

Taylor County FCS Extension Newsletter November 2022

Cooperative Extension Service
Taylor County
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Campbellsville, KY 42718
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Reducing Holiday Relationship Conflict

The holidays are here and while they can be a time of celebration and relaxation, they can also be stressful and a time of differing opinions and viewpoints around the holiday table. Conflicts in relationships arise because each individual has a unique perspective. Although each person in a family brings value, it is important to remember that we all have weaknesses and may have been raised with different values. Therefore, it can take time to understand your family member and gain insight into their perspective. Remember, recover quickly from a disagreement so you don't allow time for ruminating thoughts or allow ill will to fester. Success in a relationship is not "winning" but getting along. Here are four tips to reduce conflict and set a good example for others.

Maintain respect and positive regard for the other person.

Stay calm; avoid automatic, emotional thoughts — take a break if you feel yourself getting hostile.

Don't let resentment from an argument spill over into other parts of your relationship.

Stay focused on finding a solution — don't drag up past issues.



Tips for Turkey Leftovers 2

RADA Cutlery Fundraiser 2

Memory Pillows & Fleece Blankets 3

Bazaar Information 4-5

Painting Workshops 6

Holiday Workshops 7

Potato Broccoli Soup Recipe 8

Money Wise Insert

Patricia L. Handberg

Sincerely,
Taylor County Contact
Agent for FCS
Education Extension



TIPS FOR TURKEY LEFTOVERS

It's never too early to start thinking about all of those wonderful turkey leftovers. There's turkey chili, turkey hash, turkey salad, and the ever-popular sliced turkey sandwich. But whatever your choice, be sure to follow good food safety practices when preparing your turkey and storing it for those favorite recipes over the next several days.

First, you'll need to start with a properly cooked turkey. Turkey should be cooked to an internal temperature of 165 degrees F. You can't rely on color to tell if a turkey is done. Always use a meat thermometer to check for doneness. Check the temperature at the thickest part of the breast and the innermost portions of the wings and thighs.

After dinner, don't let food sit out on the table. Leftovers should be refrigerated within two hours. It is best to go ahead and remove all of the meat from the turkey. Legs and wings may be left whole, if desired. Place the sliced meat in shallow containers or small zipper bags and store in the refrigerator if you think it will be eaten within the next 3 to 4 days. If you're not sure, it's best to freeze the meat. Once frozen, the meat will be safe forever, as long as the freezer stays below 0 degrees F. But for best quality, use the meat within 6 months. If you

have gravy or stuffing leftover, store those separately. Remember to reheat the stuffing to 165 degrees F and bring the gravy to a full boil before eating again.

Start planning your leftover recipes now. Stock up on noodles, broth, and beans for creative soup and chili recipes. You may even want to try some specialty sandwich bread and relishes or salad dressings to give turkey sandwiches a new twist.



We're Selling RADA Cutlery

Taylor County Homemakers
are selling RADA Cutlery!

For your order to be shipped
in time for Christmas, they
must be placed by the end of
November,

Please contact Christie
Goodhue at (270)403-0510

MEMORY PILLOWS

Join us in making pillows from shirts of a loved one.

Monday, November 7

You will Need:
Loved Ones Shirt
Matching Thread

Call the Taylor County Extension Office
(270)465-4511 to RSVP



Join us in making Fleece Blankets
to be donated to the
Taylor County Cancer Center!



November 10
1:00 - 3:00 PM
Taylor County Extension Office



"We've Got You Covered" for the Holidays

Join us for the annual Homemakers
Holiday Bazaar!

November 19, 2022

9:00 AM - 2:00 PM

Taylor County Extension Office
1143 South Columbia Avenue
Campbellsville, KY

Sweet Shoppe

Pictures with Santa

Rada Knives will be available

New Vendors

Soup Lunch Available





ATTENTION MAILBOX MEMBERS

*We need your help!
Mailbox Members are hosting the
Sweet Shoppe at the Bazaar.
We need your baked goods!*

*Contact Jackie Thomas (270)469-5800
for questions.*



WE ARE COLLECTING GIFT CARDS FOR THE GIFT CARD TREE AT THE BAZAAR!

MONEY RAISED WILL GO TO OVARIAN CANCER RESEARCH

**GIFT CARDS CAN BE DROPPED OFF TO THE
TAYLOR COUNTY EXTENSION OFFICE
1143 SOUTH COLUMBIA AVENUE
CAMPBELLSVILLE, KY 42718**

CALL (270)465-4511 FOR QUESTIONS



**THANKSGIVING
TURKEY PAINTING**
Monday, November 7, 2022
11:00 AM & 5:30 PM
Cost: \$20

Christmas Painting

Join us in painting this
Ho. Ho. Ho
door hanger!

Tuesday,
November 29
1:00 PM
5:30 PM

Cost: \$20



SPACE IS LIMITED!

Call the Taylor County Extension Office
to RSVP now!
(270)465-4511



HOLIDAY GIFTING TREATS

SIGN UP NOW TO LEARN HOW TO CREATE QUICK AND EASY TREATS TO MAKE
YOUR CHRISTMAS GIFTING SWEET!

Space is
Limited!

DECEMBER 1 AT 1:00 PM
DECEMBER 5 AT 5:30 PM

Call
(270)465-4511
to
RSVP

TAYLOR COUNTY EXTENSION OFFICE
1143 SOUTH COLUMBIA AVENUE
CAMPBELLSVILLE, KY

*You are cordially invited to attend the
Sugarplum Fairy Christmas Tea*

*December 15, 2022 at 6:00 p.m.
at the Taylor County Extension Office.*

*There will be fantastic food, terrific teas
and enchanting entertainment!*

Tickets are \$15.

*Tickets must be picked up by
December 9, 2022.*





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

Taylor County
1143 South Columbia Avenue
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CAMPBELLSVILLE, KY



Potato Broccoli Soup

4 cups cubed potatoes
2 heads broccoli,
(3-4 cups florets)
2 tablespoons olive oil
¼ cup all-purpose flour
⅓ cup melted butter

3 cups 2% milk
¼ teaspoon salt
½ teaspoon pepper
5 ounces cheddar
cheese, reduced-fat,
shredded

2 green onions, finely
minced, divided
½ cup reduced-fat
sour cream
¼ cup bacon bits
(optional)

Preheat oven to 375 degrees F. **Place** potatoes in large saucepan, **cover** with water and bring to a boil. **Reduce** heat and **cook** potatoes until tender, about 15 minutes. **Cut** broccoli heads into small florets and **place** on baking tray. **Drizzle** with olive oil and **roast** for 15 minutes. **Drain** cooked potatoes in a colander. In the saucepan, **combine** the flour and melted butter; **cook** on medium heat for 1 minute. Slowly **add** milk to the mixture, stirring constantly until thickened. Soup can be thinned by adding an additional

½ cup of milk or water, if desired. **Add** the potatoes, broccoli, salt, pepper, cheese, half of the green onions and bacon bits. **Cook** on low until heated. A few minutes before serving, **add** the sour cream and **stir** to combine. **Serve** topped with remaining onions.

Yield: 6, 1¼ cup servings

Nutritional Analysis: 390 calories, 24 g fat, 13 g saturated fat, 60 mg cholesterol, 370 mg sodium, 30 g carbohydrate, 3 g fiber, 9 g sugars, 15 g protein.



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2022

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: HOSTING HOLIDAY MEALS ON A BUDGET

If you've ever hosted a holiday gathering, you know there is a lot to consider: Who will be invited? When will they arrive? What will be cooked? and How much will it cost? With inflation driving up the costs of goods and services, the rising prices of groceries might be on the minds of many Kentuckians who plan to host an event this holiday season. Holiday meals can get pricey, especially when serving a large crowd. As you prepare for this year's festivities, there are several strategies you can use to lower costs while maintaining holiday cheer.



Plan ahead. First, gather your recipes and make a list of the ingredients you will need. Then shop your pantry and freezer, noting what you already have. Identify only the items you need to buy. When you shop, buy store-brand items when possible. These usually come with a lower price tag. Planning early also allows you to take advantage of sales and comparison shop.

Shop intentionally. Store mailers, websites, mobile apps, and social media pages can help you shop wisely. Use these tools to compare deals and prices between brands and stores. If the stores you choose provide online ordering, consider buying groceries through pickup. Ordering online can help you avoid impulse buys. It also helps you easily compare prices

and nutritional information and keep an eye on your overall total. Whether you shop online or in-store, use coupons and customer loyalty programs to maximize deals. If you're shopping in the store, keep a running tally of your total as you add items to the cart. Prioritizing purchases helps us stick to a budget.

Delegate dishes. If you're hosting a holiday gathering, suggest an organized "potluck" instead of trying to do everything yourself. Ask everyone to sign up to bring something. Assigning side dishes, desserts, and drinks, for example, is one way to split the costs and stress of hosting a holiday meal. It gives others a chance to purchase or share special recipes while distributing the responsibility.



THINK ABOUT CREATIVE ALTERNATIVES THAT COULD BECOME NEW TRADITIONS



Simplify sides. Vegetable-based dishes, such as sweet potato or green bean casseroles, are common around the holidays. While these dishes are tasty, they require several ingredients that can increase meal prices. Consider simplifying side dishes by serving vegetables “on their own” rather than in a fancy recipe. This cuts both costs and calories.

Traditional twists. There is no rule that you must serve turkey on Thanksgiving, for example. Instead, think about creative alternatives that could become new traditions. Choose meals that best fit your budget and the needs of your guests. For instance, pasta dishes can feed a crowd. You can prepare them ahead of time, they require few side dishes (just a big healthy salad), and you can change them to fit dietary needs. Ask your guests for creative suggestions (such as baked potato bars, themed dinners, etc.) and recruit their help when it’s time to cook.

Gather early. Suggest hosting your holiday meal earlier in the day. Breakfast, brunch, and lunch options often come with fewer expectations for side dishes, drinks, and desserts. In addition to lowering costs, an earlier meal may free up time later in the day to attend multiple gatherings or add in a fun, low-cost activity like a friendly game of football, a board game, movie, or craft.

As you consider budgeting for your holiday festivities, remember that changes don’t have to be permanent. Budgets, needs, and wants change from year to year — your holiday plans can too. To explore healthy, budget-friendly recipe ideas, visit the University of Kentucky Family and Consumer Sciences Extension **Plate it up! Kentucky Proud** series at <https://fcs-hes.ca.uky.edu/piukp-recipes>

Nichole Huff and Miranda Bejda | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

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