

Lewis County Extension Newsletter

FEBRUARY 2023

Family & Consumer Sciences

Cooperative Extension Service
Lewis County
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From Your FCS Agent

January....already a thing of the past. It's sure hard to believe how quickly time rolls! And, the month was jam packed with lots of trainings to prepare me for life in the fast lane of Family and Consumer Science. Our trainings consisted of basic knife skills (safety is always first when using knives) and ways of cutting fruits and veggies. This makes those foods much more attractive on a serving tray of your choice or even a charcuterie board. We prepared blueberries and dehydrated them to create fruit leather.....similar to "rollups". One of the trainings was a program for parents with pre-school aged children; another, on Parenting.....the second time around and many others. Also in January, our Master Clothing Volunteers and I traveled to Montgomery County Extension Office for a lesson in making a quilt-as-you-go table runner (see picture). In addition to these items, I attended an orientation training for New Agents.

Important Dates

- FEB 7 - Leader Lesson Training
- FEB 28 - MCV in Bath Co
- March 1 - Heart Care Event
- March 3 - Plant Order due
- March 7 - Farm Family Night at MCTC
- April 25 - Community Baby Shower at LCCE



Christa O'Cull



Lewis County FCS Agent



As you already know, that rotten GROUNDHOG saw his shadow AGAIN.....but.....it is only 5 and a half weeks til SPRING!!!! We CAN do this!!!! Just think how beautiful your tulips and daffodils are going to be. Along with spring, comes the thought of outdoor work that seems to never be caught up!!!! Time to get those lawnmower blades sharpened, oil changed in the mower, etc and prepare for a busy summer. I love it ALL!!!!

Come to our Meet & Greet Reception

Christa O’Cull

NEW FAMILY & CONSUMER AGENT

February 27, 2023

2:30 – 5:00pm

Lewis County Extension Office

284 Second Street

Vanceburg, KY 41179

Diane Wilson (Program Assistant) and I did LEAP lessons with children at Garrison, Tollesboro and Vanceburg Headstart. We read a book entitled What’s in a Doctor’s Bag and had lots of fun!!!! The children were great listeners.



February 7 is/was our Homemakers Leadership Day in Mason County

February 28 - Master Clothing Volunteers in Bath County

March 1 – Heart Care Event (more information forthcoming)

March 3 – Strawberry Orders due to LCEO

March 7 – Farm & Family Night at Maysville Community & Technical College (Our FCS agent/program assistant will be conducting a class.....you won't want to miss it!)

April 25 - Community Baby Shower at LCCE - More information contact Youth Services Center & Family Resource Centers 796-6112

How to make a heart-healthy grocery list

Shorus Minella, RD, LD | January 20, 2020

The Cardio Cuisine series is written by Shorus Minella, a dietitian at the UK Gill Heart & Vascular Institute.

Did you know that February is heart health month? Heart disease is the leading cause of death for both men and women in the United States. About 647,000 Americans die from heart disease each year, which is about 1 in every 4 deaths.

Help prevent heart disease and lower your risk of a cardiac event by making some small heart-healthy changes to your current grocery list:

1. Remember your fruits and vegetables. The minimum recommended amounts are 2 cups a day of fruit and 2 ½ cups a day of vegetables. Fruits and vegetables provide vitamins and minerals including antioxidants that help keep your heart healthy.
2. Make the whole grain switch. If you eat rice, pasta or other foods from the grains group, try the whole grain versions. Whole grains typically come with more heart-healthy fiber than their non-whole grain, more processed counterparts.
3. Include more lean meat. Chicken, turkey and fish are the most common lean proteins. Pay attention to the word “loin” as it guides you towards leaner cuts of meat, e.g. pork loin or sirloin.
4. When you need cooking oil, get olive oil or canola oil. These oils have the least amount of saturated fats.
5. Buy the low sodium version of your favorite brands.
6. Don't forget the snacks! Add heart-healthy snacks like nuts and seeds. They add good unsaturated fat with Omega-3s that reduce your risk of heart disease.

This content was produced by UK HealthCare Brand Strategy.



Broccoli Grape Pasta Salad

- | | | |
|---|-----------------------------------|---------------------------------|
| ¾ cup diced pecans | 2 cups seedless red grapes | ¾ cup low-fat mayonnaise |
| 8 ounces whole grain pasta (bow tie or other type) | 1 pound fresh broccoli | ¼ cup honey |
| 5 slices turkey bacon | | ½ cup diced red onion |
| | | ½ cup red wine vinegar |

Preheat oven to 350 degrees F. **Bake** pecans in a single layer in a shallow pan for 5 to 7 minutes or until lightly toasted and fragrant, stirring halfway through. **Prepare** 8 ounces of pasta according to package directions. **Cook** bacon according to package directions. Cool and crumble into small pieces. **Cut** the broccoli florets from stems and separate florets into small pieces using the tip of a paring knife. **Slice** 2 cups of grapes into halves. **Whisk** together mayonnaise,

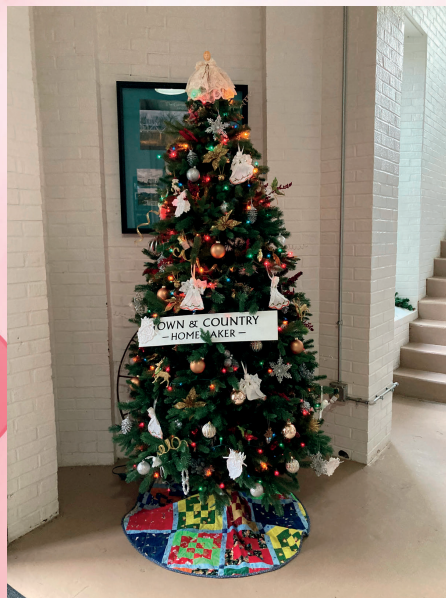
honey, diced red onion and vinegar in a large mixing bowl. **Add** broccoli, cooked pasta and grapes; stir to coat. **Cover** and **chill** for 30 minutes. **Stir** in bacon crumbles and diced pecans just before serving.

Yield: 16, ½ cup servings

Nutritional Analysis: 160 calories, 7 g fat, 1 g saturated fat, 5 mg cholesterol, 125 mg sodium, 24 g carbohydrate, 3 g fiber, 9 g sugars 4 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



LEWIS COUNTY EXTENSION OFFICE

2023 PLANT ORDER

All Plant Orders Due March 3rd

Purchaser Information

Name: _____
 Address: _____
 City, State, Zip: _____
 Telephone: _____
 Email: _____

<u>Quantity</u>	<u>Item</u>	<u>Unit Price</u>	<u>Total</u>
_____ Bundles	Seascape Strawberries	\$7.00 Bundle of 25 plants	_____
_____ Bundles	Earliglow Strawberries	\$7.00 Bundle of 25 plants	_____
_____ Bundles	Flavorfest Strawberries	\$7.00 Bundle of 25 plants	_____
_____	Black Raspberry Jewel	\$5.00 Per Plant	_____
** If ordering blueberries, it is recommended to purchase two different varieties for pollination**			
_____	Chandler Blueberry	\$12.00 Per Plant	_____
_____	Duke Blueberry	\$12.00 Per Plant	_____
_____	Asparagus Jersey Knight	\$2.00 Per Crown	_____
_____	Blackberry Triple Crown	\$7.00 Per Plant	_____
		Order Total	\$ _____

Payment Information

Amount Paid: _____
 Date: _____
 Received By: _____
 Check No.: _____ or Cash _____

We will contact you when orders are ready for pick-up. If you have any questions, call (606)796-2732



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Make Healthy Food Choices: Reduce Saturated Fat in your Diet

Ingrid Adams, Dietetics and Human Nutrition



Saturated fats should be replaced with monounsaturated fats like canola, olive and safflower oils and polyunsaturated fat such as soya bean and corn oils.

What do the fat on meat, the skin of poultry, and the fat you see when you open a container of beef stew have in common? They are all sources of saturated fat that are easy to see. But some sources of saturated fat, such as the fat in whole milk, high-fat cheeses, ice cream and ice cream products, can be more difficult to spot.

Did you Know?

- Saturated fat increases blood cholesterol and your risk for heart disease.
- Animal products are the primary source of saturated fat.
- Cakes, cookies, doughnuts, and some pies contain palm and coconut oils which are sources of saturated fats.
- The main sources of saturated fat in the American diet are pizza and regular cheese.

Foods Containing Saturated Fats

To be able to cut down on saturated fats in your diet, you need to know the foods that contain them (Table 1). Many foods contain a combination of different types of fats so reading labels is very important when trying to decide what foods to eat and which to avoid. The table below gives examples of foods that contain high amounts of saturated fats.

It is recommended that we consume less than 10 percent of calories from saturated fat. Saturated fats should be replaced with monounsaturated fats like canola, olive and safflower oils and polyunsaturated fats, such as soybean and corn oils.

Table 1. Foods high in saturated fat.

Food	Saturated Fat (in grams)
Salami (3 slices)	18
Bacon (2 slices)	17
Cream cheese (1/4 cup)	11
Vanilla ice cream (1/2 cup)	11
Butter (1 tablespoon)	7
Cheddar cheese (1 slice, 1 oz.)	6
Meatloaf (one slice)	5
Chocolate cake (1/12 cake)	5
Ranch dressing (2 tablespoons)	2

Grandparent's Meeting

In a January training (to Family & Consumer Science Agent, Christa O'Cull), we studied a curriculum for parenting called The Second Time Around. On January 19, 2023, I was given the opportunity to share some time with the Grandparents Support Group, sponsored by Lewis County Schools Family Resource & Youth Services Center. We discussed It Wasn't Supposed to Be Like This, identifying feelings about changing roles and identifying helpful community resources. We created paper hats symbolizing all the hats grandparents must wear to raise these children.



MARCH 7TH

Farm & Family Night

4:30 - 9 p.m.




Maysville Community & Technical College, Maysville Campus, 1755 US Hwy 68, Maysville, KY

Programs for everyone....

Farmers, Spouses and Kids of all ages!

Phase I Cost Share Educational Credit available for class attendance!

International Night
Bracken County Homemakers

April 20, 2023
Speaker: Kyle Gillespie
Former United Nations Officer
Open to the public!
Cost: \$15
Deadline to register April 14th
Registration 6:00 PM ~ Meal 6:30 PM
Caterer: Jackie Hamilton
Location: Bracken County Extension Office

Lewis County Homemakers

Only \$5.00
Makes a great gift to pass on
Stop in and get yours
2016

HEART HEALTHY

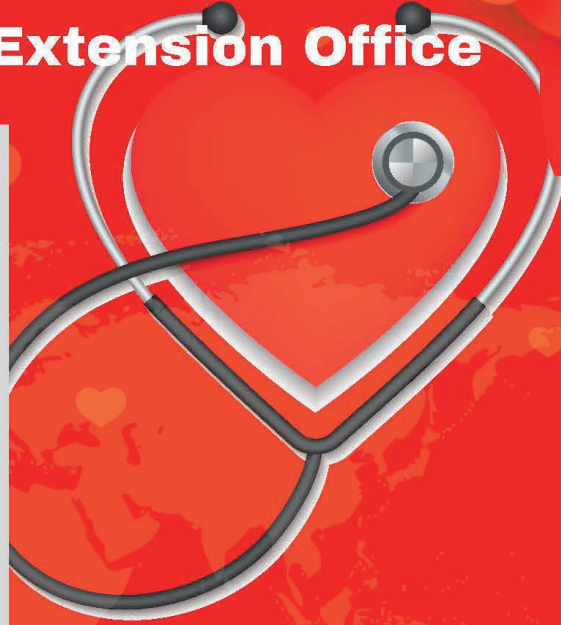
March 1st 10:30 a.m. - 12:00 noon

@ Lewis County Extension Office

10:30 a.m. - Guest Speaker-
Dr. Rebecca Kalb
11:00 - 11:40 a.m. - Lunch
11:40 - 12:00 Noon - Lewis
County Primary Plus

Space is Limited
Please sign up by calling
606-796-2732

For more information, contact
Christa Little, FCS Agent



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

Southern Ohio
Medical Center

Very Good things are happening here



Lewis County Primary Care Center Doing Business As...

PrimaryPlus

Quality + Advanced + Affordable + Healthcare

1ST MARCH

10:30 A.M. - 12:00 NOON



**Why do we celebrate Valentine's Day
on February 14th?**

During the Middle Ages, it was commonly believed in France and England that February 14th was the beginning of bird's mating season, which added to the idea that Valentine's Day should be a day for romance.