

Extension Homemakers

Arkansas County Newsletter

January 5, 2017



Dear EH Members:

Happy New Year! I hope you are looking forward to a new year of learning, community service and fun activities with Extension.

ARKANSAS COUNTY EH COUNCIL OFFICERS

Barbara Jones, President
Shirley Fread, President Elect
Annie Peters, Vice President
Rose Ella Smith, Secretary
Gladys Hearn, Treasurer
Joan McFerrin, Reporter

EXTENSION SERVICE DATES TO REMEMBER:

MASTER GARDENER
MEETING
JANUARY 9

4-H METHOD
DEMONSTRATION
JANUARY 23

EH LEADER TRAINING
JANUARY 25

EH BOARD MEETING
JANUARY 25

4-H LEADERS MEETING
FEBRUARY 6

AGRICULTURE CROP
PRODUCTION MEETING
FEBRUARY 7

AGRICULTURE PESTICIDE
APPLICATOR TRAINING
FEBRUARY 15
MARCH 7

26TH AR FLOWER &
GARDEN SHOW
FEBRUARY 24-26

AEHC SPRING WORKSHOP
MARCH 8

Arkansas County Offices

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EH LEADER TRAINING

EH Leader Training for the February Program "Heart Disease: Are You at Risk?" by the Health Leaders will be held on Wednesday, January 25 at 9:30 a.m. at the Extension Office. If the Health Leader cannot attend, please make plans for someone to represent your club.

EH BOARD MEETING

The EH Board and Executive Committee will meet on Wednesday, January 25 at 10:30 a.m. at the Extension Office to plan for activities. Items on the agenda include: 4-H Banquet, Spring Council Meeting, Nominating Committee, Yearbook Committee, Miss Arkansas County Rice, Workshops and AEHC Officer Training. If your club president is unable to attend, please ask your vice president or another member to come in your place. Each club is encouraged to share ideas and concerns at this meeting.

AEHC SPRING WORKSHOP

The AEHC Spring Workshop will be held March 8 at the C. A. Vines 4-H Center, Ferndale. All EH members are welcome to attend. Program and Registration information will be available soon.

EXTENSION GET FIT

The Extension Get Fit program helps increase strength, bone density, balance, and energy while helping us look and feel better. It is an excellent program and we have seen amazing results. For more information, please call the Extension Office. Classes are held at the following locations:

DeWitt Community Center	Tuesday & Thursday 9:00 a.m.
Phillips Community College, DeWitt	Tuesday & Thursday 8:00 a.m.
Cooperative Extension Service	Tuesday & Thursday 5:30 p.m.
Casscoe Community Center	Monday, Wednesday, Friday 8:00 a.m.
Planters & Merchants Bank	Monday, Wednesday, Friday 8:30 a.m.
First Baptist Church, Stuttgart	Tuesday & Thursday 9:00 a.m.
Baptist Health Medical Center	Tuesday & Thursday 5:30 p.m.

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

SAVORY BRUNCH RICE

Ingredients:

2 c. cooked rice

½ lb. turkey sausage

½ c. red pepper chopped

½ c. green pepper chopped

½ c. onion chopped

6 large eggs

½ c. skim milk

Salt and pepper to taste

3 oz. white extra sharp cheddar cheese, grated



Directions:

Preheat oven to 350°F; prepare 11x13-inch baking dish with cooking spray.

Cook rice according to package instructions. Brown turkey sausage in a large skillet. When done remove sausage from skillet and drain. Add peppers and onion to the skillet and sauté. When vegetables are tender crisp add sausage back and continue to cook 2 minutes.

Wisk eggs with milk, salt and pepper in a bowl. Layer rice in the bottom of the baking dish. Spoon sausage and vegetable mixture over rice. Pour egg mixture over previous two layers. Cover and refrigerate 30 minutes to allow liquid to absorb into rice. Top with grated cheese. Bake at 350°F for 25 minutes or until done – when knife inserted into center comes out clean.

Note: Delicious served with fresh fruit on the side. This dish can be assembled to night before, covered and refrigerated and then baked prior to serving.

Makes 12 servings. Calories 170; Total Fat 9g; Cholesterol 115mg; Sodium 350mg; Total Carbohydrate 10g; Dietary Fiber 0g; Protein 10g

Recipe from: Arkansas Rice Expo - Living Well With Rice, 2016 Recipe Book

I am excited about serving the people of Arkansas County as your County Extension Agent. I hope you will feel comfortable calling me with questions and suggestions of things I can do to better serve you. I look forward to working with each of you!

Sincerely,

Alta Lockley
County Extension Agent -
4-H/Family & Consumer Sciences

The Arkansas Cooperative Extension Service 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 as soon as possible. Dial 711 for Arkansas Relay.