

Trigg County Extension Homemaker Newsletter

March/April 2017

Cooperative Extension Service

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Dear Homemakers:

Did Punxsutawney Phil get it wrong or what? I am sitting here at my computer putting together information for this newsletter and it is supposed to be 76° today. Maybe we need to hire us a weather predicting opossum or raccoon for Western Kentucky. Phil may have gotten it right for Pennsylvania, but he was wrong about us!

Thank you for the response you gave to the voting for future lesson topics. This is the first time that I have had all the clubs respond, and we were one of the first counties to turn our information in. Our Pennyrile and Purchase agents will be working together to line up lessons that we hope will be enjoyable and informative.

We have four months left in our official Homemaker year, and there are several activities where we will need your help and participation. Thanks ahead of time for helping when and where you can!

Sincerely,

Cecelia Hostilo
County Extension Agent for FCS



- March 6—Trigg County Homemaker Advisory Council Meeting—9:30 AM at the Trigg County Extension Office.** This is the spring quarterly meeting of this group where plans are made and business is taken care of for the group. County officers and educational chairmen, area officers and educational chairmen, and club presidents are asked to attend. If you cannot attend, please send a representative from your club.


- March 7, 2017—Pennyrile Area Homemakers Cultural Arts Contest and Exhibit, 10:00 AM-1:30 PM at the UKREC in Princeton, KY.** All Trigg County Homemakers are encouraged to enter their hand made craft items in this contest. An educational class on making wire bangle bracelets will be offered for \$8.00 per kit and a food truck will set up outside the center for your lunch needs. Looking forward to lots of participation from Trigg County!
- March 14, 2017—Trigg County Senior Nutrition Fair—Trigg County Senior Center—9:30-11:00 AM.** This is our second year to provide this program for the senior members of our community. I need volunteers to man display tables during the fair. All the displays and information will be ready to go, you just need to be a welcome face, help them get the information, and sign their participation card. Please call the Extension Office at 270-522-3269 to volunteer for the morning and thanks in advance for your help in making this a successful event!


- March 15, 2017—Homemaker Book Club and Lunch—12:15 PM at the Sunshine House and 1:30 PM at the Trigg County Library.** The Book Club will meet in March at the Sunshine House for lunch before going to the library for our meeting. The Sunshine House is located at 23 Marion Street in Cadiz, on the corner of Jefferson. Again for book club, there is no set book to read, just come prepared to talk



Over 50 studies from around the world document that those who regularly sleep less than 6 hours a night are at increased risk of obesity. Those who get insufficient sleep are at greater risk for weight gain even if they exercise regularly and generally eat a healthy diet. When we are tired and sleep deprived, we often try to maintain our energy level with comfort foods. Not getting enough sleep appears to affect hormones that regulate feeling full or hungry so that we tend to eat too much with sleep loss. Feeling sleep deprived can keep you from being motivated to participate in physical activity or prepare a healthy meal.

To further examine the relationship of partial sleep deprivation to energy balance, researchers from King's College conducted a systematic review and analysis of published studies. They found that lack of sleep was associated with eating 385 more calories per day, with higher fat and lower protein intake. There was no significant difference in carbohydrate intake.

It can be easy to regularly sleep less than seven to nine hours a night. Eventually this sleep debt will need to be repaid, often on a weekend at the expense of recreational activities. This kind of "make-up" sleep is not healthy as it disrupts regular biological rhythms. A regular routine of waking and sleeping fosters optimal physical and mental health, allowing you to perform daily activities to the best of your ability.

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

Does Honey Help A Sore Throat?



There are many over-the-counter products that help with coughs that typically occur during this time of year. It is not uncommon to hear the suggestion of drinking warm tea or warm water with lemon and honey when a person has a sore throat. A study has found that the honey may act as cough relief as well. For children in the study, 2 teaspoons of honey seemed to help reduce night coughing. The use of honey was compared to a common cough medicine ingredient. Because honey is so easily available it may be a good alternative for some people.

Pleased remember however, that honey should never be given to a child under the age of one. Children at this age risk very serious food poisoning from honey.

Remember that coughing is sometimes good for you. Your body needs to cough sometime to move any mucus that may be in the airway. For most people, there is usually no need to be concerned with coughing. The next time you have a cough and are considering what type of cough medicine to buy, perhaps you will consider trying a spoonful of honey.

Source: Nicole Peritore, Extension Specialist for Family Health; University of Kentucky; College of Agriculture, Food and Environment

Leftover Safety Tips

Leftovers save both time and money by providing already made meals in a hurry and helping to stretch our hard-earned dollar. But leftovers must be handled safely in order to prevent foodborne illness. Here are some tips from the USDA's Food Safety and Inspection Service to make the most out of your leftovers and prevent foodborne illness.

- Always wash your hands before and after handling food. Use soap and warm water; scrub for 20 seconds.
- Keep food out of the "Danger Zone". Bacteria grow best between temperatures of 40 - 140 degrees F, so always refrigerate leftovers within 2 hours. Throw away all perishable foods that have been left out at room temperature for more than 2 hours (1 hour if the temperature is above 90 degrees F, like an outdoor summer picnic).
- Cool food quickly. Large amounts of leftover food should be divided into small containers for quick cooling. Large cuts of meat like whole roasts or hams should be cut into smaller parts. Hot food can be placed directly into the refrigerator—no need to cool on the counter.
- Heat leftovers to an internal temperature of 165 degrees F. Use a food thermometer to check the temperature. Soups, sauces and gravies, should be brought to a full boil.
- When heating leftovers in the microwave, make sure there are no cold spots where bacteria could survive. Cover, stir and rotate the food for even heating.
- Use or discard refrigerated leftovers within 3-4 days. Frozen leftovers should be eaten within 4 months.

Source: Annhall Norris, Extension Associate for Food Safety and Preservation; University of Kentucky, College of Agriculture, Food and Environment

Big Blue Muffins

2 medium oranges
¼ cup olive oil
¼ cup sugar
¼ cup honey
2 eggs
½ cup low fat, plain Greek yogurt
1 cup all-purpose flour
1 cup whole wheat flour
1 ½ teaspoons baking powder
1 teaspoon baking soda
¼ teaspoon salt
1 ½ cups fresh blueberries



Preheat oven to 400°F. Position rack in the center of the oven. Wash oranges. Using a zester or fine grater, remove the orange zest from the rinds of both oranges and place in mixing bowl. Slice oranges in half and juice into a liquid measuring cup. Add water if needed to make ½ cup. Add juice to the zest. Add the oil, sugar, honey, eggs, and yogurt and mix together with a whisk. In a separate mixing bowl, combine the flours, baking powder, baking soda and salt. Add the wet ingredients to the dry ingredients and mix with a wooden spoon until just combined. Batter should be lumpy. Add the blueberries and gently fold into the batter. Using a large spoon, scoop the batter into a greased 12-cup muffin pan, evenly dividing the batter. Bake 20 minutes or until lightly browned on the tops. Cool in pan for 5 minutes. Remove to a wire rack and serve. **Yield:** 12 muffins

Nutritional Analysis: 190 calories; 6 g fat; 1 g saturated fat; 40 mg cholesterol; 240 mg sodium; 31 g carbohydrate; 2 g fiber; 14 g sugar; 5 g protein.

Baked Broccoli Frittata

1 cup broccoli florets
½ cup diced tomato
1 small red bell pepper, sliced
2 green onions, sliced into 1-inch pieces
1 tablespoon olive oil
1 6 whole eggs
¼ cup Dijon mustard
2 tablespoons water
¼ cup 2% milk
¼ teaspoon salt
¼ teaspoon black pepper
½ teaspoon Italian seasoning
1 cup low fat mozzarella cheese, divided

Preheat oven to 375°F. Place broccoli florets, diced tomato, bell pepper and green onions in a 9" x 13" baking dish. Spoon olive oil evenly over vegetables. Roast the vegetables in the oven until crisp-tender, approximately 10 minutes. In a bowl, combine eggs, Dijon mustard, water, milk, salt, black pepper, and Italian Seasoning. Whisk mixture until frothy. Stir in ¾

cup of mozzarella cheese. Pour the egg mixture over the roasted vegetables. Stir gently with a fork to combine. Sprinkle the remaining ¼ cup of mozzarella cheese over the top. Return to the oven and bake for 20-25 minutes or until set and cheese is lightly browned on top. Serve immediately. **Yield:** 8 servings

Nutritional Analysis: 130 calories; 8 g fat; 3 g saturated fat; 170 mg cholesterol; 400 mg sodium; 5 g carbohydrate; 1 g fiber; 2 g sugar; 9 g protein.

Cabbage Rolls

12 cabbage leaves
1 pound lean ground beef
1 cup cooked brown rice
1 (15-ounce) can tomato sauce
1 teaspoon garlic salt
¼ teaspoon pepper
½ teaspoon dried basil
½ teaspoon dried oregano
½ cup chopped onion
¼ cup chopped green pepper
1 teaspoon sugar
1 tablespoon cornstarch
1 tablespoon water



Cover cabbage leaves with boiling water. Let stand until leaves are limp, about 4 minutes. Drain. When cool, trim away excess ridge on leaf for easier rolling. Mix beef, rice, ½ cup tomato sauce, garlic salt, pepper, basil, oregano, onions, and green pepper together. Place 1/3 cup of the meat mixture in each leaf, starting at the stem end. Roll while tucking in the sides. Place seam side down in a 9" x 13" baking dish. Mix remaining tomato sauce with the sugar and pour over the rolls. Cover with foil and bake at 350°F for one hour. Remove the cabbage rolls from the baking dish, and pour liquid into a saucepan. Place on medium heat and bring to a boil. Mix cornstarch and water together and stir into hot liquid. Bring to a boil one more time and cook for one minute. Serve sauce with cabbage rolls.

Yield: 6 servings, two rolls each

Nutritional Analysis: 190 calories; 4 g fat; 1.5 g saturated fat; 40 mg cholesterol; 550 mg sodium; 24 g carbohydrate; 6 g fiber; 9 g sugar; 18 g protein.

***All recipes are from the Plate It Up! Kentucky Proud Project, a collaborative effort between the University of Kentucky Cooperative Extension Family and Consumer Sciences and the Kentucky Department of Agriculture.**

Pennyrile Homemakers Spring Seminar



International Day APRIL 21, 2017

\$12 REGISTRATION

Speakers About Travels To...
China Czech Republic Haiti
Ghana Germany

CATERED PASTA LUNCH & TACKY TOURIST CONTEST
HELD AT UK RESEARCH CENTER IN PRINCETON, KY

REGISTRATION

NAME: _____ COUNTY: _____

ADDRESS: _____ PHONE: _____

Registration due by Friday April 7, 2017. Detach and return registration slip with payment to your local extension office. On day of event, please note that doors do not open until 9:30 a.m. for registration. Keynote speaker starts at 10:00 a.m. For questions please call Cecelia Hostilo at the Trigg County Extension Office at 270-522-3269.