

Todd County Extension Family & Consumer Sciences Newsletter



Todd County Extension
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Elkton, KY 42220
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January 2024

Blueberries for Brain Health

Some people call blueberries a “superfood” because of their brain-health boosting abilities. Blueberries are a great example of a nutritious food that supports brain health. But keep in mind the term superfood doesn’t have a scientific definition, and usually marketing companies use it to sell a product or idea.

Blueberries are full of phytochemicals which also give them their deep, rich blue color. Any fruit or vegetable with a bright or deep color is supportive of brain health because they all contain different phytochemicals. Another name for phytochemicals is antioxidants. For blueberries, the phytochemicals are anthocyanins. These are a group of chemicals that have been linked to slower aging, protected memory, and maintained motor skills later in life. Experts don’t know how many blueberries you need to eat each day to support these benefits. All berries are also a good source of fiber which helps stabilize blood sugar. Sugar is the preferred energy source of the brain which can help people feel better and improve overall mood.

Keep in mind that foods labeled as superfoods are often high in nutrients, but we don’t want to use the term in a way that makes people feel guilty for not being able to choose “superfoods.” The best choice for overall health and well-being is focusing on variety in the foods we eat each day. You may find lists online or social media posts listing out “brain foods,” but really any foods high in fiber and naturally brightly colored like fruits and vegetables are going to support brain health.

Reference

Blueberries. Retrieved from <https://snaped.fns.usda.gov/resources/nutrition-education-materials/seasonal-produce-guide/blueberries>

Source: Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition



Start the New Year with 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.

Start cleaning your refrigerator by 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 good time to check dates on dairy products and condiments and replace them if necessary.

If you can remove any drawers or shelves, do so and wash with hot, soapy water. 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 down with a diluted bleach solution made from 1 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 F to prevent bacteria from growing. Keep your refrigerator clean throughout the year by 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 a good practice to wipe down door handles and control dispensers with a disinfecting wipe daily in order to remove bacteria left by hands.



Reference: CDC <https://www.cdc.gov/foodsafety/communication/clean-refrigerator-steps.html>

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

Big Blue Muffins

Big Blue Muffins

| | | | |
|------------------|-----------------------------------|----------------------------|---------------------------|
| 2 medium oranges | 2 eggs | 1 cup whole wheat flour | 1 teaspoon baking soda |
| ¼ cup olive oil | ½ cup low fat, plain Greek yogurt | 1½ teaspoons baking powder | ¼ teaspoon salt |
| ¼ cup sugar | 1 cup all-purpose flour | | 1½ cups fresh blueberries |
| ¼ cup honey | | | |

Preheat oven to 400 degrees F. **Position** rack in the center of the oven. **Wash** oranges. Using a zester or fine grater, **remove** the orange zest from the rinds of both oranges and place in a mixing bowl. **Slice** oranges in half. **Squeeze** juice into a 1 cup liquid measuring cup. **Add** water if needed to make ½ cup juice. **Add** juice to the zest. **Add** the oil, sugar, honey, eggs and yogurt. **Mix** together with a whisk. In a separate mixing bowl, **place** the flour, baking powder, soda and salt. **Add** the wet ingredients to the dry ingredients and **mix** with a wooden spoon, until just combined. Batter should be lumpy.

Add the blueberries and **fold** into batter until evenly distributed. Using a large table spoon, **scoop** the batter into a greased 12 cup muffin pan, evenly dividing the batter. **Bake** 20 minutes or until lightly browned on the tops. **Cool** in pan for 5 minutes. **Remove** to wire rack and serve.

Yield: 12 muffins. Serving size, one muffin.

Nutritional Analysis:

190 calories, 6 g fat, 1 g saturated fat, 40 mg cholesterol, 240 mg sodium, 31 g carbohydrate, 2 g fiber, 14 g sugars, 5 g protein.

Happy New Year!

Our activities, even those that say Homemaker, are open to anyone who would like to participate. Hope you will join us!

Sincerely,

Gill B. Harris

Extension Agent for Family & Consumer Sciences Education

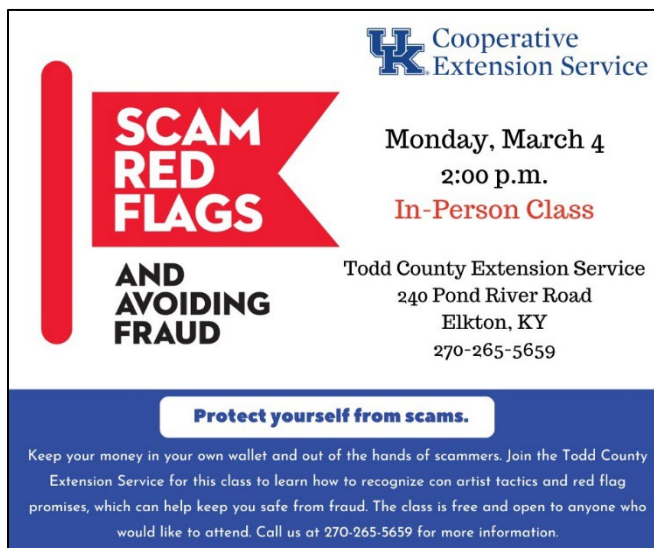
Upcoming Classes & Activities

Homemaker Leader Trainings

The January lesson on *Carbon Monoxide* is included with this newsletter. Be sure to look over the publication-- being aware of carbon monoxide exposure and knowing the steps to prevent it can save lives. Use the activity page to gather ideas for placing carbon monoxide detectors in your home.

Time Well Spent: Organizing will be taught on **Thursday, January 25, 10:00 a.m.** at the Todd County Extension Office, 240 Pond River Road, Elkton. It is on Zoom but is an interactive class. You can also request the link from us if you would like to watch the 5:00 p.m. class on Zoom.

The date for the March lesson on **Scam Red Flags and Avoiding Fraud** was **changed** to **Monday, March 4 at 2:00 p.m.** at the Todd County Extension Office. This class will be taught by a person and have activities to help you learn more about recognizing scams and keeping you safe from fraud.



SCAM RED FLAGS
AND AVOIDING FRAUD

Monday, March 4
2:00 p.m.
In-Person Class

Todd County Extension Service
240 Pond River Road
Elkton, KY
270-265-5659

Protect yourself from scams.

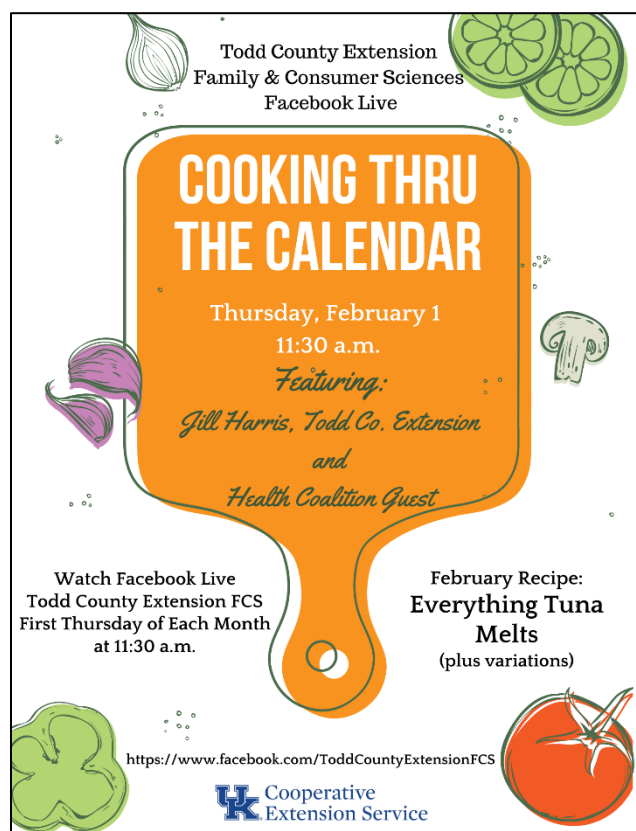
Keep your money in your own wallet and out of the hands of scammers. Join the Todd County Extension Service for this class to learn how to recognize con artist tactics and red flag promises, which can help keep you safe from fraud. The class is free and open to anyone who would like to attend. Call us at 270-265-5659 for more information.

The class will also be presented by Zoom only on **Tuesday, March 5 at 10:00 a.m. and 5:00 p.m.** (request the link if you want to watch it on your own on Tuesday).

Cooking Thru the Calendar

The Todd County Health Coalition will be hosting "Cooking Thru the Calendar" Facebook live demonstrations on the first Thursday of each month, at 11:30 a.m. We will be demonstrating how to make the recipe of the month and having guests assist with food preparation and sharing tips for healthy eating. Watch for the next episode on **Thursday, February 1, 2024, 11:30 a.m.**, on the Todd County Extension Family & Consumer Sciences Facebook page <https://www.facebook.com/ToddCountyExtensionFCS>.

Recipe calendars feature a different recipe each month, along with cooking tips, suggestions for serving, tear-out recipe cards and more. They are available at the Todd County Extension Office, 240 Pond River Road, Elkton, KY. The January recipe for Savory Winter Pork Stew was delicious.



Todd County Extension
Family & Consumer Sciences
Facebook Live

COOKING THRU THE CALENDAR

Thursday, February 1
11:30 a.m.

Featuring:
Gill Harris, Todd Co. Extension
and
Health Coalition Guest

Watch Facebook Live
Todd County Extension FCS
First Thursday of Each Month
at 11:30 a.m.

February Recipe:
Everything Tuna Melts
(plus variations)

<https://www.facebook.com/ToddCountyExtensionFCS>

Cooperative Extension Service

Todd County Homemaker Council Meeting

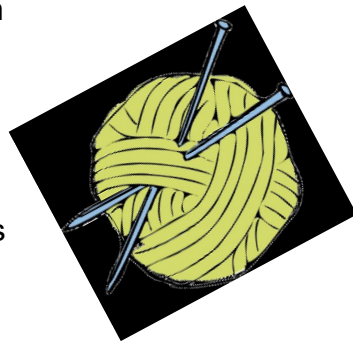
Todd County Homemakers Council will meet **Monday, January 22, 5:00 p.m.**, in the Todd County Extension Office Meeting Room.

Area Cultural Arts & Area Homemaker Seminar

The Pennyryle Area Homemaker Cultural Arts Contest will be held in conjunction with the Area Seminar this year. It will be held on **Friday, March 8** at the Christian County Extension Office and Expo Center. Cultural Arts entries will be taken at the Expo Center from **9:00 to 9:30 a.m.** and registration for the seminar will be in the meeting room of the main building from **9:30 to 10:00 a.m.** The seminar is about Italian foods—pizza, pasta, pasta sauce, etc. Lunch will be lasagna, salad, breadsticks. The registration fee is \$15/person (not sure when it is due). Cultural arts viewing will begin at 12:30. The flyer and additional details were not available at the time of this newsletter.) Watch your February newsletter for details.

Cultural Arts Categories Are:

- 1.Apparel
- 2.Art
- 3.Art, Natural
- 4.Art, Recycled
- 5.Basketry
- 6.Beading
- 7.Ceramics
- 8.Counted Cross Stitch
- 9.Crochet
- 10.Doll/Toy Making
- 11.Drawing
- 12.Embroidery
- 13.Felting 1
- 14.Holiday Decorations
15. Jewelry
16. Knitting
17. Knitting (Other)
18. Needlepoint
19. Painting,
20. Painting, Decorative
21. Photography
22. Quilts
23. Paper Crafting



24. Rug Making
25. Wall or Door Hanging
26. Weaving
27. Miscellaneous



A complete list of categories and subcategories is available on the at the Extension Office or online at <https://keha.ca.uky.edu/>.

Pizza Perfected

Learn tips, tools, and techniques for making pizza dough on **Tuesday, February 13, 10:00 a.m.**, at the Todd County Extension Office. The class will be part instruction, demonstration, hands-on, and tasting. You will leave with 2 different types of doughs to take home. Pre-registration is required and there is a limit of 12 adults. This is a one-time only class. Call 270-265-5659 to register.

PIZZA PERFECTED February 13 10:00 a.m.

Tips, tools, and techniques for making pizza dough
Tuesday, February 13, 10:00 a.m.
Todd County Extension Office
240 Pond River Road, Elkton, KY
Instruction, demonstration, hands-on, and tasting
Limit 12 Adults
Pre-registration required, 270-265-5659

Cooperative Extension Service