Homemaker Newsletter August 2022



Cooperative Extension Service

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Russell County Extension Homemakers

The new homemaker year has begun!
We hope everyone had a wonderful summer.

Membership Dues

It is time once again to pay membership dues. Your enrollment form is attached to this newsletter. Please fill out and return with your \$12 dues to the Russell County Extension Office.

Please make a note at the bottom of your form if you are due a membership pin (5, 10, 15, 20, etc.) and your years of membership.

Homemaker Lessons for 2022-2023

September - Saving Savvy w/ Grocery Lists & Coupon Apps
October - Elements & Principles of Art/Autumn Home Decor
November - Creative Containers/Managing Stress Eating
December - Mail out - TBD
January - Mail out - TBD

February - Brazil Culture & Cuisine

March - Savor the Flavor Cooking with Oils & Vinegars

April - Making the Most of Meals while Traveling

May - Healthy Outdoor Cooking

All lessons are subject to change

Thought for the Month:

"Life is like a sandwich.

Make sure to fill it with good ingredients."

-Unknown-

Roll Call:

August is National Sandwich Month. What is your favorite sandwich?

Council Meeting

Monday, August 22 5:00 p.m.

Officer training will follow the council meeting.

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

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Russell County Extension Homemakers Annual Meeting 2022 "Oh the Places You Can Go"

County Officers

President - Melonie Eubank Vice President - Jen DiGirolamo Secretary - Donna Robertson Treasurer - Cindy Fields























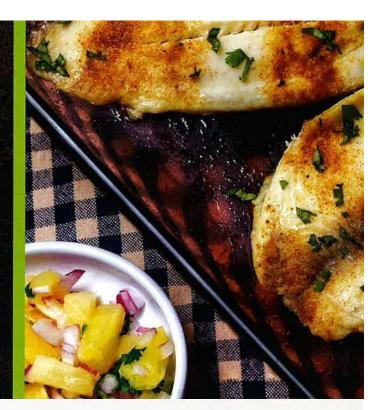




Easy Baked Fish with Pineapple Salsa



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



- Nonstick cooking spray
- 1 1/2 pounds fish fillets (any mildflavored fish like tilapia, catfish, cod, etc.)
- 1 teaspoon salt-free herb blend
- · 2 tablespoons butter, melted
- Juice of 1 lime (optional)
- Preheat oven to 400 degrees F. Coat the inside of a 9-by-13 baking pan with nonstick spray.
- Arrange the fish fillets in a single layer in pan. After handling raw fish, wash hands with warm water and soap, scrubbing for 20 seconds.
- 3. Sprinkle herb blend over fish.
- 4. Pour melted butter over fish.
- Finish with a squeeze of fresh lime juice, if desired.
- 6. Cover pan with foil.
- Bake for 20 minutes, or until fish flakes easily with a fork and has reached an internal temperature of 145 degrees F.

- 8. Serve with Pineapple Salsa.
- Store leftovers in the refrigerator within 2 hours.

Pineapple Salsa

- 1 (20-ounce) can pineapple tidbits, drained
- 1/4 red onion, finely diced
- 1/2 small jalapeno, finely minced and seeds removed
- 2 tablespoons lime juice
- 2 tablespoons cilantro or parsley (optional)
- Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- Gently rub red onion and jalapeno under cool running water before preparing. Rinse cilantro under cool running water and pat dry before chopping.

- Drain pineapple. (Juice can be saved to drink.)
- In a medium-sized bowl, combine pineapple, onion, jalapeno, lime juice, and cilantro or parsley.

Makes 6 servings

Serving size: 4 ounces fish and 1/6 of salsa recipe

Cost per recipe: \$11.10 Cost per serving: \$1.85

Nutrition facts per serving:

200 calories; 7g total fat; 3.5g saturated fat; 0g trans fat; 75mg cholesterol; 85 mg sodium; 17g total carbohydrate; 1g dietary fiber; 14g total sugars; 0g added sugars; 19g protein; 70% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium.

Sources:

- Fish: Martha Yount, Nutrition
 Education Specialist, University
 of Kentucky Cooperative Extension
- Pineapple Salsa: Lorie Dunn, Grant County SNAP-Ed Program Assistant Senior



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