



# BUILDING STRONG FAMILIES FOR KENTUCKY



AUGUST 2022

College of Agriculture, Food and Environment  
Cooperative Extension Service

## 2022 COOKING THRU THE CALENDAR

WE WILL CONTINUE OUR VIRTUAL COOKING CLASSES ON **AUGUST 25TH AT 11 A.M.** VIA FACEBOOK LIVE. COOKING CLASS CAN BE FOUND ON THE HENDERSON COUNTY EXTENSION FAMILY AND CONSUMER SCIENCES **FACEBOOK PAGE.**

STOP BY THE OFFICE IF YOU WANT A HARD COPY OF THE CALENDAR!

### Walking Club

Walking Club continues to meet on Monday, Wednesday, and Friday at 8:00 a.m. outside of the Extension Expo building. Come join them!

### *FOOD PRESERVATION CLASS*

*Join us on August 11th at 10:00 a.m. in the Expo Kitchen to learn more about canning, freezing and drying. Class is limited so call to sign up. Class is FREE.*

### Cancer Support Group

**The monthly cancer support group will meet on August 15th at 5:00 p.m. in the Extension Office Main Building.**

### Sustainable Eating

We will be offering a 5-week program on why a healthy food system is important and we will provide practical strategies for consumers to implement that will make their diet healthier and more sustainable.

The classes will be offered Friday, August 5,12,19,26 and Sept. 2 at 10:00 a.m. at the Henderson County Public Library. You must call the library and sign up to register or go online to their website. Program is FREE.



*Amanda L. Hardy*

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



# HOMEMAKERS

## August Thought for the Month:

"Life is like a sandwich. Make sure to fill it with good ingredients."  
-Author Unknown

## August Roll Call:

August is national sandwich month.  
What Is your favorite sandwich?

## Club Meetings

Town and Country- Extension Expo Kitchen on August 15th at 6:00 p.m.

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

Niagara- Wednesday, September 21st at 10 a.m. at Cash Creek Church

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

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



Green River Area Annual Meeting  
Note: Date has changed!

"Showers of Blessings"  
Tuesday, September 20, 2022

Hawesville Baptist Church  
Registration 10:30 a.m. & Program 11:00 a.m.  
Hosted by the  
Hancock County Extension Homemakers

Registration cost and more information will be coming soon!



## DIABETES TIPS AND TASTINGS

Do you or a loved one have diabetes? Do you like to sample foods and get tasty recipes? Do you like to meet others who know what it is like to live with diabetes? Do you like to have fun? Then this is the group for you!

Meets 3rd Thursday each month April—October

Time: 5:30 pm-6:30 pm

Location: Henderson Co. Cooperative Extension Office, 3341 Zion Rd.

Enter through side door.

Free & Open  
To the Public

Registration  
Not Required!

Sponsored by:

### MEETING DATES FOR 2022

APRIL 21  
MAY 19  
JUNE 16

JULY 21  
AUGUST 18  
SEPTEMBER 15  
OCTOBER 20



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

## The wonders of baking soda

Baking soda isn't just for baking. It's actually a very useful, multipurpose product to have in your home. It is inexpensive and easy to find. Baking soda, or sodium bicarbonate, is found in a crystalline form in nature. It is then ground into a fine powder for use in cooking. But cooking isn't the only use for this versatile compound. Listed below are a variety of household uses for baking soda.

**Natural cleaner** – A mixture of baking soda and water can be used as a nonabrasive cleaner. This means it will not scratch glass. Make a paste and apply directly with a sponge or cloth to the surface you want to clean. Ovens, stovetops, microwaves, sinks, tubs, tile, marble, and tarnished silver are just a few examples. To safely clean stubborn pots and pans, the American Cleaning Institute recommends adding baking soda to the pan, filling with hot water and letting it soak for 15 to 30 minutes. The baking soda will help remove cooked-on food. For tarnished silver, mix 3 parts baking soda to 1 part water and rub onto the silver with a clean cloth or sponge. Rinse and dry for a shiny finish.

**Deodorizer** – Neutralize odors in the refrigerator, trash can, and closet. Keep an open box of baking soda in the refrigerator to help remove odors. Sprinkle the powder in the bottom of your trash can or dishwasher to help neutralize odors from smelly garbage or dirty dishes waiting for a full load. Baking soda can also be used to eliminate odors in stinky shoes or gym bags. Simply pour two tablespoons of baking soda in thin pieces of fabric or layered cheesecloth and tie with a string. Place one bag in each stinky shoe or gym bag. Remove the bags before using.

**Stain remover** – Baking soda and water pastes can be used to remove stains from glassware, coffee cups, and plastic containers. To help remove stubborn stains from clothes, try adding a ½ cup of baking soda to your regular amount of laundry detergent. Stains can also be removed from carpet by covering the stain with a thin layer of baking soda and then spraying with a 1-to-1 mixture of vinegar and water. Let it sit for 1 hour or until the surface dries. Scrub the baking soda loose with a brush and then vacuum.

**Air freshener** – Baking soda is a safe and effective alternative to commercial air fresheners. It interacts with odor particles in the air and neutralizes them, rather than masking them. You can create your own air freshener with a small jar, some cloth, your favorite essential oils, and a piece of string or ribbon. Simply place ⅓ cup of baking soda in a small jar. Add 10 to 15 drops of essential oil and cover the jar with a thin piece of cloth. Tie with a string or ribbon. Gently shake the jar for a pleasant scent.

**Fire extinguisher** – Baking soda is effective at putting out small grease and electrical fires. When baking soda is heated it releases carbon dioxide (which makes dough rise). The carbon dioxide smothers the flames and extinguishes the fire. Many households have baking soda within reach as a first step in fighting kitchen fires.



### Reference

American Cleaning Institute: <https://www.cleaninginstitute.org/>

Source: Annhall Norris, Extension Specialist for Food Preservation and Safety

## Bingocize

*Bingocize will start back again in SEPTEMBER. September 1, 8, 15, 22, 29 at 10:00 a.m. at the Extension Office. Call to sign up. Class is free!*



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Henderson County  
3341 Zion Road  
Henderson KY 42420

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# Melon Berry Smoothie

**1 cup** frozen blueberries,  
strawberries or mixed  
berries  
**1 tablespoon** honey,  
optional

**1/4 cup** skim milk  
**1 cup** low fat vanilla  
Greek yogurt  
**2 cups** chopped honey  
dew melon

**Yield:** 4, 8 ounce servings.  
**Nutritional Analysis:** 130 calories,  
1g fat, 0 g saturated fat,  
5 mg cholesterol, 55 mg sodium,  
28 g carbohydrate, 2 g fiber,  
24 g sugars, 3 g protein.

**Place** all ingredients in blender.  
**Blend** together until smooth using  
the pulse function, if available.  
**Pour** into serving glasses and serve  
immediately.



Save the Date  
The 2022 Kentucky State Fair is  
scheduled for August 18-28!