

# Nicholas County Family & Consumer Sciences Newsletter

Welcome April! In this month's newsletter you will find information on the upcoming April events for the county. Also, please save the date for May 23rd which will be our Annual Nicholas County Homemakers Meeting where all county clubs gather to fellowship. This also means that it is time to bring out your entries for our Cultural Arts Contest. If you are not familiar with the idea, Cultural Arts allows homemakers in our county to present their own handcrafted works according to categories that you can find on page 5 of this newsletter. This year all entries are due to the office by May 22nd by noon. On May 23rd we will have judging so that the winners can be displayed and announced at our annual meeting that evening. I want to encourage you to share your talents! Don't be afraid to display your work, you all are talented in your own way. After our cultural arts contest, those who receive blue ribbons will advance to the Bluegrass Area Annual Meeting competition, and possibly the State Level. If you have any questions about don't hesitate to ask.

Lastly, I am including the leader lesson ballot for the 2024-25 year on the following page. As of today I have only received one ballot back. Much like voting in elections, your vote counts and we need to hear from you via the ballot about what you want to see next year. You can drop your ballot off, take a picture and send to me, scan and email, or drop it in the mail.



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*Ashley H. Vice*

**APRIL 2024**

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**NICHOLAS COUNTY COOPERATIVE EXTENSION HOMEMAKERS ANNUAL MEETING**

*Save the Date*

**DATE MAY 23**

**TIME AT 6:00 PM**

**2023-24 HOMEMAKER LESSONS**

april	Planning Thrifty Meals
may	Savor the Flavor Herbs

## Cooperative Extension Service

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

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Lexington, KY 40506



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# 2024 - 2025 Bluegrass Area Homemakers Leader Lesson Ballot



Please choose the top 8 lessons you would like taught in the 2024-2025 homemaker lesson year.  
Return to the Extension Office no later than March 29, 2024.

## — Inspiring Grandchildren to Become Grand Cooks

Learning cooking skills early in life improves skills and confidence in the kitchen, which can lead to higher diet quality to support health later in life. The decrease in kitchen skills over generations means grandparents are an important resource for helping grandchildren navigate the kitchen. We'll have ideas for bringing different generations together in the kitchen in ways that build confidence, share knowledge and traditions, and create lasting memories.

## — Creating Welcoming Communities

All societies experience shifts in culture and modern America is no exception. Have you wished to be more confident in navigating unfamiliar cultural experiences? With this lesson, become a more prepared community volunteer by understanding how culture makes all of us unique. We will examine our own culture, understand culturally related strengths of both ourselves and of others, and gain an understanding of oppressive experiences and their effects. As we seek to build a stronger Kentucky, KEHA volunteers can lead the way in making the state more welcoming to all newcomers in the Commonwealth.

## — Gardening Safely

Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly. This lesson focuses on the health benefits of gardening, using proper motions for repetitive movement, and appropriate tools for the job at hand. If this lesson does not sound exciting at first, maybe it will grow on you!

## — Using Your Air Fryer

The air fryer has increased in popularity over the last few years and has become a staple in many kitchens. This small countertop appliance offers a healthier alternative to frying food and also is popular for reheating leftovers. This lesson will focus on what air fryers are and how they work. We'll discuss the pros and cons, and consumers will feel informed when purchasing an air fryer.

## — Composition in Photography

Looking to take photographs that not only capture the memory, but also enhance it? Participants will receive a handout with suggestions for successful composition in photography.

(OVER)

## — How to Get Out of a Mealtime Rut

When you or a family member find out what is on the menu for dinner, is the typical response "Again?" If you dread the thought of cleaning another dish or you just can't think of the last time you were excited by your own cooking, you may be in a cooking rut. The goal of this lesson is to share creative strategies that can be used to overcome mealtime ruts and prepare meals at home. Participants will be able to explain why it is important to prepare home-cooked meals, describe several creative strategies to come up with meal ideas, and identify ways to reduce barriers related to preparing meals at home.

## — Understanding Your Credit Scores

Does one number define you? Find out about the meaning behind credit scores, what makes a good one, and how you can improve yours.

## — Understanding Medicare and Medicaid

Understanding the in and outs of government health insurance plans can be difficult. With this lesson, we hope to help you navigate details and answer any questions you may have regarding these programs and make the best informed decision of what is the best option and plan for you.

## — Savvy Online Grocery

You can buy food from a variety of locations - grocery stores, convenience stores, discount stores, and restaurants. A quickly growing option for food shopping is the online marketplace. Although online grocery shopping has been around for decades, it is gaining momentum with more online options and more technology in our everyday lives. Consumers are interested in or choosing online grocery shopping, but may not understand benefits, drawbacks, or important considerations of buying food this way. This lesson will help consumers feel informed when using online grocery shopping platforms or deciding if online grocery shopping meets their personal needs.

## — Nutrients: Supplements and Macronutrients

Macronutrients are the foundation of our diet. However, information about macronutrients and their role in a balanced diet can be confusing. By establishing a basis of nutrition knowledge about macronutrients, you can better understand their impact on health and wellbeing. Come learn the educational gaps related to macronutrients and their role in a balanced and nutritious diet.

## — A Bad Deal in Disguise: Types of Scams

Fraud can happen to anyone at any age. Learn how to avoid being a victim by recognizing common scams.

## — Movement Breaks

As we grow older, our bodies age with us. Healthy lifestyle habits, like regular exercise, can slow the aging process. Studies suggest that adding exercise to your daily routine will improve joint health, physical function, and emotional well-being. This lesson focuses on modified movement to help improve balance, posture, muscular strength, and ability to perform daily living activities.

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Agriculture and Natural Resources  
Educational Programs  
4-H Youth Development  
Community and Economic Development

## MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

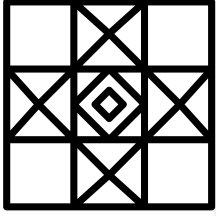
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Lanigan, KY 40506

PLEASE COMPLETE AND RETURN BY APRIL 8TH

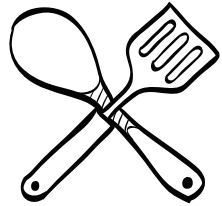
# Upcoming Events



Quilting Club will meet on April 8th to bring all quilt squares together and determine sashing.

We hope that you can attend!

Tickets are on sale now.



Cooking Through the Calendar/Lunch and Learn April 16th at 11 am. Join us for Lentil Sloppy Joes and learn about Stress Awareness month. We will create a gratitude journal for you to take home.

Please call the office to reserve your spot!

**hand  
crafted**

Knit Wits- 6 p.m. at the Office

April 16th

\*Wood Burning Decorative Spoons

☆ *Book  
Clubs* ☆

**BIG BLUE BOOK CLUB**

April 11, 18, 25 at 11 a.m. at the Office for Watch Party

\*I will be contacting those of you who were interested in participating to get your book to you. If you didn't get on the list, it's not too late! Let me know!

**SAVE THE DATE**

KEHA State Meeting- Bowling Green, KY

May 7-9th

If you plan to attend, please be sure to submit your registration to the State

*The Girl in His Shadow by Audrey Blake (2021) \**

A little girl is taken in by her family's physician when he discovers that the rest of her household has perished from Cholera. She becomes his "right-hand man" as she tries to express her gratitude (and earn her keep) by assisting with his surgeries. Against all odds, she pursues a medical degree during an era when it was considered scandalous to do so.

*Kentucky Innovators: Famous (and Infamous) Kentuckians Who Led the Way in Their Field by Paul W. Bass (2022) \**

This book presents seventy-five exceptional Kentuckians who have made significant contributions from across many walks of life. They include groundbreakers across many diverse fields including entertainment and the fine arts, education and literature, business and industry, science and technology, politics and the military, athletics, and more.

**AGENT RECOMMENDATION**

*Education by Tara Westover (2018)*

This memoir is based on the author's life as she was raised by survivalists. She was 17 before she ever stepped foot in a classroom. This story follows her life from isolation to success. Highly recommend.

Many elements of her life story will blow your mind.

*\*notates books from the KEHA 2023-24 Book List*



**2024**  
**CULTURAL**  
**ARTS CONTEST**

Entries due to the agent by May 22nd at noon. Please bring all entries to the office located at 368 East Main St., Carlisle, KY 40311  
See page 5 for categories!

# Lunch and Learn

## APRIL RECIPE

Lentil Sloppy Joes and  
Gratitude Journals for Stress  
Awareness Month

April 16th at 11 a.m. at the office



2023-2024 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

- 1. APPAREL
  - a. Accessory
  - b. Appliqued
  - c. Basic Sewing
  - d. Quilted
  - e. Specialty
- 2. ART, 3-Dimensional
  - a. Carving
  - b. Sculpture
- 3. ART, NATURAL
  - a. Wood
  - b. Other
- 4. ART, RECYCLED (Include a before picture)
  - a. Clothing
  - b. Household
  - c. Other
- 5. BASKETRY
  - a. Cane
  - b. Dyed Material
  - c. Miniature (under 4 inch)
  - d. Novelty
  - e. Plain
- 6. BEADING
  - a. Bead Weaving
  - b. Non-jewelry Item/Wearable
  - c. Miscellaneous
- 7. CERAMICS
  - a. Hand-formed
  - b. Molded
  - c. Pre-made
- 8. COUNTED CROSS STITCH
  - a. 14 Count & Under
  - b. 16-22 Count
  - c. Specialty Cloth (linens, etc.)
- 9. CROCHET
  - a. Accessories
  - b. Fashion
  - c. Home Décor and Afghans
  - d. Thread
- 10. DOLL/TOY MAKING
  - a. Cloth
  - b. Handmade Toy other than Porcelain/China or Cloth
  - c. Porcelain/China
- 11. DRAWING
  - a. Pastels
  - b. Pen and Ink
  - c. Pen and Ink with Oil Roughing
  - d. Pencil or Charcoal-Black
  - e. Pencil-Color
- 12. EMBROIDERY
  - a. Basic
  - b. Candle Wicking
  - c. Crewel
  - d. Machine
  - e. Ribbon
  - f. Smocking
  - g. Swedish
  - h. Tatting/Lace Making
  - i. Miscellaneous
- 13. FELTING\*
  - a. Needle Method
  - b. Wet Method
- 14. HOLIDAY DECORATIONS
  - a. Autumn
  - b. Spring
  - c. Summer
  - d. Winter

2023-2024 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

- 15. JEWELRY
  - a. Beaded
  - b. Mixed Media (wire, chain maille, mixed with beads)
  - c. Original Design
- 16. KNITTING (HAND – with knitting needles)
  - a. Accessories
  - b. Fashion
  - c. Home Décor and Afghans
- 17. KNITTING (OTHER – machine / loom)
- 18. NEEDLEPOINT
  - a. Cloth Canvas
  - b. Plastic
- 19. PAINTING, ART
  - a. Acrylic
  - b. Oil
  - c. Watercolor
- 20. PAINTING, DECORATIVE
  - a. Metal
  - b. Wood
  - c. Other
- 21. PHOTOGRAPHY (mounted or framed) \*\*
  - a. Black & White
  - b. Color
- 22. QUILTS\*\*\*
  - a. Baby-size or Lap-size (hand quilted)
  - b. Baby-size or Lap-size (machine quilted)
  - c. Hand Appliqué (hand quilted)
  - d. Hand Pieced (hand quilted)
- 23. PAPER CRAFTING
  - a. Card Making
  - b. Origami
  - c. Quilling
  - d. Scrapbooking\*\*\*\*
- 24. RUG MAKING
  - a. Braided
  - b. Hooked
  - c. Punch Needle
  - d. Woven
- 25. WALL or DOOR HANGING
  - a. Fabric
  - b. Other
- 26. WEAVING
  - a. Hand (macrame, caning)
  - b. Loom (includes pin weaving)
- 27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

\* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

\*\* Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL.

\*\*\*Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

\*\*\*\* Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

Handbook 40  
June 2023

Handbook 41  
June 2023



**Knit Wits**

**Who: Anyone**

**What: Wooden Spoon Woodburning**

**When: April 16th at 6 p.m.**

**Where: Nicholas County Extension Office**

**Cost: \$5 Non-Homemaker Members**  
**\$3 Homemaker Members**



**THE INSTANT NEW YORK TIMES BESTSELLER**

"Brilliant and compassionate... deeply affectionate yet clear-eyed, a portrait of proud, hardscrabble Midwestern farm families. You will fall in love with the people of *Heartland*!"  
—JEANETTE WALLS, author of *The Glass Castle*

**Heartland**

A Memoir of Working Hard and Being Broke in the Richest Country on Earth

SARAH SMARSH

**NATIONAL BOOK AWARD WINNER**

**WE ARE EXCITED TO READ WITH YOU THIS YEAR!**

**Cooperative Extension Service**

**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.

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Lexington, KY 40506



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# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2024

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

## THIS MONTH'S TOPIC: SHOPPING TIPS WHEN BUYING MAJOR APPLIANCES

Major appliances can make everyday life a little easier, but their convenience often comes with a hefty price tag. With this kind of investment, it's wise to do a little research and have a plan.

### BEFORE YOU BUY

As with most high-dollar items, **assess your need for the item.** Do you really need it? In our present-day society, it's hard to argue that something like a refrigerator is not necessary. And even though our need is reasonable, we should **consider our budget** before we begin.

To ensure a good "fit" for your space, **measure the area** where the appliance will go, as well as any doors or hallways that it may need to pass through during delivery or installation. And **don't forget about the power source.** Some appliances require a 120-volt, 3-prong outlet, or a special 240-volt outlet. Regardless of what it needs, avoid using extension cords and outlet adaptors for major appliances.

### WHERE TO BUY

Using the internet to research appliances and compare options is a good place to start, but it's worth going into stores to see the actual items. By shopping in a store, you'll be able to



interact with a knowledgeable staff. **Buying locally** may cost a little more, but the personal connection may mean you'll get better customer service and help with any future repairs.

### DON'T COMPARE APPLES TO ORANGES

When comparison shopping, **always check the model number** to make sure you're evaluating the same item. Manufacturers may produce versions of an appliance model with varied levels of quality to meet the needs of different stores. For example, the "same TV" sold at different stores with a price difference of \$200, could be two different model versions because the less expensive one has fewer cable inputs. Look at the item's

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## DON'T BE AFRAID TO NEGOTIATE, ESPECIALLY WHEN SHOPPING LOCALLY.



list of specifications to learn more; **compare the features and consider the benefits** to determine what is right for you.

### GETTING A GOOD DEAL

You may be set on a specific brand or model, but if you're willing to **consider other options**, there may be significant savings. Sometimes there is a *floor model* available, or "last year's" model may be less expensive because it has fewer features. Stores may be willing to price match if you're comparing the exact model, but if you're waiting for a big sale, know that **most major appliance sales and rebates are manufacturer-driven.** That means the store is not setting the price, the manufacturer is. Therefore, discounts are going to be the same most everywhere. Don't be afraid to negotiate, especially when shopping locally. You are more likely to "**get a good deal**" if you shop at a local store that values your business.

### OTHER "COSTS"

Finally, consider the **operating and maintenance costs.** Major appliances will have an EnergyGuide label to let you know the cost to run the item (based on average usage). The Federal Trade Commission notes, **an energy-**

**efficient appliance may cost more up front, but it should save you money over time with lower utility bills.** Also, in addition to keeping the appliance clean, your item may eventually require new filters, bulbs, or gaskets. Are there delivery or installation fees? What about hauling away an old appliance? Some stores include these services in the price, while others charge separately.

### WARRANTY WISDOM

Read the warranty *before* you buy an item. Appliances should perform as advertised, and the **warranty should clearly define what you can do if the item breaks.** Before paying extra to buy an extended warranty or service plan, know what it covers. There's a chance the regular warranty is all you need, or if you used a special credit card for the purchase, the credit card company may include warranty coverage. In most cases, it's better to skip the extended warranty and set a little money aside for potential repairs.

### REFERENCE:

<https://www.energy.gov/energysaver/shopping-appliances-and-electronics>

Written by: Jeanne Budgett, Senior Extension Associate for Clothing, Textiles, and Household Equipment  
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APRIL 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <https://fcs-hes.ca.uky.edu/content/health-bulletins>

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368 East Main St  
Carlisle, KY 40311  
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THIS MONTH'S TOPIC

SUPPORTING BRAIN HEALTH

If you are a caregiver for someone with Alzheimer's disease, you are not alone. According to the Alzheimer's Association, more than 157,000 family caregivers provide an estimated 302 million hours of unpaid care to help preserve the health, safety, and dignity of more than 75,000 older adults living with the condition. Alzheimer's disease gets worse over time because of a build-up of plaques and tangles of proteins in the brain. Over time, these plaques and tangles destroy the healthy connections between nerve cells in the brain and the ability for the cells to properly function, thereby impacting memory, thinking, and other cognitive abilities. Eventually, a person with Alzheimer's disease may not be able to carry out activities of daily living. As a result, dementia caregiving can be stressful, expensive, and overwhelming. Many caregivers face limited resources and lack of training. Here's how caregivers can support brain connection through everyday engagement.



Continued on the next page →



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Social activity is critical for cognitive stimulation. Plan a workout, play a game, visit with your loved ones.

Continued from the previous page

The brain has billions of nerve cells, called neurons, that process and transmit information. According to the National Institutes of Health (2024), these cells communicate with different parts of the brain and the rest of the body to function. Alzheimer's disease disrupts a neuron's ability to communicate to its neighboring cells. When neurons stop communicating properly, they die. To stay healthy, the NIH explains that neurons need constant communication with their neighboring cells, and they need proper energy in the form of oxygen and nutrients, which is supplied by the blood. A neuron's survival is also based on its ability to maintain, repair, and remodel itself. This means that the adult brain has the ability to generate new neurons and build new connections, a process called neurogenesis, depending on how much or little stimulation it is receiving from other cells.

As a caregiver, you can help protect both your brain and the brain of someone to whom you provide care. Here are some ways that you can promote brain health and support brain connections through everyday engagement:

- Sensory stimulation:** Neurons are more likely to repair and produce neurogenesis in an enriching environment that includes sensory stimulation. Environments should include a variety of textures, sounds, smells, and tastes. Consider planting a garden, swinging on a porch swing, feeding the ducks, or playing music.

- Physical exercise:** Combine physical activity with fresh air and sunshine to elevate the senses. The Centers for Disease Control and Prevention recommends 150 minutes of exercise per week. Think about ways you can move more and sit less. You could dance in your kitchen, rock in a rocking chair, wash the car, skip rocks, or window shop.

- Social engagement:** Interact with people. Talk, sing, touch, and watch people. Take drives with the windows down. Play with children and pets. Social activity is critical for cognitive stimulation. Plan a workout, play a game, visit with your loved ones.

- Cognitive challenges:** Stimulate thinking by staying engaged and participating in activities. Challenge your brain just enough to make it hard, but not so hard you feel frustrated.
- Eat healthy:** Diets good for your heart are also good for your brain. Heart-healthy diets include Mediterranean foods, low sodium, whole grains, healthy fats, and lean meats and fish.
- Sleep:** Good sleep helps restore and cleanse the brain of toxins. You should get 7 to 9 hours a night.

Research study

For information on a voluntary University of Kentucky research study for caregivers of adults with memory loss and dementia living at home in Kentucky that include these points on brain health, scan the QR code or visit:



<https://www.ccts.uky.edu/participate-research/current-studies/are-you-caring-someone-dementia-0>

SOURCES:

- Elizabeth Rhodus, PhD, University of Kentucky Sander Brown Center on Aging
- Amy F. Kostelic, PhD, associate Extension professor for adult development and aging

REFERENCES:

- CDC. (2023). How much physical activity do older adults need? [https://www.cdc.gov/physicalactivity/basics/older\\_adults](https://www.cdc.gov/physicalactivity/basics/older_adults)
- Rhodus, (2024). OLLI Donovan Forum presentation, February 15, 2024, Lexington, KY
- NIH. (2024). What Happens to the Brain in Alzheimer's Disease?. <https://www.nia.nih.gov/health/alzheimers-causes-and-risk-factors/what-happens-brain-alzheimers-disease>

Written by: Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging  
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FAMILY CAREGIVER HEALTH BULLETIN



Cooperative Extension Service

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



Smoothies are a convenient way to add nutrients to your diet, adding variety to what and how you eat. Smoothies are simple because you combine all the ingredients into one spot, then blend and enjoy.

With a little practice and these tips listed, you can become a smoothie-making pro.

- **Add over-ripened fruits and vegetables.** Over time, this can reduce food waste and save food dollars in your home.
- **Consider buying single-serving blenders.** These are typically less expensive than a true blender. You can also buy blenders secondhand or refurbished, generally discounted around the holiday season. If you do not have a blender, make smoothies in a food processor or with an immersion blender instead.
- **Enjoy smoothies right after you prepare them.** When you have leftovers, you can drink smoothies within 24 hours if you store them in an airtight container in the refrigerator. You can also pour leftovers into an ice tray with a toothpick or a popsicle tray to freeze and enjoy later.
- **Smoothies are a healthy way to supplement meals.** They are an easier way to take in calories when eating a meal may be difficult. This is an important consideration during sickness, if someone is managing a chronic condition, or needs to gain weight.
- **Smoothies offer variety.** You can easily change smoothies to your liking. The next time you make one, try adding a new ingredient or removing one you may not have liked.
- **Store-bought smoothie options can be more convenient, but not typically healthier.** These options are generally more expensive, high in added sugar and less nutritious than homemade. At home, you can add what you want and simultaneously save food dollars.
- **You may have heard of “juicing.”** When you juice a fruit or vegetable, you remove fiber and most micronutrients. This is what makes a smoothie a more nutritious option. Smoothies include fiber, vitamins, minerals, antioxidants and phytochemicals you only get when you eat the entire fruit or vegetable.
- **With the right ingredients, smoothies can be a balanced meal.** Add multiple food groups to your smoothie to meet nutrient needs. For example, a smoothie made with yogurt, strawberries, a banana, spinach and oats provide nutrients from the dairy, fruit, vegetable and grain food groups.
- **Smoothies are an easy clean up.** To make clean up a breeze, fill the blender or food processor halfway up with water, add a dash of dish soap, and blend. It’s that simple.



# April 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <b>APRIL'S FOOL'S DAY!</b> 	2 Headquarters  NO KNIT WITS- SPRING BREAK	3	4 Ellisville Moorefield Domestic Divas	5 	6
7	8 Quilting Club at 10 a.m.	9  BALLOTS DUE	10	11 Big Blue Book Club Watch Party 11 a.m.	12	13
14	15	16 Cooking Through the Calendar 11 a.m. Knit Wits 6 p.m.	17 	18 Big Blue Book Club Watch Party 11 a.m.	19	20
21	22 	23	24	25 Big Blue Book Club Watch Party 11 a.m.	26	27
28	29	30				

# Apple Sage Pork Chops

- **1 tablespoon** flour
- **1 teaspoon** dried sage
- **2 tablespoons** garlic powder
- **1/2 teaspoon** ground thyme
- **1 teaspoon** salt
- **4** boneless center cut pork chops
- **2 tablespoons** oil
- **1/2** large onion, thinly sliced
- **2** thinly sliced red apples
- **1 cup** unsweetened apple juice
- **2 tablespoons** brown sugar (optional)

**Wash** hands with soap and warm water, **scrubbing** for at least 20 seconds. **Gently clean** all produce under cool running water. **Mix** flour, sage, garlic, thyme, and salt together in a small bowl. **Sprinkle** 1 1/2 tablespoons of the mixture over both sides of the pork chops. Remember to **wash** hands after handling raw meat. **Heat** oil in a large skillet over medium-high heat. **Sear** pork chops for 2 to 3 minutes on each side. Pan will smoke a little. **Remove** pork chops from the pan and set aside. **Reduce** heat to medium. To the same skillet, **add** onion and **cook** for 2 minutes, or until soft. **Add** apples, and **continue cooking** until tender, about 2 minutes. **Add** apple juice, brown sugar, and remaining spice mixture and stir to dissolve. **Return** pork chops to the skillet by nestling them in the pan. **Bring** the liquid to a boil, **reduce** heat to low, and **simmer** for 5 minutes or until the pork is cooked through and reaches 145 degrees F on a food thermometer. **Refrigerate** leftovers within 2 hours.

**Yield:** 4 servings. **Nutrition Analysis:** 310 calories, 10g total fat, 1.5g saturated fat, 50mg cholesterol, 660mg sodium, 35g total carbohydrate, 3g fiber, 25g total sugars, 7g added sugars, 22g protein, 6% DV vitamin D, 2% DV calcium, 6% DV iron, 15% DV potassium.

