

Family & Consumer Sciences

December 2024 / January 2025

Life with Liz!

New Year, New Classes: Kickstart 2025 with Fresh Opportunities!

The holiday season is upon us and as we step into the exciting promise of a new year, it's the perfect time to reflect on the joys and challenges of the past year—and to look ahead to what's next. I hope this holiday season brings moments of rest, celebration, and connection with loved ones while also offering a sense of anticipation for the opportunities the new year will bring. And what better way to start 2025 than by exploring the incredible classes and learning experiences coming your way?

We're thrilled to share the fantastic lineup of programs we'll be offering in the new year! Be on the lookout for our mass mailer in January with even more programs being offered by Boone County Cooperative Extension. Whether you're looking to develop a new skill or simply learn something new for fun, there's something for everyone in the upcoming months.

I appreciate each one of you and the support you have for the Boone County Cooperative Extension office. From myself, Diane, and the rest of the Boone County Office, we wish you Happy Holidays and a Wonderful New Year.

~Liz Evans, Boone County FCS Agent



For more information or if you have questions, please reach out--I'm here to help!

Elizabeth Evans

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[Boone County Family & Consumer Sciences](#)



RECIPE OF THE MONTH!

Savory Winter Pork Stew

Servings: 12 Serving Size: 1 cup Recipe Cost: \$19.19 Cost per Serving: \$1.60

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Ingredients:

- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon granulated garlic
- 1/2 cup all-purpose flour
- 2 pounds boneless pork loin chops, 3/4-inch thick
- 2 tablespoons olive oil, divided
- 1 carton (32 ounces) low-sodium chicken broth
- 3 large carrots, sliced in 1/4-inch rounds
- 2 celery stalks, diced
- 1 medium onion, diced
- 3 medium potatoes, diced
- 1 can (10 ounces) diced tomatoes with green chilies

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. In a plastic gallon bag, add salt, pepper, garlic, and flour. Set aside.
4. On a meat cutting surface, trim fat and cut pork loin chops into cubes using a serrated knife or kitchen shears.
5. Place pork pieces inside a gallon bag with flour and seasonings and seal. Shake bag until all pork pieces are dredged in flour.
6. Wash hands and surfaces after handling uncooked meat.
7. In a large nonstick skillet, heat 1 tablespoon of olive oil over medium heat. Brown half of the pork pieces in the skillet, flip over pieces until all sides are browned. Remove pork and place in a large soup pot. Add another 1 tablespoon of olive oil to the skillet and brown the remaining pork pieces; then add remaining pork to the soup pot. Note: An extra-large skillet can brown all the pork pieces at one time.
8. Add 3 cups of chicken broth, carrots, celery, and onion to the pork in the soup pot. Bring to a boil over high heat. Reduce heat to medium-low, stir occasionally to avoid ingredients sticking to the bottom of the pot. Cook 20 to 30 minutes, or until vegetables are tender.
9. Add the remaining chicken broth, potatoes, and diced tomatoes with chilies. Bring to a boil. Simmer on low heat for 10 to 15 minutes until potatoes are tender, but not mushy.
10. Refrigerate leftovers within 2 hours.

Source: Source: Stephanie Derifield, former Area Nutrition Agent; Ruth Ann Kirk, Lawrence County EFNEP Program Assistant Senior; and Danielle Fairchild, Lawrence County SNAP-Ed Program Assistant Senior, University of Kentucky Cooperative Extension Service

Nutrition facts per serving: 190 calories; 5g total fat; 1g saturated fat; 0g trans fat; 40mg cholesterol; 380mg sodium; 17g total carbohydrate; 2g dietary fiber; 3g total sugars; 0g added sugars; 21g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium



MONTHLY SPOTLIGHT

You Are Not Alone: Coping with Grief Triggers During the Holidays

Source: Amy Kostelic, associate extension professor, adult development and aging specialist at the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment.

Grief is the complex reaction to loss that can often be intense and overwhelming. Although the experience of grief is unique to each person, it can often be emotional, physical and spiritual.

A flood of emotions may arise when we remember special moments or significant events in our lives. It is normal to feel a varying degree of grief when reminded of loss. Particular times that might trigger grief reactions include birthdays, anniversaries, holidays and death dates. Even attending a funeral or memorial service for others can trigger the pains of loss.

Grief is unpredictable and triggers that connect you to a loved one are everywhere, including smells, sights and sounds. Traditions and even new events that you think your loved ones would have enjoyed can trigger a grief reaction. Your grief may pass quickly, or it may linger for days or longer.

To help you cope with grief triggers, in can be helpful to:

- Prepare and plan. Turn dates into celebrations or a time for healing. Surround yourself with distractions in anticipation of a difficult anniversary.
- Permit yourself to feel the emotions. It is OK to allow yourself to laugh and cry.
- Reflect on your memories. Tell stories, write or find ways to communicate that are most comfortable to you.
- Create a tradition. Use the date for a special remembrance or celebration.
- Reach out for support. Don't go through grief alone. Reach out to friends, family, professionals and/or support groups.
- Volunteer your time to a cause. Connect to a specific cause or organization meaningful to you and/or your loved one.

Remember that grief is not a sign of a weakness or a setback. Rather, it is a reflection of what's important to you—we all grieve, and you are not alone.

Contact your local Boone County Extension office for more resources, tips and information.

UPCOMING EVENTS

DECEMBER 10 1:30 – 3:30PM	GIFT WRAPPING 101 CAMPBELL County Extension Office 3500 Alexandria Pike, Highland Heights, KY 41076 <i>Call 859.572.2600 to register</i>
DECEMBER 18 9AM – 12PM	FESTIVE JOURNEY: A HOLIDAY ADVENTURE For ages 18+ Boone County Enrichment Center 1824 Patrick Drive, Burlington, KY 41005
Dec 25, 2024 through Jan 1, 2025	OFFICE CLOSED 
JANUARY 23 1 – 4:30 PM	THE ARTFUL PALETTE Registration is from 12:30 pm–1:30 pm Boone County Enrichment Center 1824 Patrick Drive, Burlington, KY 41005
JANUARY 24 9AM – 12PM	PLANNER HOURS Boone County Enrichment Center 1824 Patrick Drive, Burlington, KY 41005
JANUARY 31 10AM – 12PM	LAUGH & LEARN PLAYDATES Boone County Enrichment Center 1824 Patrick Drive, Burlington, KY 41005
JANUARY 31 10AM – 12PM	CINCINNATI'S CANDY CONNECTION Boone County Enrichment Center 1824 Patrick Drive, Burlington, KY 41005

Register at boone.ca.uky.edu or call 859.586.6101

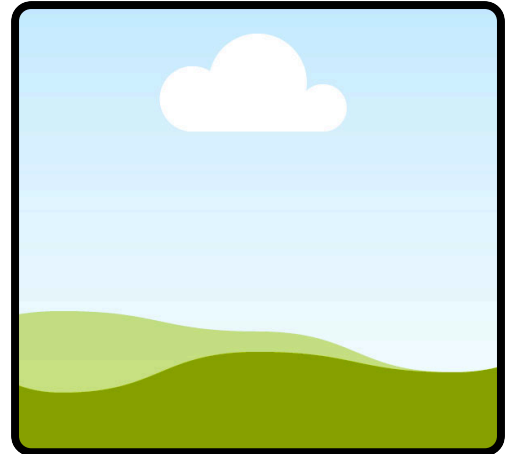
LIFE THROUGH THE LENS OF FCS



Pie Dough and Crust Basics: class 1
October 23, 2024



Pie Dough and Crust Basics: Class 2
October 23, 2024



Enjoying Chocolate: Class 1
November 12, 2024



Enjoying Chocolate: Class 2
November 12, 2024



Sewing Up The Holidays:
Family Aprons
November 12, 2024



Sewing Up The Holidays:
Family Aprons
November 12, 2024



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Lexington, KY 40506

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