

LIVINGSTON COUNTY EXTENSION Home & Family Newsletter

APRIL 2023



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

Cooperative Extension Service Livingston County
803 U.S. Hwy 60 East.- P.O. Box 189
Smithland KY 42081
Phone: (270) 928-2168
Fax: (270) 928-4808
www.ca.uky.edu
E-mail: jkbarr3@uky.edu
Joni K. Phelps



Livingston County Family & Consumer Science Agent

Freezing Eggs

With the price of eggs continuing to rise, many people are buying in bulk and looking for ways to preserve them. While you cannot freeze eggs in the shell – they will crack — there are ways to safely freeze eggs. Follow these simple steps for the best quality.

For whole eggs, crack into a bowl and gently mix. Don't whip in air because this will lead to decreased quality over time in the freezer. To prevent graininess and gelling of the yolks, add 1½ tablespoons sugar or corn syrup per cup of eggs if you will use the eggs in sweet dishes or ½ teaspoon salt per cup of eggs if you will use the eggs in savory dishes. Strain through a sieve (for best texture) and pour into a freezer-safe container leaving ½-inch space at the top for expansion. Freezer bags work great with eggs because they lay flat and take up very little space. Next, label and date the container.

For egg whites, crack and separate into a bowl. Gently mix, taking care not to whip in air. Strain through a sieve. No sugar or salt is needed. Pour into a freezer bag, leaving ½-inch space at the top. Label and date.

For egg yolks, crack and separate into a bowl. Gently mix without whipping in air. Add 1½ tablespoons sugar or corn syrup per cup of yolks if you will use them in sweet dishes or ½ teaspoon salt per cup of yolks if you will use them in savory dishes. Strain through a sieve and pour into a freezer bag, leaving ½-inch space at the top. Label and date.

Thaw eggs in the refrigerator overnight and use the conversions below when you're ready to cook. For best results, use frozen eggs within one year.

3 tablespoons eggs = 1 whole egg
2 tablespoons egg whites = 1 large egg white
1 tablespoon egg yolk = 1 large egg yolk

Reference: <https://nchfp.uga.edu/how/freeze/eggs.html>
Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist

UPCOMING EVENTS

APRIL 11, 2023 – 9:00am – 2:00 pm Block of the Month Homemakers Club

APRIL 18, 2023 – 9:00 am to 2:00 pm Pins & Needs Homemakers Club

APRIL 21, 2023 – 10:00 am Cooking with Diabetes

APRIL 24, 2023 – 10:00 am Laugh & Learn

APRIL 25, 2023 – 9:00 am to 2:00 pm Unfinished Objects

APRIL 27, 2023 – 5:30 pm Kitchen Rookie

MAY 2, 2023 – 10:00 am Food for Thought Livingston County Senior Center

MAY 3, 2023- 02:00 pm Homemakers Leader Lesson Training

MAY 11, 2023 – 5:30 pm Pinterest Club

UPCOMING FCS PROGRAMS

Cooking with Diabetes is on April 21, 2023 at 10:00 am at the Livingston County Extension Office. Have you or someone you know been diagnosed with Diabetes? This program helps individuals learn strategies to manage their diabetes through menu planning, carbohydrate counting, portion control, and label reading. Participants have the opportunity to sample healthy foods made utilizing concepts taught. Register by April 19, 2023, to reserve your spot, contact the Livingston County Extension Office at (270) 928-2168.

Laugh & Learn, Preschool Playdate, April 24, 2023 at 10:00 am. Designed for children 18 months of age to 5 years old. This event allows them to practice kindergarten readiness skills through play. Our theme this month is Dinosaurs. Register by April 21, 2023, to reserve your spot, contact the Livingston County Extension Office at (270) 928-2168.

The Kitchen Rookie April 27, 2023 at 5:30 pm. Register by April 24, 2023, to reserve your spot by contact the Livingston County Extension Office at (270) 928-2168. Want to learn how to use your "Instant Pot" Come join me and learn recipes that makes meals easy and delicious. Note: **A minimum of 5 participants must be registered to host the session.**

Livingston County Senior Center is on May 2, 2023 at 10:00 am at the Smithland Senior Center. Come learn about different types of Kentucky foods while tasting a delicious Plate it up! KY Proud recipe,

Pinterest Club program is on May 11, 2023 at 5:30 pm at the Livingston County Cooperative Extension Office. Bring a friend and enjoy a night out. Cost is \$5.00 per person. Register by May 5, 2023, to reserve your spot, contact the Livingston County Extension Office at (270) 928-2168. Note: **This program is for Adults only child care is not available**



HOMEMAKERS NEWS

Block of the Month Homemakers Club

The club will meet on Tuesday, APRIL 11, 2023 from 9:00 am to 2:00 pm at the Livingston County Extension Office. This group will be starting a new Quilt for the new year! It is Moda Blockhead! . If you interested in learning more about the Moda Blockhead Quilt and the materials needed for this quilt please contact Joni K. Phelps at jkbarr3@uky.edu or (270) 928-2168.

Pins & Needles Homemaker Club

The club will meet on Tuesday, APRIL 18, 2023 from 9:00 am to 2:00 pm. This months project is a Basic Wallet! Please call or come by the Livingston County Extension Office for the Material List for this project. If you have any questions please call Joni K. Phelps at (270) 928-2168 or email her at jkbarr3@uky.edu.

UFO "Unfinished Projects"

Do you have a lot of Unfished projects and you just can't find the time to finish them? Do you start one project and then move on to another one before finishing the one you started on 1st? Here is your chance to step away from the other project at home and bring a project you can finish without starting another project. Livingston County Extension office will be opened up on Tuesday, APRIL 25, 2023 from 9:00 am to 2:00 pm so you can finish that project! If you would like more information about UFO please reach out to Joni K. Phelps at (270) 928-2168 or jkbarr3@uky.edu.

MAY Leader Lesson - COOKED WILD!

Amanda Dame Family & Consumer Science Agent from Hopkins County will be teaching a lesson regarding Cook Wild Kentucky. This lesson will cover how the Cook Wild KY program began, ongoing projects across the state, and how your local Extension Office can be involved. The program's mission is to promote food access through harvesting or accepting wild game and the understanding of how to exactly cook and consume the meat. Currently, there are 34 wild game recipes available at your local Extension Office. Come learn how to fillet a fish in a unique way and sample one of the Cook Wild Kentucky recipes! Lesson will be taught on May 2, 2023 2:00 PM at the Lyon County Extension Office, Call (270) 928-2168 today to register for this class or email jkbarr3@uky.edu.

LET'S TAKE A HIKE WITH



KEHA



State Meeting

MAY 9 - 11, 2023

Crowne Plaza in Louisville, KY

**WILDERNESS TRAIL
AREA HOSTING!**



BECAUSE OF RISING PRICES, THE REGISTRATION PRICING STRUCTURE FOR 2023 HAS CHANGED



Rainbow Pasta Salad



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

- 8 ounces small whole-wheat pasta (shells, mini bowties, elbow macaroni, rotini, etc.)
- 6 ounces (or 4 cups, packed) fresh baby spinach leaves, roughly chopped
- 2 cups sliced strawberries
- 1 can (15 ounces) mandarin oranges in 100% juice or water, drained
- 1 can (10 ounces) pineapple tidbits in 100% juice, drained with juice reserved
- 1 cup chopped pecans, cashews, almonds (optional)

Salad

dressing:

- olive oil
- 1/3 cup apple cider vinegar
- Reserved pineapple juice
- 1/2 teaspoon onion powder
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Cook pasta according to package directions. Drain and rinse under cold running water to cool. Set aside to continue draining.

3. Wash fresh produce under cool running water and dry. Cut to prepare for the recipe.
4. In a large bowl, combine the cooked pasta, spinach, strawberries, oranges, and pineapple.
5. Top with chopped nuts, if using.
6. Combine the salad dressing ingredients in a separate small bowl or jar with a lid. Whisk or shake to combine. Add salad dressing to the pasta salad right before serving and toss. Or, serve dressing on the side to keep salad crisp for several days.
7. Refrigerate leftovers within 2 hours.

Note: Add grilled chicken to make this an entrée salad.

Makes: 7 servings
Serving Size: 1 1/2 cups
Cost per recipe: \$12.87
Cost per serving: \$1.84

Nutrition facts per serving:

250 calories; 9g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 190mg sodium; 41g total carbohydrate; 5g dietary fiber; 14g total sugars; 0g added sugars; 6g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium.

Source:

Brooke Jenkins,
Extension Specialist,
University
of Kentucky
Cooperative
Extension Service





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Family and Consumer Sciences

LOVE TRYING NEW RECIPES, JOIN RECIPE CLUB!

RECIPE CLUB



**ONCE A MONTH YOU WILL GET RECIPES
DELIVERED TO YOUR MAILBOX!**

SIGN UP FOR RECIPE CLUB TODAY!

**Call the Livingston County Extension
Office at 270-928-2168**

OR

Joni Phelps at jkbarr3@uky.edu



GRAND RIVERS

QUILT SHOW

April 26 - 29,
2023

Presented by the
Grand Rivers
Chamber of
Commerce



Grand Rivers Community Center
155 W. Cumberland Avenue
Grand Rivers, KY 42045

Admission \$3

Wed. - Friday 9am - 5pm
Saturday 9am - noon