



This month at the Extension Office

Monday

11

Homemakers Quilt Club at 11 a.m.

Monday

18

Family Holiday Craft Night 6 p.m.

Tuesday

12

Ag Development Council

4-H Livestock Club at 5:30 p.m.

Tuesday

19

Powell Co. Homemakers Holiday Party

4-H Art Club at 5:30 p.m.

Thursday

14

Holiday Pie Crust Workshop at 5 p.m.

Wednesday

20

4-H Holiday Craft Workshop

An equal opportunity organization

POWELL COUNTY

How can we serve you?

Take a ten-minute survey to help us develop programs addressing needs in our community.



go.uky.edu/serveKY

KENTUCKY COOPERATIVE EXTENSION



Kentucky Cooperative Extension Service recently launched a statewide survey with hopes of reaching thousands across the Commonwealth. You might already know about our educational programs for agricultural production, youth development, nutrition, business development, and family finances... but our outreach has grown even more. Our last survey led to partnerships with nationally recognized experts and new services.

We hope you'll take our ten-minute survey found at go.uky.edu/serveKY and encourage others to do the same. We want to hear from all Kentucky citizens ages 18 and up. Every voice matters.

FAMILY AND CONSUMER SCIENCES

Building strong families. Building Kentucky. It starts with us.



Kendyl Redding

Powell County Agent for Family & Consumer Sciences

Kendyl Redding

606-663-6405

 Kendyl.Redding@uky.edu

 Powell County FCS Extension

 powell.ca.uky.edu/fcs

Have a question for an Agent?

Use the online submission form <https://bit.ly/AskAnAgent> or text your question to (859) 279-2077. Your name will not be published in our newsletter.



Air Fried Okra Tots with Tangy Dipping Sauce

- 12 ounces okra stalks
- 2 tablespoons olive oil
- 2 tablespoons salt-free seasoning

Tangy Dipping Sauce:

- 1 cup plain low-fat yogurt
- 3 tablespoons mayonnaise
- 1 tablespoon dried parsley
- 2 teaspoons dried dill
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt

Wash hands with warm water and soap, scrubbing for at least 20 seconds. Cut the ends off the okra. Cut the okra into 2-inch (tater tot sized) chunks. In a large bowl, place the cut okra, olive oil, and seasoning. Toss to coat. Add to the basket of your air fryer in a single layer. Depending on the size of your air fryer, you may need to cook in batches so the okra is in a single layer, which allows air to circulate and okra to be crispy. Cook at 350 degrees F for 10 minutes or until crispy, tossing halfway through. While the okra cooks, prepare the sauce by mixing all of the ingredients in a small bowl. Refrigerate the sauce until ready to serve. Serve okra tots with tangy dipping sauce. Store leftovers in the refrigerator within two hours.

Yield: 5 servings. Serving Size: 1/5 of recipe. Nutrition Analysis for Okra Tots with Tangy Dipping Sauce: 170 calories, 13g total fat, 2.5g saturated fat, 10mg cholesterol, 330mg sodium, 14g total carbohydrate, 2g fiber, 4g total sugars, 0g added sugars, 4g protein, 0% DV vitamin D, 10% DV calcium, 6% DV iron, 8% DV potassium. Nutrition Analysis for Okra Tots (no sauce): 70 calories, 6g total fat, 1g saturated fat, 0mg cholesterol, 0mg sodium, 10g total carbohydrate, 2g fiber, 1g total sugars, 0g added sugars, 1g protein, 0% DV vitamin D, 4% DV calcium, 0% DV iron, 6% DV potassium.



Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students

Source: FruitsAndVeggies.org

July 2022

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand. PlateItUp.ca.uky.edu



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. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.uky.edu/fcs



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



EXTENSION HOMEMAKERS

UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

AREA MEETING PLANNING COMMITTEE

will meet January 5th
at 10 a.m.

QUILT CLUB

Quilt Club will be meeting
December 11th at 11 a.m. at
the Extension Office

DUES

Annual Homemaker dues
are due by December 1st.
Payment can be dropped
off at the Extension Office
or mailed to 169 Maple St.,
Stanton.



**"SMALL CHEER AND GREAT
WELCOME MAKE A MERRY FEAST."
- WILLIAM
SHAKESPEARE**

POWELL CO. HOMEMAKERS HOLIDAY PARTY

will be December 19th at 11
a.m. at the Extension Office.
Registration is \$10 per
person and is due by
December 5th. The catered
meal will be a ham/turkey
dinner. Bring a \$15 white
elephant gift (optional).

BEGINNER CROCHET

Learn how to start a
temperature blanket
December 5th at 6 p.m. at
the Extension Office. Free
for Homemakers, \$10 for
non-members. Each
participant will receive a
crochet needle and a ball
of yard to take home.

Registration is required for
adequate supplies.



Powell County Homemaker Holiday Party *hosted by the Clay City Club*



December 19th at 11:00 a.m.
Powell County Extension Office



Meal Registration \$10 per person
Ham/Turkey Dinner will be catered by Thyme Savor
Bring \$15 gift for White Elephant (optional)

Registration deadline is Dec 5th
Checks payable to Clay City Homemakers
Scan QR to register or go to: <https://tinyurl.com/mvwheyw3>





LET'S BAKE PIES!

Holiday Pie Crust Workshop

THURSDAY, DECEMBER 14

5:00 - 7:00 P.M.

POWELL COUNTY EXTENSION OFFICE

Learn to make the perfect crust for all your holiday baking!
Make and roll out homemade pie crust for apple hand pies.

\$15 Registration Fee
(Free for Powell County Homemaker Members)
Must pre-register to plan for adequate supplies.

Visit <https://tinyurl.com/2svm6shr> to register or
scan the QR code





POWELL COUNTY HOMEMAKERS PRESENT:

FAMILY HOLIDAY
CRAFT
Night

DECEMBER 18, 2023 | 6PM-8PM
POWELL COUNTY EXTENSION OFFICE

REGISTRATION \$25
(OR \$15 FOR HOMEMAKER MEMBERS)

REGISTRATION INCLUDES:
ONE LIVE HOLIDAY CENTERPIECE
CHILDREN'S HOLIDAY CRAFTS AND COOKIE COOKIE
DECORATING
LIGHT REFRESHMENTS

REGISTRATION REQUIRED!
DEADLINE DEC 11

**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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

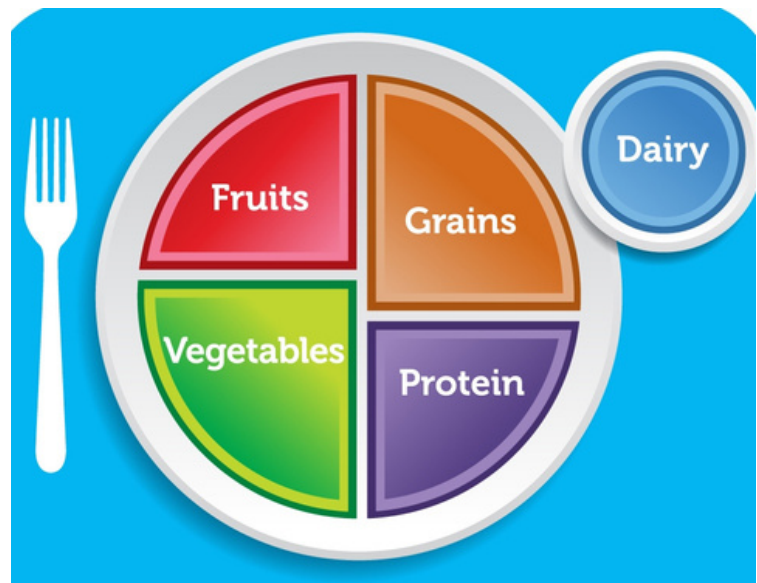


Nutrition

- This recipe is a great example of building a balanced MyPlate meal that meets the individual food group goals. For the protein group, it opts for a lean source. The grains group uses whole-wheat noodles if they are available. The vegetable group uses a variety of different vegetables. The dairy group uses nonfat yogurt. The only food group missing is fruit, which you can easily serve as a dessert!
- You may be wondering how this recipe compares to boxed beef stroganoff. It is important to recognize all this recipe has that a boxed version doesn't and not just the other way around. For example, the variety of vegetables in this recipe provides a wide range of vitamins and nutrients. In addition, this recipe has about half of the amount of saturated fat and sodium a boxed version may have.

Cooking Tips

- Gently fold in the egg noodles to the beef and vegetable mixture so the noodles do not break apart too much.
- This recipe uses Greek yogurt. Greek yogurt has a thicker texture than regular yogurt. For this recipe, we do not recommend substituting with regular yogurt.
- You can use fresh, frozen, or canned varieties of vegetables in this recipe. Ground turkey could replace ground beef.



USDA
Supplemental
Nutrition
Assistance
Program
Putting Healthy Food
Within Reach

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



Loaded Beef Stroganoff



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

- 12 ounces egg noodles (choose whole-wheat if available)
 - 1 pound lean ground beef
 - 1 large onion, chopped
 - 2 tablespoons garlic powder
 - 8 ounces sliced white mushrooms
 - 1/4 cup all-purpose flour
 - 32 ounces (or 4 cups) low-sodium beef broth
 - 1 can (14.5 ounces) no-salt-added peas, drained
 - 1 can (14.5 ounces) no-salt-added sliced carrots, drained
 - 1 1/2 cups plain nonfat Greek yogurt or light sour cream
 - 1 1/2 teaspoons salt
 - 1 teaspoon black pepper
 - Parmesan cheese (optional)
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Wash fresh produce under cool running water. Cut to prepare for the recipe.
 3. Cook egg noodles according to package directions while preparing the other steps. Drain.
 4. On the stove, preheat a large pot on medium heat. Add the ground beef, onion, and garlic powder.
 5. Wash hands after handling raw meat.

6. Cook the ground beef mixture, stirring often until the onion is tender and the beef reaches an internal temperature of 165 degrees F as measured by a meat thermometer.
7. Add mushrooms. Cook until mushrooms are tender (about 5 to 8 minutes).
8. Stir in flour and cook for 2 minutes.
9. Stir in beef broth, peas, and carrots. Bring to a simmer and cook about 5 minutes, until the mixture thickens. Remove from heat.
10. Once the mixture stops simmering, stir in the Greek yogurt, salt, and black pepper. Add cooked egg noodles and combine. If mixture is too thick, add milk or beef stock until reaching the desired consistency.
11. Serve immediately. Sprinkle with parmesan cheese when serving, if desired.
12. Refrigerate leftovers within 2 hours.

Note: To reheat leftovers, add a little beef broth or milk before warming.

Makes: 10 servings
Serving size: 2 cups
Cost per recipe: \$13.87
Cost per serving: \$1.39

Nutrition facts per serving:
270 calories;
4.5g total fat; 1.5g saturated fat; 0g trans fat; 30mg cholesterol; 610mg sodium; 38g total carbohydrate; 3g dietary fiber; 6g total sugars; 0g added sugars; 22g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 10% Daily Value of potassium.

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





4-H Youth Development



Emilee Hager

Powell County Agent for 4-H Youth Development

Emilee Hager



606-663-6405



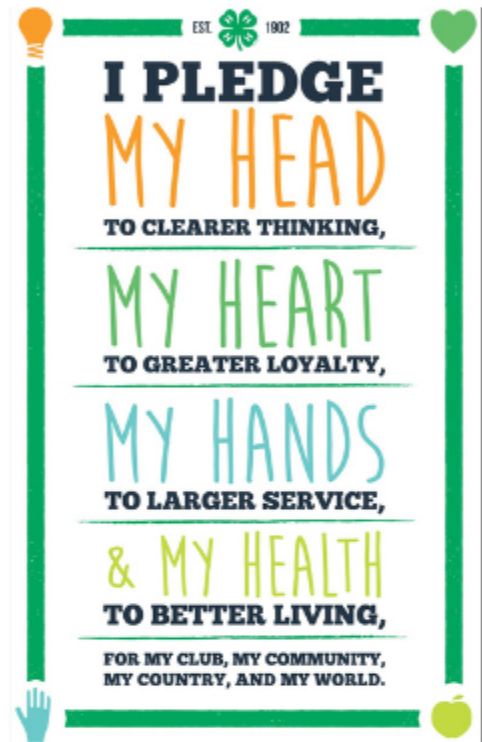
Emilee.Hager@uky.edu



Powell County 4-H



powell.ca.uky.edu/4H_Youth_Development



SUBSCRIBE



Scan the QR code or visit <https://bit.ly/Powell4H> to subscribe to our **4-H Youth Development** newsletter & get all the latest news!

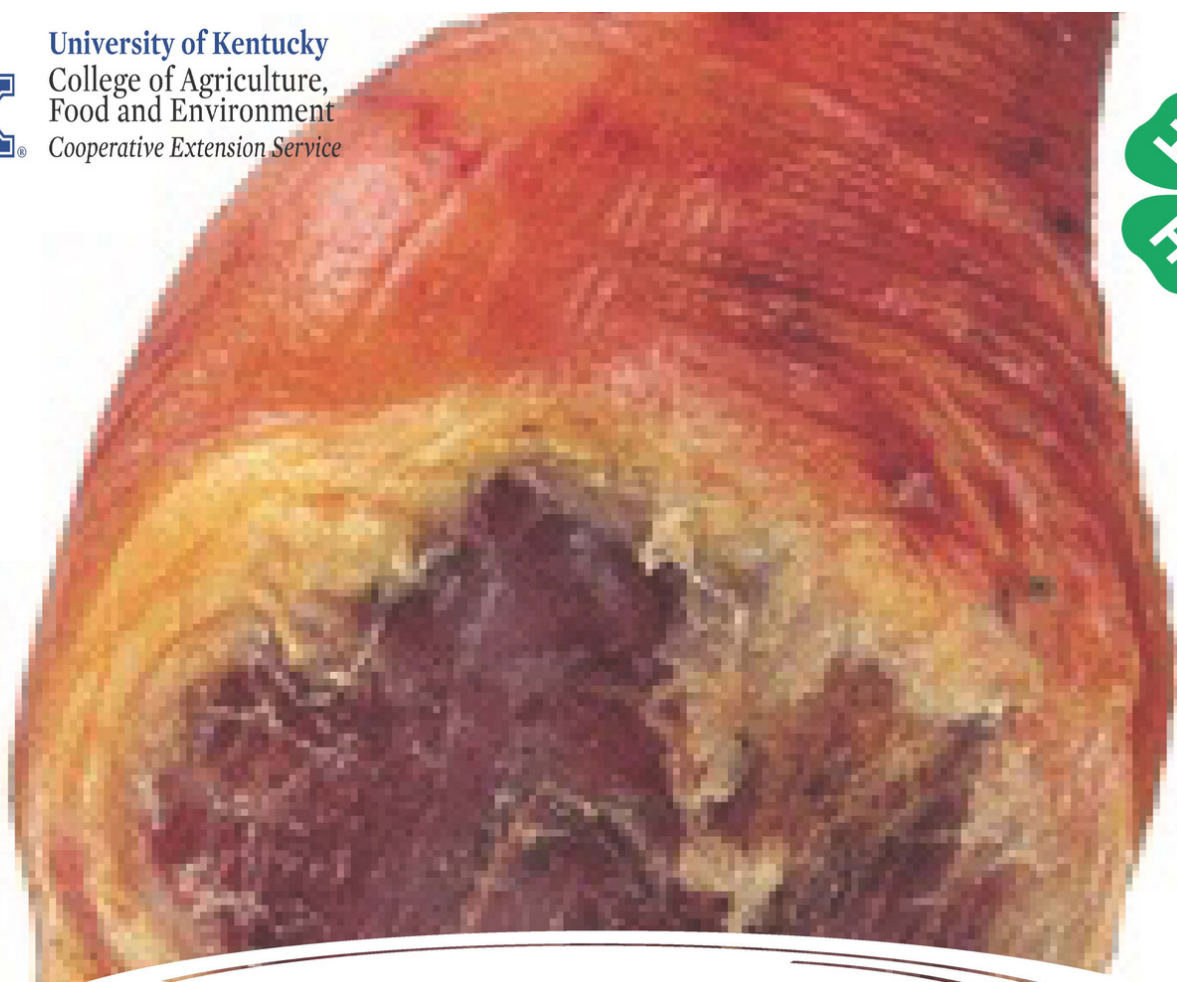
Enroll in Kroger's FREE Community Rewards Program:



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3. Sign in to your online Kroger Plus Card account, update, or create one
4. Scroll down to ENROLL NOW in the Community Rewards Program
5. Find POWELL COUNTY 4-H Council, select, and save/enroll to complete

Powell County 4-H's NPO # is ER490

*Community Rewards Program does not affect your fuel points or other discounts



4-H Country Ham Project

- **4-H members will receive 2 hams to cure, they learn how to cure ham and hang their hams for 8 months.**
- **After the hams are cured, youth are required to give a presentation on a specific topic related to country hams.**
- **Youth are required to give a 3-5 minute presentation at the KY State Fair in August 2024.**
- **Youth must get 6 hours of classroom instruction to compete at State Fair. We will have monthly evening meetings at Extension Office.**
- **Any youth 9-18 years old may participate. Youth under 9 and adults may participate in ham curing only (\$50.00 per ham)**

COST: \$10 includes 2 hams, cure mix & supplies

The deadline to sign-up is WEDNESDAY DECEMBER 13th

Interested in learning more? Please contact Powell County 4-H
606-663-6405
emilee.hager@uky.edu

SES PTA & 4-H Food Drive Shows Generous Hearts of Students and Parents of Stanton Elementary School

Powell County Operation Hands of Love Food Pantry and Powell County Animal Shelter received a little extra help this Thanksgiving season thanks to the generosity of Stanton Elementary School. As part of their 4-H Club Service Learning Project, SES Fourth Grade students designed a collection plan and shared it with their school. Fourth grade students organized the collection and loaded all into the 4-H Van. Over 400 food items for people and pets were collected thanks to students, parents, teachers, and the Stanton Elementary PTA. The fourth grade students would like to thank the parents and everyone at Stanton Elementary who sent in all of the wonderful food to help others. All food was distributed with the help of the local 4-H University of Kentucky Extension Agent Mrs. Emilee Bryant and Stanton Elementary PTA members on Friday, November 17. What a wonderful way for students to give back to their community during this time of being thankful!



4-H LIVESTOCK CLUB

End of Year Celebration

December 12th
5:30pm
169 Maple Street



An Equal Opportunity Organization

Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

4-H Cooking Club

OPENED TO ALL YOUTH AGES 9-18 YEARS OLD

Meetings will be the 1st Tuesday of each month

- Learn basic Cooking Skills
- Learn basic Baking Skills
- Learn about Nutrition
- Learn how to Budget

December 5th
4:30 to 5:30
169 Maple Street
Stanton Ky. 40380

For more information contact Emilee at 663-6405

An Equal Opportunity Organization

POWELL COUNTY 4-H
POULTRY CLUB

Meeting the 1st Tuesday each month @ 5:30
Open to youth 5-18 years old
Members will learn breeds and species, anatomy, showmanship, and responsible ownership

Next Meeting December 5th

Meetings will be held monthly at the Powell County Extension Office

For more information contact us at 663-6405 or emilee.hager@uky.edu



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

4-H Art Club

MEETS THE 3RD TUESDAY OF EVERY MONTH
Opened to ages 5-18 years old

DECEMBER 19TH
5:30 to 6:30pm
169 Maple Street
Stanton, Ky. 40380

- Learn about different types of paint
- Learn about ways to paint
- Create art projects that can be entered in fair
- Learn new ways to make art
- Meet new friends

For more information Contact 4-H at 663-6405

An Equal Opportunity Organization

Powell County
4-H
Is on Facebook

Like for the most up to date information about meetings and upcoming events!

Need more information give us a call 663-6405

Scan the code with your phone or go to
<https://www.facebook.com/powellcounty4H>

Reminder:

In the event that there is no school in Powell County due to weather conditions, ALL 4-H activities and/or meetings will be cancelled for that day as well.



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COUNTY 4-H COUNCIL, 212 SCOVELL HALL
LEXINGTON, KY –
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HELP US RAISE MONEY FOR OUR
NEW PROGRAMS AND CAMP
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ONLINE ORDERING:
[HTTPS://RADAFUNDRAISING.COM?](https://radafundraising.com?RFSN=2394695.A8003C)
RFSN=2394695.A8003C

Agriculture and Natural Resources



Jason Vaughn

Powell County Agent for
Agriculture & Natural Resources

Jason Vaughn



606-663-6405



Jason.Vaughn@uky.edu



Powell County Livestock Producers



powell.ca.uky.edu/anr



How can we
serve you, Kentucky?

Take a ten-minute survey to help us develop programs addressing needs in your community.

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An Equal Opportunity Organization.

UK Beef Management Webinar Series

Registration is necessary, however, if you received this email directly from Darrh Bullock then you are already registered. If you received this from another source, or have not registered previously, then please send an email to dbullock@uky.edu with Beef Webinar in the subject line and your name and county in the message. You will receive the direct link with a password the morning of each meeting. This invitation will directly link you to the site and you will be asked for the password which can be found just below the link. Each session will be recorded and posted for later viewing. **All meeting times are 8:00pm ET/7:00pm CT.**

December 12, 2023

Shooting the Bull: Answering all your Beef Related Questions! – Updates and Roundtable discussion with UK Specialists

January 9, 2024

Management decisions that impact reproductive efficiency in beef herds – George Perry, Professor, Texas A&M University

February 13, 2024

What's the Cost of a Cheap Mineral – Katie VanValin, Assistant Extension Professor, University of Kentucky

*Keep your
chickens
healthy
this
winter*



Source: Jacqueline Jacob, Agriculture
Extension Project Manager

Keeping your chickens happy and healthy in the winter is important, but maintaining a cozy and vigorous flock during the colder months demands diligent care.

Chickens, which typically have an internal temperature around 106 degrees Fahrenheit, may experience cold stress when the environment's chill overwhelms their heat-generating capabilities. Indications that your chickens might be feeling the cold include behaviors like feather fluffing, huddling and tucking one foot up to their body for warmth. When such stress is prolonged, it can impair their well-being and could be fatal.

When considering your flock, it's vital to recognize that not all breeds are equally winter-resistant. Heavier breeds, such as the Plymouth Rock or Orpington, tend to endure cold better than their lighter counterparts or those with substantial combs and wattles, which are susceptible to frostbite. Monitoring the flock dynamics, especially if diverse breeds are present, is crucial since bullying over resources can leave some chickens malnourished and more vulnerable to the cold.

Preparing your coop for the winter is fundamental. It should be a sanctuary, protecting against elements and predators alike. Roosts are essential, providing an elevated perch that shields them from the cold ground and also allow the feet to dry better. These should be crafted from materials like wood, avoiding metal or plastic, which can aggravate the cold. Perches should be spacious to prevent overcrowding, but cozy enough to allow shared body heat.

Managing airflow is essential; you must ensure adequate ventilation to prevent the buildup of harmful ammonia and moisture accumulation. Chickens can withstand relatively cold temperatures as long as they are dry. You may need to insulate the coop to keep the warmth in. On below freezing nights, it may be necessary to provide supplemental heat.

Historically, infrared heat lamps have been used to provide supplemental heat, but they can be a major fire risk. Alternative heat sources that have lower fire risk are now available. Use only equipment designed for livestock, and always have installations carried out by a professional.

Regarding nutrition, chickens' dietary intake tends to increase during winter since they require more energy to keep warm. Treats like scratch grains are beneficial for their warmth-inducing digestion and as an activity stimulant, but should be offered sparingly and never mixed with a complete, nutritionally balanced feed as it would dilute nutrients. Ensuring continuous access to unfrozen water is equally important because chickens will not eat if they cannot drink.

Egg production might dip due to reduced daylight; therefore, some opt for supplementary lighting to stimulate laying. It is important that the number of light hours per day never decreases during egg production. A minimum of 14 light hours per day (no more than 18) is recommended to maintain egg production throughout the year.

Tending to chickens in winter revolves around striking a delicate balance: ensuring they're warm but not overheated, well-fed but not overindulged and active yet secure from the harsh external environment. With meticulous planning and proactive management, your poultry can thrive even when the temperatures drop.

More information on caring for chickens and other livestock is available at the Powell County Extension office.

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Powell County Extension Service
Powell County 4-H
Powell County Nutrition Education Program
Powell County Farmers' Market
Powell County Livestock Association



[powell.extension](https://www.instagram.com/powell.extension)



[Powell County FCS Extension](https://www.youtube.com/PowellCountyFCSExtension)



Powell.ca.uky.edu