

# Mercer County Family and Consumer Sciences Newsletter

## FEBRUARY 2023



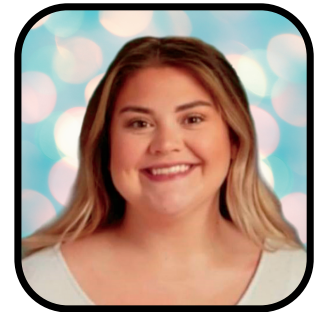
University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

Mercer County Office  
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Welcome to 2023, Friends of FCS! It's been over a month since we talked last and so much has happened. I hope you and your family are safe after the tornadoes and severe storms that made their way through KY several weeks ago. Since we last talked, I hosted my first Lunch N Learn program and it was a huge success! This program will be hosted monthly, and our next Lunch N Learn will take place on February the 3rd. I hope to see you there! Make sure to call and RSVP so I know how much food to have. The recipe we are trying is on page 3. I am also starting a new program called "Recipe Club". If you like to cook or trying new recipes, this is the program for you! All you have to do is call the extension office to join and every month we will mail you 3 recipes to try. Yes, it is that easy! Another program on the horizon is Bingocize. We will be playing bingo while incorporating simple exercises to help you stay physically active. Be on the lookout for a start date coming soon!

Family and Consumer Sciences Agent,  
Tara Duty

### New Recipe Club!

Would you like to receive 3 SNAP Recipe Cards in the mail each month?  
If so, call the office to get on the list!  
This is open to everyone!



Disabilities accommodated with prior notification.



# Cajun Seasoned Fish with Rice

- 1 tablespoon paprika
- 1 tablespoon dried oregano
- 1 tablespoon garlic powder
- 1 teaspoon ground black pepper
- 1 teaspoon salt
- 1 tablespoon butter
- 1 package (10 ounces) frozen vegetable blend with onions, celery, peppers, and parsley
- 3 cups cooked brown rice
- Nonstick cooking spray
- 1 1/2 pounds thawed fish fillets, any type
- 1 lime (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Combine paprika, oregano, garlic powder, pepper, and salt in a small bowl. Set aside.
3. Melt butter in a medium saucepan.
4. Add frozen vegetable blend.
5. Cook and stir over medium heat for 5 to 8 minutes or until vegetables are tender.
6. Add cooked rice and 1 teaspoon of prepared seasoning mix. Cook and stir until rice is heated through, about 3 to 5 minutes.
7. Reduce heat to very low. Cover rice mixture and keep warm while preparing fish.
8. Spray fish fillets on all sides with cooking spray and coat with seasoning mix. Remember to wash your hands after handling raw fish.
9. Place a large cast iron skillet or other heavy, nonstick skillet on the stovetop over medium high heat. Let the pan preheat until it's very hot but not smoking.
10. Place fish fillets in a single layer in the pan. The pan will smoke a little.



11. Cook fish over medium-high heat for 3 minutes. Use a spatula to carefully turn the fish over. The seasoning mixture will make a dark brown crust on the fish.
12. Cook the fish on the other side for 3 more minutes, or until it is solid white and flakes easily with a fork, or registers at least 145 degrees F when tested in the thickest part.
13. Divide fish into six portions and serve each piece over 1/2 cup of cooked rice.
14. Optional: Sprinkle fish with juice from one lime.
15. Refrigerate leftovers within 2 hours.

**Variations:** Add 1/4 teaspoon cayenne pepper or chili powder for a spicier mix.

**Makes 6 servings**  
**Serving size: 1 fish filet and 1/2 cup rice**  
**Cost per recipe: \$11.44**  
**Cost per serving: \$1.91**



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

## Nutrition facts per serving:

260 calories; 5g total fat; 2g saturated fat; 0g trans fat; 60mg cholesterol; 460mg sodium; 28g total carbohydrate; 3g dietary fiber; 2g total sugars; 0g added sugars; 26g protein; 20% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

**Source:** Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension Service





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# FEBRUARY 2023



SUN	MON	TUE	WED	THU	FRI	SAT
		Knit 1, Crochet 2. 2PM	1	2	Lunch N Learn 12PM	4
5	6 MLK Committee Meeting 5:30PM	7 Knit 1, Crochet 2. 2PM Wilderness Trace Quilt Guild 1PM	8 Tara in Boyle County for meeting.	9 Makeup and Skincare Basics class in Harrison County 2PM and 5PM	10	11
12	13	14 4H Crochet Club after school Knit 1, Crochet 2. 2PM	15	16	17	18
19	20 Tara out of office at training.	21 Tara out of office at training. Knit 1, Crochet 2. 2PM	22 Tara out of office at training.	23 Tara out of office at training. Wilderness Trace Quilt Guild 10AM	24 Tara out of office at training.	25
26	27 Self Care: Taking Care of your Mental and Physical Health Leader Lesson 10AM	28				



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RETURN SERVICE REQUESTED



## Creamy Cucumber and Chicken Salad

½ **pound** chicken breast  
1 **tablespoon** fresh lemon juice  
1 **cup** slivered almonds  
½ **cup** nonfat plain Greek yogurt  
3 **ounces** reduced fat cream cheese  
2 **tablespoons** Dijon mustard

½ **teaspoon** sea salt  
1 **teaspoon** ground black pepper  
2 **tablespoons** fresh chopped dill  
2 **medium** cucumbers, chopped  
1 **cup** dried cranberries  
8 lettuce leaves

**Marinate** chicken breast in lemon juice for one hour. **Remove** chicken from marinade and **chop** into bite sized pieces. **Sauté** in preheated non-stick skillet until thoroughly cooked and no longer pink in the center. **Set aside** to cool. **Toast** slivered almonds on low heat in a non-stick skillet until fragrant. **Set aside** to cool. In a large mixing bowl **combine** yogurt, cream cheese, mustard, salt, pepper and dill. **Add** chicken and **toss**. **Add**

cucumbers, cranberries and almonds to chicken mixture. **Toss** to coat. **Cover and chill** in refrigerator for 1 hour. **Spoon** salad into washed and dried lettuce leaves. **Serve** cold.

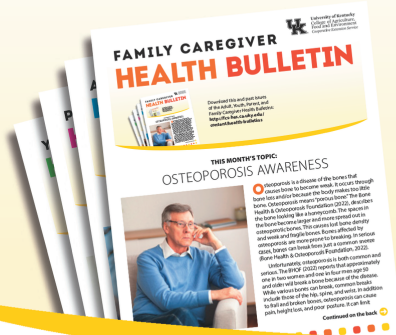
**Yield:** 8 servings

**Nutritional Analysis:** 210 calories, 10 g fat, 2 g saturated fat, 30 mg cholesterol, 290 mg sodium, 19 g carbohydrate, 3 g fiber, 14 g sugars, 12 g protein.



# FAMILY CAREGIVER

# HEALTH BULLETIN



**FEBRUARY 2023**

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

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## THIS MONTH'S TOPIC:

# SELECTING SHEETS FOR RESTFUL SLEEP



**Q**uality sleep fulfils our physiological need to recharge and reset our bodies, in turn, keeping us healthy and ready for a full day of activities. Experts recommend a “comfortable” sleeping environment. This includes bedding that meets our individualized needs. The average person needs about eight hours of sleep a day, which adds up to about a third of our life spent in bed. Might as well be comfortable! Sleeping on sheets that enhance our comfort level is well worth a bit of time to explore options and understand the properties of sheets available in today’s market. The “feel” of sheets and how they perform relates to the combination of fiber content, fabric construction, and thread count. You should consider these three factors when choosing sheets we perceive as “comfortable.”

**Continued on the next page** ➔



# *Yarns made from fibers that are “smoother” and “longer” may create sheets that feel better even at a lower thread count.*

➔ **Continued from the previous page**

## **Fiber content**

Small hair-like fibers create the yarns (or threads) used in the construction of sheet fabric. Examples are natural cotton fibers and manufactured polyester fibers, each with distinct properties that affect comfort. Cotton fibers can be processed to create smooth yarns with varied fineness that are generally soft and breathable. Polyester fibers contribute durability and easy care. However, sheets with a high polyester content may trap more body heat. Bamboo fibers are processed into rayon and can have comfort properties similar to cotton. “Microfiber” refers to polyester, nylon, or rayon (bamboo) fibers that are man-made to be finer than human hair, enabling them to produce a sheet that can feel soft and “silky.”

## **Fabric construction**

Sheet fabric is commonly woven using a percale weave or sateen weave. This refers to the sequence in which the yarns are interlaced together. Yarns in a percale weave are aligned at right angles in a one-over, one-under (plain) pattern normally resulting in sheets with a tight weave and a crisp feel. A sateen weave is created when yarns “float” over each other in a three-over, one-under pattern. Sateen sheets feel smooth and silky and are less likely to wrinkle. However, their looser weave structure makes them more prone to snags. These weaves can use yarns of any fiber content, including fibers blended together (e.g., cotton and polyester). Cozy flannel sheets are made by brushing the surface of plain weave fabric. Sheets that stretch and feel like a t-shirt are constructed with looped, jersey knit yarns.

## **Thread count**

The number of yarns that are woven (or interlaced) “up and down” and “side to side” within a square inch of fabric is the thread count. For example, sheets with a “300 Thread Count” may have an average of 150 yarns per inch in the up and down (warp) direction, and 150 yarns per inch in the side to side (weft) direction. Many consumers consider

that a “higher thread count” equates to a softer, nicer set of sheets. However, this is not always the case. The yarn quality (including the yarn size) has more impact on the feel of the sheets. Yarns made from fibers that are “smoother” and “longer” may feel more luxurious, creating sheets that feel better even at a lower thread count. A mid-range thread count of about 350 is good place to start; keeping in mind that a lower thread count may be more breathable.

## **Caring for sheets**

Wash sheets at least every two weeks, or more frequently if the sleeper tends to sweat at night. For best results, do not launder sheets with towels or other items of different fabric weights. The washer and dryer will perform better if sheets and pillowcases are washed separately from other items. Sheets help keep mattresses and pillows clean, but for added protection and comfort, use a mattress pad and pillow protectors. Don’t forget to wash those, too. Waterproof mattress pads are very practical when bed wetting is a concern. It’s nice to have at least one set of sheets for cooler weather and a set for warmer weather. Or having at least one extra set (per mattress size) is a good idea in case you need to change the sheets right away.

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## **FAMILY CAREGIVER HEALTH BULLETIN**

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