

# TAYLOR COUNTY EXTENSION NEWSLETTER

January 2025

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## Start the New Year With These 4 Easy Steps for a Clean Fridge

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 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 Fahrenheit 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 Taylor County Extension Office.

Source: Annhall Norris





Cooperative Extension Service

# Embroidery Stitches

**MONDAY,  
JANUARY 6  
5:15 PM**



Please bring a 5 - 6 inch Embroidery Hoop.  
Spots are limited! Call the Extension Office  
at 270-465-4511 to RSVP!

Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY

*\*An equal opportunity organization.*

# DECLUTTERING & ORGANIZING

Start the new year with us as we develop a Home and Life Management Binder to keep us organized and less stressed.

**WEDNESDAY, JANUARY 8 | 1:00 PM**

We are beginning with a declutter challenge to start the year off with a bang!

91 Day  
**DECLUTTER**  
Challenge



13 Weeks Can  
Change Your Life

RSVP by calling the Extension Office at (270) 465-4511.

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# Kitchen Towels

Create an appliqued kitchen towel with this adorable penguin pattern that will give your kitchen joy during the winter season!



**Thursday  
January 9  
3:00 PM**

**\$5  
Class Fee**

To sign up, stop by the Taylor County Extension Office to pay the class fee.

*\*An equal opportunity.*



# SOURDOUGH BREAD for Beginners

**Friday, January 10 | 10:00 AM  
OR  
Tuesday, January 21 | 6:00 PM**

Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY

**\$5  
Class  
Fee**

Participants will receive a sample of sourdough bread, sourdough bread starter, and a how-to-guide.

To sign up, please pay your class fee at the Taylor County Extension Office.

*\*An equal opportunity.*

Introduction to

# Canva

## A Graphic Design Workshop

Canva makes creating designs a breeze! Learn the basics of how to set up a Canva account and how to use the tools that will help you create the perfect media to be shared!

**Tuesday, January 14 | 2 PM**

Flyers | Brochures | Cards/Invitations | Presentations | & More!



Work | Home | Church | Community Events | & More!

Spots are limited! Call (270) 465-4511 to RSVP today! Please bring a laptop or tablet!

*\*An equal opportunity.*



## SOURDOUGH INCLUSIONS

Learn a variety of ingredients to include in your next sourdough loaf!

**Friday, January 17  
10:00 AM**

Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY



Spots are limited!

Call the Extension Office at (270) 465-4511 to RSVP today!

*\*An equal opportunity.*

# Blankets of Love

**Tuesday, January 21  
1:00 PM**

Taylor County Extension Homemakers are accepting donations to complete Blankets of Love. Blankets are made with 4 yards of fleece. You can choose 2 yards of corresponding fleece to donate. Monetary donations are also appreciated. Donations can be made to the Taylor County Extension Office at 1143 South Columbia Avenue, Campbellsville, KY.



In November, we donated 15 blankets to the Cancer Center at Taylor Regional Hospital.

*\*An equal opportunity.*

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# Lunch & Learn

## Yassas! We are off to sunny Greece!



**Wednesday, January 22 | 11:00 AM**

Call (270) 465-4511 to reserve your spot today!

*\*An equal opportunity.*

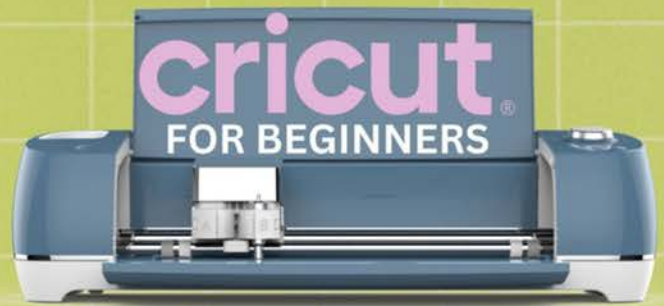
# HOW TO GET OUT OF A MEALTIME RUT

Join us for the February Homemaker Leader Lesson. Learn ways of coping with mealtime ruts!



**THURSDAY, JANUARY 23  
10 AM**

*\*An equal opportunity.*



**Tuesday, January 28  
10 AM or 2 PM**

Participants will make a personalized pouch!



Please bring a computer or tablet if you can!

Spots are limited!  
Signup by Calling the Extension Office at (270) 465-4511.

*\*An equal opportunity.*

## January Book of the Month



### **Seasons at the Farm: Year-Round Celebrations at the Elliott Homestead** By Shaye Elliott (2021)

Shaye Elliott shares how she celebrates family and farm traditions year round. With her engaging storytelling and gorgeous full color photos, Shaye brings to life how to entertain simply, yet beautifully, without mortgaging the farm. Simple recipes, decorating advice, and projects make this an inspirational and aspirational sequel to her beloved previous books.

People find this book inspiring and provides useful information and easy-to-follow guidelines. They have appreciated the simple recipes and great photos that make a visually appealing coffee table book.

Debbie Wilcoxson, Taylor County Chairperson for Cultural Arts and Heritage and Vice President of Modern Day Homemakers.



## Congratulations

CeeCee Daughtery  
Winner of the Quilt

John Bynum  
Winner of the gift cards  
from the Gift Card Tree



Thank you to everyone who has supported the fundraising for Ovarian Cancer Research! This year we have raised over \$7,500!

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or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

# CALENDAR OF EVENTS

# January 2024



SUN	MON	TUE	WED	THU	FRI	SAT
			1 <i>Happy New Year</i> Office Closed	2 Homemaker Council Meeting 10:00 AM  Low Impact Fitness 1:30 PM	3	4
	5 Embroidery Stitches Class 5:15 PM	6 Taylormade Quilters 9:00 AM	7 Organizing & Decluttering 1:00 PM	8 Low Impact Fitness 1:30 PM  Kitchen Towels 3:00 PM	9 Sourdough for Beginners 10:00 AM	10 11
12	13	14 Introduction to Canva 2:00 PM	15	16 Low Impact Fitness 1:30 PM	17 Sourdough Inclusions 10:00 AM	18
19	20  Office Closed	21 Blankets of Love 1:00 PM  Sourdough for Beginners 6:00 PM	22 Lunch & Learn 11:00 AM	23 Homemaker Leader Lesson 10:00 AM  Low Impact Fitness 1:30 PM	24	25 Cross Stitch Retreat 10:00 AM
26	27	28 Cricut for Beginners 10:00 AM & 2:00 PM	29	30 Low Impact Fitness 1:30 PM	31	

<b>Bunco Club</b> 3rd Tuesday 6:00 p.m.	<b>Circle of Friends</b> 2nd Tuesday 6:30 p.m.	<b>Cross Stitch Retreat</b> Last Saturday 10:00 a.m.	<b>Harmony</b> 2nd Tuesday 12:30 p.m.	<b>Mannsville</b> 2nd Thursday 6:00 p.m.	<b>Mastering Skills</b> 2nd Monday 12:30 p.m.
<b>Modern Day</b> 2nd Monday 6:00 p.m.	<b>Quilts of Honor</b> 4th Wednesday 10:00 a.m.	<b>Saloma Road</b> 2nd Thursday 10:00 a.m.	<b>Sidetracked</b> 2nd Tuesday 6:00 p.m.	<b>Taylor Made Quilters</b> 1st Tuesday 9:00 a.m.	 5

# ADULT HEALTH BULLETIN



**JANUARY 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

# STEP INTO NATURE: WINTER EDITION



**W**inter can feel like a dreary time of year — it is often cold, and wet, and gets dark early. Many people struggle with winter blues. There's bleak weather and emotional letdown after the holiday season. There are many reasons people might struggle with mental health during the coldest, darkest months of the year. Weather conditions in combination with low mood can deter people from spending time outdoors. But resist the temptation to hibernate. Instead choose to go outside. It can help your body and mind.

There are many fun outdoor winter activities, from sledding in the snow to skating on ice. But simply going for a walk or taking your daily workout routine outdoors has advantages. You can take a stroll around the block or spend an afternoon exploring a trail at a local park. Exercising outdoors can add variety to

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Take a stroll around the block or spend an afternoon exploring a trail at a local park. Exercising outdoors can add variety to your routine and help you feel even better.

➔ **Continued from the previous page**

your routine and help you feel even better.

Exercise in general is known to help reduce stress and promote emotional regulation. Exercising outside has the added benefit of regulating sleep-wake cycles. That can help our bodies feel ready to sleep at night and wake in the morning. Many people experience disrupted sleep cycles in winter because of prolonged darkness and fewer hours of sunlight. To reset your body's sleep-wake cycles, try spending time outside in the morning after the sun has risen or in the afternoon before the sun goes down. Limit intense physical activity and screen time in the last two hours before bed. Instead, opt for calming activities like reading, crafting, stretching, meditation, puzzles, or talking with a family member or friend.

Exposure to natural sounds like birds chirping, rustling leaves, and the blowing wind can also help lower blood pressure and reduce negative thoughts. Exercise outside in places with reduced noise pollution and access to natural sounds. This can help your brain process your emotions more easily and regulate your breathing. The Japanese practice of forest bathing, or spending quiet time in heavily wooded areas, emphasizes the importance of time immersed in nature. Those who practice regularly often have lower stress and blood pressure and more stable blood sugar levels.

If you struggle with brain fog and staying on-task in the winter months, breathing in cold, brisk air is also good for mental stimulation, concentration, and mental focus. If you spend lots of time indoors at work in the winter, take breaks outside or walk around your building to help sharpen your focus.

**When exercising outdoors, always remember to dress for the weather:**

- Wear layers to prevent overheating and allow for temperature regulation. Choose wicking layers closest to your body that will pull moisture away from your skin to keep you dry.
- When the air is especially cold or windy, limit your skin exposure. Keep your hands and head covered. Wear a hat, hood, or ear warmers, and gloves.
- Remember your feet. Wear warm, dry socks, and shoes or boots with good grip and traction to prevent slips or falls.

**REFERENCE:**  
<https://www.health.harvard.edu/mind-and-mood/sour-mood-getting-you-down-get-back-to-nature>

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**ADULT HEALTH BULLETIN**

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**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:** Adobe Stock





## Cabbage Jambalaya

<b>1 pound</b> lean ground beef	<b>1</b> (13 ounces) package turkey smoked sausage, sliced	<b>1</b> (14.5 ounces) can diced tomatoes
<b>1 ½ cups</b> chopped celery	<b>1</b> medium head cabbage, chopped (about 10 cups)	<b>2 cups</b> water
<b>1 ½ cups</b> chopped onion		<b>1 cup</b> brown rice
<b>2 cloves</b> garlic, minced		<b>1 teaspoon</b> garlic powder
		<b>1 tablespoon</b> Cajun seasoning

**Heat** a large stockpot over medium high. **Add** ground beef, and **cook** until it starts to brown, about 6 minutes. **Add** the celery, and **cook** for 2 minutes. **Add** onion and garlic, and **cook** 4 minutes while stirring. **Add** smoked sausage, and **cook** an additional 2 to 3 minutes. **Stir in** cabbage, and **cook** until it wilts, about 3 minutes. **Add** tomatoes, water, rice, garlic powder, and Cajun seasoning.

Bring to a **boil**, and **reduce** heat to medium. **Cover**, and **simmer** for 40 minutes. Serve hot.

**Yield:** 10, 1-cup servings

**Nutritional Analysis:**  
250 calories, 8 g fat, 3 g saturated fat, 60 mg cholesterol, 400 mg sodium, 26 g carbohydrate, 4 g fiber, 6 g sugars, 0 g added sugars, 18 g protein

Plate it up!

