

Pendleton County Extension Homemaker December 2024

NEWSLETTER

Highlights from Winter Wonderland



A total of 86 booths were sold raising over \$1700 for local scholarship program. Thank you to all of our vendors and those who came out on Saturday



to purchase items. Set up and clean up went smoothly and thank you to the club members who helped with both.

Kenna Knight

Extension Agent for Family & Consumer Sciences-
Education, Pendleton County

Mistletoe & Farm Markets
A HOLIDAY FARM TRAIL
Discover the *Magic* of the season on the *Mistletoe & Farm Markets Holiday Trail*—where *holiday cheer* meets Farm Charm!
CELEBRATING ON-FARM EVENTS NOVEMBER & DECEMBER

Join our... “GET HEALTHY WITH KENNA IN 2025”

*Take steps towards better health -
Make one, small positive change!*

Meetings are the fourth Monday of each month!

Topics will include:

- Healthy nutrition
- Physical activity
- Stress management
- Sleep habits and more

Your commitment to us:

1. Commit for one year
2. Monthly check in
3. Willingness to try new behaviors
4. Tracking your daily food intake

**MUST
RSVP**

Call 859.654.3395



Date/Time	Topic	Overview
January 27 - 6:30 - 8 PM	Diet - A Four Letter Word	<ul style="list-style-type: none"> • Talk about diet options but this is not a diet program • Let's discuss commitment to the year long journey - journaling, monthly meetings, etc.
February 24 - 6:30 - 8 PM	General Nutrition Overview	<ul style="list-style-type: none"> • Very basic general nutrition overview, including label reading • Share apps to track
March 24 - 6:30 - 8 PM	Dive in to Macro Nutrients - Protein	<ul style="list-style-type: none"> • We'll discuss protein supplements • Need for protein based on gender, age, and activity level
April 28 - 6:30 - 8 PM	Weight Strengthening Exercises	<ul style="list-style-type: none"> • Low impact weight strengthening exercises • Discuss options available
May 19 - 6:30 - 8 PM - Third not fourth Monday	Added Sugar!	<ul style="list-style-type: none"> • Talk more about label reading • Discuss the role that added sugar has on healthy eating
June 23 - 6:30 - 8 PM	Cardio Exercise and options	<ul style="list-style-type: none"> • Low impact cardio exercise and discuss benefits
July 28 - 6:30 - 8 PM	Power up with seasonal fruits and veggies	<ul style="list-style-type: none"> • Share "Plate It Up" recipes • Discuss having a variety of color on your plate
August 25 - 6:30 - 8 PM	Let's Talk Fiber	<ul style="list-style-type: none"> • Let's discuss fiber, whole grains, and fiber supplements
September 22 6:30 - 8 PM	Balance exercise	<ul style="list-style-type: none"> • Session on yoga or some similar balance exercise
October 27 - 6:30 - 8 PM	Let's talk Fats!	<ul style="list-style-type: none"> • Healthy Fats VS Unhealthy Fats
November 24 - 6:30 - 8 PM	Surviving the Holidays	<ul style="list-style-type: none"> • Healthy holiday recipe options - how to prevent the holidays from weighing you down
December 22 - 6:20 - 8 PM	Let's Talk Sodium and Carbs	<ul style="list-style-type: none"> • Wrap up to year journey, • Discuss sodium and carbs • Dinner and evaluation of program

Join us to listen, learn, and some hands-on activities for this program.

January 23, 2025

1:00 p.m.



The Artful Palette

Cultural arts occur whenever creative people decide to artistically enhance what is around them.

Location:
Boone County Enrichment Center
1824 Patrick Drive
Burlington, KY 41005

Registration required:
Call: (859) 586-6101
Online: <https://boone.ca.uky.edu/events>



Kirsch Family LIVE NATIVITY

DECEMBER 20, 21, AND 22 

FROM 6:00PM-9:00PM
Serving hot cocoa and cookies!

And this shall be a sign unto you: Ye shall find a babe wrapped in swaddling clothes, lying in a manger.
Luke 2:12

32 YEAR FAMILY TRADITION!

LOCATED ON JACOBS RD. OFF HWY 10 IN NORTH EASTERN PENDLETON COUNTY



FOR MORE INFO CALL (859)462-4433 OR (859)472-3464

Kentucky Hunters for the Hungry -

First Round of Meat Distribution

We are excited to share that the first round of deer meat has been successfully picked up and distributed to local food pantries, helping provide much-needed nourishment to families in our community! This round, we are sending out 504 pounds of deer burger—and that's just the beginning! We've got even more to collect and distribute in the future.

A huge thank you to everyone involved in making this possible:

Local game warden for their support
Hunters who generously donated their harvests

[Lenoxburg General Store](#) for processing the meat

The Gathering Wing and Open Hands pantries for distributing the meat to those in need

Together, we are making a difference in the lives of our neighbors. ❤️

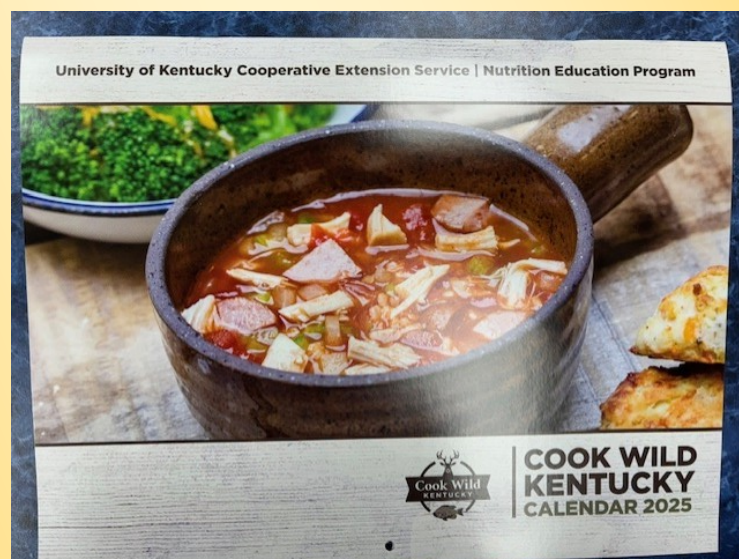
Let's keep up the great work!



The 2025 for Wild Game and Nutrition Calendars are in!!!

Each year we have these available for you to pick up while supplies last.

These calendars have a ton of recipes for you to make through out the year!

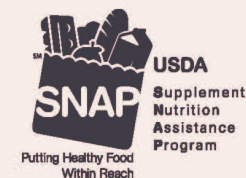


Recipes from the 2024 Food and Nutrition

Recipe Calendar

 Cooperative Extension Service

Sweet Potato Hash



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts per serving:

270 calories; 6g total fat; 1g saturated fat; 0g trans fat; 85mg cholesterol; 420mg sodium; 25g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium

Source:
Ruth Ann Kirk, Lawrence County EFNEP Program Assistant Senior, University of Kentucky Cooperative Extension Service

- 2 tablespoons olive oil
- 1 medium onion, diced
- 1 teaspoon salt
- 1 1/2 teaspoons dried oregano
- 3/4 teaspoon black pepper
- 4 cloves garlic, minced, or 1/2 teaspoon garlic powder
- 2 pounds sweet potatoes, peeled and diced (1-inch cubes)
- 2 pounds boneless, skinless chicken breasts, fat trimmed and diced (1-inch cubes)
- 4 ounces baby spinach (about 4 cups)
- 2 tablespoons apple cider vinegar

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.

3. Heat olive oil in a large sauté pan or pot (3 quarts or larger) over medium heat.
4. Add onion, salt, oregano, black pepper, and garlic. Sauté until onion and garlic begin to lose color, about 5 minutes.
5. Add sweet potatoes and chicken and cook, uncovered. Stir occasionally to prevent sticking and assure all ingredients are well mixed. Wash hands after handling raw poultry.
6. Cook until chicken reaches 165 degrees F using a meat thermometer, about 15 minutes.
7. Add spinach and vinegar and mix until spinach is thoroughly wilted and mixed with other ingredients. Serve.
8. Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving size: 1/8th of recipe
Cost per recipe: \$14.17
Cost per serving: \$1.77

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated with prior notification.