

Everyday Edmonson Extension Notes



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Winter 2017/2018

Adulting: Cooking 101



Do you love to eat but lack basic cooking skills? This free hands on class will cover basic cooking skills needed to make your life easier. Come and learn how food prep can be simple, quick, and delicious.

January 12th at the Edmonson County Extension Office

12pm-2pm

Please call the Edmonson County Extension Office to register at 270-597-3628 or RSVP on the Facebook event page.

Clip it!



Sweet Potato Crisp

- | | | |
|---|-------------------------------------|---------------------------------|
| 3 large fresh sweet potatoes, cooked until tender. | 1 teaspoon vanilla | ½ cup all-purpose flour |
| 8 ounces reduced fat cream cheese, softened | 1 tablespoon ground cinnamon | ¾ cup quick cooking oats |
| 1 cup brown sugar, divided | 2 medium apples, chopped | 3 tablespoons butter |
| | | ¼ cup chopped pecans |

- Preheat** oven to 350° F. Lightly spray a 13 x 9 x 2 inch pan with non-stick spray.
- Mash** sweet potatoes. Add cream cheese, ¾ cup brown sugar, vanilla and cinnamon. Mix until smooth.
- Spread** sweet potato mixture evenly into pan.
- Top** sweet potatoes with chopped apples.
- In a small bowl, **combine** flour, oats, and ½ cup brown sugar. **Cut** in butter until mixture resembles coarse crumbles. **Stir** in pecans.
- Sprinkle** mixture over apples.
- Bake** uncovered for 35-40 minutes or until topping is golden brown and fruit is tender.

Yield: 16, ¾ cup servings.

Nutritional Analysis:
240 calories, 6 g fat, 3 g sat fat, 5 mg cholesterol, 200 mg sodium, 44 g carbohydrate, 4 g fiber, 20 g sugar, 4 g protein.



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

From the Agent

Some exciting new programs are planned to help you make 2018 a great year!

Class schedules will be released in January.

Julia Wilson

Edmonson County
Family & Consumer
Sciences Extension
Agent



Homebased Microprocessor Workshop



Edmonson County Public Library
Brownsville, KY
Tuesday, February 13, 2018
9:30 a.m. – 3:30 p.m. CT
Cost: \$50.00

This videotaped HBM workshop is required to become a Homebased Microprocessor in Kentucky. It is the first in a series of steps which includes recipe approval (at a cost of \$5 per recipe), verification of an approved water source, and annual certification by the Kentucky Food Safety Branch (with a certification fee of \$50 per year). To qualify, farmers must live and farm in Kentucky. The final product must contain a fruit, vegetable, nut or herb grown by the farmer. Products may be sold from the farm, registered farmers markets or certified roadside stands.

Once certified, Homebased Microprocessors may sell products such as canned tomatoes and tomato products, pickled fruits and vegetables, salsa, barbecue sauce, pepper or herb jellies, pressure-canned vegetables, and low- or no-sugar jams and jellies.

Homebased Processors in Kentucky may sell lower-risk products such as fruit jams, jellies, butters, and syrups; dried fruits, vegetables, nuts, and herbs; baked goods containing a fruit, vegetable, nut, or herb grown by the processor; cut fruits and vegetables; and prepackaged mixed greens. **No fee is associated with becoming a Homebased Processor and the HBM workshop is not required.** However, processors must register each year with the KY Food Safety Branch. To request an application, contact the Food Safety Branch at 502-564-7181.

For more information, or to register for the workshop, call Anhall Norris at 859-257-1812 or visit http://fcs-hes.ca.uky.edu/homebased_processing_microprocessing/

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