

FAMILY & CONSUMER SCIENCES

Trigg County Extension Homemaker Newsletter May/June 2016

**Cooperative
Extension Service**
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Upcoming Activities/Meetings:

May 3 – Red Cross Bloodmobile
Clubs to work are:
10:30 a.m. - 1:00 p.m. – Montgomery
1:30 - 3:30 p.m. – United
3:30 – 6:00 p.m. – Roaring Springs

May 7, 2016—Trigg County Amazing Family Challenge—9:00 A. M.-Noon at the Cadiz Baptist Church Annex Parking Lot. The Trigg County Homemakers will be providing a physical activity challenge for families to participate in and will need 3-4 volunteers to help. This is also the day to turn in Step Logs for those competing in the “Step It Up Trigg County!” Challenge.



May 16, 2016—Discovery Park and Patti’s 1880’s Settlement trip. We must have 25 to register to take a charter coach. We can always increase to a bigger coach if more want to go, but we must be able to fill a 25-passenger coach. The cost of the trip is \$62.00 which includes coach transportation and entry to the Discovery Park. All other expenses will be your responsibility. I think it will be a great day. I have heard nothing but wonderful things about the Discover Park. Sign up and pay by May 4, 2016.

May 18, 2016--Homemaker Book Club—1:30 P. M. at the Trigg County Library. This will be our final meeting of the Homemaker year. Cookies, tea, and lemonade will be provided.

May 26, 2016—June Lesson “Plate It Up” Training 10:00 AM at the Trigg County Extension Office. Kentucky Proud.”

Dear Homemakers:

Gay just put the May calendar on my desk and remarked “I cannot believe it is time to fill this out!” Life has turned into a windmill and for me, the breezes keep getting stronger. But, maybe that means we are involved in work and service to our community and it keeps us busy enough that we don’t have to wait for time to pass. Anyway, Happy May and June!

June marks the end of the 2015-16 Homemaker year. Thanks for hanging in there with us! I hope you have learned something new and helped someone along the way. We have already started plans for next year.

Thanks to Relissa Torian, Joyce Woods, and Brenda Bosecker for attending the state Homemaker meeting with me two weeks ago. I think the ladies learned a lot and represented you well. A highlight for Brenda, Joyce, and I was getting to meet Nick Clooney, George’s Dad, when we took a tour of Rosemary Clooney’s home in Augusta, KY. Yes, the arms that hugged George, hugged us. Ask us about it sometime!

Sincerely,

Cecelia Hostilo
County Extension Agent for FCS





- **June 20-22, 2016—Trigg County Cultural Arts Retreat.** Better known as Granny Camp, this retreat will be

held as a Day Camp at Ramon and Becky Oliver’s Hickory Hill Cabin off King’s Chapel Road. See the flyer for more information.

- **June 20, 2016—Trigg County Homemaker Picnic—5:30 P. M. at the Oliver Hickory Hill Cabin.** Everyone is invited to our first annual (or at least first in recent history) Homemaker Picnic. The Homemakers will be providing hamburgers and hot dogs and we are asking those who come to bring salads, sides, and desserts. We are excited about this time of fellowship and fun.



Basket Weaving Class



July 25, 2016—Basket Class—9:00 AM-3:00 PM at the Trigg County Extension Office.

Carol Underwood from Marshall County will be here to teach us to make a “Suzy” basket. The

basket is round and features a woven bottom, color trim, and decorative woven handle. The cost of the class is \$30 and included all materials. You will need to bring lunch and snacks for the day. Call the Trigg County Extension Office by noon on Friday, July 8, 2016 to register for the class.



Elder Financial Abuse



Sadly, there are many elderly people who face financial abuse every year. This includes having someone steal money, sell or take property, fake their signature or trick the person into spending money. Luckily, there are some ways that you can protect yourself, friends and loved ones:

- Hire the right people. Hire a certified public accountant or financial planner to help you manage your money. A lawyer with elder-law or estate planning knowledge can help you write a will and craft trusts, which can limit others’ access to your money.
- Power-of-attorney. Think about who you can trust to be your power-of-attorney. The document can be written to include another person to monitor the person with power-of-attorney or to have two powers-of-attorney. Talk with your attorney about the roll of the power-of-attorney. You will also want to discuss the difference between the standard power-of-attorney and a durable power-of-attorney.
- Set up direct payment. Have your tax refunds, pension benefits and Social Security benefits paid directly to your banking account. You can also simplify bill paying by using online payment options available through your bank.
- Protect your home. If you are hiring outside help, be sure that the person is trustworthy by having a background check done and/or checking references. You will also want to check to make certain the person is properly insured.

Source: Jennifer L. Hunter, Extension Specialist for Family Financial Management, University of Kentucky; College of Agriculture, Food and Environment; and Kristyn Jackson, LMFT, Ph.D. Candidate, Department of Family Sciences



Inflammation, is there a diet that helps?

Picture going for a run and falling and cutting your knees, or working in the

garden and having a rose thorn become lodged in your finger. When these and other injuries occur the body tries to remove the harmful, irritated tissues or damaged cells and begin the process of healing by producing inflammation. Redness, heat, swelling, pain and loss of function are signs of acute inflammation but some inflammation can occur without these symptoms. Inflammation can affect certain parts of the body and cause chronic diseases; for example, the joints (rheumatoid arthritis), bowel (Crohn's disease) and skin (psoriasis). With these conditions the inflammation process is not helpful and in fact the immune system mistakenly fights against the cells of the body.

Though some research suggests that foods such as fatty fish, salmon, sardine, and herring, berries and tart cherry juice can reduce the effects of inflammation, however, the role specific foods have on the inflammation process is still being studied. Research is showing that saturated fat from meats, butter, cream and trans-fats from processed foods actually turn on the inflammatory process.

The Academy of Nutrition and Dietetics suggests that eating with reduced inflammation in mind is not difficult and may be easier than many people think. They provided the following guidelines:

- At meals let fruits and vegetables make up at least half your plate. Take care to regularly fit in fresh, frozen or dried berries and cherries. Be sure to eat a variety of vegetables, including leafy greens such as kale, chard and Brussels sprouts.
- Opt for plant-based sources of protein including beans, nuts and seeds.
- Choose whole grains instead of refined ones. Give up white rice and replace it with brown, black or wild rice; whole oats or barley for cream of wheat; and whole-wheat bread instead of white.
- Pick heart-healthy fats as opposed to not so healthy ones. Olive oil, avocados, nuts and seeds are a few delicious choices.

- Choose fatty fish such as salmon, sardines and anchovies to get a heart-healthy dose of omega-3 fatty acids.
- Season your meals with fresh herbs and spices. They pack a flavorful and antioxidant-rich punch.

Though diet is important, it's not the only factor. Quality and duration of sleep, regular exercise, maintaining a healthy weight, can all have a direct impact on inflammation.

Source: Ingrid Adams, Extension Specialist for Nutrition and Weight Management, University of Kentucky; College of Agriculture, Food and Environment

Find Your Way to a Kentucky Farmers Market



In late spring, Kentucky farmers markets are the place to find fresh, healthy foods to bring flavor and color to your meals. Check with your local Extension office to learn when your

market will be open. Make the farmers market your first stop when grocery shopping, to take advantage of seasonal produce like asparagus and strawberries. By visiting the market first, you will be able to shop for the other ingredients you need. Spring salad greens, radishes, spinach and other colorful vegetables will bring good nutrition and tasty dishes to your table. Strawberries, a Kentucky favorite fruit, can be served fresh, frozen for later use or preserved in jams and jellies. Some markets may have cool weather crops, like broccoli or kale, available. A visit to the market can help you find inspiration for spring meals your family will enjoy.

Source: Janet Mullins, Extension Specialist for Food and Nutrition, University Of Kentucky; College of Agriculture, Food and Environment

Editor's Note: The Cadiz/Trigg County Farmers Market in downtown Cadiz is open for business every Wednesday and Saturday through the summer and fall from 7:00 AM till Noon. Stop and check them out. You will be glad you did!

Recipes

All Recipes were taken from
<http://www.whatscooking.fns.usda.gov>

Angel Food Cake

- 1 1/2 cups egg whites
- 1 teaspoon cream of tartar
- 1 1/2 cups sugar
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1 cup flour (sifted)



Preheat the oven to 325°F. In a large mixing bowl, beat the egg whites until they are foamy. Add the cream of tartar and beat until stiff, but not dry. Gradually beat in the sugar. Add the vanilla and salt and then gently fold in the flour.

Pour the mix into an angel food tube pan and bake for 1 hour and 15 minutes, or until the top is nicely browned.

Turn the tube pan up and allow to cool completely. Remove from pan.

Yield: 12 servings

Nutrition Facts Per Serving: 150 calories; 1 g total fat; 95 mg sodium; 33 g total carbohydrate; 4 g protein

Bread Pudding with Vanilla Sauce

- 1 tablespoon margarine
- 5 slices whole wheat bread
- 3 egg
- 1/3 cup sugar
- 1 pinch salt
- 2 cups milk, non-fat
- 1 teaspoon vanilla extract
- 1/4 cup raisins
- 1 teaspoon cinnamon (and/or nutmeg)



Vanilla Sauce

- 1/3 cup sugar
- 2 tablespoons cornstarch
- 1 cup water
- 1 tablespoon margarine (or butter)
- 1 1/2 teaspoons vanilla extract

Melt margarine in medium size skillet. Tear bread in pieces and spread on bottom of skillet. Beat eggs and stir in sugar, salt, warmed milk and vanilla. Sprinkle raisins over bread and pour egg mixture over all. Cover and cook over very low heat for 20 minutes. Pudding is done when custard is set in the middle. Allow to cool in the skillet.

Prepare vanilla sauce while pudding cools. Combine cornstarch and sugar in a small saucepan. Gradually add water, stirring well. Cook until thick and clear, stirring constantly. Add margarine and vanilla, stirring until margarine melts. Spoon over individual servings of bread pudding. Refrigerate leftover bread pudding and vanilla sauce within two hours.

Yield: 6 servings

Nutrition Facts Per Serving: 266 calories; 7 g total fat; 2 g saturated fat; 309 mg sodium; 43 g total carbohydrate; 9 g protein

Pineapple Zucchini Cake

- 3 egg
- 2 cups sugar
- 2 teaspoons vanilla
- 1 cup vegetable oil
- 2 cups zucchini (peeled, grated)
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon baking soda
- 3 cups flour (all purpose)
- 1 cup pineapple, crushed, drained
- 1/2 cup raisins (optional)
- 1 cup pecans (optional, chopped)



Preheat oven to 350 degrees. Grease or lightly spray with non-stick cooking spray, a 9 x 13 inch pan. In a large bowl, beat eggs, sugar, vanilla, and oil. Add zucchini. In a separate bowl, combine baking powder salt, baking soda and flour. Add dry ingredients to creamed mixture. Stir in fruit and nuts. Bake for 45 to 50 minutes, or until cake springs back when lightly pressed with your finger.

Yield: 12 servings

Nutrition Facts Per Serving: 440 calories; 20 g total fat; 3 g saturated fat; 360 mg sodium; 61 g total carbohydrate; 1 g dietary fiber; 5 g protein

Trigg County Cultural Arts Retreat

The retreat (lovingly referred to as “Granny Camp”) will be a day camp format this year at Ramon and Becky Oliver’s Hickory Hill Cabin off of King’s Chapel Road. We have 12 classes for you to choose from:

- **Verdigris**—\$1.00—Teacher—Gay Ledford and Joann Harvey
- **Decoupage Tile Coasters**--\$5.00 for a set of 4—Teacher—Cecelia Hostilo
- **Card making**—5 Cards for \$5.00—Teacher—Janet Burke
- **Old Book Photo Display**--\$2.00—Teacher—Libby Lancaster
- **“Kayce Mae” Basket**--\$30.00—Teacher—Carol Underwood
- **Painted Terra Cotta Garden Turtle**--\$2.00—Teacher—Cecelia Hostilo
- **Casserole Carrier**--\$1.00—Teacher—Madge Heyen
- **Quilted Table Runner or Hot Pad**—\$1.00—Teacher—Beverly Hodge
- **Swedish Weaving**--\$3.00—Teacher—Cecelia Hostilo
- **Large Painted Wood Decoration for Door**--\$30.00—Teacher—Janet Burke
- **Mircrowave Hot Pad**--\$1.00—Teacher—Brenda Bosecker
- **Potholder Purse Organizer**--\$2.00—Teacher Cecelia Hostilo

The schedule of classes, supply lists, registration form, and a map to the cabin are all available at the Trigg County Extension Office. Come by and pick them up, or call us at 270-522-3269 and we will drop one in the mail to you. The deadline to register is June 6, 2016.

Homemaker Picnic

Monday evening, June 21st, at 6:00 PM, we will be hosting a countywide picnic at Hickory Hill for all of our Homemakers and guests. Everyone is invited! This is a great time to invite a friend or family member who might be interested in Homemakers to come and get a taste of what our organization is all about. The County Council will provide hamburgers, hot dogs, and drinks. Homemakers are asked to bring salads, side dishes, and desserts. We will have a small take home craft (star ornament) for everyone to make. There is no charge for the craft. Please come and bring a friend!

Let us know if you are coming by completing the form at the end of the newsletter, or by calling the Extension Office at 270-522-3269 by June 15, 2016. It will be a great time!

Clip and Return

TRIGG COUNTY HOMEMAKER PICNIC REGISTRATION:

Name: _____

I plan on attending the Homemaker Picnic on Monday, June 20, 2016, at 6:00 PM.

_____ Yes _____ No

I am bringing _____ guest(s) to the Homemaker Picnic

I am bringing a _____ side dish _____ salad _____ dessert

Return this slip to Gay Ledford, Staff Assistant, Trigg County Extension Office, P. O. Box 271, Cadiz, KY 42211 by June 15, 2016.