

Family & Consumer Sciences

Newsletter

"Building Strong Families in Magoffin County"



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Cooperative Extension Service

Magoffin County
P.O. Box 349
Salyersville, KY 41465
(606) 349-1236
Fax: (606) 349-7303
extension.ca.uky.edu

December 2022

December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 <i>Soup</i> <i>Bean dinner</i> <i>Vendor Fair</i>	3 <i>Vendor</i> <i>Fair</i>
4	5 <i>Holiday</i> <i>Social, 6 pm</i>	6	7 <i>Cooking</i> <i>Through the</i> <i>Calendar, noon</i> <i>Crochet Club,</i> <i>10 am</i>	8 <i>Ivyton</i> <i>Hippie Chx</i> <i>outing, 6</i> <i>pm</i>	9 <i>Friend-</i> <i>ship Quilt-</i> <i>ers, 10 am</i>	10 <i>Sew What</i> <i>Quilters,</i> <i>9 am</i>
11	12	13 <i>Patchwork</i> <i>Playdates,</i> <i>10 AM</i>	14	15	16	17
18	19	20	21 <i>Crochet</i> <i>Club, 10</i> <i>AM</i>	22	23	24
25	26	27	28	29	30	31
Closed for the Holidays!						



Cathy Sparks

Cathy Sparks
CEA for Family & Consumer Sciences,
4-H Youth Development Education

Program Flyers	2
FCS Program Information	3
Health Bulletin: "The Winter Blues"	4-5
Soups of all Sorts	6-7
Plate it Up Recipe: "Blackberry Coffee Cake"	8



REMINDER!

**Homemaker Dues
Need to be Paid
By Dec. 10th!**

Dues are \$10.00 and can be
paid at our office. You get a
free Homemaker T-shirt!

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Join us...

Monday, December 5th
for our
**Extension Homemaker
Holiday Social**
6:00 PM
at the Extension Office

Come out and enjoy good food, friends, and lots of holiday fun and games! Bring the whole family!

Meat, bread and drinks will be provided by the Extension Office. Please bring potluck sides and desserts.

Last name A-M: Vegetable or Salad
Last name N-Z: Dessert

Bring a pair of Christmas socks
wrapped for a game!

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political beliefs, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546

Disabilities
accommodated
with prior notification.

Come Shop from Local Vendors

**Holiday Bazaar &
Vendor Fair**
Friday, December 2nd
10:00 AM-7:00 PM
Saturday, December 3rd
10:00 AM-3:00 PM

Magoffin County Extension Office

For more information, call our office at
349-3216 or 349-1236.

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political beliefs, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546

Disabilities
accommodated
with prior notification.

4-H Country Ham Orders
Magoffin County Extension Office

We are now taking Country Ham orders at the Extension Office.

Deadline to order is December 10, 2022.

4-Hers purchasing hams to enter into the KY State Fair will be \$60 for (2) hams.

Other individuals purchasing hams, the cost will be \$60 each.

All orders must be paid when you place your order.

All participants will need to plan to be at the Extension Office on Martin Luther King Day,
Monday, January 16, 2023, at 10:00 AM for the first curing of your ham.

To order or for more information call our office at
349-3216.

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political beliefs, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546

Disabilities
accommodated
with prior notification.

**Extension Homemaker
Soup Bean Dinner!**
Friday, December 2nd

Dinner includes:
soup beans, cornbread,
fried potatoes,
kraut & wieners, brownie,
& drink

Dinners are \$8 each and will be served during the Homemaker Holiday Bazaar & Vendor Fair at the Magoffin County Ext. Office.

All proceeds for the dinner goes to the Annual Homemaker Scholarship for a Magoffin County Senior.

Call 349-3216 to place your orders.

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political beliefs, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546

Disabilities
accommodated
with prior notification.

Ivyton Hippie Chx

Holiday Outing

Thursday, December 8th

6:00 PM

Details to be discussed.

Don't Forget

**Homemaker
Memberships**

**Due by
December
10th**

Patchwork Playdates

University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Here Comes Santa!

Tuesday, December 13th

10:00 AM-Noon

Activity: Snowman Milk Cup

Food: Ice Milk

Enjoy a visit with Santa!

Gift Exchange: bring a wrapped non-gender \$2 gift.

Cookie Exchange: bring 24 cookies to swap with friends.



Patchwork Playdates is a preschool program for ages 5 and under, accompanied by an adult. If your child has any food allergies, please let Cathy Sparks, CEA for FCS, know so we can accommodate your child.

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, marital status, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, or veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



2022-2023 Enrollment Form
Magoffin County Extension Homemakers
Due by December 1, 2022

KEHA **University of Kentucky**
College of Agriculture, Food and Environment
Cooperative Extension Service

First Name: _____ Middle Initial: _____ Last Name: _____
Club Name: _____ Address: _____

Email Address: _____ Sex: Female Male
Home Phone: _____ Cell Phone: _____
Work Phone: _____ Fax Number: _____

How would you prefer to receive your Building Strong Families Newsletter? Circle one.
Facebook Email Hard copy /mail

Ethnic Background: (optional)
White Black Hispanic Asian Other T-shirt size: _____

Age Group: (circle one)
15-19 20-24 25-34 Yearly Renewal New Member
35-44 45-54 55-64
65-74 75+ Number of Years in Club Membership: _____

I, (print full name) _____ hereby grant permission to the University of Kentucky and the Kentucky Extension Homemakers Association, Inc. permission to use photos of any activity that I may participate in for educational, promotional activities, or publications.

Signature: _____ Date: _____
Witness: _____ Date: _____

Homemaker Fee: \$10.00 each

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546

Disabilities accommodated with prior notification.

Cooking Through the Calendar



Wednesday, December 7th, noon

Crochet Club

Wednesday December 7th December 21st

Everyone will be working on their own projects.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

ADULT HEALTH BULLETIN



DECEMBER 2022

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Magoffin County
Extension Office
15 Rockhouse Fork Road
Salyersville, KY
41465
(606) 349-3216

THIS MONTH'S TOPIC: THE WINTER BLUES



Do you find your mood changing with the seasons? Do not brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year.

Seasonal affective disorder (SAD) is a type of depression that is related to changes in seasons, beginning and ending at about the same time year after year. Commonly, symptoms start toward the end of fall and continue into the winter months. SAD saps your energy and makes you feel moody. These symptoms often resolve during the spring and summer months. They return as fall begins to turn to winter.

Symptoms

Signs and symptoms of SAD may include:

- Feeling listless, sad, or down most of the day, nearly every day
- Losing interest in activities you once enjoyed

Continued on the next page →



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Get outside. Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun.

→ **Continued from the previous page**

- Having low energy and feeling sluggish
- Having problems with sleeping too much
- Experiencing carbohydrate cravings, overeating, and weight gain
- Having difficulty concentrating
- Feeling hopeless, worthless, or guilty
- Having thoughts of not wanting to live

As a result, individuals may find that they are oversleeping, craving foods high in carbohydrates, are gaining weight, and feel tired or have low energy despite getting plenty of sleep.

You may be at an increased likelihood for SAD if you have a family history of depression, if you have major depression or bipolar disorder, if you live far from the equator, or have a low level of vitamin D. SAD appears to be more common among people who live far north or south of the equator because of decreased sunlight during the winter and longer days during the summer months. The skin produces some vitamin D when it's exposed to sunlight. Vitamin D can help to boost serotonin activity. Less sunlight and not getting enough vitamin D from foods and other sources may result in low vitamin D in the body.

It is normal to have some days when you feel down. However, if you feel down for days at a time and you cannot get motivated to do activities you normally enjoy, see your health-care provider. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol for comfort or relaxation, or you feel hopeless or have thoughts about suicide.

Treatments

There are many treatments for SAD that can help you feel better and enjoy the winter season. Treatment for seasonal affective disorder may include light therapy, psychotherapy, and medications. In addition to your treatment plan for seasonal affective disorder, you can try these four things:



- **Make your environment sunnier and brighter.** Open blinds, trim tree branches that block sunlight or add skylights to your home. Sit closer to bright windows while at home or in the office.
- **Get outside.** Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun. Even on cold or cloudy days, outdoor light can help — especially if you spend some time outside within two hours of getting up in the morning.
- **Exercise regularly.** Exercise and other types of physical activity help relieve stress and anxiety, both of which can increase SAD symptoms. Being more fit can make you feel better about yourself, too, which can lift your mood.
- **Normalize sleep patterns.** Schedule reliable times to wake up and go to bed each day. Especially for fall-winter-onset SAD, reduce or eliminate napping and oversleeping.

REFERENCE:

<https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>

**ADULT
HEALTH BULLETIN**

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
123RF.com





Soups of all sorts

By **Sandra Bastin, PhD, RDN, LD**

Extension Food and Nutrition Specialist

There's nothing quite as good on a cold winter day as a hot bowl of soup or a cool refreshing soup on a hot summer day. Soup and sandwich, soup and salad, Saturday lunch, Sunday supper, appetizer or main dish... soup can fill the bill. Whether you use garden-fresh, frozen or canned ingredients, soups offer economy and nutrition. Theoretically, a soup can be any combination of vegetables, meat or fish cooked in a liquid. It may be thick, like gumbo; thin, such as consommé; smooth, like a bisque; or chunky like chowder or bouillabaisse. Though most soups are hot, some like vichyssoise and many fruit-based soups are served chilled. Soups are often garnished with flavor enhancers such as croutons, grated cheese or sour cream.

- A **bisque** is a thick, rich soup usually consisting of pureed seafood and cream. **Stock, broth, bouillon and consommé** are interchangeable. Bouillon is a broth made by cooking vegetables, poultry, meat or fish in water. The liquid that is strained off after cooking is the bouillon, which can form the base for soups and sauces. A concentrated cube of dehydrated beef, chicken or vegetable stock is referred to as bouillon cubes. The granular form is also available. Consommé is usually a clarified meat or fish broth. A stock is clarified by removing the sediment.
- **Bouillabaisse** is a celebrated seafood stew from Provence, made with an assortment of fish and shellfish, onions, tomatoes, white wine, olive oil, garlic, saffron and herbs. The stew is ladled over thick slices of French bread.
- **Gumbo** is a hearty soup-stew made of a variety of meat and seafood, such as chicken, sausage,



ham, shrimp and crab, and vegetables like okra, tomatoes and onions. The dish blends the culinary cultures of the French, Spanish, African and Indian.

- **Chowder** is a rich milk or cream-based soup, featuring solid ingredients like vegetables and/or seafood which have been gently simmered to tenderness. New England-style chowder is made with milk or cream and Manhattan-style with tomatoes. The term chowder is also used to describe any thick, rich soup containing chunks of food, such as corn chowder.
- A **stew** is any dish that is prepared by stewing and often applies to dishes that contain meat, vegetables and a thick soup-like broth resulting from a combination of the stewing liquid and the natural juices of the food being stewed.
- **Vichyssoise** is a rich, creamy potato-and-leek soup that's served cold and garnished with chopped chives.

The classic cream soup

Cream-based soups contain milk or cream and are thickened with a mixture of flour and butter or egg yolk. Cream soups must be cooked over low heat, along with frequent stirring to prevent scorching. They freeze and store well, although a brisk stirring is often required after thawing and reheating to regain their creamy texture. Chilled fruit and vegetable soups usually have a cream base.

Start with a stock

Homemade beef, chicken or vegetable stocks are the base for most soups because of their rich, fullbodied flavor and versatility. Fresh ingredients of vegetables, meat, poultry, herbs and seasonings are favored, but leftovers can be excellent additions if they have not been stored past their prime. Stocks require slow simmering for a long period of time. But once prepared, stocks freeze well after straining and thorough chilling. If you don't have time to make your own, there are low-sodium canned broths available. Allow about one cup of stock per person.

To cool large containers of soup, cool rapidly in an ice water bath, stirring frequently; or place in small containers no larger than quart-size and refrigerate or freeze immediately. Soups will keep in the refrigerator several days. Cooled broth or stock can be frozen in freezer trays. The cubes can then be stored in airtight containers in the freezer and used to add flavor to soups, gravies or sauces. Ten cubes equals about 1 cup of stock.

Vegetable Stock

- 2 large carrots, coarsely chopped
- 1 large yellow onion, coarsely chopped
- 2 stalks celery, coarsely chopped
- 1 medium-size turnip, coarsely chopped
- 1 large tomato, cut into 1-inch chunks
- 1 cup shredded lettuce
- 6 sprigs parsley

- 1 clove garlic
- 1 bay leaf
- 3/4 teaspoon dried thyme
- 6 cups of water

1. Combine all ingredients in a large stockpot.
2. Bring to a boil.
3. Simmer the stock, partially covered, 4-6 hours.
4. Strain the stock and allow it to cool.
5. Label and freeze in airtight containers for up to 6 months.

Yield: 3-4 cups

Nutritional analysis: 73 Calories, 17 g carbohydrate, 1 g fat, 80 mg sodium

Use the vegetable stock in the following recipes or be creative with items you have on hand.

Chunky Vegetable and Pasta Soup

Peel and dice 1 medium tomato and 1 zucchini; chop 2 tablespoons green pepper; and slice 2 mushrooms. Add 1/4 cup small shell pasta to 4 cups of boiling vegetable stock and simmer until pasta is partially cooked, about 4 minutes. Add vegetables and continue to simmer until the vegetables are crisp-tender.

Oriental Style Soup

Slice 4 green onions; finely chop 1 small clove garlic; and peel and finely chop 1/2-inch piece of ginger root. Add the onions, garlic and ginger, and 1 teaspoon soy sauce and 1 teaspoon hot pepper flakes to 4 cups of boiling vegetable stock. Add 1/2 cup cooked chopped shrimp or one 6 1/2-ounce can of chopped, drained clams. Simmer 2 minutes. Add 1/4 cup of cooked, wide egg noodles for a heartier soup.

Copyright © 2020 for materials developed by University of Kentucky Cooperative Extension. This publication may be reproduced in portions or its entirety for educational or nonprofit purposes only. Permitted users shall give credit to the author(s) and include this copyright notice.

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

NONPROFIT ORG
US POSTAGE PAID
SALYERSVILLE, KY
PERMIT #12

Magoffin County
P.O. Box 349
Salyersville, KY 41465

RETURN SERVICE REQUESTED

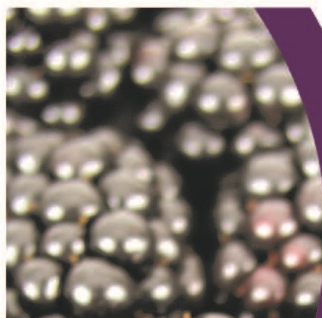
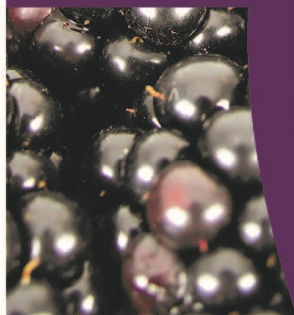


Plate it up!



Blackberry Coffee Cake

1 cup all-purpose flour	1/3 cup margarine	2 eggs
1 cup whole wheat flour	1/3 cup applesauce	1 teaspoon vanilla
1 1/2 cups white sugar	1/2 teaspoon cinnamon	2/3 cup 1% milk
2 teaspoons baking powder	2 tablespoons brown sugar	2 cups blackberries, washed
1 teaspoon salt		

Preheat oven to 350 degrees F. **Grease** and **flour** a 9-by-13- inch baking pan. In a large bowl, **combine** flours, sugar, baking powder and salt. Using a pastry blender, cut margarine and applesauce into the mixture until it resembles coarse crumbs. **Stir** in the cinnamon and brown sugar. **Set aside** 3/4 cup of crumb mixture to be used as a topping for the cake. In a medium bowl, **mix** together eggs, vanilla and milk. **Blend** into remaining flour mixture. **Spread** batter into prepared pan. **Sprinkle** blackberries evenly over the

batter. Gently **press** blackberries into the batter. **Sprinkle** reserved crumb mixture over fruit and gently pat down. **Bake** in preheated oven for 25-30 minutes or until a toothpick inserted into the center of the cake comes out clean.

Yield: 15 servings.

Nutritional Analysis: 170 calories, 5 g fat, 1 g saturated fat, 1 g trans fat, 30 mg cholesterol, 280 mg sodium, 32 g carbohydrate, 2 g fiber, 18 g sugars, 3 g protein.