

Harlan County Extension Homemakers Newsletter March/April 2024



Harlan County
519 South Main Street
Harlan, KY 40831-1911
(606) 573-4464
Fax: (606) 573-4468
harlan.ca.uky.edu

All meetings are at the Harlan Extension Depot unless otherwise noted. Remember to call the office (573-4464) to sign up!

If Harlan County Schools are cancelled due to inclement weather, any Extension workshops scheduled for that day will also be cancelled.

UPCOMING EVENTS

WILL & HEIRSHIP CLINIC Friday, March 1 (9:30-2:30)

Participants will have the opportunity to visit with a lawyer to write or revise their will at no charge. Come prepared to discuss all of your assets when you pass away. Provided by Liken & Appalachian Citizens Law Center.

30 MINUTE ROLLS Friday, March 15 (1 pm)

Lorie Adams, Knott County Family & Consumer Science Agent will have a cooking demonstration on making 30 minute rolls.

BASIC GARDENING Tuesday, March 26 (6 pm)

Basic Gardening program by Jeremy Williams

HAZARDOUS WEATHER PREPAREDNESS

Friday, April 12 (10 am)

Presented by Jane Marie Wix from the National Weather Service Office in Jackson.

HANDS ONLY CPR

Wednesday, April 24 (10 am)

You can increase the chance of someone surviving a cardiac emergency by taking this free, non-certified class taught by the Kentucky Chapter of the American Red Cross.

Jeremy N. Williams
County Extension Agent
For Agriculture/Natural Resources

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.

Harlan County Homemaker Clubs

Creative Cutters—2nd Tuesday of each month at 10:00 am

Jr. Homemakers—2nd Tuesday of each month at 3:30 pm

Material Girls—4th Tuesday of each month at 12:30 pm

Nifty Needles—4th Tuesday of each month at 10:00 am

Scrapmakers—1st & 3rd Tuesday of each month at 4:00 pm



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Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

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8 SIMPLE WAYS TO EAT HEALTHY ON A BUDGET

1 BUY WHOLE FOODS

Processed foods are more expensive and less nutritious than unprocessed foods.



Whole foods give you more control over the ingredients and you can also buy them in larger quantities.

2 BUY CHEAPER CUTS OF MEAT



Try less expensive cuts of meat and use different cooking methods to make tougher cuts tender and juicy. Buy large, inexpensive cuts to use in several different meals during the week.



3 PREPARE YOUR OWN FOOD

Preparing your own food allows for total control over the ingredients and is much cheaper than buying food out.



- Eat before leaving for work or going out.
- Take food with you to school or to work.

4 STICK TO YOUR GROCERY LIST

Avoid impulse buying by making a grocery list and sticking to it. Don't shop when you're hungry and go to the grocery store alone. This will help you stick to your list as well.



5 PLAN YOUR MEALS AHEAD



Plan out meals for the week and list all the foods you need to buy. Check your fridge and cabinets to see what you already have and buy only what you're sure you'll use.

6 BUY FROZEN FRUITS & VEGGIES



These are often half the price of fresh produce, you can buy them in bulk to save more, are available all year 'round and are sold in large bags. Frozen fruits and veggies are just as or even more nutritious than their fresh counterparts, if frozen right away when they're picked.

7 BUY GENERIC FOODS

Generic foods taste just the same and are of the same quality as brand name foods. The difference is that they are much cheaper.



8 BUY IN BULK



Foods like grains, millet, barley, rice, beans, some nuts and oats are available in bulk and are easy to stockpile. Find them on sale and buy as much as you can afford, making sure you're actually going to use them.



Easy Sheet Pan Chicken Bake

Servings: 4 Serving Size: 1 cup Recipe Cost: \$6.24 Cost per Serving: \$1.56



Ingredients:

- Nonstick spray
- 2 teaspoons chili powder
- 1 teaspoon paprika
- 2 teaspoons garlic powder
- ½ teaspoon salt
- ½ teaspoon pepper
- 3 tablespoons olive oil
- 1 pound boneless, skinless chicken breasts, sliced into strips
- 3 bell peppers, sliced
- 1 medium red onion, sliced

Directions:

1. Preheat oven to 400 degrees F. Spray a rimmed baking sheet with nonstick cooking spray.
2. In a medium bowl, mix chili powder, paprika, garlic powder, salt and pepper; set aside.
3. Place chicken and vegetables in large bowl. Drizzle with olive oil; toss to evenly coat.
4. Lightly coat chicken slices, bell peppers and onion in spice mix. Spread onto baking sheet.
5. Roast in oven, tossing halfway, until vegetables are tender and chicken has cooked through, about 20-25 minutes.

Source: Katie Shultz, NEP Marketing and Media Specialist, University of Kentucky Cooperative Extension Service

270 calories; 13g total fat; 2g saturated fat; 0g trans fat; 85mg cholesterol; 380mg sodium; 11g carbohydrate; 2g fiber; 4g sugar; 0g added sugar; 27g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

Receipt No. _____

2024 Plant Order Form

Cooperative Extension Service

Purchaser Information:

Name: _____

Address: _____

City, State, Postal Code: _____

Telephone: _____

Email: _____

Harlan County
519 S. Main Street
Harlan, KY 40831
(606) 573-4464

Quantity	Item	Unit Price	Total
_____ bundles	Strawberries (Allstar) (June bearing—larger berry)	\$6.50 (bundle of 25)	
_____ bundles	Strawberries (Earliglow) (June bearing—smaller, sweeter berry)	\$6.50 (bundle of 25)	
	Blackberries (Natchez)	\$4 each	
	Blueberries (Duke) (two varieties needed for pollination)	\$9 each	
	Blueberries (Chandler) (two varieties needed for pollination)	\$9 each	
	Raspberries (Prelude) - bare root	\$4 each	
	Jewel Black Raspberries	\$4 each	
	Asparagus (Millennium)	\$1 each	
_____ bundles	Onion plants (Candy)	\$5 (bundle of 60)	
Total Due			

Pre-payment is required by **Friday, March 15,** for all plant orders.

Make checks payable to: Harlan County Extension Service

Payment Information:

Amount Paid: _____

Date: _____

Received by: _____

Check No.: _____ or Cash _____

Plants are expected to ship from the nursery during the first full week of April. We will call to let you know when the plants will be available for pickup.