

Extension Homemakers

Arkansas County Newsletter

August, 2020



What can I say but “I miss seeing all of you!” Who would have ever thought that our EH meetings would be canceled? Extension Homemakers are our family, support group, friend group, creative group and much more and we all miss it. For now, stay safe and I look forward to seeing all of you soon.

ARKANSAS COUNTY EH COUNCIL OFFICERS

Sandra Webb, President
Barbara Jones, President Elect
Joan McFerrin, Secretary
Charlene Wingfield, Treasurer
Patsy Coose, Reporter



EHC REPORTS

Arkansas County Extension Homemakers are so generous to give of their time to help others. In 2019-20, Arkansas County EH members volunteered 26,275 hours, valued at \$715,680. There are currently 38 members and 7 members-at-large.

SEPTEMBER EH PROGRAM

Making your own mixes can save you time and money in the kitchen. Homemade mixes are free of any preservatives and additives and you know exactly what is in the food. The EH program for September is *Making Your Own Mixes*. I have enclosed the program materials for your information along with a *Cooking Terms Word Search* for fun.

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The University of Arkansas System Division of Agriculture is an equal opportunity/equal access/affirmative action institution. If you require a reasonable accommodation to participate or need materials in another format, please contact your County Extension office (or other appropriate office) as soon as possible. Dial 711 for Arkansas Relay.

2020 CENSUS

Did you know that census data helps communities respond to natural disasters and secure funding for hospitals and fire departments? Our federal government uses census data to determine who receives resources to help strengthen healthcare, food security, housing and utility assistance, and employee support in the midst of the COVID-19 pandemic.



Now, more than ever, a complete count of Arkansas is needed to help ensure our communities receive funding for hospitals, schools, fire departments, police protections, and other social services integral to the successful response and recovery of major public health crises. Learn more here: <https://2020census.gov/en/census-data.html>

Look us up on Facebook at: www.facebook.com/ArkansasCountyEHC



BE AN ENCOURAGER

When was the last time you encouraged someone? Be an encourager while practicing social distancing – call a friend every day to beat isolation and overcome loneliness. Check on a childhood friend, a friend from church, a fellow club member, or a neighbor.

RECIPE FOR HAPPINESS

2 heaping cups of patience

1 heart full of love

1 head full of understanding

Sprinkle with kindness. Add plenty of faith and mix well. Spread over a period of a lifetime and serve everybody you meet.

2 handfuls of generosity

Dash of laughter

ONE MILLION MEALS

Food Insecurity is the statewide EHC service project for the 2019-20 year. Many families are struggling with food insecurity because of income loss due to the COVID-19 Pandemic. EHC members and friends are encouraged to make a monetary donation as their budget permits. Arkansas County EHC recently made a donation of \$58.10 to the Caring & Sharing Food Pantry on behalf of EH members. Please take this opportunity to support one of our local food pantries or the state food bank at www.uaex.edu/ehc.



PROTECT YOURSELF AND OTHERS

Please take extra care to maintain good practices such as maintaining social distance, wearing masks and handwashing. You can visit the Cooperative Extension website at: www.uaex.edu/COVID19 or call the Arkansas County Extension Office for information on COVID-19 related issues.

Public health recommendations may limit in-person contact, but the Cooperative Extension Service is always here to help you. If you have questions, please call our office at (870)946-3231 or (870)673-2346.

Visit our website at: <http://www.uaex.edu/counties/arkansas>

MAKING YOUR OWN MIXES
Arkansas County Extension Homemakers
Alta Lockley, CEA-4-H/FCS
September, 2020

Mixes can be made from ingredients we already have in storage and making your own mixes at home can save you time in the kitchen. When you spend time to make mixes, you end up partially preparing your recipes at the same time. This can help you save preparation time during a busy day!

While commercial mixes do help us save time, we can save those precious dollars by providing the labor and packaging ourselves. Typically, homemade mixes are about half the cost of a commercial mix.

Commercial mixes are made to last on the shelf for a very long time. This screams preservatives! Your own homemade mixes are free of any preservatives and additives. You know exactly what is in the food you are serving to your family. You can also reduce salt, fat and sugar and substitute other ingredients as desired.

SPICE MIXES:

Making your own specialty blends is a win-win idea that gives your food a pop of flavor while reducing sodium. (Approximately 2 Tablespoons of seasoning is equivalent to 1 packet.)

Mexican Seasoning Blend

Use in soups, ground beef for tacos or enchiladas.

- 1½ tsp. parsley dried
- ½ tsp. garlic powder
- ½ tsp. onion powder
- 1 tsp. oregano, dried
- 1 tsp. black pepper
- 1 Tbsp. chili powder
- 1 tsp. paprika
- 1½ tsp. cumin

Italian Spice Seasoning Blend

Use on dip, beef, chicken or popcorn.

- 2 Tbsp. basil, dried
- 2 Tbsp. oregano, dried
- 1 Tbsp. thyme, dried
- 1 Tbsp. rosemary, dried
- 1 Tbsp. garlic powder
- ¼ tsp. onion powder



Ranch Seasoning Blend

Use in dip, pasta, or toasted garlic bread

- 2 Tbsp. onion powder
- 2 Tbsp. onion flakes
- 2 Tbsp. parsley, dried
- 1 Tbsp. garlic powder
- 1 Tbsp. dill weed, dried
- ¼ tsp. thyme, dried
- 2 tsp. pepper

Ranch Dip

- 1¼ c. plain Greek yogurt or sour cream
 - 2 Tbsp. Ranch Seasoning Blend
- Combine yogurt or sour cream with the ranch blend. Serve cold.

No Salt Seasoning

Use instead of salt.

- 5 tsp. onion powder
- 1 Tbsp. paprika
- 1 tsp. dried thyme
- ½ t. celery seed
- 1 Tbsp. garlic powder
- 1 Tbsp. dry mustard
- ½ t. pepper

Combine in small jar with shaker top. Use for seasoning broiled fish, poultry, cooked vegetables, soup, or place on the table to be used individually. Yield: 1/3 cup. Keep in an airtight container and store in a cool dry place.

PANTRY MIXES

Cream of Chicken Soup Mix

Makes approximately 5 cans of Cream of Chicken Soup.

- 1 ½ c. powdered non-fat dry milk
- ¾ c. cornstarch or flour
- 3 Tbsp. instant chicken bouillon granules
- ½ Tbsp. dried onion flakes
- ¼ tsp. ground sage
- ⅛ tsp. ground thyme
- ⅛ tsp. ground pepper

Combine all ingredients in a re-closeable plastic bag; mix well.

Label, date, and store in a cool dry place for up to 6 months.

Cream of Chicken Soup

- ½ c. Cream of chicken soup mix
 - 1 c. cold water
 - 1 to 2 Tbsp. butter or margarine, melted
- Combine cold water and butter or margarine in a saucepan. Use a whisk to mix in chicken soup mix. Stir constantly over medium heat until it is smooth and slightly thickened, about 2 to 3 minutes. Makes about 1 cup.

Baking Powder Biscuit Mix

- 14 c. all-purpose flour
 - 2 Tbsp. plus 2 tsp. salt
 - ⅓ c. plus 2 Tbsp. sugar
 - ½ c. plus 1½ tsp. baking powder
- Combine all ingredients in a large container using a wire whisk. Sift into another large bowl and whisk again to ensure ingredients are thoroughly combined. Store in a 5-lb. container with a tight-fitting lid in a cool-dry place for up to 6 months.



Baking Powder Biscuits

- 2 cups baking powder biscuit mix
 - 3 Tbsp. cold unsalted butter, cut into small pieces
 - About 1⅓ c. heavy cream
- Preheat oven to 400° F. Use a pastry blender to add butter to the dry mix until the mixture looks like coarse meal. Add 1¼ cups of the cream and mix without overworking the dough. If the dough seems too dry, add 1 to 2 more Tbsp. of cream. Turn out on a lightly floured surface and knead very gently five to eight times, until it holds together. Roll or pat dough to a thickness of 1½ inches. Using a floured biscuit cutter, cut out biscuits (don't twist the cutter). Lay rounds on an ungreased cookie sheet and bake 18-20 minutes or until they have turned golden brown. Cool slightly before serving.

GIFT MIXES IN A JAR

A friend who always brightens your day will be thrilled to receive a cheerful gift mix.



Easy Decorating Tips:

- ❖ For every ¼ yard (9 inches) of fabric – you can make 4 jar coverings
- ❖ Use a lid or pie plate as a template to draw your circle.
- ❖ Using pinking shears to cut out the circle helps to prevent raveling.
- ❖ Fabric can be placed below the canning ring or over it.
- ❖ Don't forget to attach a recipe card with directions for making and baking!

DOUBLE FUDGE BROWNIE MIX

- 1 ½ c. sugar
- ¾ c. cocoa powder (clean inside of jar with a paper towel after this layer)
- ¾ c. all-purpose flour
- ¾ c. chocolate chips
- ½ c. pecans, optional

Layer the ingredients in order given into a wide-mouth 1-quart canning jar. Pack each layer in place before adding the next ingredient. Attach a gift tag with the mixing and baking directions.

To Make Brownies:

- 1 jar Double Fudge Brownie Mix
- ¾ c. butter or margarine, softened
- 3 eggs, slightly beaten

Preheat oven to 325°. In a large bowl, cream the butter and eggs. Add the Double Fudge Brownie Mix and stir until the mixture is well blended. Spread batter into a lightly greased or sprayed 9x12 inch pan. Bake for 30-40 minutes. Cool in pan. Cut into 2-inch squares.

INSTANT COCOA MIX

- 5 ⅓ c. nonfat dry milk powder
- 1 ½ c. lower-fat powdered non-dairy creamer
- 1 cup unsweetened cocoa powder
- 3 cups powdered sugar or
1 ½ cups Splenda® Sugar Blend

For cocoa mix, stir together milk powder, non-dairy creamer, cocoa powder, and sugar or sugar replacement. Cover and store in an airtight container. Makes 8 c. mix – (enough for 24 six-ounce servings)

To Make: Add ⅓ cup Instant Cocoa Mix to ¾ cup very hot water; stir to dissolve.

HOT APPLE CIDER MIX

- 2 Tbsp. pre-sweetened lemonade mix
- 2 Tbsp. granulated sugar
- 1 tsp. ground cinnamon
- ½ tsp. ground nutmeg

Combine the above ingredients and stir until well blended. Cover and store in an airtight container. Attach serving instructions.

Hot Apple Cider

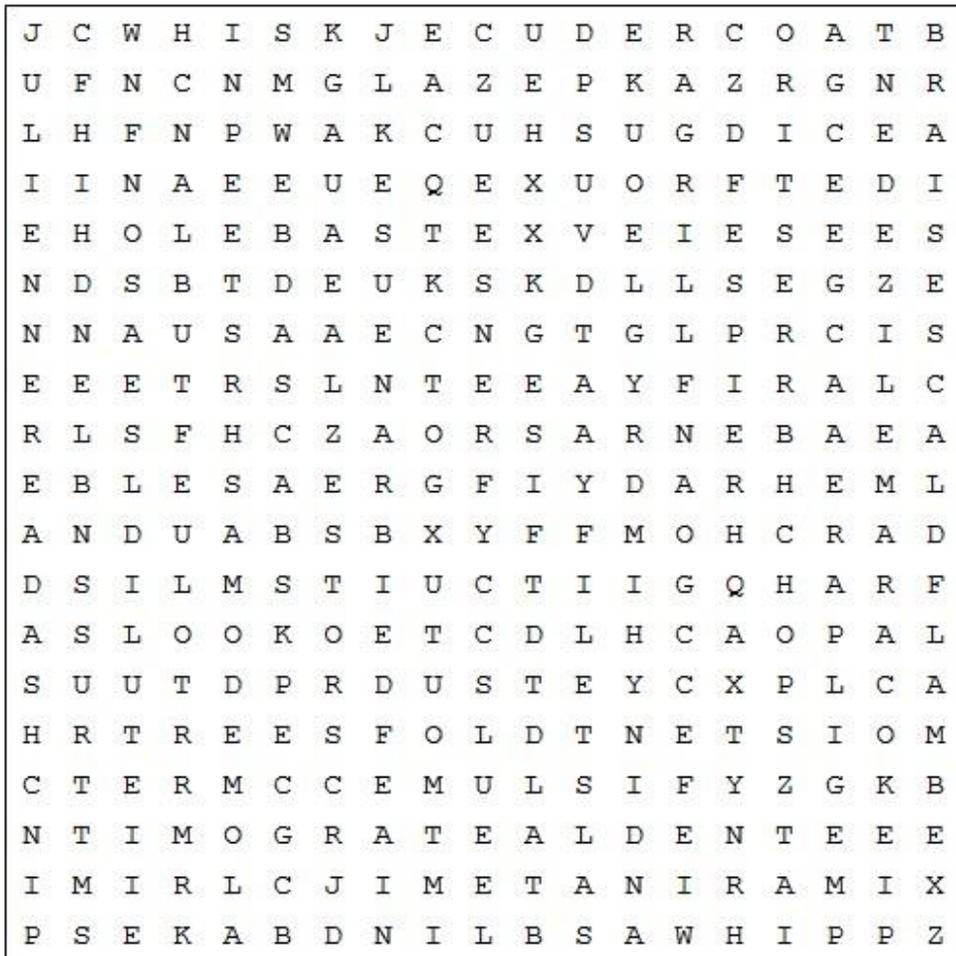
- To make one serving:
- 1 tsp. Hot Apple Cider Mix
- 1 c. (8 oz.) hot apple juice or cider
- Cinnamon stick, optional

Place the Hot Apple Cider Mix in a mug. Pour hot apple juice or cider over the mix. Stir until the mix is dissolved. If desired, garnish with a cinnamon stick.

To make 16 servings: Combine whole pack of mix with 1-gallon hot apple juice or cider.



65 Cooking Terms Word Search



AL DENTE
BASTE
BEAT
BLANCH
BLEND
BLIND BAKE
BOIL
BRAISE
BROIL
CARAMELIZE
CHIFFONADE
CHOP
CLARIFY
COAT
CREAM
CRUSH
CUBE

DASH
DEEP FRY
DICE
DILUTE
DREDGE
DUST
EMULSIFY
FILET
FILTER
FLAMBE
FOLD
GLAZE
GRATE
GREASE
GRILL
GRIND
HULL

JULIENNE
KNEAD
MACEDOINE
MARINATE
MASH
MIREPOIX
MIX
MOISTEN
MULL
PARE
PINCH
POACH
PUREE
REDUCE
ROUX
SAUTE
SCALD

SCORE
SEAR
SEASON
SHUCK
SIFT
SIMMER
STEAM
STEEP
STIR
TOSS
TRUSS
WHIP
WHISK
ZEST

