

Todd County Extension

Family & Consumer Sciences

Newsletter

Spring Cleaning in the Kitchen

Don't forget about the kitchen this year when you start your spring cleaning. Bacteria can hang around kitchen surfaces, the sink, and even the refrigerator. Bacteria like moisture, and keeping your kitchen clean and dry can help protect you from foodborne illness.

- Clean countertops with hot, soapy water.** Start by moving everything off the counters: small appliances, storage containers, utensils, knives, etc. Physically remove dirt and bacteria using soap (or detergent) and hot water. Follow by sanitizing with a disinfectant made from diluted chlorine bleach. Combine 1 tablespoon unscented liquid bleach with 1 gallon water. Wipe over clean surfaces and allow to stand for several minutes. Rinse with water and allow to dry.
- Wash dishcloths and towels often.** Dishcloths, towels, and sponges provide a moist environment for bacteria to grow. Disposable towels are a great option for use in the kitchen. They are single use and when you're done, the towel goes in the trash. Wash cloth towels and dish rags often in the washing machine using hot water and detergent. If you use sponges in the kitchen, replace them frequently. If they have an odor, throw them out.
- Clean your refrigerator regularly.** Remove spills and any mold or mildew. Use hot water and soap (or detergent) to wipe down the inside of your refrigerator. Rinse with a damp cloth and dry with a clean cloth. Experts say not to use chlorine bleach inside the refrigerator because it can harm seals, gaskets, and interior linings.
- Disinfect your sink, drain, and disposal often.** Food particles can get lodged in your sink drain and disposal, which is a perfect spot for bacterial growth. Clean sinks, drains, and disposals at least once a week with warm water and soap (or detergent). Follow by disinfecting with a solution made from $\frac{3}{4}$ teaspoon chlorine bleach per quart of water.



Reference: <https://www.fightbac.org/spring-clean-your-way-to-a-safer-kitchen/>

Source: Annhall Norris, Food Preservation and Food Safety Extension SpecialistC

Egg Substitutes when Baking and Cooking

With egg prices on the rise, many of us are looking for substitutes. But it's not as easy as you think. There is no one substitution that works for all recipes. Egg substitution will depend on the recipe and the egg's function in that recipe. Eggs serve many purposes when baking: structure, consistency, color, and flavor. You can use them to leaven, which allows the food to expand and rise when heated giving the food volume. Or they can be binders, helping to combine other ingredients and hold the food together. They can also keep food moist.

Egg whites provide leavening and moisture while the yolks help with binding. As a rule, the smaller number of eggs a recipe calls for, the easier the substitution. When using a substitution for eggs, determine the function of the egg first.

- If the recipe doesn't contain baking powder or baking soda, the eggs are used for leavening.
- If the recipe calls for only egg whites, they are providing leavening and moisture.
- If the recipe calls for only yolks, they are for binding.
- If the recipe calls for three or more eggs, assume they act in all three roles.
- If you are unsure, assume the eggs act in all three functions. More than one substitution can be used at a time.

Substitutions for leavening (Each substitution counts as one egg.)

- ¼ cup carbonated water
- 2 tablespoons water + 1 tablespoon oil + 2 teaspoons baking powder
- 1 tablespoon vinegar + 1 teaspoon baking soda
- 2 tablespoons lemon juice + 1 teaspoon baking soda

Substitutions for binding (Each substitution counts as one egg.)

- 1 tablespoon gelatin + 1 tablespoon water, let sit 15 minutes (for gelatin-based desserts)
- 1 tablespoon soy lecithin
- 2 tablespoons mashed potato or sweet potato
- 2 tablespoons tomato paste
- 2 tablespoons starch + 3 tablespoons water
- 3 tablespoons nut or seed butter
- ¼ cup puréed soft tofu or full fat yogurt

Substitutions for moisture (Each substitution counts as one egg.)

- ¼ cup unsweetened applesauce or fruit puree
- ¼ cup mashed banana or avocado
- 2 tablespoons dried fruit + 2 tablespoons water, puréed
- ¼ cup buttermilk or milk
- ¼ cup sweetened condensed milk
- ¼ cup yogurt



Eggs are a good source of many nutrients. Please be aware that when making substitutions, the nutrient profile of recipes will be altered.

Reference: <https://uwyoextension.org/uwnutrition/newsletters/egg-substitutes-in-baking-and-cooking/#:~:text=%C2%BC%20cup%20buttermilk%20or%20milk,%C2%BC%20cup%20pureed%20silken%20tofu>

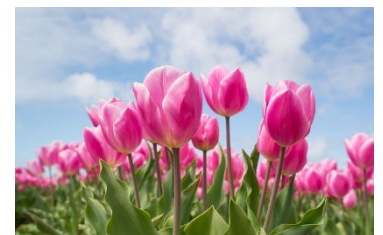
Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist

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We hope to move into our new building, located at 240 Pond River Road, in April. Please be patient with us as we move and schedule events. Watch Facebook and check email for more information.
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Sincerely,

Jill B. Harris

Jill Harris
Extension Agent for
Family & Consumer
Sciences



Upcoming Classes & Activities

May Leader Training – Cook Wild

This lesson is about the Cook Wild KY program. The program's mission is to promote food access through harvesting or accepting wild game and the understanding of how to exactly cook and consume the meat. It will be taught in-person on **Wednesday, May 3, 2:00 p.m.** at the **Christian County Extension Office**. Please RSVP to the Todd County Extension Office by **April 26**, to let us know if you plan to attend the in-person class. If you would like to watch by Zoom, it will be taught on **Wednesday, May 3, at 10:00 a.m.** Contact us for the link.

June Leader Training – Entertaining Little Ones

Keeping little ones entertained can be rather difficult at times. Learn three simple steps used to identify activities children enjoy. This class will be taught at the Todd County Extension Office on **Friday, June 2, 10:00 a.m.** at the Todd County Extension Office. It will also be offered on Zoom on **Tuesday, May 30, 10:00 a.m.** (contact the Todd Co. Extension Office for the Zoom link) If you are planning to attend the in-person lesson RSVP to the Todd Co. Extension Office.

Todd County Homemakers Council

Todd County Homemakers Council will meet **Monday, April 24, 5:00 p.m.** at the Todd County Extension Office Meeting Room.

KEHA Annual Meeting – Delegates Needed

Would you like to serve as a Todd County Homemaker voting delegate to the Kentucky Extension Homemaker Annual Meeting **May 9-11**, at the Crown Plaza in Louisville? If so, please contact Jill Harris at the Extension Office as soon as possible. The registration fee, half of the hotel room, and meals are paid. Hurry, the early bird registration deadline is **April 10**.

Quarters for Camp Rainbow in March

Homemakers Council voted to collect quarters for Camp Rainbow, a camp in Clarksville, TN, that caters to the needs of seriously ill children whose medical problems kept them from attending regular camps. If you would like to donate, you can take a donation to your club meeting or drop it off at the Todd Extension Office. To date, we have received \$242.10 in donations. Please turn in all donations by **May 15**.

Area Cultural Arts

Congratulations to Gayla Boelens, Sunset Homemakers Club, on her ribbon winning entries at the Pennyriple Area Cultural Arts display.



Get the Scoop

Be some of the first to “Get the Scoop” on the new Todd County Extension Office building. Todd County Homemakers Council is hosting a come-and-go Ice Cream Social/Shower for the new Extension Office on **Thursday, May 4, 5:00 p.m. to 7:00 p.m.** The Council is providing ice cream, toppings, and cookies. If you wish to attend, please RSVP at your April Homemaker Club Meeting or by calling the Extension Office at 270-265-5659 by **Thursday, April 20**.

Several people have asked us to create a wish list of items for the new office. We will share that by email, or you can call and request it. Gifts are not necessary to attend this event.

TODD COUNTY HOMEMAKERS INVITE YOU TO

Get the Scoop

MAY 4, 5:00 TO 7:00 PM

TODD COUNTY EXTENSION OFFICE

240 POND RIVER ROAD

ELKTON, KY

A come-and-go shower for the new Extension Office.



Make Reservations at your April Homemaker meeting or by calling the Extension Office, 270-265-5659, by April 20, 2023. A wish list is available upon request.