

Family & Consumer Sciences Newsletter

FALL 2022



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Cooperative Extension Service

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Homemaker News

- Enrollment is upon us! I am attaching the 2023 Homemaker Enrollment Form. Dues are \$10 and deadline to turn into office is **November 10th**! Please make checks payable to the Webster County Homemakers.
- Please contact the Extension Office and ask for me, Natalie Green, if you are interested in a specialty club or a homemaker club in your area!
- Craft & App Club will meet October 25th at 5:30. Call the office (270) 639-9011 to sign up.

Upcoming Dates

- Halloween-Monday, October 31st
- Election Day- Tuesday, November 8th
- Veteran's Day-Friday, November 11th
- Thanksgiving- Thursday, November 24th (office closed 24th & 25th)
- Craft & App Club- Tuesday, November 29th at 5:30. Call the office to sign up
- Holiday Foods- Tuesday, December 6th, 5:30 pm. Call the office to sign up
- Christmas- Sunday, December 25th (office closed 26-30 for the holidays)

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 40546



Disabilities
accommodated
with prior notification.

Air Fried Okra Tots with Tangy Dipping Sauce

- 12 ounces okra stalks
- 2 tablespoons olive oil
- 2 tablespoons salt-free seasoning

Tangy

Dipping Sauce:

- 1 cup plain low-fat yogurt
- 3 tablespoons mayonnaise
- 1 tablespoon dried parsley
- 2 teaspoons dried dill
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt

Wash hands with warm water and soap, **scrubbing** for at least 20 seconds. **Cut** the ends off the okra. **Cut** the okra into 2-inch (tater tot sized) chunks. In a large bowl, **place** the cut okra, olive oil, and seasoning. **Toss** to coat. **Add** to the basket of your air fryer in a single layer. Depending on the size of your air fryer, you may need to cook in batches so the okra is in a single layer, which allows air to circulate and okra to be crispy. **Cook** at 350 degrees F for 10 minutes or until crispy, tossing halfway through. While the okra cooks, **prepare** the sauce by **mixing** all of the ingredients in a small bowl. **Refrigerate** the sauce until ready to serve. **Serve** okra tots with tangy dipping sauce. **Store** leftovers in the refrigerator within two hours.

Yield: 5 servings. **Serving Size:** 1/5 of recipe. **Nutrition Analysis for Okra Tots with Tangy Dipping Sauce:** 170 calories, 13g total fat, 2.5g saturated fat, 10mg cholesterol, 330mg sodium, 14g total carbohydrate, 2g fiber, 4g total sugars, 0g added sugars, 4g protein, 0% DV vitamin D, 10% DV calcium, 6% DV iron, 8% DV potassium. **Nutrition Analysis for Okra Tots (no sauce):** 70 calories, 6g total fat, 1g saturated fat, 0mg cholesterol, 0mg sodium, 10g total carbohydrate, 2g fiber, 1g total sugars, 0g added sugars, 1g protein, 0% DV vitamin D, 4% DV calcium, 0% DV iron, 6% DV potassium.



BASIC BUDGET BITES

Smart Shopping for Fruits and Veggies

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. There are many low-cost ways to meet your fruit and vegetable needs.

- Celebrate the season. Use fresh veggies and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmers market is a great source of seasonal produce.
- Why pay full price? Check the local newspaper, online, and at the store for sales, coupons and specials that will cut food costs.
- Stick to your list. Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need.

Source: USDA MyPlate



Sincerely,

Natalie Green

Webster County Extension Agent
for Family and Consumer Sciences