

# Hancock County Homemakers

## Hancock County

### Building Strong Families for Kentucky

**February**  
**2023**



#### Cooperative Extension Service

Hancock County  
 1605 US Highway, 60 West  
 Hawesville, KY 42348  
 (270)927-6618  
 Fax: (270)927-1194  
 extension.ca.uky.edu

### Roll Call

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

### Thought for the Day

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

### Monthly Meetings

Hawesville Homemakers will have their monthly meeting February 6, at 6 pm. at the Kenergy Building. The lesson will be Estate Planning for Non Titled Property taught by Lesa Keown.

Sunshine Circle Homemakers will have their monthly meeting February 21 at 5:30 pm at the Hancock County Development Complex. The lesson will be Estate Planning for Non Titled Property taught by Lori Hodskins.

March Lesson will be Elements & Principles of Art.

### Date Change

Due to conflicts in scheduling, the training for the April and May lesson have been moved to Tuesday, March 14 at the **Daviess County** Extension Office and Wednesday, March 15 at the **Henderson County** Extension Office.

Times are the same: The April lesson, Savoring the Eating Experience: The Art of Eating Mindfully will begin at 10:00 am, followed by the May lesson, Entertaining Little Ones at 11:00 am.

*Thank You!*

A big thank you to Dawn Gilmore. Dawn donated a tote of fabric and elastic to the Sunshine Circle Homemakers.

We couldn't do what we do without the support of our friends and family!



## Dates to Remember

### Sunshine Circle Homemakers - Dates to Remember:

#### February:

- 2/2 - 3:15 p.m. - Jr. Wildcats at NHES  
 2/7 - 9:30 a.m. - Workshop at Career Center  
 2/16 - 3:15 p.m. - Jr. Wildcats at NHES  
 2/21 - 5:30 p.m. - Monthly Business Meeting at Career Center  
 2/28 - 9:30 a.m. - Workshop at Career Center

#### March:

- 3/2 - 3:15 p.m. - Jr. Wildcats at NHES  
 3/7 - 9:00 to 11:45 a.m. - Workshop at Career Center  
 3/11 - 6:00 p.m. - Tentative date for Bunco Fundraiser  
 3/14 - 5:30 p.m. - Monthly Business Meeting at Career Center  
 3/16 - 3:15 p.m. - Jr. Wildcats at NHES  
 3/21 - 9:30 a.m. - Workshop at Career Center  
 3/28 - No workshop - room is not available

### ALL HOMEMAKERS:

The following dates have been scheduled to teach the "How to sew on a button" class at NHES, 11:45 a.m. to 1:00 p.m. There will be 12 students in each class and we need volunteers to help! If you can help call the Extension Office, 270-927-6618.

### **4-H Rag Quilt Pillow Workshop**

February 2, 5:30 pm.  
Volunteers welcome!

### **Farm City & Ag Awards Dinner**

February 20, 2023  
6:00 pm.

### **Hancock County Fair Dates**

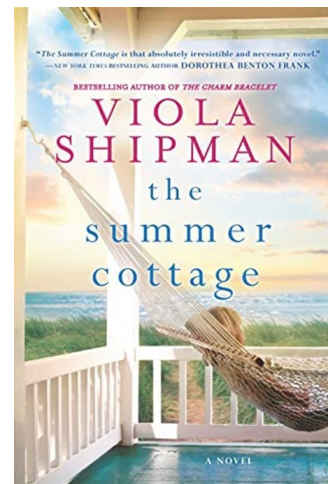
August 2-5, 2023

## Book Corner

### The Summer Cottage

By Viola Shipman (2019)

This novel emphasizes the astounding importance of home, and underscores the importance of a loving family and of having a generous heart. Grab a glass of sweet tea and enjoy!



### Family Mealtime: A Tasty Base For Healthy Youth Development

Between work, running errands and after-school activities, meals on the go have become a staple for many American families. You may not realize taking those few extra moments to sit down for a meal with your family fills more than just your stomach.

Sitting down for a family meal is one of the easiest proven methods to enrich your young person's life. Psychologically, regular family mealtimes help youth do better in school on tests, homework and improve general intellectual development. Social benefits include better social adjustment, especially for teenagers, and stronger family bonds.

Family mealtimes also have nutritional benefits. Having regular balanced meals featuring nutritious foods helps your young person develop healthy eating habits and establish a healthy relationship with food.

Convenience is a significant factor when choosing what to eat, leaving many families choosing the instant gratification of fast food. You may cringe at thinking of the time spent planning and preparing a family meal, but you can change your mindset. Don't make it a chore; make it an experience.

Everyone's schedule is different, so make these mealtimes work for you. Keeping them quick by meal planning or having an easy-to-make recipe is the most time-efficient. Remember you don't have to have family meals every night, work around your family's schedule. Even just one or two meals a week can make a lasting impact. If a full meal doesn't fit into the schedule, consider stopping to enjoy a snack with the young person in your life.

Involving your whole family in meal preparation can reduce time spent "working" while maximizing bonding time. Have a family member set the table while you make the main course. Ask others to pour drinks or clean up the table. This spreads the chores out and allows you to spend time together. Encouraging the whole family to

invest in the meal makes it more enjoyable and less time-consuming.

Family meals also provide invaluable, quality family time. The goal is to have undivided attention between family members, and technology distractions can make that hard to accomplish. Making mealtimes tech-free will also give you more time for focused family interactions. Talk about your day, family memories, possible vacations or fun questions that can involve everyone.

For more information on developing healthy young people, contact your Hancock County Cooperative Extension Service.

Source: Heather Norman-Burgdolf, UK Extension Specialist in Food and Nutrition



# Homemakers On The Go!



The Sunshine Circle Homemakers met last month and worked on dresses for Operation International and made hot chocolate kits for the Meals On Wheels program.



Contact us for more information at 270-927-6618.

*Lisa Hagman*

Lisa Hagman, Extension Agent for 4-H Youth Development Education— Hancock County



 College of Agriculture,  
 Food and Environment  
 Family and Consumer  
 Sciences Extension

# Freezing Eggs Safely

## Whole eggs or yolks

- Crack and mix until blended. Don't whip in air.
- To prevent graininess and gelling of the yolks for one cup (or more) of eggs or yolks:
  - Add 1 ½ tablespoons sugar or corn syrup per cup of eggs for use in sweet dishes
  - Add ½ teaspoon salt per cup of eggs for use in savory dishes
- Pour into a freezer safe container\*
- Leave ½-inch space at the top of the container to allow for expansion
- Label and date

## Egg whites

- Crack and separate the whites. Gently mix.
- Pour into a freezer safe container\*
- Leave ½-inch space at top
- Label and date

## Using frozen eggs and egg whites

- Thaw in refrigerator
- 3 Tablespoons egg mixture = 1 whole egg
- 2 Tablespoons of egg whites = 1 large egg white
- 1 Tablespoon egg yolks = 1 large egg yolk

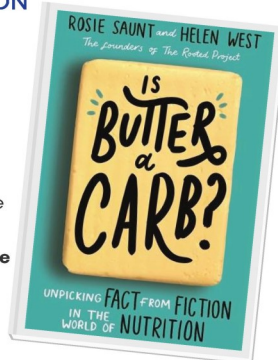
\*For best texture, strain eggs through a sieve before packaging. Freezer bags work well as they lay flat.

## BIG BLUE BOOK CLUB

### IS BUTTER A CARB?

#### UNPICKING FACT FROM FICTION IN THE WORLD OF NUTRITION

Evidence-based, body positive and practical, *Is Butter a Carb?* is the modern must-have nutrition book for everybody interested in food, health, and pop science. **This isn't a diet book or quick-fix book.** Instead, the book is an engaging way to determine fact from fiction in the world of nutrition and **helps readers feel more confident as consumers.**



BOOK CLUB WILL BE HELD ON THURSDAYS

**MARCH 2, 9, 16, 23 AT 10AM (ET)**

**REGISTER BY JANUARY 27, 2023**

Cooperative Extension Service  
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**2023 KEHA State Meeting**

**Let's Take A Hike With KEHA**

**May 9-11, 2023**

**Crowne Plaza**

**Louisville Ky**



# Ratatouille Soup

- |   |   |   |
|---|---|---|
| <b>1</b> small eggplant, peeled and cubed | <b>1</b> medium bell pepper, chopped                      | <b>1 24 ounce</b> jar chunky garden style pasta sauce |
| <b>2 teaspoons</b> salt                   | <b>1</b> medium onion, chopped                            | <b>2 cups</b> water                                   |
| <b>1 pound</b> lean ground chuck          | <b>1 tablespoon</b> finely minced garlic (about 3 cloves) | <b>1 teaspoon</b> dried basil                         |
| <b>1 tablespoon</b> canola oil            | <b>1 14.5 ounce</b> can low sodium beef broth             | <b>1 cup</b> uncooked whole grain pasta               |
| <b>1</b> medium zucchini, chopped         |   |   |

**Place** the cubed eggplant in a colander. **Toss** with the salt and let set for 20-25 minutes. Thoroughly **rinse** in cold water and press as much water out of the eggplant as possible. Set aside. In a large heavy pot, **brown** the ground beef over medium heat until crumbly and no longer pink. **Drain**. Raise the heat to medium-high. **Add** the canola oil to the same pot. **Return** the beef to the pot. **Add** the zucchini, bell pepper, onion and garlic. **Cook** together for 5-7 minutes, until onion is translucent. **Add** the eggplant to the mixture and continue to **cook** for 5

minutes. **Add** the beef broth, pasta sauce, water and basil. Bring to a **boil**, then reduce heat to medium-low, **cover** and **simmer** for 10 minutes. **Add** the pasta. Raise heat to medium. Bring to a slow **boil** and **cook**, stirring occasionally for 10-12 minutes, or until the pasta is tender.

**Yield:** 12, 1 cup servings

**Nutritional Analysis:** 210 calories, 10 g fat, 3 g saturated fat, 35 mg cholesterol, 680 mg sodium, 19 g carbohydrate, 3 g fiber, 8 g sugar, 13 g protein



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

**LOVE**  
St. Patrick's Day!  
Let's Roll  
**BUNGO!**



Date: 3-11-2023

Time: 6:30

Hosted by: Sunshine Circle Homemakers

Address: Hancock County Career Center  
1605 U.S. 60  
Hawesville, KY 42348

Phone: 270-927-6618

RSVP: Contact any Sunshine Circle member or the Extension Office for tickets

**Don't forget to wear 'yer green!**

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LEK002706, KY 40546

Accessibility  
accommodations  
are available  
with your notification.

**Let's Roll Bunco!**  
Tickets are \$20 and  
can be purchased at  
the Hancock County  
Cooperative Extension  
Office or with  
Paula Mason or Lori  
Hodskins.

