

February 2023

McLean County Extension

Family and Consumer Sciences



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

McLean County
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Important Dates

- Feb. 9, 4:00 p.m. Homemaker Council Meeting, McLean County Extension Service
- Feb. 7, 10:30 a.m. and 6:00 p.m. Sensational Salads, McLean County Cooperative Extension Service
- Feb. 9, 6:00 p.m. Friendship Club meeting, McLean County Cooperative Extension Service
- Feb. 14, 12:00 p.m. Beech Grove / Glenville Clubs meeting, McLean County Cooperative Extension.
- March 2, 9:00 a.m. Big Blue Book Club McLean County Cooperative Extension Service (Zoom)
- March 14, 10:00 and 11:00 a.m. Leader Lesson, Daviess County Cooperative Extension Service
- March 15, 10:00 and 11:00 a.m. Leader Lesson, Henderson County Cooperative Extension Service
- March 16, 9:00 a.m. Big Blue Book Club McLean County Cooperative Extension Service (Zoom)
- March 23, 9:00 a.m. Big Blue Book Club McLean County Cooperative Extension Service (Zoom)

Do you know the difference between Radicchio, Escarole, Arugula, or Butterhead? Did you know you can add these to your everyday salads and make them...

Sensational Salads!

February 7, 2023

10:30 a.m. or 6:00 p.m.

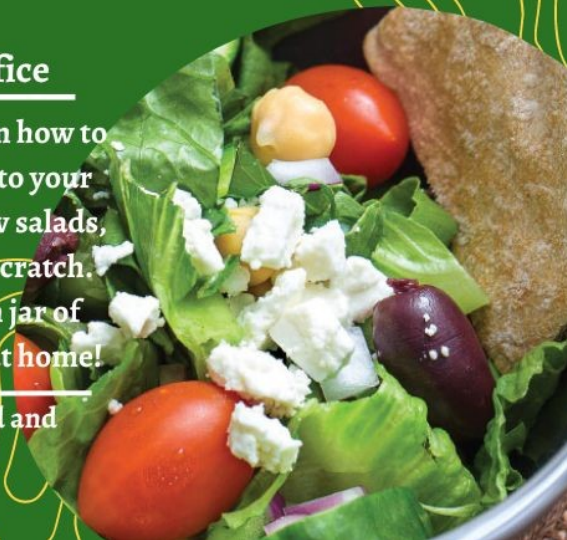
at the McLean Co. Extension Office

Join our FCS agent, Kelly Bland, as you learn how to get creative in the kitchen and add variety to your salads. We will make and sample some new salads, and be making some salad dressings from scratch.

Each participant will leave with their own jar of dressing, and recipes to make many more at home!

Spaces are limited. Registration is required and the last day to register is February 3rd.

Please call (270) 273-3690 to register.



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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Save the Date

2023 KEHA State Meeting

2023 KEHA State Meeting
"Let's Take a Hike with KEHA"
May 9-11, 2023
Crowne Plaza
Louisville, KY



For more information visit:
[Http://keha.ca.uky.edu/content/state-meeting-information](http://keha.ca.uky.edu/content/state-meeting-information)

The 2023 Kentucky Extension Homemakers Association (KEHA) State Meeting will take place May 9-11, 2023, at the Crowne Plaza in Louisville. The theme is "Let's Take a Hike with KEHA." Wilderness Trail Area will serve as the host area. The lodging room blocks are now open for reservations at a group rate of \$124/night. Register using the special group link found at <https://keha.ca.uky.edu/content/state-meeting-information> or call 866-888-0620 and ask for group code PZ5.

Because of rising prices, the registration pricing structure for 2023 has changed. We are planning an exciting state meeting with all the features you know and love. Attendees can register for the full three-day conference or at a reduced two-day rate. Single day conference registration will no longer be available. We are keeping prices as low as we can to make sure you get the most bang for your buck! Details of the new pricing structure and the features each option will include can be found on the State Meeting web page at

<https://keha.ca.uky.edu/content/state-meeting-information>. Full details and registration forms will be available in February when the state newsletter is issued. Plan now if needed because you won't want to miss it!

KEHA Updates

March 1 is the entry deadline for several Kentucky Extension Homemaker Association (KEHA) contests, scholarships, and grants. All details and requirements can be found in the KEHA Manual at <https://keha.ca.uky.edu/content/keha-manual>. Be sure to submit your entries on time and to the correct address or email!



Contest entries include creative writing (pages 37-39), Adopt-A-Highway awards (page 49), Ovarian Cancer Fundraising and Promoting a Healthy Kentucky (page 60), Homemakers Support 4-H (pages 64-65), international contests and awards (page 73), and Community Volunteerism Awards (page 88). Contest entries are sent to the respective chair people who oversee the contests, as noted in the Manual

Scholarships include the Evans/ Hansen/Weldon Scholarship (pages 94-98) and KEHA Homemaker Member Scholarship (pages 99- 102). Scholarship applications are due to the state Leadership Development Chairman.

Grant opportunities include KEHA Mini-Grants for Study or Research (pages 104-106) and KEHA Development Grants (pages 107-111). Grant proposals and applications are due to the state 2nd Vice President.

For questions regarding any of these opportunities, contact the officer or chairperson listed in the Manual.



McLean County Homemaker Connection



Homemaker Meeting Dates

- Feb. 9 at 4:00 p.m. Homemaker Council Meeting, McLean County Extension Service
- Feb. 9 at 6 :00 p.m. Friendship Club meeting, McLean County Cooperative Extension Service
- Feb. 14 at 12:00 p.m. Beech Grove / Glenville Clubs meeting, McLean County Cooperative Extension.

Homemaker Leader Lesson

Transferring Cherished Possessions: Estate Planning For Non-Titled Property

Learn to distribute treasured heirlooms from closet clutter and determine goals to establish a fair distribution process between heirs

Management and Safety Lesson

Open Home Division Catalogs

Open Home Division Catalogs have been updated and ready for pick up at the extension office starting on February 13.

They will be placed businesses through out the county for people to pick up.

McLean County Ag Fair will be held July 13 through 15 at Myer Creek Park.

Thought for the month:



"No bird soars too high if he soars with his own wings." -William Blake

Roll Call:

February is National bird feeding month. What is your favorite bird?



Homemaker Scholarships Applications

Homemaker Scholarships Applications are ready and available with deadline being March 10, 2023.

HOMEMAKER LESSONS

TRAINING DATE:

March 14 (Daviss) March 15 (Henderson)*

* **Date have changed on these lessons**

April Lesson:

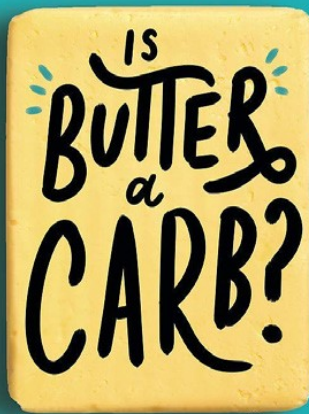
Savoring the Eating Experience:

The Art of Eating Mindfully. 10:00 a.m.

May Lesson:

Entertaining Little Ones 11:00 a.m.

ROSIE SAUNT and HELEN WEST
The founders of The Rooted Project



UNPICKING FACT FROM FICTION
IN THE WORLD OF NUTRITION

BIG BLUE BOOK CLUB

The first 200 registered participants will receive a free copy of the book.

March 2, 9, 16, and 23

Join Family and Consumer Sciences Extension for our next Big Blue Book Club series featuring, *Is Butter a Carb? Unpicking Fact from Fiction in the World of Nutrition*.

This book removes the moral stigma from food and breaks down the science to provide easy, accessible evidence-based advice on how to live your healthiest and happiest life. This practical book is the modern must-have nutrition book for everybody interested in food, health, and pop science.

Led by Dr. Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition, this series will be held on Thursdays March 2, 9, 16, and 23 at 10:00 am ET/9:00 am CT.

Register at: <https://ukfcs.net/BBBC23Book1>

The registration deadline: January 27, 2023

Family and Consumer Sciences/4-H Youth & Development Agent Kelly Bland will be hosting the meetings live through Zoom at the McLean County Cooperative Extension Service office for those who do not have access to the internet or would like to attend.

County Annual Day

Save the Date

April 11, 2023

McLean County Cooperative Extension Service

Registration: 5:30 p.m. Program: 6:00 p.m.

Theme: Culinary Genealogy Recipes.

RSVP to your club president or the extension office at 270-273-3690.

Cost and more info will be posted next month.

We are working on the menu to be catered.




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LOGO CONTEST

Fort Harrod Area needs a logo design for KEHA State Meeting 2024! The theme is: "Blazing the way with KEHA"

ENTRY REQUIREMENTS:

- Must say "Blazing the way with KEHA"
- Must depict Old Fort Harrod in some manner.
- Can be color but must also look good in black and white.
- Open to everyone but must be a KY resident.
- Design cannot be larger than 8 1/2 x 11 inches.
- Electronic entries must be submitted in PDF format.
- Entries must be received or postmarked by March 14, 2023.

WINNER will receive half of the 2024 Early Bird State Meeting Registration Fee or \$75.00.

14
March 2023

SUBMIT ENTRIES TO:
MERCER COUNTY
EXTENSION OFFICE
1007 LEXINGTON ROAD
HARRODSBURG, KY, 40330
OR: TARA.DUTY@UKY.EDU



FAMILY & CONSUMER SCIENCES



Kelly Bland

Kelly Bland
McLean County Extension Agent for
Family and Consumer Sciences
and 4-H Youth Development



Egg Substitutes when Baking and Cooking

With egg prices on the rise, many of us are looking for substitutes. But it's not as easy as you think. There is no one substitution that works for all recipes. Egg substitution will depend on the recipe and the egg's function in that recipe. Eggs serve many purposes when baking: structure, consistency, color, and flavor. You can use them to leaven, which allows the food to expand and rise when heated giving the food volume. Or they can be binders, helping to combine other ingredients and hold the food together. They can also keep food moist.

Egg whites provide leavening and moisture while the yolks help with binding. As a rule, the smaller number of eggs a recipe calls for, the easier the substitution. When using a substitution for eggs, determine the function of the egg first.

- If the recipe doesn't contain baking powder or baking soda, the eggs are used for leavening.
- If the recipe calls for only egg whites, they are providing leavening and moisture.
- If the recipe calls for only yolks, they are for binding.
- If the recipe calls for three or more eggs, assume they act in all three roles.
- If you are unsure, assume the eggs act in all three functions. More than one substitution can be used at a time.

Substitutions for leavening (Each substitution counts as one egg.)

¼ cup carbonated water

2 tablespoons water + 1 tablespoon oil + 2 teaspoons baking powder

1 tablespoon vinegar + 1 teaspoon baking soda

2 tablespoons lemon juice + 1 teaspoon baking soda

Substitutions for binding (Each substitution counts as one egg.)

1 tablespoon gelatin + 1 tablespoon water, let sit 15 minutes (for gelatin-based desserts)

1 tablespoon soy lecithin

2 tablespoons mashed potato or sweet potato

2 tablespoons tomato paste

2 tablespoons starch + 3 tablespoons water

3 tablespoons nut or seed butter

¼ cup puréed soft tofu or full fat yogurt

Substitutions for moisture (Each substitution counts as one egg.)

¼ cup unsweetened applesauce or fruit puree

¼ cup mashed banana or avocado

2 tablespoons dried fruit + 2 tablespoons water, puréed

¼ cup buttermilk or milk

¼ cup sweetened condensed milk

¼ cup yogurt

Eggs are a good source of many nutrients. Please be aware that when making substitutions, the nutrient profile of recipes will be altered.

ADULT HEALTH BULLETIN



FEBRUARY 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

McLeanCounty
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THIS MONTH'S TOPIC:

HEART-HEALTHY CHOICES EVERY DAY



Every February, the American Health Association sponsors American Heart Month to increase awareness about heart disease. During February, and throughout the year, the AHA encourages all Americans to consider ways they can increase their heart health and decrease their risk of cardiovascular disease.

Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease. By taking action, you can lower your risk of heart disease and improve your overall health and well-being.

Continued on the next page →





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.



This Institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

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

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



Small changes in dietary habits are often more sustainable than making a drastic change to eating patterns all at once.

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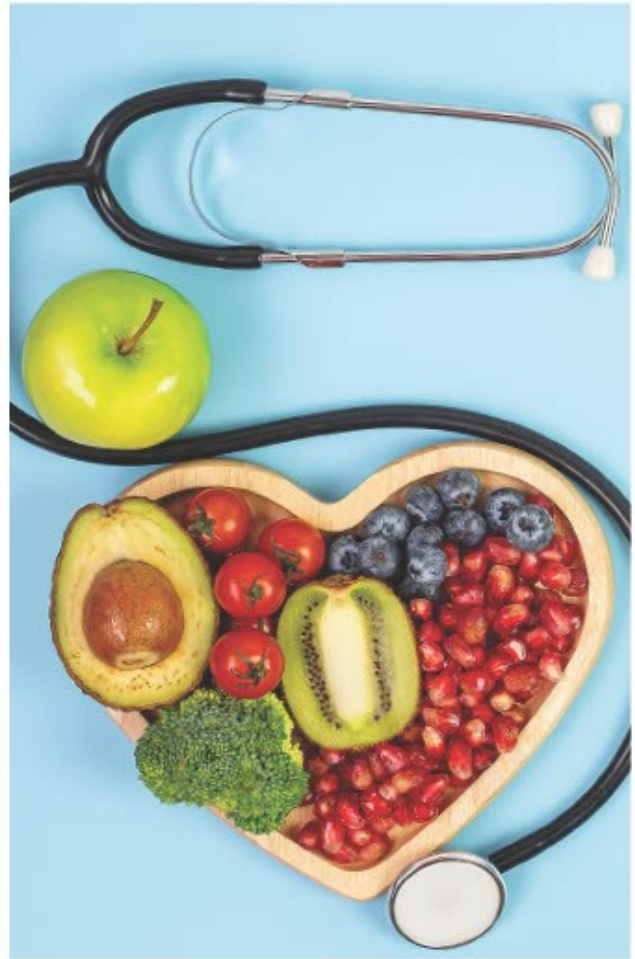
Preventing heart disease starts with knowing what your risk factors are and what you can do to lower them. Some risk factors you cannot change. These include your age, sex, and a family history of early heart disease. Many others you can modify. For example, being more physically active, not smoking, and eating healthy are important steps for your heart health.

Risk factors such as high blood pressure or cholesterol do not have obvious signs or symptoms. A crucial step in determining your risk is to see your health-care provider for a thorough checkup and risk assessment. Your provider can be an important partner in helping you set and reach goals for heart health. Ask about your risk for heart disease at your annual checkup. Since your risk can change over time, keep asking each year.

Healthy choices that everyone should take also decrease a person's chances of developing heart disease. These include eating a healthy diet and being physically active. A heart-healthy eating plan includes fruits, vegetables, whole grains, lean protein, and low-fat dairy. It also limits sodium (salt), saturated fat, added sugars, and alcohol. Small changes in dietary habits can add up over time. They are often more sustainable than making a drastic change to eating patterns all at once.

Regular physical activity can help you lose excess weight, improve physical fitness, lower many heart disease risk factors such as “bad” LDL cholesterol levels, increase “good” HDL cholesterol levels, and manage high blood pressure, lower stress, and improve your mental health. Talk with your health-care provider before you start a new exercise plan. Discuss how much and what types of physical activity are safe for you. Even modest amounts of physical activity are good for your health.

To encourage people to add heart-conscious practices into their daily routine, the AHA partnered with the National Institute of Health. They created a calendar for the month of February that includes one heart-healthy activity to complete each day.



These activities range from completing a specific physical activity, to adding heart-healthy foods, to health behaviors such as having your blood pressure checked. You can download *28 Days to a Healthy Heart* at <https://www.nhlbi.nih.gov/resources/28-days-towards-healthy-heart>.

REFERENCE:

<https://www.nhlbi.nih.gov/health/heart-healthy-living>

ADULT
HEALTH BULLETIN

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