

FAMILY & CONSUMER SCIENCE NEWSLETTER

FEBRUARY 2025

UK Cooperative
Extension Service



DO YOU KNOW Your Learning Style?

We are always learning! Do you know your learning style? Join FCS Agent Christy Stearns to learn about how we all learn differently. Please RVSP by February 12th.

February 13th
@2pm



606-787-7384 www.casey.ca.uky.edu

Do you have an idea for a program?

Give us a call 606-787-7384 or stop by our office located at 1517 S. Wallace Wilkinson Blvd.

We would love to hear from you on ways we can better reach our community.

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

Starting the year off on a *Delicious* note!

Watch the video for a QUICK, EASY, and TASTY meal for the entire family.

Post a picture/video on Facebook of you/your family preparing and eating the recipe tagging the Casey County Extension Office and **WIN A PRIZE!**



Families will receive a small prize for each recipe (posted) they try!

For more recipes visit PlanEatMove.com/recipes/.

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

Living On a Few Acres Turning Your Backyard Into a Homestead.

Session 1: Where Do I Start?

January 27th at 2:00pm

Is homesteading for me? What resources are there? How do I decide what I would like to do? We will cover these common questions and more at our first meeting.

Session 2: Establishing Healthy Soils

Homesteading starts from the ground up, literally. We will cover the basics of assessing your soil, reading a soil test, amending poor soils, and supporting healthy soils.

Session 3: Raising Backyard Poultry

We will discuss poultry production for both meat and egg consumption. From breed selection, to the basics of nutrition, care, and other aspects of poultry husbandry.

Session 4: Sheep and Goat Production

Participants will learn about the basics of selecting and raising small ruminants. Topics such as nutrition, breed selection, and proper care will be discussed.

Session 5: Vegetable Gardening

Whether you have a balcony or 15 acres you can grow your own vegetables. We will talk about gardening in small and large spaces.

All sessions will be held at the Casey County Extension Office Educational Building,
1517 S. Wallace Wilkinson Blvd
Liberty, KY 42539

Call 606-787-7384 to register.



Cauliflower Bites

Prep Time: 15 minutes
Cook Time: 19 minutes

- Nonstick cooking spray
- 1/2 cup all-purpose flour
- 1/2 cup water
- 1 teaspoon garlic powder
- 3 tablespoons Buffalo sauce
- 1 head cauliflower, cut into florets
- 1 tablespoon butter, melted
- 2 tablespoons olive oil

1. Preheat oven to 450 degrees F. Prepare a baking sheet with nonstick spray.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. Gently rub cauliflower under cool, running water before preparing.
4. In a large bowl, combine flour, water, garlic powder, and Buffalo sauce. Stir until smooth.
5. Gently fold in cauliflower florets to evenly coat with batter.
6. Arrange florets in a single layer on the baking sheet. Do not overcrowd the pan (use two pans if needed). Bake for about 20 minutes or until golden.
7. In a small bowl, combine melted butter and olive oil.
8. Remove pan from oven. Drizzle the melted butter and oil mixture over the cauliflower. Gently toss until evenly coated.
9. Return tray to oven to bake for another 20 minutes or until the cauliflower begins to crisp.
10. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.



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

Air Fryer Version

1. Follow steps 2-5 above.
2. Make one layer of florets in the air fryer basket.
3. Set the air fryer to 355 degrees F for 12 minutes, tossing florets halfway through.
4. Remove to bowl.
5. Drizzle melted butter and olive oil over the cauliflower.
6. Return florets to air fryer basket. Cook again at 355 degrees F for 5 to 7 more minutes or until florets begin to crisp.
7. Repeat steps to cook the remaining florets.
8. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving Size: 1/2 cup bites
Cost per recipe: \$3.87
Cost per serving: \$0.48

Nutrition facts per serving:

100 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 5mg cholesterol; 220mg sodium; 11g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium

Source:

Jacqui Denegri,
Fayette County NEP
Assistant Senior,
University of Kentucky
Cooperative Extension



PLEASE SHARE AND CONSIDER APPLYING TO BE A CASEY COUNSELOR AT THIS YEAR'S 4-H CAMP!

ATTENTION 15 YEAR OLDS!

Would you like to have a positive impact on our youth?

APPLY TO BE A COUNSELOR-IN-TRAINING (CIT) FOR THIS YEAR'S 4-H CAMP!



Applications will be available at the Casey County Extension Office beginning **February 24th.**

In the meantime, we encourage you to join our 4-H Teen Council on the first Tuesday of the month at 6pm for their monthly meetings. Contact Miss Meagan at 787-7384 for more information.

WE NEED YOU!

WE NEED JUNIOR (16 & 17Y) & ADULT COUNSELORS FOR 4-H CAMP - JULY 21ST - 25TH.



Applications will be available beginning February 24th.

BE A PART OF OUR TEAM & HELP PROVIDE THE BEST WEEK EVER AT THIS YEAR'S 4-H CAMP!

4-H Camp registration for CAMPERS begins on March 31st!




CASEY & PULASKI COUNTY 4-H CAMP 2025

SAVE THE DATE!

LAKE CUMBERLAND 4-H CAMP

21-25

JULY

CONTACT US

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
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CASEY COUNTY:
Meagan Foust
606-787-7384
meagan.lee@uky.edu

PULASKI COUNTY:
Erica Spurgeon & Abigail Roy
606-679-6361
erica.spurgeon@uky.edu
abigail_roy@uky.edu

SAVE THE DATE!


Preparing Grain and Livestock Producers for the Evolution of Carbon Markets

 Martin-Gatton
College of Agriculture,
Food and Environment

**Tuesday,
March 18th
6:00pm EST**

CASEY COUNTY
EXTENSION OFFICE
EDUCATIONAL BUILDING

Dr. Jordan Shockley
Assistant Extension
Professor for UK Dept. of
Agricultural Economics

 Qualifies for
CAIP education.

**Call to register:
606-787-7384**

 Martin-Gatton
College of Agriculture,
Food and Environment

HOMEBASED MICROPROCESSING WORKSHOP

**APRIL 30TH, 2025
9:30AM TO 2:30PM**

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. There is a \$50.00 fee for this certification each year.



Go to ukfcs.net/HBM or scan
the QR code to register.

ADULT

HEALTH BULLETIN



FEBRUARY 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC

CAN YOU STOP CANCER BEFORE IT STARTS?



The Red Cross, the American Association for Cancer Research, and other groups recognize February as National Cancer Prevention Month, a time to tell people about ways you can fight cancer.

For many years, we thought you got cancer just by chance, bad luck, or only because of family traits or certain behaviors. Now we have more research. We know more about what causes cancer. We know how a person's life and environment can play a major role in keeping away cancer. There are things you can do to cut the odds of getting cancer. This will lower the overall rate of cancers moving forward.

The National Cancer Institute says prevention and testing efforts have been the major factors to saving lives, stopping 4.75 million deaths from

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Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated with prior notification.



Our bodies are made to move.

Cut your cancer risk

by being active for at least

150 minutes per week.

→ Continued from the previous page

five of the most common cancers (breast, lung, colorectal, cervical, and prostate) from 1975 to 2020. The number of lives saved keeps growing yearly as more people learn how they can prevent cancer or find cancer early while it is most treatable.

Testing

Cancer screenings can look for signs of disease before you have warnings. Some screenings can even look for signs that cancer could likely grow later. All people should be screened for the most common types of cancer (breast, cervical, colorectal). You might need extra or earlier screenings if a parent or family member has cancer, or if you have been exposed to certain other risks.

Avoid tobacco and limit alcohol

Tobacco use is a risk for many cancer types, as is drinking too much alcohol. If you do not smoke or drink, do not start. If you use tobacco products, try to quit. There are many ways to help you quit. Ask your doctor, pharmacist, or local health department. If you drink alcohol, stay within the recommended limit of one drink per day for women or up to two drinks per day for men.

Keep a healthy weight

Obesity is also a cancer risk. You can cut your risk for cancer by reaching and keeping a healthy body weight. Eating a wide variety of healthy

food and being active can help reach a healthy body weight. Talk to your doctor about what is a healthy body weight for you, and how to reach it.

Eat healthy foods

Eating a diet of mostly vegetables, fruit, whole grains, and lean proteins limits your cancer risk, and gives your body fuel to feel its best.

Be active

Our bodies are made to move. Cut your cancer risk by being active for at least 150 minutes per week.

Protect your skin

Skin cancer is still a leading cancer in the United States. Limit sun exposure by using sun screen, SPF clothing, and sunglasses. Be careful of spending too much time in direct sunlight. Avoid tanning beds.

Cooperative Extension has a wide variety of information on cancer. Talk to your local Extension agent for more tips about the basics of cancer, cutting your cancer risks, and living a healthy life.

REFERENCE:

<https://prevention.cancer.gov>

**ADULT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock

