

February/March 2025

Building Strong Families in Scott County



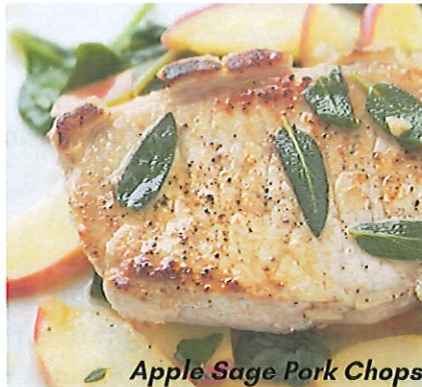
Martin-Gatton
College of Agriculture,
Food and Environment

Scott County
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This month...



Vehicle Emergency Kit



Apple Sage Pork Chops



International Luncheon

FCS Today

DON'T GET CAUGHT OUT IN THE COLD, CREATE A VEHICLE EMERGENCY KIT

Source: Annhall Norris, food preservation and food safety extension specialist at the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment

Preparing for an ice/snowstorm, or other potential natural disasters, is important in keeping you and your families safer. Winter storms can create dangerous roads and a higher risk of frostbite, hypothermia and carbon monoxide poisoning.

Having an emergency kit with essential items in your home is the first step to surviving such an event, but you should also think about your car. Creating a vehicle emergency kit can help you and your family be prepared if caught out during a winter storm.

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Sincerely
Alivia Faris

Alivia Faris
Scott County Extension
Agent for Family and
Consumer Sciences



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Disabilities accommodated with prior notification.

VEHICLE *Emergency* KIT

Continued from Page 1

Include these items in your vehicle and have them in a bag, bucket or small tote for easy access:

- Warm clothes (heavy coat, extra socks, gloves, hand warmers, etc.)
- Blankets
- Ice/snow scraper
- Bottled water
- Shelf-stable snacks (choose high protein foods to provide energy)
- Flashlight
- Cell phone charger and battery backup
- Jumper cables or battery-powered jump starter
- Sand or kitty litter (to help with traction if you are stuck in snow)
- Small or collapsible shovel
- Roadside flares or glow sticks
- Flat tire inflation canister (non-explosive)

During the winter months, always keep your gas tank full.

- Don't let it get low as you never know when you might be sitting for a while and unable to refuel. If you're stranded, only run the engine for 10 minutes each hour to charge your phone and run the heater.
- Be sure to open a window slightly allowing fresh air to enter the car and avoid carbon monoxide poisoning while it's running.

Keep your vehicle(s) and home safer this winter season with these helpful tips.

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



Upcoming Dates to Remember

February/March

February:

- 6th: Rug Hookers @ 10:00 AM
- 10th: Homebased Microprocessor Workshop @ 9:30 AM
- 13th: Rug Hookers @ 10:00 AM
- 13th: FCS Book Club @ 1:00 PM
- 17th: Homemaker Council Meeting @ 10:00 AM
- 18th: Elkhorn Creek Quilt Guild Meeting @ 6:00 PM
- 20th: Needlework Club @ 1:00 PM
- 24th: Homemaker Leader Lesson @ 5:00 PM
- 27th: Rug Hookers @ 10:00 AM

March:

- 6th: Rug Hookers @ 10:00 AM
- 13th: Rug Hookers @ 10:00 AM
- 13th: FCS Book Club @ 1:00 PM
- 14th: Homemaker Council Meeting @ 10:00 AM
- 18th: International Banquet @ 11:00 AM
- 18th: Elkhorn Creek Quilt Guild Meeting @ 6:00 PM
- 20th: Needlework Club @ 1:00 PM
- 27th: Rug Hookers @ 10:00 AM
- 31st: Homemaker Leader Lesson @ 10:00 AM

Apple Sage Pork Chops

- 1 tablespoon flour
- 1 teaspoon dried sage
- 2 tablespoons garlic powder
- 1/2 teaspoon ground thyme
- 1 teaspoon salt
- 4 boneless center cut pork chops
- 2 tablespoons oil
- 1/2 large onion, thinly sliced
- 2 thinly sliced red apples
- 1 cup unsweetened apple juice
- 2 tablespoons brown sugar (optional)

Wash hands with soap and warm water, scrubbing for at least 20 seconds. Gently clean all produce under cool running water. Mix flour, sage, garlic, thyme, and salt together in a small bowl. Sprinkle 1 1/2 tablespoons of the mixture over both sides of the pork chops. Remember to wash hands after handling raw meat. Heat oil in a large skillet over medium-high heat. Sear pork chops for 2 to 3 minutes on each side. Pan will smoke a little. Remove pork chops from the pan and set aside. Reduce heat to medium. To the same skillet, add onion and cook for 2 minutes, or until soft. Add apples, and continue cooking until tender, about 2 minutes. Add apple juice, brown sugar, and remaining spice mixture and stir to dissolve. Return pork chops to the skillet by nestling them in the pan. Bring the liquid to a boil, reduce heat to low, and simmer for 5 minutes or until the pork is cooked through and reaches 145 degrees F on a food thermometer. Refrigerate leftovers within 2 hours.

Yield: 4 servings. Nutrition Analysis: 310 calories, 10g total fat, 1.5g saturated fat, 50mg cholesterol, 660mg sodium, 35g total carbohydrate, 3g fiber, 25g total sugars, 7g added sugars, 22g protein, 6% DV vitamin D, 2% DV calcium, 6% DV iron, 15% DV potassium.



Health Bulletins

Scan here to read full issues!



THINGS TO KNOW

- ANNOUNCEMENTS - UPCOMING EVENTS - SAVE THE DATES -



A Note from the FCS Agent

Hello everyone!

I hope you have been staying safe and warm during these fringed months.

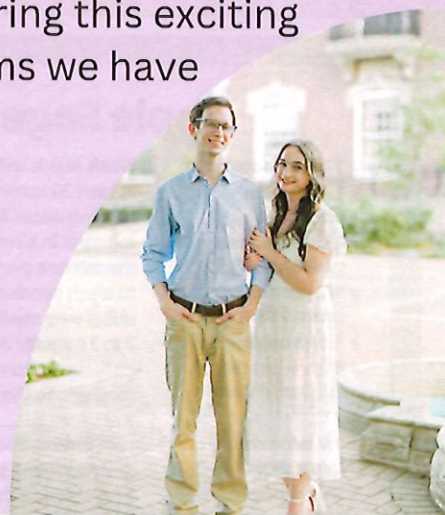
I wanted to inform you that my in office schedule during February will be somewhat irregular due to a variety of meetings, trainings, and programs taking place outside the office throughout the month. Additionally, I am excited to share that I will be getting married in early March. To prepare for this special occasion, I have scheduled a few days off, which will further limit my availability.

During this time, my access to emails and phone calls may be intermittent. However, our outstanding office staff will be available to assist you and address any immediate needs. I will respond to emails and voicemails as promptly as possible once I have access. Thank you for your understanding and support during this exciting time. I look forward to all of the wonderful programs we have planned for the Spring!

Thank you,

Alivia Faris

Scott County Cooperative Extension FCS Agent



Homemaker Council Meetings

February 17th @ 10:00 AM &

March 14th @ 10:00 AM

Reminder



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

Barbados Bag Class

April 22nd and 23rd
at the Scott County Extension
Office

10:00 AM- 4:00 PM

This class is not for beginners, those who sign up should have intermediate sewing experience with the ability to read a pattern, use a sewing machine independently, etc.

Barbados bag by
Pink Sand Beach Designs

This is a fat quarter friendly pattern to make a 10 1/2" x 10 " tall bag with lots of pockets.

Some supplies are provided however, participants will also have to purchase some of their own materials.

- Class space will be limited.
- A supply list will be provided once you have registered for the class.
- Registration is limited and will be closed once the class is full or by April 8th (whichever occurs first).
- You will need to bring your own lunch or make plans to pick up lunch as it will not be provided during this class.

To register call: (502)863-0984



International Luncheon

March 18th
at the Scott County
Extension Office
Beginning at 11:00 AM

Featured Country:
Uganda

To register call: (502)863-0984



Homebased Microprocessing 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.

\$50
Fee

Feb. 10, 2025
9:30 a.m. - 2:30 p.m.

Scott County Extension Office
1130 Cincinnati Rd
Georgetown, KY 40324

Virtual Option Available

**To register & for additional
dates/locations:
ukfcs.net/HBM**

or call:
(859) 257-1812

 **Cooperative
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Lexington, Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.