



Watch, Listen and Follow

Tune into Lifestyles on News 25 the 2nd Tuesday of each month at 11 a.m. Listen to WSON Thursday mornings at 6:45 a.m. Follow us on Facebook-Henderson County Extension-Family and Consumer Sciences

Charcuterie Board Basics

Join us for a hands on charcuterie board basics

Tuesday February 1st at 3:00 p.m.

we will supply all products and practice safe food handling. Everyone will get their own supplies and board. Class is free but you must call the office to reserve you space.



48th Annual Ag Expo! Ag Expo provides attendees educational sessions conducted throughout the morning while the largest agricultural trade show in western Kentucky takes place in the Exhibit Hall. Join us on January 26, 2022 at the Owensboro Convention Center.

**Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development**

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LEXINGTON, KY 40546

**January
2022**



**College of Agriculture,
Food and Environment
Cooperative Extension Service**

DIY & APP.

*Come join us on January 27th for a DIY & App. this will be a Plate it up Recipe & activity at 3:00 p.m.
Extension Expo Project Room.
Free Class -Call office to sign up.*

2022 Cooking Thru the Calendar

We will continue our virtual Cooking Classes on January 20th at 11 a.m. via Facebook Live.

Cooking classes can be found on the Henderson County Extension Family and Consumer Sciences Facebook Page.

Henderson County FCS Weather Policy

*If Henderson County Schools are closed or dismissed early due to Inclement weather or sickness all FCS Programs, Activities Meetings are cancelled for that day.
We want everyone to be safe.*

**Amanda L. Hardy
County Extension Agent
for Family and Consumer Sciences**



**Disabilities
accommodated
with prior notification**

Kickin' Greens

2 tablespoons olive oil
8 slices turkey bacon,
cut into bite-sized pieces
1 large onion, chopped
6 cloves garlic, minced

2 pounds fresh greens
(collards, turnip
or mustard)
3 cups low sodium
chicken broth

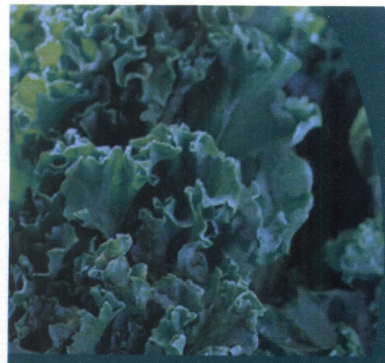
½ teaspoon
black pepper
¼ teaspoon red
pepper flakes,
or to taste

Heat olive oil in a large stockpot over medium high heat. **Cook** turkey bacon in hot oil until crisp. **Add** onion and garlic. **Cook** until onion is tender, **stirring** occasionally. **Add** greens and **stir** until greens start to wilt. **Add** chicken broth, black pepper and red pepper flakes. **Cover**, reduce heat to

low and **simmer** 25-30 minutes, or until greens are tender.

Yield: 8, 1 cup servings

Nutritional Analysis: 110 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 10 mg cholesterol, 9 g carbohydrate, 5 g fiber, 2 g sugars, 7 g protein.



Happy New Year!

Clutter-free new year

Clutter can do more than make a home look messy — it can affect well-being. According to the Mayo Clinic, those with cluttered homes tend to be more anxious and stressed than those without clutter. When spaces are cluttered, it is more difficult to find what we need, focus, and use the space effectively. One way to minimize clutter is to dedicate 10 minutes each day to picking up around the house. This keeps things tidy throughout the week without feeling overwhelmed with a large cleaning task.

When clutter accumulates, it becomes harder to see and find the items we have. This can lead to unplanned purchases of duplicate items. Additionally, when we have more than we need, unused items become wasted money. Start the new year off by decluttering your home in small parts. This could range from one drawer or closet to one room at a time.

If you have duplicates of something, keep one and set the other aside to donate or sell. Discard trash and items in disrepair. Think back to when you last wore a piece of clothing — unless it has sentimental value or is a seasonal item, donate or sell what you have not worn in the last year. Once you have finished decluttering, consider a yard sale to earn extra income from the items you no longer need or want. You can also post new and items in good condition on resale websites. If you choose to donate items, keep an itemized list of what you donate and its approximate value, as donations can often be deducted from your taxes.

Reference

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/how-decluttering-your-space-could-make-you-healthier-and-happier/art-20390064>

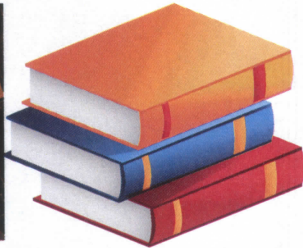
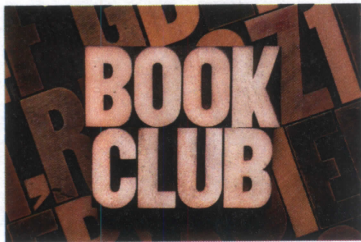
Sources: Nichole Huff, Ph.D., Assistant Extension Professor, Family Finance and Resource Management; Miranda Bejda, doctoral student, Family Sciences

Homemakers

If you would be interested in joining a club or starting a new club, please give our office a call at 270-826-8387.

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Thought for the month: "We spend January 1st walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives...not looking for flaws, but for potential." -Ellen Goodman

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We are looking at starting a book club If anyone is interested. This club could meet online or in person. Please let the office know if you are interested.



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Homemaker Leader Lesson

February lesson, Living with Loss: Self-care and managing grief

10:00 a.m.

Plate It Up lesson

11:00 a.m.

January 18- Daviess Co

January 19- Henderson Co



Club Meetings

Town and Country- 3rd Monday of each month- 6 p.m. in Expo building.

You are welcome to bring a sack lunch.

Happy Knitters- every Tuesday at 10 a.m. in Expo Conference Room.

Niagara- will meet at Cash Creek Church Wednesday January 19, 2022 at 10:00 a.m.

Central- 2nd Thursday of each month at 11:00 a.m. in Expo Project Room.

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2022 State Meeting – Please mark the NEW dates for the KEHA State Meeting in your calendar. The meeting now will be held May 10-12, 2022, at the Owensboro Convention Center. The theme is “KEHA: We Have You Covered.” Licking River Area will serve as the host area. The lodging room blocks are now open for reservations. Details can be found on the KEHA website at <https://keha.ca.uky.edu/content/state-meeting-information>.

Cancer Support Group (Not Just for Homemakers)

*If you are a cancer survivor or have a family member or friend with cancer come out and support each other. Group meets on the 3rd Monday of each month at 5:00. Call the office for more information. **In January we will meet on January 19th @ 3:00.***



University of Kentucky
College of Agriculture,
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Cooperative Extension Service

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Henderson KY 42420

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Our office will be
closed on January
17, 2022 to observe the
Martin Luther
King, Jr. holiday

