

Family & Consumer Science News

Spring 2020

An “Ugh” and an “Ah!”

Ugh! Life as we’ve know it has come to a screeching halt, hasn’t it? Events world-wide have been cancelled, and the news channels rarely have good news. All of us at the Southwind Extension District hope that you are doing well and coping as best you can. While our offices are closed, the agents are available during regular hours - just call us!

Ah! We’re trying something new in this newsletter - introducing you to an agent you might not know. Krista Harding is our Horticulture agent and works in the Erie office. She’s our resident “green thumb” and can help you with all of your garden needs. Enjoy her article below, and give her a call if you have a horticulture question!

Container Gardens – Anyone Can Do It

If you are reading this and thinking to yourself that you have never grown anything in your life and just don’t think it’s possible, let me assure you that it is possible. Even for the most novice! You might be thinking that you don’t have space for a garden, or maybe you don’t have a tiller or other equipment. Don’t let that stop you because almost all vegetables can be grown in containers.

The containers don’t have to be anything fancy. Literally, anything that can hold soil and have drain holes drilled in the bottom can be used. Containers that are 16 to 24 inches in diameter work well. Containers less than 12 inches are probably too small – except for lettuces. The most important component of growing vegetables in a container is getting the right potting media. Potting mixes are ideal (instead of soil from your yard). The components are light-weight and hold water and oxygen much better. Make certain that you don’t forget

Continued on next page



Inside this issue

The Power of Gratitude	2
Easter Food Safety Tips	3
The Emotional Benefits of Exercise...	3
An Egg-cellent Hunt,	4
Easy Quiche Recipe.....	4
Save Money & Shop Your Cabinets ..	5
Creative Ways to Be Together.....	5
It’s Spring! Clean or Clear?.....	6
Reducing the Size of Recipes.....	7
Mindfulness word search puzzle.....	8

Contact your local office

Erie Office

111 S. Butler
Erie, KS 66733
620-244-3826

Fort Scott Office

210 S. National Ave.
Fort Scott, KS 66701
620-223-3720

Iola Office

1 N. Washington Ave.
Iola, KS 66749
620-365-2242

Yates Center Office

211 W. Butler St.
Yates Center, KS 66783
620-625-8620



Container Gardens, con't.

to drill some drainage holes into the bottom of the container.



Fertilizer should be added at planting time and mixed into the soil. If you want to go the organic route, mix blood meal or bone meal into the soil before planting. If you use a synthetic fertilizer, add a slow-release type when preparing the container.

Another benefit to growing vegetables in containers – you don't have to fight the weather quite as much. Right now, traditional garden soils are way too wet to even think about planting. But with the container system, you can keep them dry inside a garage until you are ready to plant.

Early spring is the ideal time to plant cool season vegetables such as lettuce, spinach, radish, onions, carrots and potatoes. All can be easily grown in containers, even potatoes!

Krista Harding: kharding@ksu.edu; 620-244-3826

The Power of Gratitude

Have you ever heard others talk about gratitude, but you're not really sure what it is? You're not alone.

Gratitude is an emotion expressing an appreciation for what one has, as opposed to what one wants. Although the words grateful and thankful are often used interchangeably, they are actually different. Being thankful or thanking someone often implies you are acknowledging your thanks for something that someone has given you. Thankful tends to be an automatic response like when someone holds open a door-most people automatically say thank you. Consider when you're at a restaurant and the wait staff brings your dinner to you. Typically, you say thank you and then continue in your conversation or begin eating. Actions surrounding thankfulness only last a moment.

Gratefulness tends to be an emotional response to reflection of an occurrence or series of occurrences that have made a difference in your life. You may be grateful for a friend who encouraged you to meet your goal of going back to school and then supported you as you took classes. You can also gain a sense of gratefulness for a neighbor who said they would help you on the weekend to cut down a tree in your yard and they followed through on their commitment to helping you.

The key to gratefulness is simple - it's practice:

- Write down three to five things that you are grateful for on a daily bases in a journal.
- Write and send a "gratitude" letter to an important person in your life that you have never properly thanked.
- Enjoy the good in your life! We tend to be a negative society. Turn that around and accentuate the positive.

The more you integrate gratefulness into your life, the easier and more routine it will become. It won't take long for you to notice a change in yourself and others.

A grateful spirit brightens mood, boosts energy and fills daily living with a sense of contentment. According to the University of California Berkley – Greater Good Science Center, people who practice gratitude have reduced anxiety and depression, are overall healthier, sleep better, more resilient, have stronger relationships, encourage forgiveness and inspires altruism.

Source: Michigan State University Extension

Easter Food Safety Tips

There is, perhaps, nothing that spoils the party more than an unwanted guest. In the case of holiday gatherings, foodborne illness is one of those that is not welcome at the dinner table. K-State food safety specialist Karen Blakeslee says that keeping you and your family healthy this Easter is a matter of handling foods safely in the kitchen...starting with what is often the centerpiece of the meal.

"Be sure to read the label to know what type of ham you are purchasing, either fresh or ready-to-eat," said Blakeslee, coordinator of the university's [Rapid Response Center](#), a resource for food information. "Fresh ham labels will detail cooking instructions, and the label may state 'cook thoroughly.'" She added that ready-to-eat ham can be served out of the package or reheated in the oven at 325 degrees F until the internal temperature reaches 140 F.

Fresh, or cook-before-eating, hams must be cooked to an internal temperature of 145 F at an oven temperature of 325 F. Blakeslee said that a [timetable for cooking ham](#) is available from the U.S. Department of Agriculture.

For a fun twist on the holiday ham, Blakeslee suggested cooking outside on the grill, if weather permits. "Ham, lamb, and other meats that are grilled can add extra flavor to your Easter meals," she said.

Ham should be eaten or stored within two hours after heating.

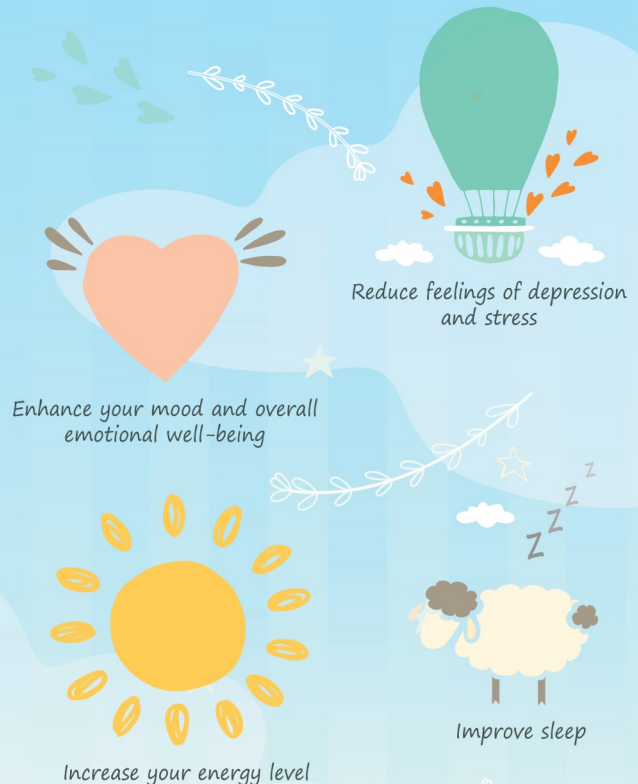
Popular cold foods like salads and egg dishes should be kept cold, below 40 F until ready to serve. "Mayonnaise in salads is very acidic and likely not a foodborne illness issue," she said. "But it's the other ingredients, such as potatoes, eggs, chicken or pasta that can allow bacteria to thrive if handled poorly or temperature abused."

With COVID-19 in the news, Blakeslee said there is no scientific evidence that the virus can be transferred on food.

There are no reports at this time of human illness that suggest COVID-19 can be transmitted by food or food packaging. Use safe food handling practices: clean, cook, separate and chill to keep your food and yourself safe. Follow area guidelines on social gatherings.

The Emotional Benefits of Exercise— Feel Good with Go4Life®

Research shows the benefits of exercise go beyond just physical well-being. Physical activities—like walking, biking, dancing, yoga, or tai chi—can help:



So, the next time you're feeling down, anxious, or stressed, start moving!

Get exercise ideas, motivational tips, and more from **Go4Life®**, an exercise and physical activity campaign for older adults from the National Institute on Aging at NIH.



Go4Life®
go4life.nia.nih.gov

An Egg-cellent Hunt

K-State Research and Extension food safety specialist Karen Blakeslee shared these tips for conducting a safe Easter Egg hunt:

- Don't leave eggs at room temperature more than two hours.
- Wash your hands before and after handling eggs.
- Hide eggs away from pets, other critters, and chemicals.
- If eggs get cracked, throw them away.

"If you plan to dye hard-boiled eggs, be sure they are fully cooked by boiling them about 12 minutes," Blakeslee said. "Use food-grade dye to add bright colors. Keep them cold until just before the hunt. Hide and hunt for them within two hours if you intend to eat them."

Easy Quiche

Ingredients

1 unbaked pie crust (ready-made or make your own)
4 large eggs
1/2 cup milk* * Or use 1 cup milk and omit heavy cream or Half-and-Half
1/2 cup heavy cream or Half-and-Half*
1/4 teaspoon each salt and pepper (salt can be omitted)
1 cup shredded or crumbled cheese
up to 2 cups add-ins (see recipe note below)
optional toppings for serving: extra cheese, chopped herbs & freshly ground pepper to taste

Add-Ins: vegetables such as broccoli, spinach, mushrooms, onion, peppers, and meat/seafood such as ham, bacon, turkey or crab. Most quiche add-ins should be pre-cooked and can still be warm when mixing into the egg filling.

Instructions

Preheat oven to 400°F.

Line 9" pie pan with crust.

In a large bowl with a handheld or stand mixer fitted with a whisk attachment, beat the eggs, whole milk, heavy cream, salt, and pepper together on high speed until completely combined, about 1 minute. Whisk in cheese and add-ins.

Pour quiche mixture into prepared pie crust and bake at 400°F for 10 minutes then reduce oven temperature to 350°F and bake the quiche until the center is just about set, about 35-45 minutes more. Don't over-bake. Use a pie crust shield or foil to prevent the pie crust edges from over-browning. Allow to cool for 15 minutes. Top with optional toppings before slicing and serving, if desired. Or you can cool the quiche completely before serving— it's fantastic at room temperature!

This quiche makes great leftovers! Cover tightly and store in the refrigerator for up to 4 days.

Make Ahead & Freezing Instructions: The pie dough can be prepared ahead of time and stored in the refrigerator for up to 5 days or in the freezer for up to 3 months. To freeze whole quiche, cool baked quiche completely, then cover tightly with a couple sheets of aluminum foil and freeze for up to 3 months. Thaw in the refrigerator, then bake at 350°F (177°C) for 20-25 minutes or until internal temperature is 165°F.



Save Money and Shop Your Cabinets

Before you run to the grocery store, shop your cupboards first! Use up your current food stash, make a menu plan and list, save money and time shopping, and reduce food waste! It's a win, win. Try this reduced size Kids a Cookin' Easy Peach Crisp. Also great when there is just one or two of you!

Easy Peach Crisp

(Adapted from Kids a Cookin' Recipe kidsacookin.ksu.edu)

3 Servings

1 Can (16 ounces) peaches, drained, and sliced

· Substitute canned peaches, you can substitute any fruit such as pears, fruit cocktail, or cherries.

1T+ 2-1/4 tsp Margarine

1T+ 2-1/4 tsp Flour

1/3 cup Uncooked Oats, quick or old fashioned

· Leftover instant oatmeal packets? These contain 1/3 cup of oats. May not use as much brown sugar or salt if this is an added ingredient to the packet.

2 T + 2 tsp Brown Sugar

Scant 1/4 tsp Salt

Scant 1/4 tsp Cinnamon

Scant 1/4 tsp Nutmeg



Directions:

1. Spray a 7-1/4 " x 5-1/2" glass baking dish with cooking spray and arrange peaches on bottom. For this small amount, you can use ramekins to make them in individual portions.
2. Melt margarine in a small glass dish in microwave.
3. Mix flour, oats, brown sugar, salt, cinnamon, and nutmeg in a bowl. Add margarine and mix until crumbly.
4. Sprinkle mixture over peaches.
5. Preheat oven to 350 degrees (325 for glass baking dish) and bake for 22 to 25 minutes, or until golden brown and bubbly.

Nutrition Information for 1 serving (3/4 cup): Calories-290, Total Fat-8 g, Saturated Fat-1.5 g Cholesterol- 0 mg, Sodium-250 mg, Total Carbohydrate- 51 g ,Dietary Fiber- 3 g, Sugars 39 g, Protein- 4 g, Vit A-10%, Vit C-110%, Calcium- 2%, Iron 6%

Creative Ways to Be Together

There are many different ways to be "together" even when you are apart. Talking with others in similar situations can give you fresh ideas for maintaining your family relationships. Read the same book or watch the same movie and spend time discussing it. Schedule times to make phone calls or host a conference call to include several friends or family members. Learn something new together with an online class or YouTube tutorial. Do a puzzle or learn a new card game!

It's Spring! Clean or Clear?

So we're stuck at home and it's Spring. What to do? Spring cleaning of course! Or maybe we should consider Spring 'clearing'. If you're like me, there may be opportunity to go a little deeper than just the cleaning, and in the process, you might be able to make the whole cleaning process a little simpler in the future.

Are there things you can clear out and do without? Consider taking some of that extra time you might have now that you are sticking closer to home and sort through some of your stuff.

Before you start, gather some boxes – five to begin with. Then begin in a certain area of your house. It might be a room, a closet, or maybe something smaller such as an out-of-control catch-all drawer.

Place the five boxes in close proximity to where you are working. As you begin the sorting process, ask yourself: "Is it something I really need, use, or has value to me or someone else?" Try to stick with 'yes' or 'no' answers. It will be easier for you in the end.

Now, back to the boxes. One box should be for those items you want to keep. Maybe these items need to be taken to their proper places, or this is the location where they will be returned. The second box should be for storage. These items might be seasonal or rarely used. Might there be a more out-of-the-way place for these items to be stored?

The third box will be for those items you want to give away, sell or donate. Are there items that have value or sentimental value that you don't use anymore that maybe a loved one can enjoy now? Consider putting those items in this box to give to the loved one on a special occasion. Other items that may still have use, yet may not have value to loved ones, can be donated or sold.

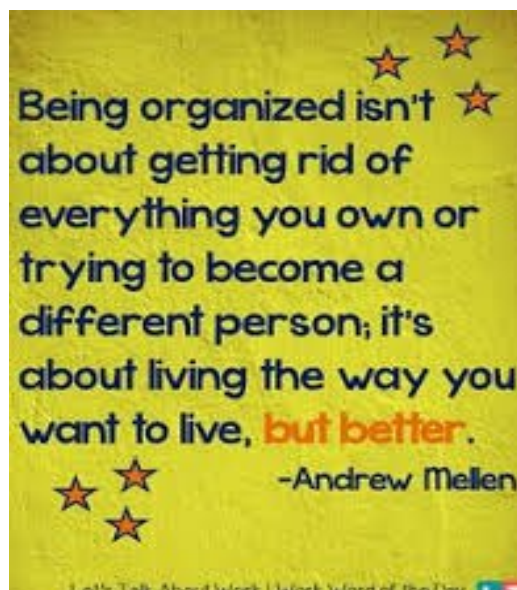
The fourth box is for those items that are to be tossed. Those things that may be broken, torn or stained ultimately have a place in the trash can or landfill.

The fifth box is an "I'm not sure" box. Only use this box if you must. It's a temporary holding spot for now in case you get stuck in the sorting process. Remember, it's temporary and you will need to sort through it again to determine which other box those items will end up.

Now that you have everything in their respective boxes, continue the cleaning process. Hopefully you'll find as you put the 'keep' items in their respective places, you have downsized some. A sense of accomplishment is often felt at this point with motivation to continue on to another area.

Your loved ones will thank you later for beginning your clearing process now!

This article was adapted from the "Cut the Clutter and Get Organized" fact sheet - KSRE publication MF2879.



MINDFULNESS



BE MINDFUL AND FIND THE FOLLOWING WORDS IN THE PUZZLE BELOW

EMOTIONS
RELAX
NOTICE
ENJOY
PAUSE
ENHANCE
RELATIONSHIPS
ATTENTION
SENSES
AWARENESS
PRESENT
RECOGNIZE
IMMUNE SYSTEM
DECREASE STRESS
POSITIVE
FOCUS
MEMORY

S	V	Q	V	V	W	I	M	X	S	B	Q	M	B	C
E	S	Q	M	N	D	S	S	Q	R	U	R	K	R	L
A	N	E	M	E	V	S	R	U	K	S	N	N	E	S
T	W	O	R	G	C	S	E	N	S	E	S	M	C	P
N	B	A	T	T	E	N	T	I	O	N	E	D	O	I
E	E	C	R	I	S	Q	A	K	H	T	I	P	G	H
S	E	S	I	E	C	E	Q	H	S	E	O	F	N	S
E	G	O	U	R	N	E	S	Y	N	S	U	O	I	N
R	N	E	E	A	Y	E	S	A	I	E	C	C	Z	O
P	F	L	F	R	P	E	S	T	E	L	L	U	E	I
E	A	Y	O	J	N	E	I	S	U	R	P	S	P	T
X	Y	M	T	U	D	V	Y	G	G	Q	C	Q	X	A
B	E	X	M	Y	E	Y	P	U	G	P	J	E	U	L
M	S	M	S	N	O	I	T	O	M	E	W	O	D	E
H	I	C	H	A	W	O	T	L	T	C	T	L	T	R

Reducing the Size of Recipes

Alice Henneman, MS, RD, Extension Educator

Many recipes can be cut in half or thirds. Here are some guidelines to help you adapt a larger recipe to a smaller one.

✓ It may be easier to make the entire recipe for baked goods and freeze half.

✓ When reducing recipes, you may need to use smaller saucepans, skillets and baking pans. The time for baking smaller amounts of food may be less.

✓ The standard size egg for recipes is the large egg. To halve an egg, break it, mix it together with



a fork and use 2 tablespoons. Refrigerate the rest and use in an omelet or scrambled eggs within two days.

✓ A 9 x 2 x 13-inch pan holds 14 to 15 cups; when halving a recipe use a square 8 x 8 x 2-inch pan or a round 9 x 2-inch pan. When using a different pan size, try and keep the depth of food the same. Reduce the oven temperature by 25° F when substituting a glass pan for a metal one.

✓ Two Web sites that let you adjust their recipes to smaller serving sizes are:

- www.mealsforyou.com
- www.allrecipes.com

✓ To help divide recipes, remember:

- 1 cup = 16 tablespoons
- 1 tablespoon = 3 teaspoons
- 1 cup = 8 fluid ounces
- 1 fluid ounce = 2 tablespoons
- 1 pound = 16 ounces (weight)
- 1 pint = 2 cups
- 2 pints = 1 quart
- 1 quart = 2 pints

WHEN THE RECIPE SAYS:	REDUCE TO:
To Make 1/2 of a Recipe	
1/4 cup	2 tablespoons
1/3 cup	2 tablespoons + 2 teaspoons
1/2 cup	1/4 cup
2/3 cup	1/3 cup
3/4 cup	6 tablespoons
1 cup	1/2 cup
1 tablespoon	1-1/2 teaspoon
1 teaspoon	1/2 teaspoon
1/2 teaspoon	1/4 teaspoon
1/4 teaspoon	1/8 teaspoons
1/8 teaspoon	Dash
To Make 1/3 of a Recipe	
1/4 cup	1 tablespoon + 1 teaspoon
1/3 cup	1 tablespoon + 2-1/3 teaspoons (or round to 1 tablespoon + 2-1/4 teaspoons)
1/2 cup	2 tablespoons + 2 teaspoons
2/3 cup	3 tablespoons + 1-1/2 teaspoons
3/4 cup	1/4 cup
1 cup	1/3 cup
1 tablespoon	1 teaspoon
1 teaspoon	Generous 1/4 teaspoon
1/2 teaspoon	Scant 1/4 teaspoon
1/4 teaspoon	Scant 1/8 teaspoon
1/8 teaspoon	Dash

5/08