



UK University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

**Cooperative Extension
Service**

Daviess County
4800A New Hartford Road
Owensboro KY 42303
270-685-8480
daviess.ca.uky.edu

February 2025

DATES

February 14

Happy Valentines Day!

February 17

Tune into WBKR

February 22

Get the Tea on Cancer fundraiser

February 25

Cook Once, Eat Twice Cooking Class

February 27

Wits Workout

March 9

Spring Forward!

March 17

Tune into WBKR

March 18

Homemaker Lesson Training
Daviess County

March 19

Homemaker Lesson Training
Henderson County

March 28

Lesson Ballots Due

Be sure to tune in to WBKR 92.5 FM to hear about the monthly SNAP recipe and hear reviews from the on-air taste testing.



February 17th - Cauliflower Bites

March 17th - Crunchy Air Fryer Fish

Type 2 Diabetes Support Group

Come learn more about managing your diabetes and to meet others dealing with diabetes. Meetings are the third Tuesday of the month at noon in Healthpark Classroom B.

For more information please call 270-688-4804 or email DiabetesEducation@OwensboroHealth.org

IN THIS ISSUE

UPCOMING DATES AND EVENTS	1
GET THE "TEA" ON CANCER	2
COOK ONCE, EAT TWICE	2
SLOW COOKER TIPS FOR WINTER SOUPS AND STEWS	3
WITS WORKOUT	4
TYPE 1 DIABETES SUPPORT GROUP	5
HOMEMAKER HAPPENINGS	6
HOMEMAKER BALLOT	7-11

**Daviess County Extension Agent
for Family & Consumer Sciences
Education**

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Cook Once, Eat Twice *Cooking Class*

Join the Healthpark dietitians at the UK Cooperative Extension Office for the Cook Once, Eat Twice Cooking Class. Learn meal preparation tips and tricks that save both time and money. Recipes and tasty samples will be provided.

Tuesday, February 25, 2025 at 5:30 p.m.

**UK Extension Office
4800A New Hartford Rd.
Owensboro, KY 42303**

Call 270-685-8480 to register.



Get the "Tea" on Cancer

**Saturday, February 22, 2025
10:00 a.m.**

At the Daviess County
Cooperative Extension Office

Tickets \$10 each

Event includes special speakers
from the Kentucky Cancer
Program and the University of
Kentucky.

**Stop by the Extension Office
for tickets**

Proceeds to benefit UK Ovarian Cancer Research



Slow Cooker Tips for Warm Winter Soups and Stews

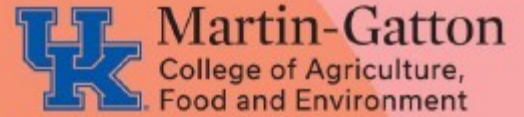
Source: Heather Norman-Burgdorf, Extension Specialist for Food and Nutrition

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

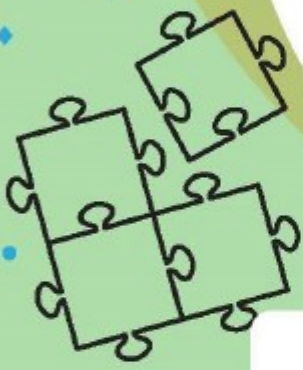


WITS WORKOUT



An engaging, interactive,
and educational
brain health program

Come join us for FUN and FREE activities!



Location: Daviess County Public Library
2020 Frederica Street
Owensboro, KY 42301

Time: 1:30 - 3:30 pm

Dates: February 27
March 6, 13, 20, 27
April 10, 17, 24
May 1

**All participants must register through the library.
Call 270-684-0211 ext. 3, or stop by the library.**

Presented by: Katie Alexander, Daviess County Family &
Consumer Sciences Extension Agent



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TYPE 1 Diabetes *Support Group*

Break out
groups for
Children, Adults
& Caregivers

Do you have Type 1 diabetes or are you a parent or caregiver of a child with diabetes? Do you or your child often feel alone in managing diabetes?

We know managing Type 1 Diabetes can be a challenge. We are pleased to offer a monthly support group for adults with Type 1 diabetes, children, and their parents or caregivers. During these informal meetings, we will discuss challenges, share resources and tips and explore a variety of topics related to living with Type 1 diabetes. The support group will consist of three break out groups to help meet individual needs of children, adults and caregivers.

Free and open to everyone.

Meetings are held at 5 p.m. on the 3rd Tuesday of each month at the Healthpark in Classroom B.

Please call 270-688-4858 or email Jenny.Young@OwensboroHealth.org to register or if you have questions.

2025 Upcoming Meetings:

- | | |
|-------------|--------------|
| January 21 | July 15 |
| February 18 | August 19 |
| March 18 | September 16 |
| April 15 | October 21 |
| May 20 | November 18 |
| June 17 | |





HOMEMAKER HAPPENINGS

Lesson for the Month

Creating Welcoming Communities - An International Lesson

Roll Call

Have you ever participated in a race or contest? What happened?

Thought of the Month

“On your marks, get set, go.”

—(*Bicycle Race*), Queen - 1978

FOYER DECORATIONS

Homespun did a great job reminding us of the fun we can have in the snow.



March’s foyer will be decorated by South Hampton Homemakers.

Lesson Ballot

The rest of the newsletter is the lesson topic ballot for next year. You can complete this individually, or as a club. Select up to 8 lesson topics and return to your Extension Office by March 28, 2025.

Ag Expo

Thanks to everyone who stopped by to see us at Ag Expo. We had a great day and loved seeing all of you!

Get the Tea on Cancer Ticket Sales

Ticket sales have begun. Tickets are \$10 each. Get in touch with your club President or stop by the Extension Office to purchase tickets.



Green River Area Extension Homemaker Ballot 2025-2026

*(Please mark an **X** for an individual vote OR the
number of votes if voting as a club)*

Select up to 8 lesson topics.

Club/Name: _____

Please return the ballot to your County Extension Office by **March 28th, 2025.**

(late ballots will not be counted)

Cultural Arts and Heritage:

_____ **COMPOSITION in DRAWING and PAINTING**

Participants will increase their level of understanding related to composition in drawings and paintings. Discuss the history of drawing and painting and discuss tools and equipment used for drawing and painting.

Environment, Housing and Energy:

_____ **Indoor Air Quality**

This lesson seeks to raise awareness and knowledge about indoor air quality, how it can be affected by things in our indoor spaces, how it can affect one's health, and steps for improvement.

International:

Healthy Eating Around the World

We'll take a trip around the globe to learn about dietary recommendations from other countries. Along the way, we'll learn about new foods and ways of eating. As we arrive back in the U.S., we will reflect on what we learned and see how advice about a healthy diet is remarkably similar, no matter where on Earth we live.

Family and Individual Development:

Mental Health Matters

Mental health is important for overall health at every life stage – from childhood through older adulthood. It includes emotional, psychological, and social well-being and affects how a person thinks, feels, and behaves. This lesson will highlight why mental health matters and draw attention to symptoms of mental health concerns and resources that are available to help with mental health well-being.

Laughter is a Must in Marriage

Laughter cultivates a positive atmosphere, strengthens emotional bonds, and helps couples navigate the challenges of married life with resilience and grace. This lesson will test your knowledge on laughter, identify the short- and long-term benefits of laughter, explore what keeps you from laughing with your spouse and share ways to increase laughter in your relationship.

Navigating Trauma After a Natural Disaster

This lesson will focus on coping with trauma that may occur after a natural disaster. Trauma is our body's response when we experience an event that is life-threatening or emotionally hurtful. The lesson will provide valuable tips and skills to aid in recognizing and coping with trauma as well as how to help others in the community who might experience trauma.

Understanding and Coping with Farm Stress

Stress is a common term that we use to describe unpleasant, demanding, or unwanted events in our life. We all experience stress, however, farm stress is unique stress experienced by farmers and their families. This lesson will focus on the different types of stress experienced by farm families and how farmers and families can manage stress.

Food, Nutrition and Health:

Yoga-ta Try This!

Yoga is far from a new practice but has become popular today as a mainstream form of exercise. There are also many health benefits of doing yoga beyond physical activity. This lesson introduces yoga – what it is, why you might be interested in trying it, and some poses.

Using your Air Fryer

The air fryer has increased in popularity over the last few years and has become a staple in many kitchens. This small countertop appliance offers a healthier alternative to frying food and is popular for reheating leftovers. This lesson will focus on what air fryers are and how they work. We will discuss the pros and cons so consumers will feel informed if they opt to purchase an air fryer.

The Big Freeze

Freezing is the easiest, most convenient, and least time-consuming method of preserving foods. When done correctly, freezing preserves nutrients and maintains quality. This lesson will help you get the most of your freezer by teaching good freezing techniques for a variety of foods. You will be able to minimize food waste, save money, and save time.

Inspiring Grandchildren to become Grand Cooks

Learning cooking skills early in life improves skills and confidence in the kitchen, which can lead to higher diet quality to support health later in life. We'll share ideas for bringing different generations together in the kitchen in ways that build confidence, share knowledge and traditions, and create lasting memories.

Leadership Development:

Robert's Rules Refresh

This lesson incorporates interactive teaching methods and fun approaches to brush up on your knowledge and improve your ability to lead or participate in effective meetings.

Sharing Your KEHA Message

This lesson will help you prepare an "elevator speech" that can quickly summarize what your club or council has to offer. In addition, you will prepare responses to have ready when barriers might get in the way of inviting others to join in active membership.

Management and Safety:

Understanding Your Credit Score

Does one number define you? Find out about the meaning behind credit scores, what makes a good one, and how you can improve yours.

_____ **Selecting Sheets**

Cooling? Percale? Bamboo? Sateen? Can someone please tell us what that all means? With so many types of sheets available, it is easy to get confused. Let us put these questions to bed and unravel the mystery of thread count too!

_____ **Stretching Your Dollar: What to Do When the “Ends” Don’t Meet**

“Making end meet” is getting harder in today’s economy. This lesson will cover how to make your dollars and resources go farther. The lesson will provide tips for managing your money in financially tough times and offer strategies for saving on groceries, gas, utilities, clothing, and other household essentials.

Please Read:

Due to low attendance for the in-person lesson trainings, we are looking for feedback.

Would you attend in-person if it is just at the Daviess County Extension Office?

Would you prefer to have the lessons only available on our Green River Area YouTube page? (No in-person) _____

Would you prefer to have the trainings only at Daviess County and Available on YouTube? _____

Ballots due to YOUR County Extension Office by March 28, 2025!