

Green County
FCS Extension



Cooperative Extension
Service
Green County
198 Happyville Road
Greensburg, KY 42743-9498

Telephone: (270) 932-5311
Fax: (270) 932-4390
Email: audrey.myers@uky.edu
www.ca.uky.edu/green

To Toss or not to Toss

Many of us are familiar with the “sell-by,” “best if used by” and “use-by” dates that appear on food products. These dates are expiration dates that provide information on the quality of products purchased. Many consumers do not use or throw away products that have passed these dates. Knowing what these dates mean help consumers make better decisions on product quality, what to keep, what to toss and when.

Types of Dates

- The “**Sell-By**” date lets the store know how long they should display a product for sale. It is best to buy food products before this date expires.
- The “**Best if Used By**” or “**Best Before**” date is the date recommended for best flavor or quality of the product. This is not a purchase by or safety date. If you have food in the refrigerator or in home storage and these dates expire, the food item should still be safe to use. However, the quality of the product begins to decline after this date.
- The “**Use-By**” date is the last date recommended for the use of the product for peak quality. This date, determined by the manufacturer, refers to best quality and not safety dates. Products that pass the “use-by” date are still safe to use if handled properly and kept at a temperature of 40°F or below.

The “closed or coded dates” are packing numbers used by the manufacturer of the food product.

Because the product dates are not a good indication of whether or not the product is safe the following guidelines should help you tell how long foods can be stored and whether food is still at its best quality.

- Purchase food products before the expiration date.
- Store perishable foods at the correct temperature immediately after purchase.
- If perishable foods are frozen when in a good condition and the date expires while the food is frozen, the food is still safe for use. Foods keep frozen continually are safe indefinitely.

Follow the direction on the package on how to handle and store foods.

Follow the refrigerator storage time for fresh or uncooked products. Remember, foods must be stored at 40°F or below. After purchase:

- Chicken, turkey, ground beef and uncooked sausage should be stored in the refrigerator no longer than one or two days.
- Processed products, such as cooked poultry, can be stored for three to four days.
- Bacon can be stored for two weeks if unopened and seven days after opening.
- ♦ Eggs can be stored for three to five weeks.

Source: Ingrid Adams, Extension Specialist for Food and Nutrition, University of Kentucky, College of Agriculture

February

2012

Dear Extension Homemakers:

Happy Valentine’s Day to you all! I hope your February is full of lots of love in the next few weeks! We have two very exciting programs coming up that I think many of you would LOVE to get involved with. First, the Biggest Blue Loser Challenge starts on February 10th. You may participate as a team or an individual. Packets are available at the office or on our website. Also, we have our 2012 Cultural Arts Contest on February 20th at 12:00 CT. Please have your items at the Extension Office by 11:00 CT. Winners will move on to the Area Cultural Arts Contest February 21st. Have a LOVELY month!

Audrey Myers

VSU HOURS

Volunteer Service Hours are due to the office by February 13th at 3:30 CT. Currently, VSU logs will reflect activities from July 1, 2010 through June 30, 2011. Please have your hours and contacts added up on the form, ready to be turned in.

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!**

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.



Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties. Cooperating. Disabilities accommodated with prior notification.

CULTURAL ARTS EXHIBIT CATEGORIES ~ 2012

CATEGORIES SUBCATEGORIES

1. APPAREL: •Novelty •Basic Sewing •Quilted •Pieced •Appliquéd •Accessory
2. ART, 3-DIMENSIONAL: •Carving •Sculpture
3. ART, NATURAL: •Wood •Other
4. BASKETRY: •Plain •Dyed Material •Novelty •Miniature (under 4 in.) •Cane
5. BEADING: •Non-jewelry Item/Wearable •Knitting or Crochet with Beads •Bead-weaving •Miscellaneous
6. CERAMICS: •Hand-formed •Molded •Pre-made
7. COUNTED CROSS STITCH: •14 Count & Under •16 - 22 Count •Specialty Cloth (linens, etc.)
8. CROCHET: •Yarn •Thread
9. DOLL/TOY MAKING: •Porcelain/China •Cloth •Handmade Toy other than Porcelain/China or Cloth
10. DRAWING: •Pastels •Pen & Ink •Pen & Ink with Oil Roughing •Pencil-Black •Pencil-Color
11. EMBROIDERY: •Basic Embroidery •Crewel •Candle Wicking •Smocking •Ribbon •Machine Embroidery •Swedish •Tatting/Lace Making •Miscellaneous
12. FELTING*: •Wet Method •Needle Method (*All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.*)
13. HOLIDAY DECORATIONS: •Spring •Summer •Autumn •Winter
14. JEWELRY: •Original Design •Beaded •Mixed Media (wire, chain maille, mixed with beads)
15. KNITTING: •Hand
16. NEEDLEPOINT: •Cloth Canvas •Plastic
17. PAINTING, ART: •Oil •Acrylic •Water Color
18. PAINTING, CHINA:
19. PAINTING, DECORATIVE: •Wood •Metal •Other
20. PHOTOGRAPHY: •Black & White (mounted & framed) •Color (mounted & framed)
21. PILLOWS*** (*The pillow category is for pillows made using techniques not included in other categories. Patchwork and quilted pillows are examples that may be entered in this category; however, needlepoint and embroidered pillows should be entered in their respective categories.*)
22. QUILTS: •Machine Appliqué (machine quilted) •Hand Appliqué (hand quilted) •Hand Pieced (hand quilted) •Machine Pieced (hand quilted) •Machine Pieced (machine quilted) •Novelty (stenciled, embroidered, miniature, etc.) (hand quilted) •Novelty (stenciled, embroidered, miniature, etc.) (machine quilted) •Baby or Lap (hand quilted) •Technology Based (hand or machine quilted) •Miscellaneous (hand or machine quilted)
23. RECYCLED ART (Include a before and after picture): •Clothing •Household •Other
24. RUG MAKING
25. SCRAPBOOKING****: •Heritage Layout •Family Layout •Miscellaneous Layout •Collage Layout (*Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.*)
26. WALL or DOOR HANGING: •Fabric •Other
27. WEAVING: •Loom •Hand (macramé, caning)
28. MISCELLANEOUS Items not included in other categories listed, otherwise they will be disqualified

“It’s Sew Fine” Sewing Expo

The sixth “It’s Sew Fine” Annual Sewing Expo will be held at General Butler State Resort Park in Carrollton, Kentucky on April 17 – 18, 2012. There will be an opportunity for participants arriving early to participate in a “sew in” from 5:00 – 8:00 p.m. on Monday evening, April 16

The Expo begins Tuesday, April 17 with registration at 10:00 a.m. followed by morning “make-it-take it” sessions. Tuesday afternoon participants register for one class with some of the following choices offered: Kanzashi embroidery, 4 different quilt classes, free motion quilting, an advanced serger class in using the serger for decorative effects, a fabric dying class using procion MX dyes, plus several other choices.

On Tuesday evening the banquet features keynote speaker, Gail Yellen, a fabric artist from Glastonbury, Connecticut. Participants will have the opportunity to view an array of quilts, garments, home decor and other projects completed by participants who attended previous Sewing Expos. After the Tuesday evening banquet participants will attend an “Instructor Showcase” where they can purchase special sewing items.

For additional information and a registration packet contact the extension service or online: <http://ces.ca.uky.edu/owen/FamilyConsumerSciences>.

Registration deadline is March 1, 2012. Interested persons are encouraged to request and get their applications in early as space is limited.

The US Department of Agriculture prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. To file a complaint of discrimination, write USDA, Director Office of Civil Rights, Room 326-W Whitten Bldg, 14th and Independence Avenue SW, Washington, DC 20250-9410 or call (202) 720-5964. A complaint must be filed no later than 180 days from the alleged discrimination.

See RED on Valentine's Day and through the Year!

See "Red" on Valentine's Day and throughout the year. Red fruits and vegetables contain many health-promoting phytochemicals including lycopene and anthocyanin's. This color group may help promote:

- A lower risk of some cancers
- A healthy heart
- Memory health
- ◆ Urinary tract health



Red fruits and vegetables include: Tomatoes, spaghetti sauce, pizza sauce, tomato juice, red peppers, red onions, beets, red cabbage, kidney beans, apples, pink grapefruit, red grapes, strawberries, cherries, watermelon, raspberries, cranberries and pomegranates

Some "red" ideas for Valentine's Day (or any day!) include:

- ♥ Heart-shaped pizza. Shape pizza dough into a heart. Or, use a heart-shaped cookie cutter to make individual hearts from pizza dough. Spread with your favorite tomato pizza sauce. Add your choice of toppings.
- ♥ Pasta with tomato sauce. For added fun, serve heart-shaped pasta -- check with stores offering specialty pasta shapes or order some online. Check delivery time if you order online.
- ♥ Add a few of those tiny red hot cinnamon heart candies to a popcorn snack.
- ♥ Tossed salad with such red additions as red bell peppers, cherry or grape tomatoes
- ♥ Make a polka-dotted open-faced peanut butter sandwich. Cut bread into a heart shape, spread with peanut butter and dot with dried cranberries. Or, make a smiley face with the dried cranberries. Another idea would be to purchase some heart-shaped crackers, if available at your local store; substitute for the bread.
- ♥ Cole slaw made with red cabbage
- ♥ Cole slaw made with such red foods as red peppers, red onions and apples
- ♥ Cranberry sauce -- use that bag of cranberries in your freezer that you bought when they were on sale
- ♥ Oatmeal topped with a heart shape, made with dried cranberries or dried cherries
- ♥ Raspberry smoothie -- Put 3/4 to 1 cup vanilla-flavored yogurt in a blender. Add a few tablespoons of frozen raspberries at a time; blend until desired consistency. After mixing -- if desired -- blend in 1 or more teaspoons of sugar or no calorie sweetener to taste.
- ♥ Pink/red grapefruit half topped with a sprinkle of brown sugar
- ♥ Red grapes as a side dish to your sandwich for noontime nibbling

For additional red fruits and vegetables recipe ideas, visit these Web sites:
Centers for Disease Control and Prevention at www.fruitsandveggiesmatter.gov
Produce for Better Health at www.fruitsandveggiesmorematters.org

Source: University of Nebraska-Lincoln

Roll call:

Name your most unique valentine.

Thought for the Month:

"Let not him who is homeless pull down the house of another; but let him labor diligently to build one for himself."

-Abe Lincoln

National Salute to Hospitalized Veterans

Valentines for Vets week is February 12-18, 2012

National Salute to Hospitalized Veterans is held every year during the week of Valentine's Day. Come and decorate wards and lounges to brighten up the hospital for Valentine's Day. Cards may be home-made or bought and are given to in-patient veterans. You may send these cards individually or as a group. Send cards to V.A. Medical Center, Voluntary Service, 800 Zorn Avenue, Louisville, Kentucky 40206. If being sent as a group, put the name of the group it is from, such as, Green County Extension Homemakers with a name and contact address. They would like to send a note of recognition to your group. They ask that no personal information be placed upon the cards. Cards must be received at the V.A. Hospital no later than February 8th. They will distribute them the entire week of Valentines. Help us show our appreciation to our in-patient veterans. Cards with caring notes and well wishes can have a very positive effect on our brave women and men who have served to protect our freedom.

The purpose of the National Salute to Hospitalized Veterans Program is:

- ◆ Pay tribute and express appreciation to hospitalized veterans
- ◆ Increase community awareness of the role of the VA medical center, and
- ◆ Encourage citizens to visit hospitalized veterans and to become involved as volunteers.

If you would like to send Valentines to Veterans, you may send them to:

Attn: Valentines for Vets, Louisville VA Medical Center, 800 Zorn Avenue, Louisville, KY 40206, 502-287-4000

Circle of Friends Report:

Circle of Friends will meet at the Extension office on Monday, February 27 @ 6:00 CST. Christy Fraizer will be teaching quilting techniques, so please come and bring your needles, scissors, thread and any extra little pieces of fabric that you have on hand. You can bring your sewing machine too. We will be making a small square, perhaps a pot-holder. Be prepared to learn and have fun fellowship.

Circle of Friends will be participating in another community project. Family Literacy Night that is hosted at the Green County Primary School is needing 400 heart shaped cookies they can decorate for February 13th. The Circle of Friends and the Young Homemakers clubs will be meeting on Sunday, February 12th, at 2:00 CT at the Extension Office to make the cookies. Any volunteer or Extension Homemaker is welcome to attend. Please join us to help make this community project a success.

Thanks to Ms. Melissa Bright for the great lesson on card making, and Longhunters Coffee & Tea Co. for allowing us to use their facility for our meeting, the atmosphere and food was wonderful & delicious! Circle of Friends had a great night with 18 members and visitors in attendance which included 2 new members, Shelly Houchens and Angela Davis. Welcome Friends to our "Circle of Friends"!

Submitted by Linda Milby, Secretary



Angie Davis and Shelly Houchens joined Circle of Friends.

Tammy Simonds and Linda Milby work with Vicki Jones to create cards taught by Melissa Bright.

Dark Chocolate Fondue

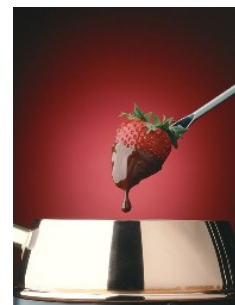
- 2 cups fat-free milk •½ cup powdered sugar, sifted •2 tablespoons all-purpose flour
- 2 tablespoons dark corn syrup •1 teaspoon vanilla extract •1 tablespoon strongly brewed coffee
- 5 ounces dark chocolate (60% cocoa), chopped (about 1 cup)

Combine first 6 ingredients in a medium saucepan. Bring to a simmer over medium heat; cook 5 minutes, stirring constantly. Reduce heat to low and cook 2 more minutes or until mixture is smooth. Place the chocolate in a medium bowl; pour the milk mixture over the chocolate and stir until smooth. Transfer chocolate mixture to a fondue pot and keep warm over a low flame. Serve with stemmed strawberries and cherries, raspberries, bananas, pineapple chunks, and angel food cake.

Yield: 12 servings (serving size: about 2 tablespoons)

CALORIES 110 (calories from fat 45), TOTAL FAT 5g (2.5g sat, 0g trans), SODIUM 25mg, CARBOHYDRATE 18g, FIBER 1g, PROTEIN 3g

Source: www.eXtension.org



Green County Extension Homemakers -2012 Lessons

Mae's Homemakers

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

- Feb. 9 @ 5:00 Ext. Office; **Meditate, Breathe and Stretch**
- March 8 @ 5:00 Ext. Office; **Gluten Free Living**
- April 5 @ 5:30 Ext. Office; **Spring Cleaning and Green Products**
- May 3 @ 5:30 Ext. Office; **Go Fish!**

Town and Country Homemakers

- Feb. 13 @ 6:00 Ext. Office; **Home Décor on a Dime: Pillow Covers** leader: Audrey Myers; hostess: Corinne Rogers *(please bring a sewing machine if you have one, thread, mat, rotary cutter, quilting ruler, 1 yard of fabric and a pillow if you have one)*
- March (TBA) @ 6:00 (TBA); **Gluten Free Living**
- April 9 @ 6:00 Ext. Office; **Mediate, Breathe and Stretch** leader: Susan Vidal; Patsy Pruitt: hostess
- May 14 @ 6:00 Eleta Johnson's; **Fancy Flowers** leader: Linda Milby; hostess: Eleta Johnson

Summersville Homemakers

- Feb. 14 @ 5:30 (TBA) **Spring Cleaning and Green Products** leader: Mary Lynn Chaudoin; hostess: (TBA)
- March 13 @ 5:30 Ext. Office; **Gluten Free Living** leader: Mary Hays; hostess: Mary Lynn Chaudoin POTLUCK MEAL
- April 10 @ 5:30 Ex. Office; **Meditate, Breathe, and Stretch** leader: Duval Hay; hostess: Frances Sparks
- May 8 @ 5:30 Ext. Office; **Social Networking** leader: Linda Milby; hostess: Nancy Loyall

Highland Homemakers

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

- Jan. 17 @ 10:30 Ext. Office; **Crockpot Cooking** leader: Gilda Keltner; hostess: Celsie Stewart POTLUCK MEAL
- Feb. 21 @ 10:30 Ext. Office; **Country Women of the World** leader: Celsie Stewart hostess: Janet Laramore & Louella Ronald Chaney *(Please bring an international dish)* POTLUCK MEAL
- March 20 @ 10:30 Ext. Office; **Don't Let Falls Get You Down** leader: Janet Laramore; hostess: (TBA) *(eat out for lunch)*
- April 17 @ 10:30 Longhunter's Tea & Coffee Shop; **Green County History Museum** hostess: Louella Ronald Chaney
- May 15 @ 10:30 Ext. Office; **Learning Styles** leader and hostess: Gilda Keltner POTLUCK MEAL

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.

- Feb. 27 @ 6:00 Ext. Office; **Preserving Our Heritage with Quilts** leader: Christy Frazier *(supplies TBA)*
- March 26 @ 6:00 Ext. Office; **How to Make a Rain Barrel** leader: Angelina Alcott *(supplies TBA)*
- April 30 @ 6:00 Ext. Office; **Spring Décor** leader: Cassy Edwards *(supplies TBA)*
- May 21 @ 6:00 Ext. Office; **Seat Weaving** leader: Audrey Myers *(Please bring a chair without a bottom or \$15.00)*

Young Homemakers

NOTE: Please bring a light snack every month.

- Feb. 28 5:30 Ext. Office; **Pastries** leader: Kim Arps
- March 27 5:30 Ext. Office; **Saving Money: Spring Decorations** leader: Mary Newcome *(supplies TBA)*
- April 24 5:30 Ext. Office; **The Kentucky Derby** leader: Faye Hawes *(supplies TBA)*
- May 29 5:30 Ext. Office; **Composting** leader: Audrey

February

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			

****All Family and Consumer Sciences Classes will be cancelled if school is out for weather.**

*****Please contact your club president about cancellations for Homemaker Meetings. Each club has their own policy.**

- 1: Adanta @ 10:00 CT
- 1: Adult Day Care @ 9:15 CT
- 8: Last Day to turn in Biggest Blue Loser Packets
- 9: Mae's Homemakers @ 5:00 CT
- 10: Biggest Blue Loser Kick Off
- 13: Town & Country @ 6:00 CT
- 13: VSU Hours are due to the Extension Office
- 14: Summersville Homemakers @ 5:30 CT **Home of Shirley Whitlow*
- 17: Call in/email weight loss for BBL by 2:00
- 20: Green County Cultural Arts Contest at 12:00 CT
- 20: Homemaker Council Meeting @ 4:00 CT
- 21: Area Cultural Arts Contest at 9:00 CT
- 21: Highland Homemakers @ 10:30 CT
- 22: ASAP monthly meeting @ 11:30 CT
- 24: Call in/email weight loss for BBL by 2:00
- 27: Circle of Friends @ 6:00 CT
- 28: What's in a Doctor's Bag @ 8:30 CT
- 28: Young Homemakers @ 5:30 CT

2012 KEHA State Meeting

May 14-17, 2012—
 Hyatt Regency & Lexington Convention Center
 401 West High Street, Lexington, KY 40507
 Phone: (800) 233-1234 or (859) 253-1234
 Rate: \$115 + tax (1-4 people)
 Please make reservations prior to April 15, 2012
 to guarantee receiving this rate

Request the KY Extension Homemakers Association rate when calling.

COOPERATIVE
EXTENSION
SERVICE

**Cooperative Extension
Service**

University of Kentucky

Green County

298 Happyville Road

Greensburg KY 42743-9498



NONPROFIT ORG
US POSTAGE PAID
GREENSBURG KY
PERMIT 35

RETURN SERVICE REQUESTED



**2012 Kentucky Saves Week -
February 19-25**

Enroll as a Saver by joining Kentucky Saves at www.kentuckysaves.org. You will receive via email, quarterly newsletters and monthly e-coach blasts from national financial experts to help you, **“Set A Goal, Make A Plan, Save Automatically.”**



Home & Garden Expo March 24

On behalf of the Green County Extension Council, we would like to announce the date of the upcoming Green County Home & Garden Expo. Local businesses and organizations are invited to participate in the Expo which will be held on Saturday – March 24th from 10:00 am – 2:00 pm CT at the Green County Cooperative Extension Service. For a booth application and more details, contact our office at 932-5311.

Green County Biggest Blue Loser

Biggest Loser Forms are now available at the Green County Extension Office and Gravity Fitness! If you are serious about losing weight and want to look and FEEL better, you should consider participating this year! Individuals may participate. Up to 6 people can be on a team and prizes will be awarded to the top 3 teams. If you would like more information please visit www.greencountyfcs.org or call the Extension office at 270-932-5311. Forms must be turned into the Extension Office by February 8, 2012