

FAMILY AND CONSUMER SCIENCE NEWS

Boyd County Cooperative Extension
Service
February, 2023



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

Family and Consumer Sciences

Cooperative Extension Service

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Happy February!

We are having some fun events here in the office this month. On the 2nd, make sure to stop by at 10 am for February's Cooking With the Calendar recipe! On the 9th, we have Longaberger Basket Bingo at 6 pm, and on the 28th, we have a brand new FCS program called "Pathways to Wellness", a 4-week program that teaches how our community can impact our health and how we can use that knowledge to create a community-wide culture of health.

As always, my door is always open for discussion and ideas!

Jacqueline Doucet



In This Issue:

Welcome	1
Homemaker News.....	2
FCS Program.....	3
Plate it Up Recipe.....	4
Cooking With the Calendar Recipe.....	5
MoneyWise.....	6

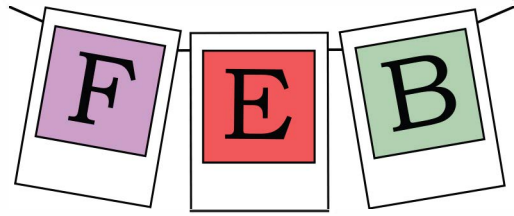
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Disabilities
accommodated
with prior notification.

Homemaker Upcoming Events & Announcements



- Homemaker Council Meeting: **February 8th at 10 am**, Boyd County Extension Office.
- Cooking With the Calendar: Hilltop Homemaker Club, **February 2nd at 10 am**, Boyd County Extension Office. **February's Recipe: Cajun Seasoned Fish and Rice.**
- Basket Bingo: **February 9th at 6 pm**, Boyd County Extension Office.
- Collecting New Twin Size Comforters for Ashland Build-A-Bed Program.
Donations are due **February 24th at the Extension Office.**



Pathways to Wellness



Pathways to Wellness



Health begins
where we
live, work, learn,
and play.

 College of Agriculture,
Food and Environment

Family and Consumer
Sciences Extension

Join us!

When: Feb 28th, March 7th, & 21st, April 4th
at 2pm.

Where: Boyd County Extension Office

Info: (606) 739-5184 or jndouc2@uky.edu

These action packed sessions will help you live and
interact with our community in a new and vibrant way.
Please plan to attend all four.

Call to register or stop by the Boyd County
Extension Office.



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Grilled Sweet Potatoes

6 medium sweet potatoes
3 tablespoons olive oil

Dressing:
1 tablespoon finely chopped fresh basil
1 tablespoon lemon juice

½ teaspoon lemon zest
1 tablespoon olive oil
¼ teaspoon salt

Prepare grill for hot, direct heat. **Peel** sweet potatoes and **cut** lengthwise or on a diagonal into ½-inch slices. **Coat** each slice with olive oil. **Lay** sweet potato slices on hot grill. **Cook** about 5 minutes on each side until slices are tender and crisp, being careful not to char. **Baste** sweet potato slices with

dressing and **serve** hot.

Yield: 6 servings.

Nutritional Analysis: 200 calories, 9 g fat, 1.5 g saturated fat, 0 mg cholesterol, 170 mg sodium, 26 g carbohydrate, 4 g fiber, 5 g sugars, 2 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Kentucky Sweet Potatoes

SEASON: All year — the peak season is October through March.

NUTRITIONFACTS: Sweet potatoes are a good source of fiber, complex carbohydrates and vitamins A and C.

SELECTION: Two varieties of sweet potatoes are grown in Kentucky. The pale sweet potato has a light yellow skin and pale yellow flesh that is dry and crumbly. The darker variety has a dark skin and orange sweet flesh that cooks up moist. Choose small to medium-sized sweet potatoes with smooth, unbruised skin.

STORAGE: Store unwrapped in a cool (50 degrees F), dry, dark place with good ventilation for up to 2 months or at room temperature for 2 weeks.

PREPARATION: Scrub well. Leave whole or peel, then slice, dice or shred.

To Bake: Pierce skin in several places and rub with margarine, if desired. Arrange on a baking sheet in a single layer and bake uncovered in a 375 degree F

oven until soft when squeezed (45-60 minutes.)

To Boil: In a 3-quart pan, boil four whole medium-sized potatoes, covered in 2 inches water, until tender when pierced with a fork or knife. Drain.

To Microwave: Pierce skin, place on a paper towel in microwave. If cooking more than two at a time, arrange like spokes of a wheel. Microwave on high, turning halfway through cooking time. Allow 4-5 minutes for one potato.

KENTUCKY SWEET POTATOES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

September 2014

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COOPERATIVE
EXTENSION
SERVICE



Source: www.fruitsandveggiesmatter.gov



Cajun Seasoned Fish with Rice

- 1 tablespoon paprika
- 1 tablespoon dried oregano
- 1 tablespoon garlic powder
- 1 teaspoon ground black pepper
- 1 teaspoon salt
- 1 tablespoon butter
- 1 package (10 ounces) frozen vegetable blend with onions, celery, peppers, and parsley
- 3 cups cooked brown rice
- Nonstick cooking spray
- 1 1/2 pounds thawed fish fillets, any type
- 1 lime (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Combine paprika, oregano, garlic powder, pepper, and salt in a small bowl. Set aside.
3. Melt butter in a medium saucepan.
4. Add frozen vegetable blend.
5. Cook and stir over medium heat for 5 to 8 minutes or until vegetables are tender.
6. Add cooked rice and 1 teaspoon of prepared seasoning mix. Cook and stir until rice is heated through, about 3 to 5 minutes.
7. Reduce heat to very low. Cover rice mixture and keep warm while preparing fish.
8. Spray fish fillets on all sides with cooking spray and coat with seasoning mix. Remember to wash your hands after handling raw fish.
9. Place a large cast iron skillet or other heavy, nonstick skillet on the stovetop over medium high heat. Let the pan preheat until it's very hot but not smoking.
10. Place fish fillets in a single layer in the pan. The pan will smoke a little.



11. Cook fish over medium-high heat for 3 minutes. Use a spatula to carefully turn the fish over. The seasoning mixture will make a dark brown crust on the fish.
12. Cook the fish on the other side for 3 more minutes, or until it is solid white and flakes easily with a fork, or registers at least 145 degrees F when tested in the thickest part.
13. Divide fish into six portions and serve each piece over 1/2 cup of cooked rice.
14. Optional: Sprinkle fish with juice from one lime.
15. Refrigerate leftovers within 2 hours.

Variations: Add 1/4 teaspoon cayenne pepper or chili powder for a spicier mix.

Makes 6 servings

Serving size: 1 fish filet and 1/2 cup rice

Cost per recipe: \$11.44

Cost per serving: \$1.91



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts per serving:

260 calories; 5g total fat; 2g saturated fat; 0g trans fat; 60mg cholesterol; 460mg sodium; 28g total carbohydrate; 3g dietary fiber; 2g total sugars; 0g added sugars; 26g protein; 20% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

Source:

Martha Yount,
Nutrition Education
Specialist, University
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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

FEBRUARY 2023

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THIS MONTH'S TOPIC: PUT COMPOUND INTEREST TO WORK FOR YOU

The current rising interest rates may mean higher costs for mortgages and other variable rate credit, such as credit cards. However, it also means higher interest paid on savings. Take advantage of compound interest and put those rates to work for you to earn more on your money.

UNDERSTANDING COMPOUND INTEREST

When interest is compounded, you earn profit on the money you save, as well as on the interest you have already earned. The money you save is known as the principal. Compound interest offers an advantage over simple interest where you only earn profit on the principal and not any interest paid.

Compound interest helps your money to grow faster over time. The more frequently it is compounded, the greater the compound interest will be. For example, an account that compounds daily will build faster than an account that compounds monthly or annually.

PROS AND CONS OF INTEREST

Compounding interest can work for or against you, depending on the products you use. Compound interest on a savings account, especially a high-yield account, provides benefits. The larger the account or the higher the interest rate earned, the faster your money will grow. If you are able to withstand the risk, an investment account or retirement account may be able to offer this opportunity.

Investing



However, when used on a loan product or a credit card, compounding may cause your debt to build faster. Be aware of the terms of all accounts you have. If you have high-interest debt, work to pay that off as quickly as possible.

RISING INTEREST RATES

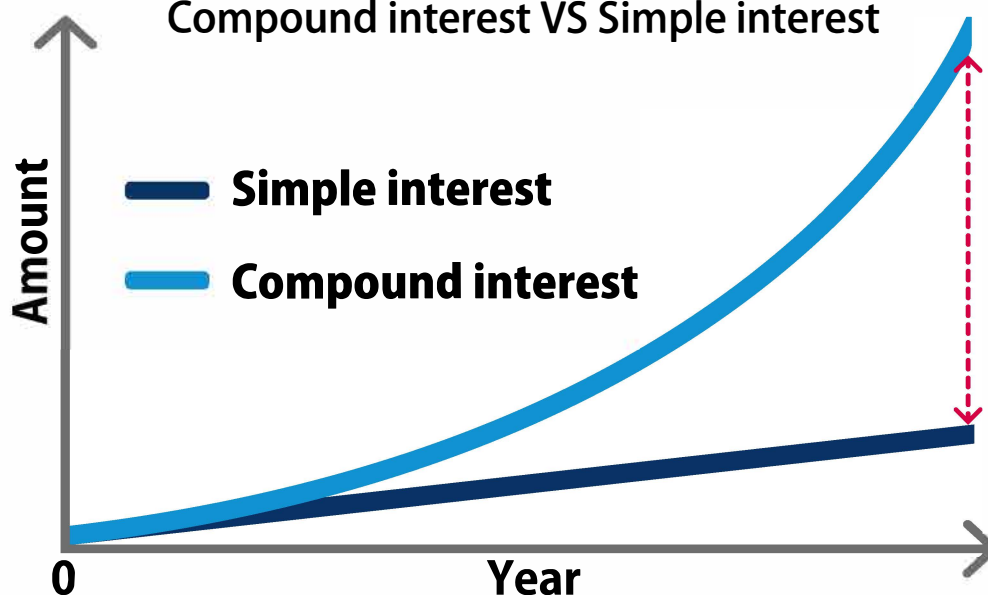
The Federal Reserve's Federal Open Market Committee has raised the federal funds rate seven times in 2022 to combat inflation. Currently it is between 4.25% and 4.5%, up from near zero in 2020 to combat the pandemic's effect on the economy. Average bank interest rates on savings accounts are still low in the U.S., at a national average annual percentage yield, or APY, of 0.30%. However, high-yield accounts may earn between 3% and 4% for those who qualify. Talk with a representative from your financial institution to see what products they offer with compounding interest.



THE MORE OFTEN THE INTEREST COMPOUNDS, THE FASTER IT WOULD GROW

THE POWER OF COMPOUNDING

Compound interest VS Simple interest



COMPOUND INTEREST AT WORK

This chart shows how much money you would earn if you deposited \$500 in an account that earns 3% compounded annually. If no other deposits are made, the account owner would earn \$79.64 on the initial deposit after five years.

Years	Future Value (Compounded at 3% annually)
Initial Deposit (Year 0)	\$500.00*
Year 1	\$515.00
Year 2	\$530.45
Year 3	\$546.36
Year 4	\$562.75
Year 5	\$579.64

*Chart assumes no further deposits are made.

The more often the interest compounds, the faster it would grow. And if you add additional funds to the account, the interest would be compounded on the new principal as well.

Commit to saving today by taking the Kentucky Saves Pledge at www.kentuckysaves.org. The pledge is a personal commitment to save money, reduce debt, and build wealth over time. You simply type your name, choose a savings goal, and pledge how much you plan to save each month to reach your goal. There is no commitment, and you will receive free information on ways to save via email or text message.

REFERENCES:

Federal Open Market Committee meeting calendars, statements, and minutes (2022). Washington, DC. Board of Governors of the Federal Reserve System. <https://www.federalreserve.gov/monetarypolicy/fomccalendars.htm>

Personal savings rate (2022). Washington, DC: U.S. Bureau of Economic Analysis: <https://fred.stlouisfed.org/series/PSAVERT>

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