



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

# Newsletter

FAMILY & CONSUMER SCIENCES

## Boyle County Homemakers



Kentucky Extension  
Homemakers Association

March 2023



### Agent's Note

It's National Nutrition Month! How are you going to celebrate? Try a new recipe, attend a nutrition focused extension program, join the recipe club! Check out the FCS section of this newsletter for some helpful nutrition information as well as opportunities for you to celebrate National Nutrition Month!

Spring is in the air! I'm so glad the weather is starting to warm up and the days are getting longer. Don't forget to set your clocks forward on March 12th when Daylight Savings Time kicks in. As we wrap up the first quarter of 2023, I'd like to share some highlights from the Boyle County Family and Consumer Sciences Extension program area.

Since the start of 2023 I have been busy starting new programming as well as bringing back some old favorites. Lunch and Learn started back on the first Friday of each month with cooking lessons and nutrition information shared. Bingocize is an exercise and bingo mashup that meets twice a week for 6 weeks. Each class has been attended by a mix of community members as well as Extension Homemaker members. We have reached a new audience at A Brighter Choice who's clients attend Bingocize each week. Rug Hooking Club has taken off with 13 people attending the February meeting. I'd say rug hooking has gotten some folks Totally Hooked! Those are just some of the programs I offer at the Boyle County Extension Office. Don't forget the Pop-Up Community Potluck at the Boyle County Public Library and special programs including fire safety at Arnold Towers in the Danville Housing Authority, charcuterie boards at Plaid Elephant Books, and financial literacy at BCTC.

Along with programming, I serve on several boards in the community. Currently, I am active on the Danville Boyle County Chamber Board, Senior Center Board, Boyle County Public Library Board, Danville Boyle County Humane Society Board, and Woodlawn FRYSC Advisory Board just to name a few. Building relationships and partnerships in Boyle County is a fundamental part of the job as an FCS Agent.

Last but not least in February I attended our annual week of in-service training. FCS Agents across the state were trained on new curriculum, new health and nutrition trends, outdoor cooking, estate planning, and pests in the home. Look for new programming on these topics in the coming months.

  
Stephanie Burtz  
Boyle County Extension Agent  
for Family and Consumer Sciences



### "It's Sew Fine"

#### Sewing Expo

**Thursday - Friday, April 13 & 14 • 2023**

Boyle County Extension Office  
99 Corporate Dr • Danville KY • 40422

Hosted by the Ft. Harrod Area  
FCS Extension Agents  
and Sewing Expo Committee Members



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## Upcoming Events

- Lunch and Learn the first Friday of each month at 12pm at the BCEO.
- Pop Up Community Pot Luck on March 9th at 6pm at the Boyle County Public Library. This program is a free community pot luck where the theme is Mediterranean. If you would like to bring a dish or just come and share your time with others, all are welcome.
- Join Recipe Club and receive recipes and nutrition information monthly through mail or email.
- County Council Meeting March 20th at 1pm at the BCEO
- Leader Lesson Training "Say Yes to Dessert, March 23rd, 10am at the BCEO
- Bingocize on Tuesdays and Thursdays at 1pm at the BCEO
- Rug Hooking Club meets the 2nd Monday of each month at 1pm at the BCEO
- County Cultural Arts Contest on March 28th 9am-10:30am at the BCEO
- International Dinner "Iceland" March 28th at 6pm
- Beginner Crochet class on Mondays at 10am at the BCEO
- Save the Date: Boyle County Annual Meeting May 18th
- QPR Suicide Prevention Workshop April 17th 2pm at the BCEO
- Food Drive: In honor of National Nutrition Month, Boyle County FCS Extension is collecting non perishable food items to donate to food initiatives in the county. Feel free to participate by bringing non perishable food items to the Boyle County Extension office to donate.

## Club News and Chairperson Reports



The Lancaster Road Homemakers Club met February 1, 2023. We had 13 members present for the meeting. Lancaster Road collects non perishable food for the local food bank at each meeting. This month's contribution is pictured below.

In other club news, 7 sensory lap quilts and 19 pillow cases were taken to Hospice. These lap quilts and pillow cases are sewn on the Third Tuesday of every month. Anyone who would like to help is

welcome to join those who are working on the pillow cases and quilts, or to bring their own project and enjoy socializing while they work.

Several ladies have attended the Bingocize sessions and encouraged other members to join.

Marilyn Houchin has been attending the beginning Crochet classes. She says it has been very helpful in learning to read patterns.

Our club enjoyed a wonderful meal prepared by MaryAnn Sharp and Geraldine Dietrich. These ladies are a tremendous blessing to each of us and our club as a whole. We are so thankful both of them.

### 76ers

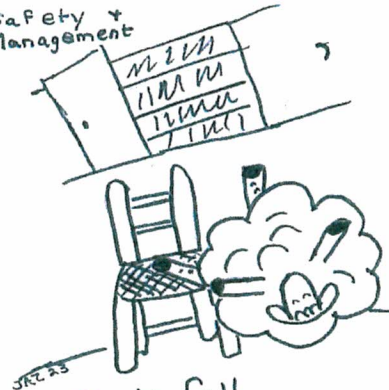
76ers met on Valentines Day. We brought bars of soap for Latimer Heights & now have plenty. We discussed possibilities for the charity committee - Greenhouse 17 for victims of domestic violence, Hope Food Pantry, CASA. We were reminded to keep track of volunteer hours.

Then we worked on Valentines cards. ♡

Our next meeting is March 14 at 1:30 at the Extension office. We'll be bringing 5.5oz tubes of toothpaste for our Latimer project. Visitors are always welcome!!



Safety & Management



Don't fall,  
Don't climb  
Ewe may end up  
In wooly bad shape!

## Announcements & Upcoming Events

You are invited to:



"Iceland"  
By: Rita Bloom

International Dinner

Tuesday, March 28<sup>th</sup>  
6:00 p.m.  
At the Extension Office

Presented by:

The Boyle County Homemakers

There will be no charge for dinner.  
(Please rsvp to your club president!)

### Leader Lesson:

#### Say Yes to Dessert

March 23 at 10:00am  
Taught by Wendy Hood

- Why America has an obesity epidemic
- The problem with the explanation "carbs make you fat"
- Why "eat less, exercise more" does not work for weight loss
- Are food companies out to get us?
- The culprit behind diabetes

We will be emphasizing why we should cut sugar out of our diet, and how to cut it out (hint: it is not to replace with artificial sweeteners). We will demonstrate how to make two healthy sweet treats that do not use sugar.

## Homebased Microprocessing Workshop



Saturday, March 25, 2023

9:30am-2:30pm

Boyle County Extension Office

99 Corporate Drive, Danville, KY 40422

In-Person and Virtual



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For more information & to register:

[ukfcs.net/HBM](http://ukfcs.net/HBM)

or call 859-236-4484

Join our workshop!  
Homebased microprocessors are farmers who grow and harvest produce to use in their value-added products.

Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky.

The cost of the workshop is \$50.00.

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COOPERATIVE EXTENSION SERVICE  
UNIVERSITY OF KENTUCKY COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT, LEXINGTON, KY 40546

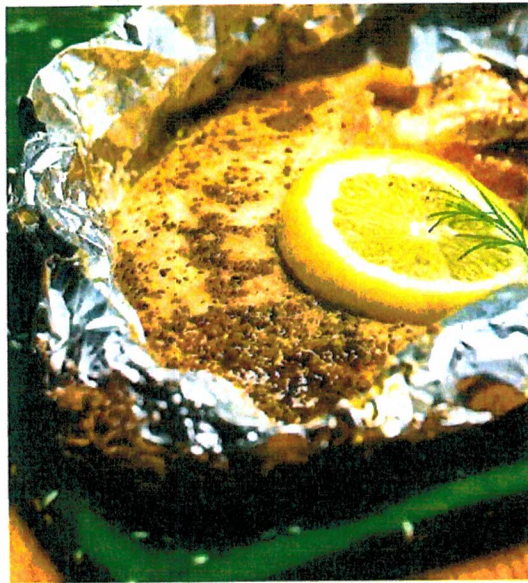


## 2015 FOOD AND NUTRITION CALENDAR FEBRUARY RECIPE

# SOUTHERN FISH IN A FOIL

- 1 pound white fish, cut into 4 servings
- 1 medium lemon, cut half into thin slices and save the other half
- 1 tablespoon hot sauce
- 2 tablespoons Italian spices
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon olive oil

1. Preheat oven to 550 degrees F. Cut 4 (12-by-20-inch) sheets of foil.
2. Combine Italian spices, garlic powder, salt and pepper into a small bowl. Squeeze lemon and rub a couple of drops of hot sauce onto each fish filet. Then, rub the spice mixture on the fish filet.
3. Place each piece of fish on one sheet of foil. Drizzle the remaining oil on the fish and top with lemon slices.
4. Fold foil over fish, crimping edges tightly to seal packets. Remember to leave enough room for packets to expand.
5. Place packets on a large baking sheet. Bake in oven for 9-11 minutes. Fish should be just opaque in center. You can test doneness by sticking a toothpick through the packet. It should slide through the fish easily. Carefully open packets; hot steam will escape.



**Makes 4 servings**  
**Serving size: 1 pouch**

**Source:** Becky Freeman, Social Marketing Research Project Coordinator, Nutrition Education Program, University of Kentucky Cooperative Extension Service

**Nutrition facts per serving:** 160 calories; 6g total fat; 1.5g saturated fat; 0g trans fat; 60mg cholesterol; 320mg sodium; 1g carbohydrate; 0g fiber; 26g protein; 0% Daily Value of vitamin A; 4% Daily Value of vitamin C; 2% Daily Value of calcium; 4% Daily Value of iron

## GROCERY LIST

- White fish (need 1 pound)
- Lemon
- Hot Sauce
- Italian Spices
- Garlic Powder
- Olive oil

## MAKE IT A MEAL

- Fish in a Foil
- Steamed vegetables
- Orange sections
- Rice pilaf
- Low-fat milk

## TIP

Women of childbearing age, children 6 years of age or younger, pregnant and nursing women and women who plan to become pregnant should follow advisories for eating locally caught fish found at <http://fw.ky.gov/FishBoatGuide/Pages/General-Information.aspx#4>

This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.



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