

February, 2008

Issue 50

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# Family & Consumer Science Newsletter

JACKSON COUNTY EXTENSION SERVICE PO BOX 188 MCKEE, KY 40447

## A Note from Michelle. . . .

The year 2008 is off and running! We will be making plans this month for all of our upcoming annual events, so be looking for those dates. Remember your loved ones this Valentine's Day. Don't take them for granted!



### **\$3 FM** Club Dates

- 11th—Gray Hawk, 4 pm, **bear dipping**
- 21st—Heart of the County, 7 pm
- 25th—McKee Manor, 2 pm
- 25th—Northern Jackson Co., 6 pm, **\*\*members should bring pictures**

## Upcoming Extension Programs

On **February 8th**, don't miss "Extreme Makeover from the Inside Out", 10 am—2 pm, at the Ext. Office. You'll learn ways to improve yourself on the inside and on the outside. A free lunch will be served.

On **February 14th**, there will be a 4-H Spaghetti Dinner Fundraiser at

the Extension Office from 10-1, costing \$5 per plate. Call 287-7693 to place your order. Delivery available!

For those interested in getting quilt blocks on barns in our county, we are having a meeting on **February 21st**, at **6 pm**, at Extension Office to get started. Please help me get the word out about this meeting.

## Homemaker Leader Training

On February 12th, **Alzheimer's, The Longest Goodbye** Leader Lesson will be taught at the Extension Office, beginning at 10 am. This lesson will help you better understand this disease and coping strategies if you have a loved one who is diagnosed with it. On **March 13th**, the lesson

**\$3 FM** will be **Women and Money**. Join us for this lesson that will help you better understand how to save and budget your money. This lesson will begin at 10 am at the Extension Office. Both of these programs are free and open to the public.

### February Dates to Remember

- 8th Extreme Makeover from the Inside Out, 10-2, Ext. Office**
- 12th—Alzheimer's, The Longest Goodbye, 10 am**
- 14th— 4-H Spaghetti Dinner Fundraiser, 10-1, \$5 per plate**
- 21st—Quilt Trail Planning Mtg., 6 pm, Extension Office**

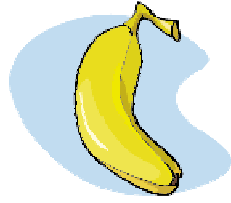
### March Dates to Remember

- 4th—The Biggest Loser Begins!!!**
- 4th—Body Recall Begins, Annville Baptist Church**
- 13th—Women & Money Leader Lesson, 10 am**
- 15th—Spring Scrapbooking—10-12, Extension Office, \$5**



## Recipe Corner-Banana Crunch Pops

2/3 cup fat-free yogurt (any flavor)  
1/4 teaspoon ground cinnamon  
1 cup granola with dried fruit  
4 flat wooden craft sticks  
2 medium bananas, halved crosswise



### Directions

Line a large baking sheet with waxed paper; set aside. Place yogurt in a small shallow dish; stir in cinnamon. Place granola in another small shallow dish. Insert a wooden stick into each banana piece. Roll banana pieces in yogurt mixture, completely covering each piece of banana. Roll in granola to coat. Place on prepared baking sheet. Freeze about 2 hours or until firm.

## The Biggest Loser Club

The Biggest Loser will begin on Tuesday, March 4th and be held every Tuesday for 10 weeks. We will be meeting 3 times each day on Tuesday, in the morning at Sand Gap, in the afternoon at the Extension Office, and in the evening at Tyner. Locations and times TBA. The cost will be \$10 per person. The person who loses the largest percentage of their beginning body weight will win \$200. **\*\*Don't miss the exercise classes starting soon as well.**



## Old-Fashioned Vegetables



If your family has lived in Kentucky for many generations, you probably have a “meal memory” of someone serving vegetables that had been “scaloped”, “candied”, “creamed”, “stuffed”, or “stewed.” If these dishes sound good, but too calorie-laden to enjoy, read on for some fresh ideas on old-fashioned vegetables. To make these family favorites healthier, adjust your recipe to include more vegetables. For added flavor and color, stir in old favorites like pimento, boiled eggs, bread crumbs, or canned mushrooms and soups. Instead of butter or cream, use tub margarine or low-fat or soy milk. Use flavored canned tomatoes to save time. A stuffing with chopped celery, onions, or mushrooms mixed with your favorite herbs – try sage, thyme, parsley – is moister and

more flavorful than bread crumbs alone. Visit your farmer’s market to see what seasonal vegetables are available. You might enjoy some asparagus, corn, squash, or cabbage. To candy some carrots, use maple syrup, sorghum, or honey with margarine and cinnamon. If you’re short on time, check out your local grocer’s frozen vegetable selections. You may find creamed spinach and green bean casserole on the shelves as food producers tap into the consumer demand for old-fashioned vegetables in a healthy way. Frozen bags of chopped onion and green pepper are also available. Vegetables are back to share at meals and to make some new memories.

*Source: Janet Tietzen, Extension Specialist for Food and Nutrition, University of Kentucky, College of Agriculture.*

Happy Valentines Day

Sincerely,

Michelle W. Smith  
CEA for FCS

### Quilt Trail Meeting

If you are interested in helping start a Quilt Trail project on Jackson County barns, please attend an organizational meeting to be held on Thursday, February 21st, at 6 pm, weather permitting. For more information, please call 287-7693.



Disabilities accommodated with prior notification