



# Green County FCS Extension

**Cooperative Extension Service**

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## November 2011

### Remembrance Day

Originally Remembrance Day was set aside to remember and honor those who gave their lives in the wars of 1914-18 and 1939-45, but today we remember those who fought and died in all wars.

Remembrance Day originated on November 11, 1918, at 11 a.m. (the eleventh hour, of the eleventh day, of the eleventh month) when peace was declared to end the hostilities of World War I. The next year, three minutes' silence was observed throughout the contending countries to remember those who lost their lives. In 1920 an unknown soldier was buried with full military honors at the Arc de Triomphe, Westminster Abbey and the Arlington Cemetery in Washington DC. Since this day, each year at 11 a.m. on November 11, there is a two-minute silence and wreaths are laid at war memorials.

Poppies are a common symbol of Remembrance Day. They symbolize the hundreds of poppies that flowered after the battle on Flanders Field and help us remember those who gave their all for their country.

Another way to remember, honor and celebrate the men and women who fight for our country is to reminisce and discuss why this day is special. Do you have relatives or friend in the forces? Are they comfortable talking to you about their experiences? Where were they stationed? What do they recall of those times at home or in the forces? Do they have any medals or wartime memorabilia (ration books, demob cards, recipe books, postcards from abroad, uniforms) that they might be willing to share? Story-telling and sharing is a powerful method for honoring and celebrating those who served our country.

**Reference:** Bowden, A., & Lewthwaite, N. (2009). *The Activity Yearbook*. Philadelphia: Jessica Kingsley Publishers.

**Source:** Amy Hosier, Extension Specialist for Family Life, University of Kentucky College of Agriculture



Find the Green County Family and Consumer Sciences fan page, Click "like" to keep up with FCS activities and to receive timely consumer tips. You can also follow us on Twitter! Just search **greencountyfcs!**

I would like to thank all of the Homemakers that volunteered on November 1st for our Open House. We had a wonderful turn out and everything was just perfect! I appreciate each and every one of you for all the time you dedicate to our organization. I want to remind you of our Holiday Bazaar on November 18th at the Green County Extension Office. You still have time to pick up an booth application to reserve your table. Hope you all have a wonderful month and a Happy Thanksgiving! Looking forward to spending the holidays with each of you!

Joyfully,

### **Roll call:**

Name your favorite Thanksgiving dish.

### **Thought for the Month:**

*Thanksgiving was never meant to be shut up in a single day.*

—Robert Caspar Linter

*The Kentucky Extension Homemakers Association (KEHA) is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.*



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# Green County Extension Homemakers

## HOLIDAY Bazaar

Friday, November 18, 2011

Application Deadline November 14th

10 am - 5pm CT

Quality Crafts & Holiday Gifts and Pictures with Santa!

Baked Goods

Drawing for Quilt

Door Prizes

Refreshment Stand

Handmade Arts & Crafts

Holiday Food Samples

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### Booth Application

Name: \_\_\_\_\_ Phone#: \_\_\_\_\_

Address: \_\_\_\_\_

Type of Merchandise: \_\_\_\_\_

How many tables do you want? \_\_\_\_\_

(Please place all baked goods in a zipper bag. Cakes and pies must be sold whole)

Non-Homemaker members: \$10 includes one table & 2 chairs

Homemaker members: \$5 includes one table & 2 chairs



Send Check with Application to:  
Green County Extension Office  
Attention: Holiday Bazaar  
298 Happyville Rd.  
Greensburg, KY 42743



For Information & Questions please contact:  
Maxideen Pruitt, G.C. Extension Homemakers Cultural Arts Chairman 932-5839

## Sponsored by:

# Green County Extension Homemakers



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## **Healthy Holiday Eating**

The holiday season is a time for enjoying the company of friends and family, a time for frequent parties and social gatherings and a time when high-fat, high-calorie foods are available. As a result, there are many opportunities for putting on extra pounds. Research shows that the average American gains about 1 to 2 pounds during the holidays. This may not seem like a lot, but the problem is that this weight is kept on and it can accumulate with each passing year. Avoiding the family gathering or office party may not be an option, but some careful thought, planning and making some small changes can go a long way in keeping the weight off during the holiday season. The following suggestions should help you make healthy choices:

### **Eat healthy each day**

- Start your day with a healthy breakfast that includes whole grains, fruit, dairy foods and protein like eggs, ham or peanut butter. Eating a healthy breakfast is a good way to avoid weight gain.
- Increase fruit and vegetable intake. Include a variety of vegetables, especially dark-green and red and orange vegetables and beans and peas.
- Consume at least half of all grains as whole grains. Increase whole-grain intake by replacing refined grains with whole grains.
- Choose a variety of protein foods, which include seafood, lean meat and poultry, eggs, beans and peas, soy products and unsalted nuts and seeds. Increase the amount and variety of seafood consumed by choosing seafood in place of some meat and poultry.

Replace protein foods that are higher in solid fats with choices that are lower in solid fats and calories and/or are sources of oils.

### **Eat healthy at parties**

- Try not to arrive at a social function hungry as this can lead to overeating. If you are hungry before a party or gathering, have a small snack. This could be as simple as whole grain crackers and cheese, raw vegetables, fruit or low-fat yogurt.
- Do not rush to eat. Spend some time socializing and try not to socialize near the food table. In this way you will avoid unconscious nibbling.
- Decide which food item you will eat, what you will sample, and what you would avoid.
- Practice portion control. Eat slower and use small plates. Place some fruit, vegetables and other healthy foods on your plate.
- Eat slowly and savor each bite.
- Drink water instead of sugar-sweetened beverages.
- Before you go back for seconds wait 10 minutes to see if you really are still hungry.
- Choose one dessert you like best. You can also share a dessert with a friend. You can still enjoy your dessert but have less of it.

Prepare and bring a healthy dish to the party or social gathering.

Alcohol contains calories so use in moderation—up to one drink per day for women and two drinks per day for men—and only by adults of legal drinking age. It is wise to begin with a calorie-free, nonalcoholic beverage to satisfy your thirst before having an alcoholic drink.

### **Eat healthy and be realistic**

Traditions are an important part of the holidays and many involve special meals, food and beverages. The American Dietetic Association suggests that we should be realistic around this holiday season. Their advice:

- Don't try to lose weight during the holidays—this may be a self-defeating goal.
- Strive to maintain your weight by balancing party eating with other meals.

Eat small, lower-calorie meals during the day so you can enjoy celebration foods later without overdoing your total calorie intake.

Have fun around the holidays. Enjoy traditional holiday meals and party foods with family and friends while maintaining a healthy lifestyle, too.

*Source: Ingrid Adams, Extension Specialist in Nutrition and Food Science, University of Kentucky College of Agriculture*

## Cushaw Pie

2 cups cooked and 1/4 cup butter  
mashed cushaw squash 1/4 cup sugar  
1/2 cup brown sugar 2 eggs  
1 tsp. lemon extract 1 tsp. vanilla extract  
1/2 tsp. nutmeg 1/4 tsp. ground cinnamon  
1 9-inch graham cracker pie shell

1. To prepare squash: Wash and remove rind from the squash. Cut flesh into 1-inch squares. Steam squash cubes until tender. Drain and mash.
2. Preheat oven to 400° F. In a large bowl, mix together the cushaw, butter, and sugars. Add eggs, lemon extract, vanilla extract, nutmeg, and cinnamon. Mix until smooth.
3. Pour mixture into pie shell.
4. Bake 15 minutes at 400° F.
5. Reduce oven temperature to 350° F and bake pie for an additional 45 minutes or until filling sets.

**Yield:** 8 slices

**Nutritional Analysis:** 250 calories, 13 g fat, 5 g saturated fat, 2.5 g trans fat, 70 mg cholesterol, 140 mg sodium, 33 g carbohydrate, 1 g fiber, 3 g protein

**Source:** "Plate It Up!", Kentucky Proud



**Future Extension  
Homemakers at the  
Open House**

## Pumpkin Trifle

Prep time: 35 minutes

3 cups cold, fat-free milk  
2 (1 oz) pkgs vanilla sugar-free, fat-free pudding mix  
1 (15 oz.) can solid packed pumpkin  
3/4 tsp ground cinnamon  
1/4 tsp ground nutmeg  
1/4 tsp ground ginger  
1 2/3 cups ginger snap crumbs, roughly crushed (you can also use sugar-free ginger snaps)  
1 1/2 cups fat-free whipped topping

Place the cold milk in a large mixing bowl. Slowly add pudding mixes while mixer is running. Scrape down the sides of the bowl with a spatula and beat for 2 minutes on high speed. Chill pudding in refrigerator for 5 to 10 minutes.

Add pumpkin and spices to pudding and stir well with a spatula. Set aside.

To assemble trifle, sprinkle 2/3 cup of ginger snap crumbs in the bottom of a large clear, glass bowl. Gently spread about 2 cups of the pumpkin pudding over the crumbs. Spread 1 1/2 cups of whipped topping on top of the pudding. ( You should see nice, neat layers through the sides of the bowl.) Repeat procedure with another 2/3 cup of crumbs and remaining pudding.

Top with 1 cup of whipped topping in a neat, decorative circle and sprinkle with 1/3 cup of crumbs for a garnish.

Chill the trifle until ready to serve.

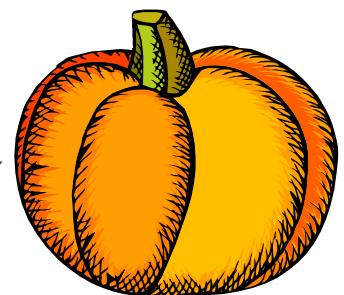
### **Nutrition Facts**

12 Servings, Per 1/2 cup, Carb Exchange: 1.5, Fat exchange: .5

### **Amount per serving:**

Calories 135, Total Fat: 2 grams, Sodium: 352, Total Carb: 26 grams, Dietary Fiber 1 gram, Sugars 9 grams, Protein 3 grams

**Source:** *Diabetes Forecast*, November 2004



### 4-H Holiday Community Service



Starting to write out your Christmas cards this month? Need to get your family in the spirit of giving? For November, 4-H invites you to try this service project with your family. The American Red Cross has an effort currently to get one million holiday cards to

the troops. For a fifth year, American Red Cross and Pitney Bowes are partnering to ensure all Americans have an opportunity to send a touch of home this holiday season to members of our U.S. military, veterans and their families, many of whom will be far away from home this holiday season. Our family will be participating as we love to make cards and it helps teach our kids the value of saying thank you. If you will get your cards to the 4-H office by December 1, we will mail them for you.

#### Troop Holiday Card Guidelines

- ◆ Cards delivered to the 4-H office by Dec 1.
- ◆ All cards must be signed.
- ◆ Use generic salutations such as “Dear Service Member.”
- ◆ Only cards are being accepted. Do not send letters.
- ◆ Do not include email or home addresses on the cards.
- ◆ Do not include inserts of any kind, including photos, as these items will be removed during the reviewing process.
- ◆ Do not include envelopes, only cards.

### Green County Extension Homemakers Upcoming Lessons/Meetings

#### Mae’s Homemakers

*(Mae’s Meeting Policy~ In case of cancellation, the meeting will be made up the following Thurs.)*

Nov. 3 @ 5:00 Ext. Office; **Taming the Tube**

Dec. 1 @ 5:00 Ext. Office **Holiday Get Together**

#### Town and Country Homemakers

Nov. 14 @ 6:00 Ext. Office; **Snowman Sweatshirt** leader and hostess: Mary DeSpain *(Please bring a white sweatshirt)*

Dec. 12 @ 6:00 Ext. Office; **Holiday Get Together** hostess: Cheryl Blakeman POTLUCK MEAL

#### Summersville Homemakers

Nov. 8 @ 5:30 Ext. Office; **Tame the Tube** leader: Carolyn Scott; hostess: Mary Lynn Chaudoin

Dec. 13 @ 5:30 (TBA) ...**Holiday Get Together** *(dessert will be at the Hobson House)*

#### Highland Homemakers

*(Highland’s Meeting Policy~ In case of cancellation, the meeting will be made up the following Tuesday)*

Nov. 15 @ 10:30 Ext. Office; **Recycled Gift Boxes** leader: Maxideen Pruitt; hostesses: Anne Frank & Betty Gay Lowe *(please bring at least 2 old Christmas cards, 7x9 inches, elmers glue, and large paper clips)* POTLUCK MEAL

Dec. 20 @ 10:30 (TBA) **Tea & Gift Exchange Holiday Party** hostess: Margaret Larimore & Maxideen Pruitt *(Please bring a \$5.00 gift)*

#### Circle of Friends

*(Circle of Friends Meeting Policy~ In case of cancellation, the meeting will be made up the following Monday.) NOTE: Please bring a light snack every month.*

Nov. 28 @ 6:00 Ext. Office; **Holiday Gifts & Decorating** leader: Linda Milby *(Please bring \$5.00 for supplies)*

Dec. 19 @ 6:00 Ext. Office; **Goodie Exchange & Wrapping Party** *(bring items to wrap)*

#### Young Homemakers

*NOTE: Please bring a light snack every month.*

Nov. 29 5:30 Ext. Office; **Pillow Covers and Pillowcase Dresses** leader: Audrey Myers *(please bring a sewing machine if you have one, thread, mat, rotary cutter, quilting ruler, 2 yards of fabric and a pillow if you have one)*

Dec. 20 5:30 Faye Hawes’ home; **Holiday Get Together**

# November

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

3: Mae’s Homemakers @ 5:00 Extension Office

5: Flavor’s and Favors @ 9:00

6: TURN YOUR CLOCK BACK ONE HOUR!

7: Matter of Balance @ 10:00

8: Election Day

8: Summersville @ 5:30

10: Young Homemakers Spaghetti Fund-raiser for Happy Feet @ 8:00-1:00

10: Meth Watch @ 5:30

11: Veteran’s Day

14: Town and Country @ 6:00

15: Highland @ 10:30

15: Homemaker Council Meeting @ 4:00

16: ASAP @ 11:30

17: District 5 Extension Leadership Event 9:00-2:00

18: Holiday Bazaar @ 10:00-5:00

22: What’s In a Doctor’s Bag @ 8:30

24-25: Happy Thanksgiving! Office Closed.

28: Circle of Friends @ 6:00

29: Young Homemakers @ 5:30

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## Cabbage Noodle Casserole

5 strips turkey bacon 1 Tbsp. vegetable oil

2 tsp. sugar 1 tsp. salt

1/2 tsp. pepper 1 tsp. paprika

6 cups cabbage, chopped into 1-inch pieces

3 cups whole grain egg noodles, cooked

1 cup reduced-fat sour cream

In a large skillet, cook bacon until crisp. Remove and set aside. Add oil, sugar, salt and pepper to the skillet with the bacon drippings. Add chopped cabbage and stir until coated. Cover and cook 7-10 minutes. Crumble bacon and add to cabbage. Stir in noodles. Spoon into a greased 2-quart casserole dish; cover and bake at 325° F for 30 minutes. Remove from oven. Spread sour cream over the top and sprinkle with paprika. Bake 5 minutes.

**Yield:** 6, 1 cup servings

**Nutritional Analysis:** 260 calories, 12 g fat, 4.5 g saturated fat, 40 mg cholesterol, 720 mg sodium, 30 g carbohydrates, 5 g fiber, 10 g protein

**Source:** "Plate It Up!", Kentucky Proud