

February 2024

Building Strong Families in Scott County



Martin-Gatton
College of Agriculture,
Food and Environment

Scott County
Cooperative Extension Service
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This month...



Clean Fridge Tips



Sweet Potato Biscuits



International Lunch

FCS Today

START THE NEW YEAR WITH THESE FOUR EASY STEPS FOR A CLEAN FRIDGE

Source: Annhall Norris, extension specialist, food preservation and food safety

When it comes to food safety, one of the most important items in your kitchen is the refrigerator. Unfortunately, it is the least likely for you to clean. Refrigerators keep food cold to prevent harmful bacteria from growing. It only makes sense that you should clean it regularly to keep food safe.

Follow these simple steps:

- Removing all food items and placing them in a cooler with ice or gel packs to keep them cold while you're cleaning. During the removal phase, throw out anything that is visibly

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Sincerely,

Alivia Faris

Scott County Extension
Agent for Family and
Consumer Sciences



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Agriculture and Natural Resources
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Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated with prior notification.

NEW YEAR *Clean* FRIDGE

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spoiled, leaking, or has an unpleasant odor. This is also a suitable time to check dates on dairy products and condiments and replace them if necessary.

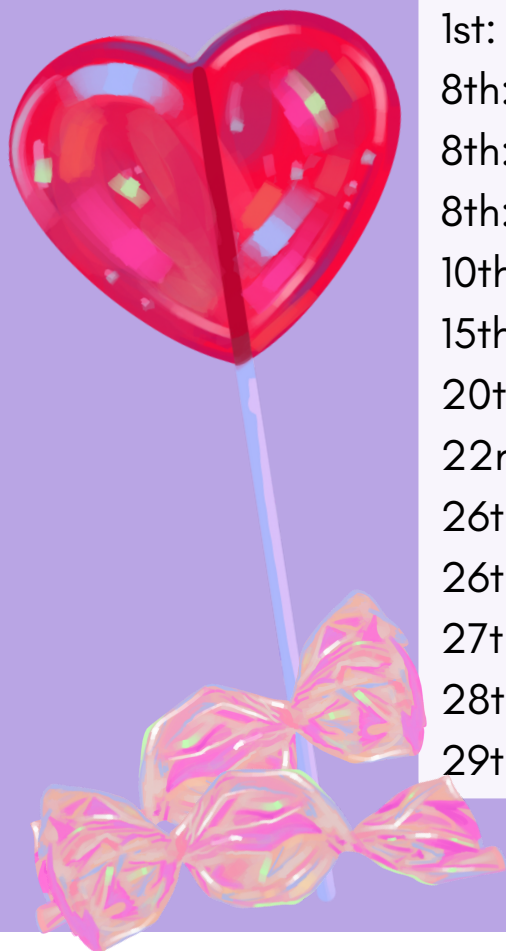
- Wash with hot, soapy water after removing any drawers or shelves. Allow anything glass or ceramic to come up to room temperature before washing to avoid breakage. Clean all inside surfaces, including the doors and rubber gaskets, with hot, soapy water. Wipe with clean water to rinse off soap and dry with a clean towel. If you need to sanitize your refrigerator, wipe it down with a diluted bleach solution made from one tablespoon unscented bleach in 1 gallon of water.
- Place clean shelves and drawers back in the refrigerator along with any food items you removed. Wipe all containers and bottles with a warm cloth to remove any stickiness or residue before returning to the clean fridge. Put a thermometer inside the refrigerator to make sure the temperature is at or below 40 degrees F to prevent bacteria from growing.
- Cleaning up spills as soon as they occur and keeping track of leftovers. The United States Department of Agriculture recommends storing leftovers for no more than three to four days. It is also good practice to wipe down door handles and control dispensers with a disinfecting wipe daily to remove bacteria left by hands.

For more information on food safety, contact the Scott County office of the University of Kentucky Cooperative Extension Service.



Upcoming Dates to Remember

February



- 1st: Rug Hookers @ 10:00 AM
- 1st: Adult Advanced Quilt Class @ 6:00 PM
- 8th: Rug Hookers @ 10:00 AM
- 8th: Homemaker Council Meeting @ 10:00 AM
- 8th: FCS Book Club @ 1:00 PM
- 10th: ECQG Sit-n-Sew @ 9:00 AM
- 15th: Needlework Club @ 1:00 PM
- 20th: Elkhorn Creek Quilt Guild Meeting @ 6:00 PM
- 22nd: Rug Hookers @ 10:00 AM
- 26th: Homemaker Leader Lesson @ 10:00 AM
- 26th: Italy Tour Meeting @ 1:30 PM
- 27th: International Lunch/Sewing Work Day @ 9:00 AM
- 28th: Homebased Microprocessor Workshop @ 9:30 AM
- 29th: Rug Hookers @ 10:00 AM

Nutty Sweet Potato Biscuits



1 cup all-purpose flour	¼ teaspoon ground cinnamon	potatoes
½ cup whole wheat flour	¼ teaspoon ground nutmeg	6 tablespoons sugar
1½ teaspoons baking powder	½ cup chopped walnuts	¼ cup butter, melted
½ teaspoon salt	1 cup mashed sweet potatoes	½ teaspoon vanilla
		1 tablespoon milk

1. In a large mixing bowl, **combine** flours, baking powder, salt, cinnamon, nutmeg and walnuts. **Set** aside.
2. **Combine** sweet potatoes, sugar, butter, vanilla and milk; **add** to flour mixture and mix well.
3. **Turn out** onto a floured surface; gently **knead** 3 or 4 times. **Roll** dough into ½ inch thickness. **Cut** with a 2 inch biscuit cutter and **place** on a lightly greased baking sheet.
4. **Bake** at 450°F for 12 minutes or until golden brown.

Yield: 18 biscuits
Nutritional Analysis: 4 g fat, 2 g saturated fat, 5 mg cholesterol, 210 mg sodium, 14 g carbohydrate, 1 g fiber, 4 g sugar, 2 g protein.



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

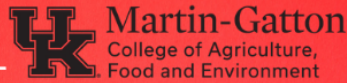


Health Bulletins
 Scan here to read full issues!



THINGS TO KNOW

- ANNOUNCEMENTS - UPCOMING EVENTS - SAVE THE DATES -



LET'S MOVE FOR HEART HEALTH



Scott County Extension Walking Challenge
February 1 - 29, 2024

Join in anytime before February 29th.

IT IS FREE TO SIGN UP!

Use the QR Code or Link to Sign Up



https://uky.az1.qualtrics.com/jfe/form/SV_ai118MegCwSqrAy

Let's go to Italy!

We are taking an international trip to Italy July of 2025!

We will be having a meeting at the Scott County Extension Office on February 26th at 1:30 PM to share more information.

To register and/or sign up for more information use the QR Code below:



Homemaker Council Meeting February 8th at 10:00 AM



Service Project AMEN House Towel Tally

83 Towels

47 Hand Towels

27 Wash Cloths

Drop your towel donations off at the Scott County Extension Office today!



We are wrapping up adult quilting classes for this season, watch the newsletter for updates about our next series of classes coming soon!

International Lunch and Sewing Work Day

Join us February 27th starting at 9:00 AM.

We will be learning more about our service project, sewing, and cutting dresses for Ghana.

Even if you do not know how to sew we need help cutting.

Please RSVP for lunch by calling (502)863-0984



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Homebased Microprocessing Workshop



Wednesday, February 28th

9:30 AM – 2:30 PM

Scott County Extension Office

1130 Cincinnati Rd. Georgetown, KY 40324

Virtual option also available.



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

Join our workshop!
Homebased microprocessors are farmers who grow and harvest produce to use in their value-added products.

Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased

Microprocessor (HBM) workshop presented by the University of Kentucky.

The cost of the workshop is \$50.00.

For more information & to register:

ukfcs.net/HBM

or call (502) 863-0984

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Reminder



When Scott County Public Schools are Closed
Due to inclement Weather Scott County FCS
Programs are also Canceled.

-Stay Safe Everyone -