

# Newsletter

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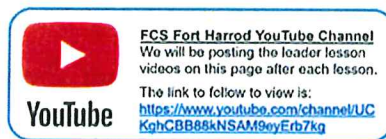
FAMILY & CONSUMER SCIENCES

## Boyle County Homemakers



Kentucky Extension  
Homemakers Association

February 2023



## Agent's Note

Happy Heart Month everyone! I hope you have had a lovely start to the new year. February sure got here in a jiffy, didn't it? Check out all the programs and events coming up. There are lots of opportunities for you to get involved in something at the Boyle County Extension Office. Don't forget about County Cultural Arts! It's that time of year to start wrapping up your unfinished projects and planning what to enter in the cultural arts contest. Attached you will find the rules and guidelines for entry. If you have any questions about cultural arts contact Thelma Mills.

## Upcoming Events

- Executive Board Meeting- February 20th at 12pm at the BCEO
- Council Meeting- February 20th at 1pm at the Boyle County Extension Office
- Leader Lesson: Self Care: Taking Care of your Mental and Physical Health- February 28th at 10am at the BCEO
- Bingocize- Tuesdays and Thursdays at 1pm at the BCEO
- Lunch and Learn- February 3rd at 12pm at the BCEO
- Rug Hooking Club- February 13th at 1pm at the BCEO
- Beginner Crochet every Monday at 10am at the BCEO
- Pop-Up Community Pot Luck "All Things Chocolate"- February 9th at 6pm at the Boyle County Public Library
- Work Days with Thelma Mills every 3rd Tuesday from 10am-2pm. More than just a sit and sew. Bring any projects you're working on. Thelma will be available to assist.
- Save the Date!! The International Dinner and Cultural Arts Exhibit will be on March 28th with a snow date of March 30th at the BCEO.
- County Cultural Arts Contest- March 28th at the Boyle County Extension Office.

## **ENVIRONMENT**

The autumn leaves have been raked up, and it's not time to start spring planting -- so this would be a good time to pause and consider another VERY important part of our environment -- our FORESTS and the trees that populate them. Consider this -----

Forest are alive and working 24 hours a day and 7 days a week. You should be very happy that they never stop working because every day you need something that they provide for you -- the OXYGEN in the air that you breathe. One large tree can make enough oxygen in one day for 4 people.

So, if forests are so important, how can we help them?

- 1.) Plant trees. Plant a tree in your yard or in a large pot on your porch, deck, or patio.
- 2.) Recycle. Collect paper and cardboard to recycle. Recycling conserves trees and other natural resources. Trees are a renewable resource.
- 3.) Save energy. Turn off the lights when you leave a room. Saving energy cuts down on pollution, which is harmful to forests.
- 4.) Reduce waste. Buy only things you need. Donate things you don't want, use, or wear anymore. Reducing waste saves landfill space and saves trees from being used to make things we don't need.

## **SAFETY and MANAGEMENT**

Since this is the end of January going into February when I write this, I thought it would be good to give some ways to save money on the rising heat costs. Our family has an older home, so through the years we have devised ways to save on our gas and electric bills. When we first bought our house, we did not have any extra money in our budget. Much of our heat went out the roof and windows. We insulated our house in the attic, and crawl space first.

Our house was made to have cross ventilation, and the windows are all centered across from each other. So that was the next thing we worked on. John caulked all the windows. We had pulled down blinds. Air still came in. So I made a winter set of curtains from polar fleece. This keeps the cold air out. We let the sun shine in on sunny days, and close them before the natural heat escapes. This has cut down on the draft from the windows. Over the years, we had new windows and siding put on the house. The fleece curtains are still helping with keeping the heat in.

We also made sure that there is enough weather stripping around our doors This too has saved us money. It is amazing how much our gas and electric bills go down with each simple remedy. We make sure we don't have extra lights on or appliances left plugged in. I use our dryer later in the day to get the most use out of the dryer's heat. I sometimes use the top of the dryer to let bread rise or meat to thaw.

The dryer warms up the house as does the oven so on really cold days, I plan meals in the oven. Warmer days, I use the stove or toaster oven. These are a few of the things our family has done to lower our electric and gas costs. One other thought, when it is really cold please open the doors of your cabinets in the kitchen and bath to keep your water pipes warmer so they do not burst. Many pipes broke in our Christmas Winter Blast. Stay warm, and please keep fall safe, fire safe and scam free in 2023!

Submitted by:

Joyce Zinner, 76'er Homemaker, Boyle Co. Ky

## **Homemaker Club Meetings**

**76'ers:** January 10th, 1:30, location TBA

**Lancaster Road:** January 4th, 10:30 a.m., location TBA

**Wilderness Trail:** January 5th, 10:30 a.m., Boyle County Extension



incorporating more vegetables and fruits and fiber sources into your diet. The U.S. Department of Agriculture's MyPlate encourages people to fill half of their plates with fruits and vegetables. Fiber not only helps prevent heart disease but also may help prevent diabetes, manage weight and improve digestion. Good sources of fiber are beans, barley and oats.

You can also start incorporating more Mediterranean meals into your diet. People in Mediterranean countries tend to have lower rates of heart disease because they eat a diet rich in monounsaturated fat and linolenic acid. They consume more olive oil, fish, fruits and vegetables.

High blood pressure can be a major contributing factor to heart disease and arteriosclerosis. If you have high blood pressure, learning to control it can greatly reduce your risk of developing heart disease. The DASH, Dietary Approaches to Stop Hypertension, diet has been proven to significantly lower blood pressure. This diet involves limiting your salt intake and consuming plenty of fruits, vegetables, low-fat dairy products, fiber and lean meats. More information about the DASH diet is available on the National Heart, Lung and Blood Institute's website, <http://www.nhlbi.nih.gov/health/health-topics/topics/dash/followdash.html>.

More than two-thirds of Kentuckians are not active, and 71% of women in the state report being sedentary. You can become more heart healthy by incorporating more movement into your day. That doesn't necessarily mean you have to spend hours at the gym. If you lead a sedentary lifestyle, you can start small by doing things like taking the stairs instead of the elevator, parking further away from a store entrance, playing tag with your children or walking around your neighborhood. Every bit of movement helps.

*For more information on ways you can get healthy and protect your heart, contact the Boyle County office of the University of Kentucky Cooperative Extension Service.*

## Upcoming Events



**BOYLE COUNTY CULTURAL ARTS CONTEST**

University of Kentucky  
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Enter and exhibit your items at the 2023 Cultural Arts Contest. Open to all Boyle County Extension Homemakers. Items entered that earn a blue ribbon will then advance to the Fort Harrod Area Cultural Arts Contest in April and compete against other counties!

**TUESDAY,  
MARCH 28TH**

Boyle County Extension Office  
99 Corporate Drive, Danville

↓ To view list of categories and rules ↓  
visit/click on link below

<https://www.facebook.com/BCCES/posts/pfbid021MWrxNLV3a5KUDV5CfQyqAGyatVcatGqY4vnCB55R55xhzX4QuogQRZQgGMxTsnI>

Entry and Pickup times TBA

## 2022-2023 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

### 15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

### 16. KNITTING (HAND)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

### 17. KNITTING (OTHER)

### 18. NEEDLEPOINT

- a. Cloth Canvas
- b. Plastic

### 19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

### 20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

### 21. PHOTOGRAPHY

- a. Black & White (mounted & framed)
- b. Color (mounted & framed)

### 22. QUILTS\*\*

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)
- e. Machine Appliqué (machine quilted)
- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
- i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

### 23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking\*\*\*

### 24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle
- d. Woven

### 25. WALL or DOOR HANGING

- a. Fabric
- b. Other

### 26. WEAVING

- a. Hand (macrame, caning)
- b. Loom

### 27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

\* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

\*\*Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

\*\*\* Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.





## Garlic Pork



- 1 tablespoon vegetable oil
- 2 pounds boneless pork roast
- 1 tablespoon salt-free seasoning blend
- 1 tablespoon Worcestershire sauce
- 6 cloves garlic, peeled
- 1 (14.5 ounce) can chicken broth
- 4 medium sweet potatoes\*, peeled and chopped
- 1 large onion, peeled and quartered

\*You can substitute white potatoes in place of sweet potatoes.

1. In a large heavy skillet, heat oil over medium-high heat. Season meat on all sides with salt-free seasoning blend and Worcestershire sauce. Brown pork for 3 to 4 minutes on each side. Remove roast from skillet. Slit the roast about 1-inch-deep and 2 inches apart in three places on the top and insert a garlic clove in each slit.
2. Add ½ cup of chicken broth to skillet. Bring to a boil and loosen brown bits with a spoon. Add to slow cooker with remaining chicken broth.
3. Layer potatoes, onion and remaining three cloves of garlic in slow cooker. Place browned roast on top of vegetables.

4. Cover and cook on low setting for 7 to 8 hours. Shred or slice pork and serve with vegetables.
5. **Optional sauce:** Remove roast and vegetables from the slow cooker, leaving the broth. Turn the slow cooker on high. In a small bowl, mix 4 tablespoons cornstarch with ¼ cup water. Add this mixture to slow cooker. Remove lid and cook on high for 10 minutes, stirring a few times.

**Prep time:** 30 minutes

**Cook time:** 8 hours

**Makes 6 servings**

**Serving size:** ⅙ of roast and potatoes

**Cost per recipe:** \$9.99

**Cost per serving:** \$1.67

**Nutritional facts per serving:**

350 calories; 15g total fat; 4.5g saturated fat; 0g trans fat; 90mg cholesterol; 480mg sodium; 20g carbohydrate; 3g fiber; 6g sugar; 33g protein; 80% Daily Value of vitamin A; 25% Daily Value of vitamin C; 4% Daily Value of calcium; 10% Daily Value of iron.

**Source:** Rosie Allen, Area Nutrition Agent for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service



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