



College of Agriculture,
Food and Environment
Cooperative Extension Service

Homemakers Newsletter

HOMEMAKER COUNCIL MEETING

February 15th at 11:30 am in the Extension
Office Basement. Council members please call
the office to register so we can plan accordingly
by Tuesday, February 13th.



2023 KEHA ANNUAL STATE MEETING

The 2023 KEHA Annual State Meeting will be held on May 9-11, 2023 at the Crown Plaza Hotel in Louisville, Kentucky. All information will be coming to you in the Spring KEHA Newsletter. Be sure to make arrangements now.

2023 KEHA State Board Elections: Credentials are being sought for 6 positions to be elected in May 2023. New Officers will serve from July 1, 2023, to June 30, 2026. Credentials must be sent by certified mail and postmarked by April 8th. Officers and Chairpersons are needed for: First Vice President; Treasurer; Environment, Housing and Energy Chair; Food, Nutrition and Health Chair; Leadership Development Chair; Marketing and Publicity Chair.

Credentials include the nomination form for the position in Appendix, pages 6-7 for State Chair Candidates; Appendix, pages 8-9 for State Officer Candidates; Treasurer Candidates needs to complete Appendix 10. If interested check with your presidents for qualifications, or contact the Extension Office. We have homemakers that would make great State Leaders!



Discover More

Important Dates to Remember

March 1st: KEHA Grants, Scholarships, and Contest postmark deadline. Check with your president or the office for more information.

April 27th: Lake Cumberland Area Homemakers Annual Meeting will be in Wayne County. More information to come.

June 2023: Pulaski Homemakers Annual Meeting. Dates and location to come.

Happening Soon

February Lesson: Tips for Managing Stress Eating

February Roll Call: February is National Bird Feeding month. What is your favorite bird?

Thought for the Month: "No bird soars too high if he soars with his own wings."

Feb. 10th, 12 noon: Summer Sausage Class, learn how to make your very own summer sausage. This is a 2 part class, See Flyer

February 16th, 12:00 noon: Charcuterie Boards- How to make them with the product that you made in the first part of the Summer Sausage class.

February 13: Let's Make a Will--~~Cancelled~~ Will be rescheduled later.

February 27th, 9 am: "Cards R Us", free card making class. Everyone is welcome.

February 27th, 1 pm: Leader lesson training for March Homemaker lesson. "Savor the Flavor: Cooking with Oils and Vinegars." Extension office basement.

February 28th, 11:30 am: Cooking from the Calendar Recipe Demonstration. Please be sure to register for this free class.



PULASKI COUNTY EXTENSION OFFICE

2 Part Class- Must attend both classes
12 people or 12 couples limit
Please register and pay in advance

Feb 10th 12pm Summer Sausage- You will be making your own summer sausage and preparing it for the fermentation and smoking process. Ground pork, ground beef, seasonings, add-ins & all supplies provided. Optionally you may bring your own ground venison or elk to substitute part of the ground beef. The sausage will be finished out at the extension office and you will receive it at the next class.

Feb 16th 12pm Charcuterie Boards- Putting it all together! You will receive your summer sausage once it has gone through the fermentation and smoking process. Then you will learn how to create your own charcuterie board using your summer sausage and some other ingredients.

\$25 PER PERSON / COUPLE
CALL: 606-679-6361 TO RSVP

Cooperative Extension Service
Agriculture and Natural Resources
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4-H Youth Development
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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.
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Disabilities
accommodated
with prior notification.

March Calendar

Leader Lesson Training for March

Leader Training for March Homemakers Lesson "Savor the Flavor: Cooking with Oils and Vinegars." Monday, February 27th, 1:00 o'clock at the Extension Office. Please have a representative present from your club at the training. Information will be available in your box at the Office.

Many of us know there are a variety of cooking oils and flavored vinegars out there but may not be sure how and when to use them. Join us for this class in which you will learn about adding flavor to foods and dishes with cooking oils and vinegars. We will learn about some of the most common types of cooking oils and flavored vinegars found in your grocery store, or they may be already in your cupboard.

March Roll Call: March is Women's History month. Name a woman from history that you admire.

March Thought for the Month: "A woman is like a tea bag; you never know how strong it is until it is in hot water."

March 8th, 1 pm: Chocolate Egg Class. See flyer.

March 12th: Day Light Savings Time begins. Spring clock forward.

March 14th: Pulaski County Cultural Arts Competition due to the Office. See your KEHA Member Book for categories and rules. Homemakers can begin entering their items before March 14, if more convenient to you.

March 15th, 1 pm: "Lets Plant A Garden"

March 16th: Area Cultural Arts Competition in Taylor County. Blue Ribbon Winners from County Competition will go on to Area Competition. Blue Ribbon Winners from Area go on to State.

March 27th, 9 am: Card "R" Us Class- free card making class

March 27th, 1 pm: Homemaker Leader Lesson, Extension Office Basement

March 28th, 11:30 am: Calendar Food Class Recipe Demonstration, This months recipe is: Vegetarian Taco Soup

March 30th, 1 pm: "Green Cleaning" Class. Making cleaning products for the home

Homemaker Corner:



Just Among Friends made "Gnomes" to share with their homemakers.



We decorated plates for our Valentine Goodies during our decoupage class.



We made and ate Goodies to increase our waist size. Recipes are available to interested persons that could not make the class.



The Hinkle Belles Extension Homemakers recently made \$300 contribution to the Pulaski County Project 58:10 program. The project provides necessary meals that benefit and nourishes nearly 800 students in the Somerset/Pulaski schools. Shown in the picture are Hinkle Belle members: Mary Ellis, Julie Peterson from the Project 58:10 program, Betty Waddle, Karen Cook and Linda Singleton.

Pieceful Quilters met during the holidays for their Christmas party and made Christmas ornaments.



We express our sympathy.

to:

Patsy Vaught, death of her husband.

Roseanna Foster, death of her mother.

Brenda Garner, death of her husband.



Chocolate **EASTER EGGS CLASS**

MARCH 8TH AT 1 PM



Pulaski County Extension Office Basement

****Limit to 12 people****

Please RSVP at 606-679-6361.

Free to all homemakers. Non-homemakers \$5 for supplies.

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LEXINGTON, KY 40546



Save the Date

**HOMEMAKERS AREA
ANNUAL MEETING
THEME: BASKETS OF BLESSINGS**

APRIL 27, 2023

**ASPIRE CENTER
90 AIRPORT RD.
MONTICELLO, KY 42633
REGISTRATION: 5:30 P.M. EST
MEETING: 6:00 P.M. EST
MORE DETAILS &
REGISTRATION
COMING SOON!**



2023 KEHA State Meeting

May 9-11, 2023

Crowne Plaza

Louisville, KY

<https://keha.ca.uky.edu/content/state-meeting-information>



We are planning an exciting state meeting with all the features you know and love! Because of rising prices, we have had to change the pricing structure. We are keeping prices as low as we can to make sure you get the most bang for your buck! Below is a sneak peek at the new pricing structure and all the features it will include. Look for full details and registration information coming this February in your state newsletter!

	Early-Bird Rate (By 4/10/22)	Late Registration (By 4/24/22)
Full Conference Registration	\$140	\$175
2-Day Conference Registration	\$120	\$140

Full Conference Registration Includes:

- Everything!
- Two meals – Tuesday opening luncheon banquet (New!) and Thursday awards luncheon
- All three days of conference activities*
- Opportunities to register for learning seminars covering a wide variety of interesting topics
- Opportunities to register for hands-on creative classes
- Cultural Arts viewing
- Quilt square viewing and auction
- Trade show vendors and KEHA merchandise store
- Basket raffle and silent auction
- Homemaker showcase
- Business meeting
- Wednesday night choir performance
- Thursday officer trainings and educational chairman workshops – all are welcome to attend. Learn what it means to lead!

2-Day Conference Registration Includes:

- Tuesday/Wednesday registration OR Wednesday/Thursday registration
- One meal (either opening luncheon banquet (New!) or closing awards lunch)
- 2 days of conference activities*
- Opportunities to register for learning sessions and hands-on creative classes as available on the days you select

* NOTE: All sessions and classes require advanced registration and are subject to availability. Registration is first-come, first-served with payment. Hands-On Creative Classes and paid sessions *may* include an additional charge.



Pulaski County Extension Office
P.O. Box 720
Somerset, KY 42502
Phone: (606) 679-6361

Cajun Seasoned Fish with Rice

- 1 tablespoon paprika
- 1 tablespoon dried oregano
- 1 tablespoon garlic powder
- 1 teaspoon ground black pepper
- 1 teaspoon salt
- 1 tablespoon butter
- 1 package (10 ounces) frozen vegetable blend with onions, celery, peppers, and parsley
- 3 cups cooked brown rice
- Nonstick cooking spray
- 1 1/2 pounds thawed fish fillets, any type
- 1 lime (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Combine paprika, oregano, garlic powder, pepper, and salt in a small bowl. Set aside.
3. Melt butter in a medium saucepan.
4. Add frozen vegetable blend.
5. Cook and stir over medium heat for 5 to 8 minutes or until vegetables are tender.
6. Add cooked rice and 1 teaspoon of prepared seasoning mix. Cook and stir until rice is heated through, about 3 to 5 minutes.
7. Reduce heat to very low. Cover rice mixture and keep warm while preparing fish.
8. Spray fish fillets on all sides with cooking spray and coat with seasoning mix. Remember to wash your hands after handling raw fish.
9. Place a large cast iron skillet or other heavy, nonstick skillet on the stovetop over medium high heat. Let the

pan preheat until it's very hot but not smoking.

10. Place fish fillets in a single layer in the pan. The pan will smoke a little.
11. Cook fish over medium-high heat for 3 minutes. Use a spatula to carefully turn the fish over. The seasoning mixture will make a dark brown crust on the fish.
12. Cook the fish on the other side for 3 more minutes, or until it is solid white and flakes easily with a fork, or registers at least 145 degrees F when tested in the thickest part.
13. Divide fish into six portions and serve each piece over 1/2 cup of cooked rice.
14. Optional: Sprinkle fish with juice from one lime.
15. Refrigerate leftovers within 2 hours.

Variations: Add 1/4 teaspoon cayenne pepper or chili powder for a spicier mix.

Makes 6 servings
Serving size: 1 fish filet and 1/2 cup rice
Cost per recipe: \$11.44
Cost per serving: \$1.91

Nutrition facts per serving:
260 calories; 5g total fat; 2g saturated fat; 0g trans fat; 60mg cholesterol; 460mg sodium; 28g total carbohydrate; 3g dietary fiber; 2g total sugars; 0g added sugars; 26g protein; 20% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

Source: Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension Service

