

NOVEMBER 2021



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

Extension Homemakers

Cooperative Extension Service

Adair County
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Membership Dues ...

Reminder ...

Hopefully you have paid your dues already for the next year! If not, this will be the last newsletter coming to your mailbox!

Dues are only \$10.00.

If you did not get an adventure bag that was given to members who renewed their dues at the Membership Drive held in October ... just stop by the Extension Office. There are a few bags left ... and will go first come, first serve!



HIGHLIGHTS FROM 2021 KEHA WEEK



are featured in this newsletter.

Special thanks to the following Adair County Extension Homemakers for volunteering your time to work the Drive-Thru Membership event during KEHA Week!

- Sharon Harris
- Sandra Watts
- Kim Nangia
- Shirley Reliford
- Joann Curry
- Alice Burton
- Betty Knifley
- Della Redmon
- Diane Campbell
- Mary Knight
- Shannon Steveson
- Tammy Feese



PECAN SALES!

Extension Homemakers will again sell Schermer Pecans as a fundraiser! You DO NOT need to pre-order. Pecans will be available after mid-November, and can be purchased at the Extension Office, while supplies last. Announcements will be made as soon as the pecans arrive!!! This fundraising effort will support the educational opportunities provided by the Adair County Extension Homemakers.

Special thanks to the following for contributions to the KEHA adventure bags.

- Adair County Extension Office
- Adair County Extension Homemakers
- Lake Cumberland District Health Dept.
- UK Healthcare

Happy Thanksgiving!

Nick Roy *Nick Roy*
County Extension Agent
for Agriculture
& Natural Resources

Tony Rose *Tony Rose*
County Extension Agent
for 4-H Youth Development

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.



Club Lesson: Know Your Money Style
Roll Call: Name a cooking disaster you experienced preparing a Thanksgiving meal.
Thought for the Month: "Showing gratitude is one of the simplest yet most powerful things humans can do for each other." ~Randy Paush

November 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 6:00pm Town & Country	2	3	4	5	6
7  DAYLIGHT SAVINGS TIME ENDS	8 6:00pm Circle of Friends	9 6:00pm Happy 5:30pm Sano Stars	10 11:30am Daylight 11:30am Green River	11  VETERANS DAY	12	13
14	15	16	17	18 11:00am Bliss	19	20
21	22	23	24	25 Thanksgiving Extension Office CLOSED	26 Thanksgiving Extension Office CLOSED	27
28	29	30				

Congratulations to the following winners from the KEHA Drive-Thru door prize drawings!

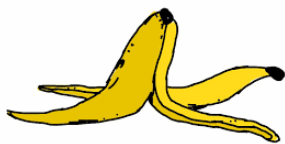
- Large yellow mum – Shirley Jones
- Large yellow mum – Marilyn Gabehart
- Breast Cancer Awareness Basket – Inette Goodin



- \$25 gift card – Brenda Huckaby
- \$25 gift card – Rita Marshall

Fruit and Vegetable Peels Contain Many Nutrients

The benefits of fruits and vegetables are well known. Full of vitamins and minerals, eating them is important for a



healthy diet. However, what about the peel which we normally discard? Turns out, you might want to give that a second look.

While the amount of nutrients differs based on the fruit or vegetable, generally speaking, eating the produce with peel intact can provide higher amounts of vitamins, minerals and fiber compared to its peeled counterparts. Studies have found that a raw apple with the skin contains up to 332% more vitamin K, 142% more vitamin A, 115% more vitamin C, 20% more calcium and up to 19% more potassium than an apple without its peel. Likewise, a boiled potato with the skin can contain up to 175% additional vitamin C, 115% extra potassium, 111% more folate and 110% added magnesium and phosphorus than one without the peel.

Most people just use orange peels for zesting, but just one tablespoon of the fruit's peel provides 14% of the daily value of vitamin C. That's almost three times more than the inner portion. The same serving also gives you about four times more fiber.

Speaking of fiber, you probably never thought of eating a kiwi with the peel on, but if you do, you'll get 50% more fiber. The texture of the peel isn't as tough as you might think. It is similar to that of a peach. Kiwi peel also provides 34% folate and 32% vitamin E. Not to mention, kiwi fruit is much easier to eat if you don't remove the peel.

Up to 31% of the total amount of fiber in a vegetable can be found in its skin. Higher fiber content will keep you fuller for longer and research has shown that fiber found in fruits and vegetables can be especially effective at reducing your appetite.

Don't forget antioxidants that fight against free radicals, which may play a role in heart disease, cancer and other diseases. Levels of antioxidants can be up to 328 times higher in fruit peels than in pulp.

While eating fruits and vegetables with the peel does provide more nutrients, it is always important to consider food safety. Make sure you thoroughly wash any fruits or vegetables whether you eat the food with the peel or decide to peel and cut it, to rid the produce of any dirt or germs.

Source: Heather Norman-Burgdolf, Extension Specialist in Food and Nutrition

Decluttering Can be Easy With Small Steps

If you're like a lot of people, you might find that your home or office isn't exactly the neatest of places. Junk mail, papers, magazines and other items could be cluttering up your space. Don't fret and get bogged down, there are many small things you can do to keep your area spruced up.

One of the first things you should ask yourself is "do you really need this?" Everything from our desks to our closets can become filled with things we haven't used since 1987. Start looking for things which you might not need or necessarily even want. Have you worn that outfit in the past year or two? Do you really need that many pens? Do you think that you'll use these in the next few months? These are some good questions to ask yourself when you begin decluttering. Maybe there is even something you have which is broken that can be recycled or trashed. This is a great time to take advantage of thrift stores. Places like Goodwill, Habitat for Humanity ReStore and local churches are always looking for donations.



Gather and sort all like items and put them in their own "zones" or areas where they will be used. This not only makes things look nicer, but it helps save time when you need something like a rubber band or your keys. It is good to think about where you would search for something. If you need an item, where would be the first place you would think to look? This is also a good time to think about labels. If you have others in your house and you want to keep the place tidy, make sure they know where everything goes so reorganizing doesn't have to become a regular activity.

Organization tools such as folders, bins and vacuum bags are great for storing items and keeping them squared away. Containers help define "homes" for our items and help set limits.

Make a cleaning schedule and assign certain days certain tasks. For example, maybe Tuesday is a great time to clean the bathroom, Thursday is a great day to dust, and Sunday is perfect for laundry. This is when you can reap the benefits of decluttering: the less stuff you have, the less stuff there is to move, dust or clean.

It is also good to cut down waste before it even enters your house or office. Is this something that you are going to use once, or will you get a lot of use out of it? Many common items can be rented for less than the purchase price of a new one. This is an especially good option if you only plan on using it only a time or two. Determine if you already own something which can be used for the same purpose.

Just remember, once an area is decluttered and organized, spend a few minutes each day putting things away and keeping things tidy. This maintenance is much easier than reorganizing or cleaning your area from scratch, thereby preventing bigger hassles and stress down the road.

Source: Jeanne Badgett, UK senior extension associate, Family and Consumer Sciences

Help the Environment by Reducing Food Waste

According to the Environmental Protection Agency, food waste can be defined as food that has been served but not eaten, spoiled food or peels and rinds considered inedible. It is estimated that more than 30% of the food generated in the United States, approximately 80 billion pounds, ends up in landfills or combustion facilities.

The Food and Agriculture Organization of the United Nations (FAO) found that fruits and vegetables have the highest percentage of waste at 50%, followed by fish at 35%, then cereals with 30% losses for oil seeds and meat and dairy at 20%.

Having food in landfills isn't the same as "composting," as food doesn't break down when dumped. Food in landfills is akin to produce in a plastic bag, it will not disintegrate. The nutrients in the food don't return to the soil. As the food rots, it produces methane gas, which is a greenhouse gas.

Studies have found that food waste is responsible for up to 10% of all carbon emissions across the globe. The FAO estimated that the carbon footprint of wasted food was equivalent to 3.3 billion tons of carbon dioxide per year. For comparison, all the transportation in the world, such as cars and planes, account for 14%. There are plenty of ways to prevent food waste.

One way is to only purchase what you need and take inventory of what you have on hand before you grocery shop. This will keep you from buying duplicate items, and creating unnecessary food waste.

Use what you have in the order you bought it. This goes for produce all the way to packaged goods. It may be helpful to learn what the terms "sell by", "best by" and "use by" mean so that you can know what food is still good that you have.

- **Sell by** – Grocers use this term to inform their employees when products should be removed from shelves to ensure frequent rotation of stock. It has no indication of food quality.
- **Best by** – It simply provides a conservative estimate of when the produce should be consumed for quality. It does not imply that foods are unsafe to eat after the date.
- **Use by** – Refers to dates when food should be consumed. This doesn't necessarily mean that the food will go bad if you are eating it the next day, but you should exercise caution with these labels.

Learn how to properly store fruits and vegetables. This will ensure they last longer. Some produce items are picky about how and where they are stored.

Donate or barter. Find a neighbor, friend or family member to share extra produce and meals with. Also, there may be opportunities in your community to donate items to those in need.

Get creative with leftovers or simply cut back on the amount of food you prepare if you are unable to eat all leftovers in the recommended amount of time.

Start getting creative with the entire product. Did you use carrots and still have the carrot tops? Those are great to add to homemade vegetable stock, or give them a try! They are edible, and it could be an opportunity to try something new.

And finally, embrace imperfections. We expect produce to look perfect, but oftentimes they can be an odd shape. This has no effect on their nutritional quality or taste. Just because it doesn't look picture-perfect doesn't mean that it tastes any worse than their prettier cousins.

Source: Heather Norman-Burgdolf, extension specialist for food and nutrition

CONGRATULATIONS!!!!

To all Extension Homemaker club members! You should have already received in the mail your attendance recognition certificate for the program year 2020-2021. Thank you for your continued commitment to Extension Homemakers—especially through a program year of many adjustments and sacrifices due to COVID-19.

If you have not received your certificate, please call the Extension Office at 270-348-2317.

Continuous Years of Membership

Year ending 2021

Green River Club
50 years – Eva Wilkinson

Sano Stars
35 years – Sharon Harris

Town & Country
25 years – Mary Knight



Be sure to look at the KEHA Week Highlights page included in this newsletter! You'll see pictures of these award winners!



Shannon Steveson, Kim Nangia, and Sharon Harris



Della Redmon and Mary Knight



Della Redmon



Diane Campbell and Shirley Reliford



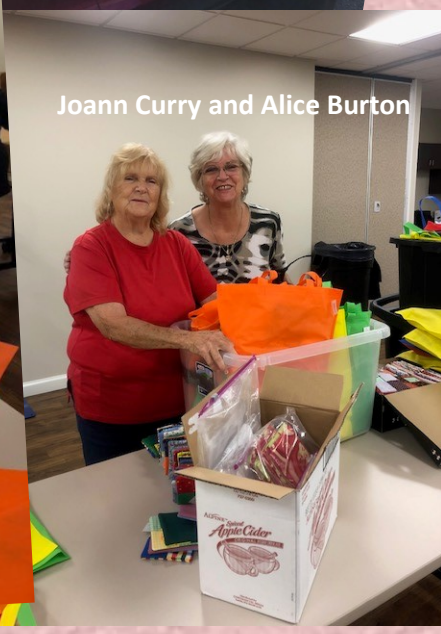
Betty Knifley



Betty Knifley and Sharon Harris



Della Redmon and Sharon Harris



Joann Curry and Alice Burton



Not Pictured: Tammy Feese

2021 KEHA Week in Adair County



Betty Knifley



Shannon Steveson



Sharon Harris and Betty Knifley



Eva Wilkinson and Sharon Harris



Mary Knight and Sharon Harris



Mary Knight and Sharon Harris

Receiving membership awards for 2021 are:

Left: Eva Wilkinson is recognized for 50 years of membership;
Center: Mary Knight is recognized for 25 years of membership;
Right: Sharon Harris is recognized for 35 years of membership.

Holiday Wreaths Using Natural Greenery



Choose a session (only one):
10:00am Monday – November 29
5:30pm Monday – November 29

You must pre-register!
Call the Extension Office at 270-384-2317.
Limit: 15 people per session

Want to learn how to make a holiday wreath using natural greenery that will stay beautiful throughout the holiday season?
The Adair County Extension Homemakers is proud to offer an opportunity for you to learn the art of making a holiday wreath using natural greenery.

No fee!

You will need to bring:

- greenery (fresh cut holly/pine/spruce/magnolia/etc).
Bring at least a large 30-gallon size trash bag full of greenery – and extra to share if possible.
- snipping shears/scissors for cutting greenery.
- gloves (gardening)
- embellishments/decorations/ribbon to accent your wreath. And extra if you want to share!

Photos from a previous Wreath Making Class





HOLIDAY TURKEY SALAD



Putting Healthy Food
Within Reach

USDA
Supplemental
Nutrition
Assistance
Program

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

Nutrition facts per serving:

390 calories; 11g total fat; 1.5g saturated fat; 0g trans fat; 125mg cholesterol; 180mg sodium; 21g carbohydrate; 2g fiber; 18g sugar; 3g added sugar; 51g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

Source: Katie Shultz, Extension Specialist, University of Kentucky Cooperative Extension Service

- 1 tablespoon olive oil
- 2 pounds cooked turkey breast, cut into bite-sized pieces
- 1 cup plain nonfat Greek yogurt
- 1 tablespoon honey
- 1 (14-ounce) can pineapple chunks, drained
- 1 cup halved red grapes
- 3 chopped celery stalks
- 2/3 cup pecan halves

1. Heat oil in large skillet over medium heat. Add turkey pieces and cook until lightly browned. Let turkey cool slightly.
2. In a small bowl, mix together yogurt and honey. Set aside.
3. In a large bowl, mix together pineapple, grapes, celery, and pecans. Add turkey. Add yogurt dressing until desired texture.
4. Refrigerate until well chilled.

Makes 6 servings

Serving size: 1 cup

Cost per recipe: \$10.95

Cost per serving: \$1.83





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Wild Turkey & Broccoli Casserole



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.



USDA
Supplemental
Nutrition
Assistance
Program

This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.



Wild Turkey & Broccoli Casserole

- 2 packages (10 ounces each) frozen broccoli, or 2 bunches fresh broccoli, washed and cut into pieces
- 4 cups cubed, cooked wild turkey meat
- 1 cup light mayonnaise
- 2 cans (10.5 ounces each) low-sodium cream of chicken soup
- 1 teaspoon curry powder or 1 tablespoon prepared mustard
- 1 teaspoon lemon juice
- 1/2 cup grated cheddar cheese
- 1/2 cup panko breadcrumbs
- 1 tablespoon melted butter

To cook turkey breast, preheat oven to 325 degrees F. Add vegetable oil to a roasting pan. Place turkey breast in roasting pan. Season meat lightly with garlic powder and black pepper. Cover with lid or aluminum

foil. Cook at 325 degrees F until internal temperature is 165 degrees, about 1 1/2 to 3 1/2 hours for 4 to 8 pounds of meat. Let meat cool in pan for 15 minutes before cutting into cubes. Steam broccoli until tender. Drain. Grease a 2-quart casserole dish or 9-by-13-inch pan. Place turkey on the bottom, and arrange the broccoli over the turkey. Combine mayonnaise, cream of chicken soup, curry powder or mustard, and lemon juice. Pour over broccoli. Combine cheese, breadcrumbs, and butter. Sprinkle over casserole. Bake at 350 degrees F for 30 minutes.

Yield: 8 servings

Adapted from: "Fish & Game Cookbook," Bonnie Scott. 2013.

Nutrition Facts

8 servings per recipe

Serving size (243g)

Amount per serving
Calories **270**

% Daily Value*

Total Fat 12g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 660mg	29%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 66mg	6%
Iron 1mg	6%
Potassium 355mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.