



Grant County Extension Service
105 Baton Rouge Road
Williamstown, KY 41097

PRESORTED
STANDARD
US POSTAGE PAID
WILLIAMSTOWN, KY
PERMIT # 082

Stay warm
with a toasty
bowl of:



New Potato^{and} Asparagus Soup

2 tablespoons olive oil	½ teaspoon garlic powder	1 pound fresh asparagus
2 medium size, boneless, skinless chicken breasts	zest and juice of 1 lemon	½ cup reduced fat sour cream
1 medium diced onion	2 cups new potatoes	Fresh ground black pepper
1 teaspoon salt	3 cups vegetable broth	
	1 cup low fat milk	

- 1. Pour** oil into a large saucepan over medium heat.
- 2. Remove** fat from chicken breasts and cut chicken into ½ inch pieces.
- 3. Cook** chicken and diced onion in the oil for about 5 minutes or until chicken is done and onions are golden.
- 4. Stir** in salt, garlic powder, lemon zest, and ½ of the lemon juice.
- 5. Cut** potatoes into ½ inch chunks, leaving the skin on.
- 6. Add** potatoes and vegetable broth then simmer, stirring occasionally, until potatoes are tender.
- 7. Stir** in the milk.
- 8. Trim** and cut asparagus into 1 inch pieces and add to mixture.
- 9. Simmer** over medium heat, partially covered and cook until the asparagus is tender, about 15 minutes.
- 10. Stir** in ½ cup sour cream and season with salt and pepper to taste.

Yield: 8, 1 cup servings.
Nutrition Analysis: 270 calories; 7 g fat; 2 g saturated fat; 0 g trans fat; 30 mg cholesterol; 760 mg sodium; 36 g carbohydrate; 4 g fiber; 8 g sugar; 16 g protein.

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



**Snow
Policy!**

Please be aware that some scheduled events may be cancelled due to weather conditions. Our activities are NOT automatically cancelled if schools are closed. Please call the office (824-3355) or check our facebook page to see if your activity has been cancelled.

Our office will be closed & all events cancelled if Grant County is placed on a Level 2 Snow Emergency.

Non-Discrimination Policy:

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity.

Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

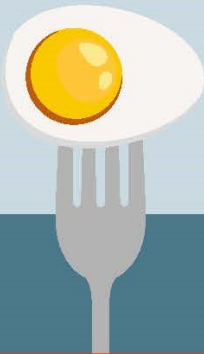
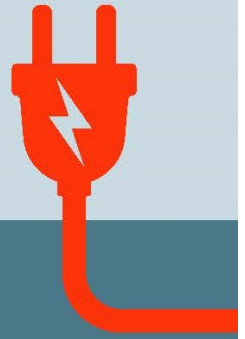
Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to

Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or

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

Eat Safe Food after a Power Outage



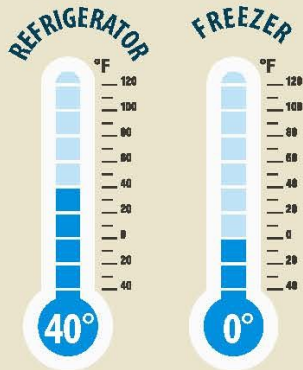
Refrigerated or frozen foods may not be safe to eat after the loss of power. Find out what you can do to keep food safe during a power outage, and when you need to throw away food that could make you sick.

Before

Keep appliance thermometers in your refrigerator and freezer.

The refrigerator should be at 40°F or below.

The freezer should be at 0°F or below.



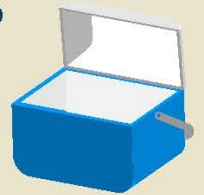
Prepare for emergencies or natural disasters



Freeze containers of water and gel packs to help keep your food at 40°F or below.



Have a cooler handy.



Buy dry ice or block ice to keep food cold in the refrigerator if the power might be out for a long time.

During

KEEP
Refrigerator
& Freezer Doors
CLOSED



4
Hours
in a
Refrigerator



48
Hours
in a
FULL
Freezer



24
Hours
in a
HALF-FULL
Freezer

After 4 hours without power, put refrigerated perishable foods in a cooler. Add ice or another cold source to keep them at 40°F or below.

After

Never taste food to determine if it is safe to eat. When in doubt, throw it out.



- **Throw out perishable food** in your refrigerator (meat, fish, cut fruits and vegetables, eggs, milk, and leftovers) **after 4 hours without power** or a cold source.
- Throw out any food with an **unusual odor, color, or texture.**
- **Check temperatures of food** kept in coolers or your refrigerator with a cold source. Throw out food above 40°F.
- If you have an appliance thermometer in your freezer, check to see if it is still at 40°F or below.
- You can **safely refreeze or cook** thawed frozen food **that still contains ice crystals** or is at 40°F or below.



www.cdc.gov/foodsafety

Calendar Corner

- Jan 15 MLK Day—Office Closed
- Jan 16 Chamber Breakfast @ St. Williams
Homemaker Council @ Brownings Country Ham at 11 AM
- Jan 19 Laugh & Learn @ Library at 11 AM
Paint Night! @ Senior Center at 6 PM
- Jan 24 Cook through the Calendar @ Senior Center at 1 PM
- Feb 2 Wear Red Day for Heart Healthy Awareness
- Feb 13 Dry Ridge Homemakers @ 10:30
- Feb 16 Laugh & Learn @ Library at 11 AM
Paint Night! @ Senior Center at 6 PM
- Feb 28 Cook through the Calendar @ Senior Center @ 1 PM

Laugh & Learn

Laugh & Learn is a free, one-hour program for your child(ren) ages 3-5 years old. It is held monthly at the Grant County Library. Please call 859-824-3355 to sign up so we have enough activities for everyone.

January 19:

Winter

February 16:

My Family

If you need to see us, please note our new residence. We aren't ready to host meetings yet, but we're still available to provide information.

SAME MAILING ADDRESS

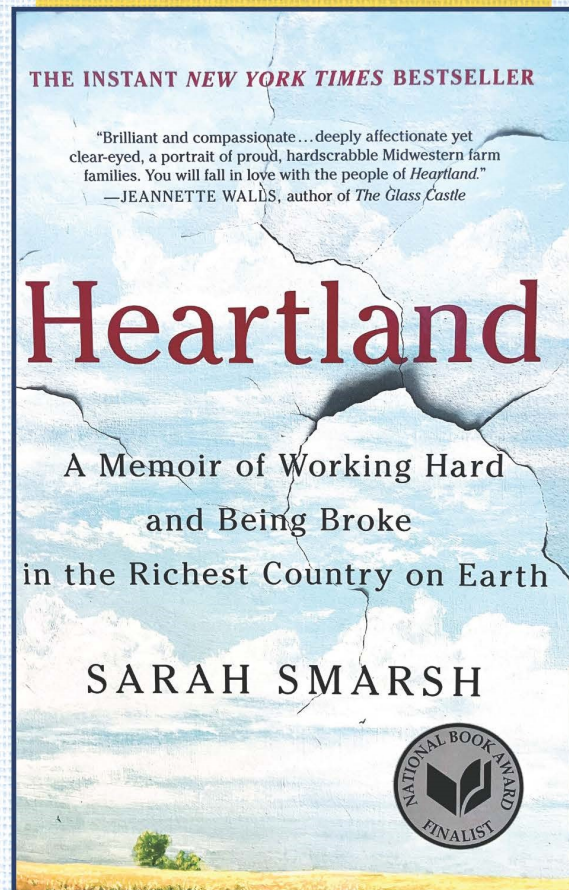
SAME PHONE

WE'VE MOVED!

EFFECTIVE NOW!

ONLY OUR LOCATION IS CHANGING...

NEW PHYSICAL ADDRESS:
GRANT COUNTY EXTENSION
1212 N. MAIN ST. SUITE F, WILLIAMSTOWN
IN MIDWAY PLAZA



WE ARE EXCITED TO
READ WITH
YOU
THIS YEAR!

BIG BLUE BOOK CLUB

Big Blue Book Club is back with **Heartland: A Memoir of Working Hard and Being Broke in the Richest Country** on Earth by Sarah Smarsh. This book is an eye-opening memoir about working-class poverty in America. Our discussions will help participants understand the impact that economic hardship and inequality have on our communities. Heartland is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.

The first Big Blue Book Club series for **2024 will be April 11, 18, and 25**. Each Thursday morning session will be presented via Zoom at 11 a.m. EDT. We will record the sessions, so if you aren't available during the day, you are welcome to participate via the recording.

Registration will open at 9 a.m. EST on Feb. 1 at <https://ukfcs.net/BBBC24book1>. The link will not be active until registration opens. The first 200 registered participants will receive a free copy of the book. Pick up your free book at your local Extension office after you receive notification that you are one of the book recipients.

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

LIVE LEARN

UK Martin-Gatton
College of Agriculture,
Food and Environment

Grant County Extension Service
105 Baton Rouge Road
Williamstown, KY 41097
Phone: 859-824-3355
Fax: 859-824-3391

Jan.-Feb. 2024



Paint Nights

Grab your friends and let's have a fun Girls Night Out!!!! Call 859-824-3355 to sign up. Class will be cancelled if fewer than 5 sign up. Class starts at 6 PM and is \$25/Person.



January 19



February 16

COOKING THROUGH THE CALENDAR

SAVORY WINTER PORK STEW

Jan 24 @ 1pm

EVERYTHING TUNA MELT

Nov. 8 @ 1 PM

Both meetings at

Williamstown Senior Center

Call 859-824-3355 to register.



Wear Red on February 2!!!

Raise awareness to be
Heart Healthy!

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