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Homemakers

Logan County

January 2025

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Family & Consumer Sciences Agent for Logan County



Rachel Hance

Rachel Hance

Logan County Extension Service
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Mark Your Calendars!

The Logan County Extension Office would like to welcome Maci Venable as our new 4-H Youth Development Agent! Maci will begin on January 2, 2025. Please join us in welcoming Maci at a reception on January 10, 2025 from 2-4 PM!

Isaiah House

If you would like to be a part of the check presentation to Isaiah House from our previous fundraising efforts plan to come to the Logan County Extension Office on January 14, 2025 at 10 AM for that presentation. Representatives from Isaiah House will be here that day to receive our donation!

We Will Be Closed

The Logan County Extension Office will be closed on January 20, 2025 for Martin Luther King, Jr Day!

FRYSC Families Christmas

THANK YOU TO ALL HOMEMAKERS WHO HELPED WITH THE FRYSC CHRISTMAS DISTRIBUTION GIFT WRAPPING! IT WAS MUCH APPRECIATED!



Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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Lexington, KY 40506



Disabilities accommodated with prior notification.



Homemaker Leader Trainings

January leader training
“Self Defense”
Mail Out Lesson

February leader training
“Tips to Manage Stress Eating”
February 5, 2024 @ 10 AM

March leader training
“How to Let Go of Junk/Transferring Treasured
Possessions”
NEW DATE
February 26, 2025 @ 10 AM

April leader training
“House Plant Propagation and House Plant Exchange”
April 2, 2025 @ 10 AM

May leader training
“Travel Safety and Emergency Kit”
NEW DATE
April 30, 2025 @ 10 AM

June leader training
“Jewelry Making”
June 4, 2025 @ 10 AM

*Any changes in leader trainings will
be announced!*



The Logan County Homemakers celebrated the holidays in December! Members participated in a "make n take" and got to take home stovetop holiday potpourri!

Homemaker Highlight

Neighbors Club had seven members and three guests at their November club meeting. The cake decorating lesson was distributed and discussed. Jackie Rogers led the craft, Hark the Herald Angels Sing!



If your club has participated in an outing, event, or activity that you would like to highlight in our monthly newsletter please feel free to send me information and pictures!



**FOLLOW THE LOGAN COUNTY
EXTENSION HOMEMAKERS
ON FACEBOOK!**

Homemaker Club Meetings

**ATTENTION ALL
MEMBERS AT LARGE
AND ALL NEW
MEMBERS:**

OUR CLUBS WOULD LIKE TO INVITE YOU TO ATTEND THE MEETING DAY OF YOUR CHOICE, WHICHEVER WORKS BETTER FOR YOUR BUSY SCHEDULE.

Corinth

President Sharon Travis

270-539-4604

Meets 3rd Thursday @ 10 AM

Sew Fun Quilting Homemakers

President Sue Jordan

270-542-6403

Meets 3rd Saturday 9 AM—3 PM

O & H Homemakers

President Donna Washington

270-893-1467

Meets 3rd Monday @ 2:30 PM

Neighbors

President Emily Hayes

270-542-4287

Meets 4th Tuesday @ 11 AM

South Union

Meets 2nd Wednesday @

NOON



January Is Mental Wellness Month

January is Mental Wellness Month, a perfect time to focus on your mental health and well-being. It's like giving your mind a fresh start, just like you might give your home a deep clean after the holidays. You may be wondering, "but what is mental wellness?" Mental wellness is a state of well-being in which individuals are functioning as their best version, they are able to realize their strengths, build on their weaknesses, can cope with stress, and have an overall balance between their emotional, physical, spiritual, and mental selves. There are several activities that individuals can participate in to ensure they are taking care of their mental wellness.

Here are some fun ways to boost your mental wellness:

1. Try something new: Pick up a hobby you've always wanted to try or rediscover an old one. Maybe you've always wanted to learn to play an instrument, paint, or write. Or, if you used to love a particular activity, give it another shot. Sometimes, revisiting old hobbies can bring back a sense of joy and fulfillment.
2. Learn and Grow: Engage in activities to better yourself such as reading self-help books, seeking therapy services, and engaging with a health and wellness coach.
3. Find your peace: Try participating in activities that will calm your mind and enhance your mental health such as meditation or yoga.
4. Connect with others: Volunteering or spending time with friends and family are shown to enhance your mental health.

So, this January, let's make it a month of feeling great! By incorporating these activities into your routine, you can improve your mental wellness and overall well-being. Remember, it's important to be patient with yourself and to find what works best for you.

Resources: <https://www.voasw.org/blog/what-is-mental-wellness-how-to-improve-it/>

<https://www.nih.gov/health-information/emotional-wellness-toolkit>

<https://globalwellnessinstitute.org/what-is-wellness/mental-wellness/>

<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

Source: Dr. Natese Dockery, Clinical Assistant Professor and Extension Specialist for Mental Health and Well-Being

Slow Cooker Tips for Warm Winter Soups and Stews

Slow cookers are electric appliances that are easy and convenient. You can use them to make soups and stews which are budget-friendly dishes you can stretch over several meals or feed a larger crowd. Use smaller slow cookers, in the range of 2 to 4 quarts, to feed one or two people.

Larger slow cookers, 5 to 6 quarts, can feed larger families or gatherings. When preparing a soup or stew, make sure to fill the slow cooker at least halfway but no more than three-fourths full. This helps food cook evenly and reduces food safety concerns. Use the following tips and tricks to build a soup or stew with common items you might already have in your home.

- Chop vegetables into similarly sized pieces to ensure even cooking. Vegetables that cook well within the slow cooker are onions, carrots, potatoes, parsnips, celery, and green beans.
- Add vegetables to the slow cooker first. They cook slowly and need direct contact with the heat.
- If adding animal protein, trim the fat from the meat and cut into smaller, evenly sized pieces. Consider tougher cuts of meat that may be on sale such as chuck roast, stew meat, brisket, shoulder, or ribs. The ideal cut of poultry for a slow cooker soup or stew is chicken thighs. Place the meat or poultry on top of the vegetables.
- When adding liquid, make sure to cover all the vegetables. The fluid level should almost cover the meat entirely to ensure heat transfer and thorough cooking. Common liquids used in soups and stews are water, chicken broth, beef broth, and vegetable stock.
- For soups and stews that have pasta in them, add the dry pasta about 30 minutes before serving time. This will cook your pasta without making it too mushy.
- Rinsed, canned beans, lentils, and chickpeas (garbanzo beans) are a budget-friendly and nutritious protein source that you can add to a soup or stew at the beginning of the cooking time.
- Don't forget to add flavor and depth using dried herbs and spices. Bay leaves, parsley, and oregano are common in slow cooker meals. Dried herbs will handle the heat of the slow cooker better over a longer period of time compared to fresh herbs. If you're making a soup or stew with no recipe, it may take trial and error to find the level of flavor that you enjoy.
- If you're adding cream or a dairy product to the soup or stew, add it within the last hour of the cooking time. This will preserve the texture and creaminess of the soup or stew.

Serve your soup or stew with whole-grain crackers or toast and a side of fruit for a well-balanced and nutritious meal. With a little information, you can take several items you have on hand and pull together a hearty, nutritious winter meal that requires little time and attention.

For more information about slow cookers, recipes, and food safety, connect with your local County Extension Office.

Reference: FN-SSB.003 Putting Your Slow Cooker to Work

Source: Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition





Split Pea Soup



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

Prep time: 10 minutes
Cook time: 90 minutes

- 2 tablespoons oil
- 1 large onion, diced
- 2 celery stalks, diced
- 1 pound dried split peas, sorted and rinsed
- 2 medium red potatoes, diced
- 3 large carrots, diced
- 1 tablespoon Italian seasoning
- 1 3/4 teaspoons salt
- 1/2 teaspoon crushed red pepper (optional)
- 1 container (32 ounces) reduced-sodium chicken broth (or vegetable broth)
- 4 cups water

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a large pot over medium heat, heat oil. Add onion and celery. Sauté over medium heat until vegetables are tender, about 5 to 7 minutes.
3. Add split peas, potatoes, carrots, Italian seasoning, salt, crushed

red pepper (if using), chicken broth, and 2 cups of water.

4. Increase heat to medium-high and bring everything to a boil. Once boiling, reduce heat to medium-low and simmer, uncovered, for about one hour, or until it reaches desired texture. Skim off any foam while it cooks and stir periodically to avoid peas from sticking to the bottom of the pot. Add 2 more cups of water during the cooking process for a thinner texture.

5. Ladle into bowls and serve.
6. Refrigerate leftovers within 2 hours.

Slow cooker variation:

Add all ingredients to a slow cooker and cook on low for 6 hours or high for 4 hours.

Makes 12 servings

Serving Size: 1 cup

Cost per recipe: \$6.97

Cost per serving: \$0.58

Nutrition facts

per serving:	210
calories;	3.5g total fat;
0.5g saturated fat;	0g trans fat;
0mg cholesterol;	390mg sodium;
34g total carbohydrate;	11g dietary fiber;
5g total sugars;	0g added sugars;
12g protein;	0% Daily Value of vitamin D;
4% Daily Value of calcium;	10% Daily Value of iron;
15% Daily Value of potassium	

Source:

LaToya Drake, Extension Specialist for Food Access and Equity, University of Kentucky Cooperative Extension Service





Keeping your Houseplants Happy during Wintertime

Even though your houseplants do not have to deal with the cold like your garden does, you should still change how you care for them this season, ensuring they stay healthy and continue to grow well. Following these tips, your leafy friends will bring lushness and natural beauty into your home, even in winter.



Decrease watering

- In general, less light means less water. Plants need less water in the winter because they don't get as much sunlight, compared to spring and summer. To test soil moisture, push your finger into the potting soil at least one inch deep. If the soil is dry, water thoroughly. It is better to water plants well less often than water just a little bit every day. In the winter, it is possible that you will only need to water once every two to three weeks.

Pay attention to the Sun

- If possible, move your plants closer to the windows. If they're on the ground, put them on a plant stand. Every week or two, rotate the pots to ensure all sides of the plants get some sunlight.

It's okay if a few leaves fall off

- Plants outside over the summer will probably lose some leaves when they come back inside. This is normal because they are getting used to the lower light levels inside. It's normal for plants that stay inside all year to lose a few leaves as winter approaches. This is just their way of getting ready for less light.

Avoid temperature extremes

- Keep plants away from cold drafts, radiators and hot air vents. Sudden hot or cold drafts can kill plants, stress them out, or dry them out.

Put the fertilizer on hold

- Winter is a time for most houseplants to rest. They don't need fertilizer because they usually aren't actively growing. In the fall, stop fertilizing and start back up again in the spring when plants get more sunlight and start growing again.



Scan for pests

- If you are bringing plants inside for the winter, be sure to check the leaves, stems and soil surface for pests. Wipe leaves down with a wet cloth or remove pests by hand before bringing the plants inside. Small bugs that feed on sap, like aphids and scales, tend to show up more in the winter. Another common winter pest is the spider mite which likes warm, dry places to live. When watering, flip the leaves over and look at the undersides and along the stems. If you find bugs, use your fingers or damp cloth to remove them. Neem oil and insecticidal soap may be options for managing houseplant pests. With any product, be sure to read the entire label for application instructions and precautions.

Increase the humidity

- In the winter, the air inside our heated homes is often drier. Most houseplants, especially those from tropical areas, do best when the humidity is between 40 and 50%. However, in the winter, most homes have humidity levels between 10 and 20%. Putting plants close together is an easy way to make the air around them more humid. Plants can also be put on trays with pebbles and water to make the air more humid. To keep the roots from rotting, pot bottoms should be above the water. As the water evaporates, it makes the air around your houseplants more humid. Keep plants away from vents with blowing air.

Source: Rachel Rudolph, Horticulture Assistant Professor, University of Kentucky

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