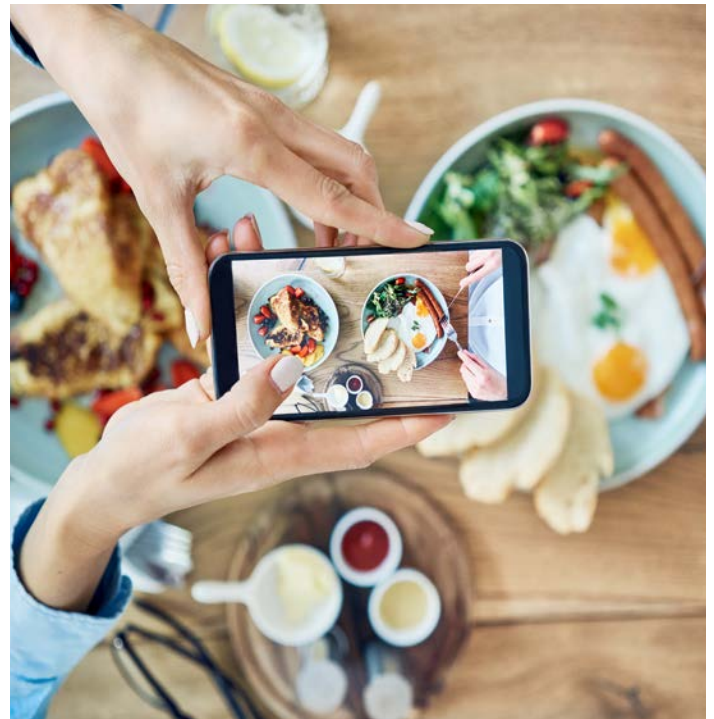
Celebrate a Food Holiday

Another easy way to decide what to make for dinner is to celebrate a national food holiday. With a simple search on the internet, you can find multiple days in the month that are food holidays. For example, March 9 is National Meatball

Day. Make a favorite meatball recipe or search for a new one you would not usually try. Each month, your family can plan which food holidays to celebrate.

Cook through a Cookbook

Grab a cookbook you have not used in a while or browse a bargain bookstore or library. Consider swapping cookbooks with a friend. Try choosing recipes you would not usually make, or discover new flavors by browsing through international cookbooks. You might be pleasantly surprised and learn a few new cooking skills in the process. Make note of what you and your family liked or disliked about a recipe and what changes you would make.



BartekSzewczyk/iStock/Getty Images Plus via Getty Images

Take Photos along the Way

Be your own source of inspiration. Take photos of your kitchen creations and make an album on your smartphone. Refer to your digital photo album when you need inspiration. This is especially helpful for meals that you threw together with items you had on hand. It is a way to recall dishes without recipes, and it reminds you of your kitchen creativity. Encourage family members to do the same and create a shared album so that everyone can get involved.

Shop Your Kitchen

Do you have boxes of pasta that have been in your cupboard for a while? Is there broccoli in your freezer that should be used soon? Go through your kitchen to find items that need to be used. Start with one or two items you want to use, and then browse your pantry for flavors that would pair

well. Consider how much time making the meal will take. If you only have 20 minutes until the meal must be served, waiting for the oven to preheat may not allow enough time to cook. Explore online resources or smartphone apps that provide you with recipes based on the food items you have on hand.

Sauce It Up

Explore using sauces in different ways. A jar of pasta sauce can be used for so much more than spaghetti. Consider adding it to vegetable soup or as an ingredient for eggplant parmesan. Use salad dressing as a meat marinade. Try using salsa in a chili recipe or on a burger for a Mexican-inspired sandwich. Mix up homemade pizza by using something other than tomato sauce as your base. For example, green salsa or very thinly sliced fresh veggies can make a great base that is “outside of the box.” Most types of cuisine have their own sauces to liven up dishes; either make your own or find a store-bought sauce to add a flavor from around the globe. You can also enhance your standard sauces simply by adding roasted vegetables to pasta sauce or crushed pineapple to barbecue sauce.

Phone a Friend

Ask family members or friends what has been on their dinner schedules lately. Co-workers might provide some clever ideas, too. If you work similar schedules, they may have recipes that fit your time constraints. Even the grocery store may be more of a resource than you realize. The butcher may provide you with valuable advice on how to prepare certain items, and you might find recipe cards if you ask.

Watch the Pros

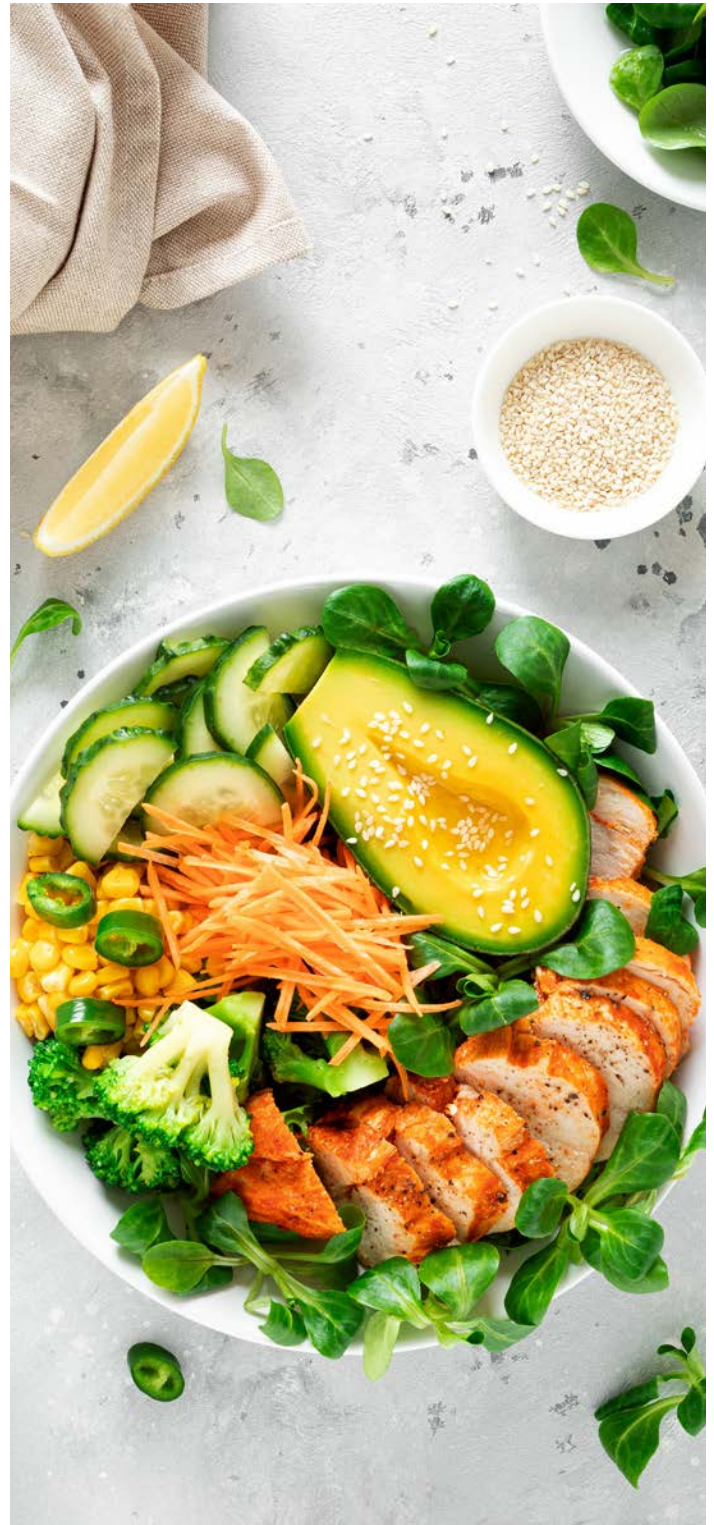
Cooking shows are another way to get inspired to try something different or to learn a new spin on preparing a classic recipe. Simply going to a popular chef’s or cooking show’s website makes it even easier to get inspired. Online videos can be another source of inspiration, as many talented home chefs put content on social media.

Eat with the Seasons

If you find yourself eating the same fruits and vegetables year-round, consider eating with the seasons. A seasonal produce guide is available at your county Extension office that lets you know what is in season where you live and how to find it. Even if you use the same recipes, changing out what produce you include can make the dish feel entirely new. For example, in the cooler months, broccoli and carrots may be a great addition to a pasta dish, and in the warmer months, you could try summer squashes and eggplant. With various items being harvested locally, you will constantly have new, fresh ingredients for your recipes that will help keep you out of a mealtime rut.

Be Inspired

Cooking ruts will happen, so use these ideas for inspiration in the kitchen to create something you enjoy eating. The many benefits of making meals at home will be multiplied when you involve your family members. Together you can create and share satisfying and nutritious meals—and maybe get some help with kitchen cleanup in the process!



YelenaYemchuk/iStock/Getty Images Plus via Getty Images

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Tomato Corn Pesto Pizza

3 plum or Roma tomatoes	wheat or regular	1 teaspoon honey
¼ teaspoon onion powder	packaged pre-baked	4 ounces shredded
½ teaspoon freshly ground	pizza crust, thin crust	mozzarella cheese
or seasoned pepper	⅔ cup fresh corn kernels	3 tablespoons fresh
½ cup basil pesto	½ cup grated Parmesan	whole or torn basil
1 (14-16 ounce) whole	cheese	leaves, (optional)

Preheat oven to 450 degrees F. **Slice** tomatoes into ¼ inch slices; **place** tomato slices on paper towels; **sprinkle** with onion powder and pepper; let stand 20 minutes. **Spread** pizza crust with pesto. **Stir** together corn kernels, Parmesan cheese and honey. **Top** pizza with corn mixture, tomato slices and mozzarella cheese. **Place** pizza directly on middle oven rack; **bake**

approximately 12-14 minutes or until cheese is melted and golden. **Remove** from oven and **top** with fresh basil leaves, if desired. Cut into 8 slices.

Yield: 8 servings, 1 slice each

Nutritional Analysis: 290 calories, 13 g fat, 4.5 g saturated fat, 15 mg cholesterol, 590 mg sodium, 29 g carbohydrate, 2 g fiber, 3 g sugar, 14 g protein.



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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