

Todd County Extension

Family & Consumer Sciences

Newsletter

Todd County Extension
240 Pond River Road
Elkton, KY 42220
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November 2023

Beer Cheese – A Kentucky Favorite

Beer cheese is practically a staple in Kentucky. It is a common item on many menus as an appetizer or sometimes as an entrée. It's said to have originated in Kentucky, and you can always find it at social events, family gatherings, and tailgating.

Beer cheese is a smooth cheese spread made from processed cheese and flavored with a variety of ingredients, one of which is beer. Commercially made beer cheese is usually made from processed cheddar cheese or cold pack cheddar cheese along with various spices and beer. Homemade varieties can be made from any type of cheese, but most commonly cheddar. Additional ingredients include beer and spices. Many homemade versions also include onion, garlic, hot sauce, and horseradish. You can use any type of beer, but it must be flat, otherwise your cheese will be foamy. Beers with a stronger flavor (dark lagers, stouts, or IPAs) will give a more intense flavor.

Beer cheese is typically served cold with crackers or pretzels. It is a favorite on charcuterie boards accompanied by celery, carrots, and other sliced fresh vegetables. You also can make the spread into a soup, serve it hot as a sauce or as a topping on burgers.

Make beer cheese at home by combining your favorite cheese or combination of cheeses, a flat beer, and your favorite spices. No need to measure anything, just be creative until you find a version you like. Use a food processor or mixer to get a smooth consistency and then chill to firm it up. Keep homemade beer cheese in a closed container in the refrigerator. Storage time will depend on the types of cheese you used and can vary between 10 days to 3 weeks.

Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist



What Does GMO Mean?

GMO stands for genetically modified organism. "Genetic" means that it is made from DNA, the set of cellular instructions (or code) that make us all unique. "Modified" means that a change has been made, and "organism" means any living thing. So, in plain terms, GMOs are living things that have had their genetic code changed in some way. It is not new technology. People have been changing the genes of plants for centuries using traditional breeding techniques like artificial selection or cross-pollination. These techniques allow for the creation of a new plant DNA that contains the best traits of each organism. It is a technique that can occur naturally by or insects, weather, or humans. Examples are new varieties of sweet corn, apples, tomatoes.

GMO technology, however, is a nontraditional technique and must be done in a lab. In very basic terms, scientists insert a specific gene into the DNA of one or two plant cells. As the cell grows and develops into a plant, it will contain the new gene. Most people think of agricultural crops when they hear GMO. Some crops have been genetically modified to be resistant to certain insects or herbicides. Examples include soybeans, corn, and sugar beets.

As consumers, we want to make informed choices. Even though we may not see GMO fruits and vegetables in our grocery store, they are a common part of today's food supply. We are eating foods that contain GMO ingredients and animals that have eaten feed derived from GMO plants. It is only natural to wonder if they are safe. The Food and Drug Administration (FDA), the United States Department of Agriculture



(USDA) and the Environmental Protection Agency (EPA) work together to ensure that GMOs are safe for humans, animals, and the environment. Food made with GMO ingredients is held to the same food safety standards as non-GMO goods. Research has shown that GMO foods are as healthy and safe to eat as their non-GMO counterparts.

References

What are GMOs <https://ag.purdue.edu/gmos/what-are-gmos.html>

FDA <https://www.fda.gov/food/consumers/agricultural-biotechnology>

Source: Annhall Norris, Extension Specialist, Food Preservation and Food Safety

Plate it Up KY Proud Sweet Potato Crisp

Sweet Potato Crisp


3 large fresh sweet potatoes, cooked until tender.	1 teaspoon vanilla	½ cup all-purpose flour
8 ounces reduced fat cream cheese, softened	1 tablespoon ground cinnamon	¾ cup quick cooking oats
1 cup brown sugar, divided	2 medium apples, chopped	3 tablespoons butter
		¼ cup chopped pecans

- Preheat** oven to 350° F. Lightly spray a 13 x 9 x 2 inch pan with non-stick spray.
- Mash** sweet potatoes. Add cream cheese, ½ cup brown sugar, vanilla and cinnamon. Mix until smooth.
- Spread** sweet potato mixture evenly into pan.
- Top** sweet potatoes with chopped apples.
- In a small bowl, **combine** flour, oats, and ½ cup brown sugar. **Cut** in butter until mixture resembles coarse crumbs. **Stir** in pecans.
- Sprinkle** mixture over apples.
- Bake** uncovered for 35-40 minutes or until topping is golden brown and fruit is tender.

Yield: 16, ¾ cup servings.

Nutritional Analysis:
240 calories, 6 g fat, 3 g sat fat, 5 mg cholesterol, 200 mg sodium, 44 g carbohydrate, 4 g fiber, 20 g sugar, 4 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Happy Thanksgiving

Our activities, even those that say *Homemaker*, are open to anyone who would like to participate. Hope you will join us!

Sincerely,

Jill B. Harris

Extension Agent for Family & Consumer Sciences Education



Upcoming Classes & Activities

Homemaker Leader Training

The January lesson is on *Carbon Monoxide* and will be mailed with the January newsletter.

The lesson for February is *Time Well Spent: Organizing* and will be taught on **Thursday, January 25, 10:00 a.m.** at the Todd County Extension Office, 240 Pond River Road, Elkton, or at 5:00 p.m. by Zoom (request the link if you want to watch at 5:00 p.m.).

The date for the March lesson on *Scam Red Flags and Avoiding Fraud* was **changed to Monday, March 4 at 2:00 p.m.** at the Todd County Extension Office. The class will also be presented on Zoom on **Tuesday, March 5 at 10:00 a.m. and 5:00 p.m.** (request the link if you want to watch at on Tuesday).

Cooking Thru the Calendar

The Todd County Health Coalition will be hosting "Cooking Thru the Calendar" Facebook live demonstrations on the first Thursday of each month, around noon. We will be demonstrating how to make the recipe of the month and having guests assist with food preparation and sharing tips for healthy eating. Watch for the first episode on **Thursday, January 4, 2024.**

Todd County Homemaker Council Meeting

Todd County Homemakers Council will meet **Monday, January 22, 5:00 p.m.**, in the Todd County Extension Office Meeting Room.

Homemaker Dues

It's that time of year to pay Kentucky Extension Homemaker membership dues of \$10.00. They are due to the Todd County Extension Office by **November 30.**

Pancakes & PJ's Homemakers Annual Meeting

Pancakes & PJ's is the theme for Todd County Homemakers Annual Meeting on **Tuesday, December 5, 5:00 PM.** at the Todd County Extension Office, 240 Pond River Road, Elkton. Registration fee is \$9.00/person and is due to your club or the Extension Office by **November 21.**

The meal will be catered by Billy Goat Hill and consists of pancakes, bacon, sausage, eggs, fruit, hashbrown casserole, juice, milk, coffee, and water.

You are welcome to wear PJ's and bring a \$5 wrapped gift. We will play games, have door prizes, and lots of fun. Mailbox members and non-members are welcome to join the fun!



PUT ON YOUR PJs AND JOIN THE FUN!

PANCAKES & PJS

DECEMBER 5, 2023

\$9.00/person
Deadline: November 21

STARTS AT 5 PM

TODD COUNTY HOMEMAKERS ANNUAL MEETING
TODD COUNTY EXTENSION OFFICE
240 POND RIVER ROAD, ELKTON, KY

Bring a \$5 wrapped gift

Scones Baking Class

We have a couple of spots left in the scones class on **Tuesday, November 14, 5:00 p.m.**, at the Todd County Extension Office, 240 Pond River Road, Elkton (the class on November 15 at 1:00 p.m. is full but you are welcome to join the waiting list). There is a \$5.00 registration fee for supplies. Pre-registration and payment required by November 6; limit of 16 people. Pre-register by calling the Todd County Extension Office at 270-265-5659 or email jill.harris@uky.edu. Please bring an apron and a pastry cutter, if you have one.



**SCONES
BAKING CLASS**

November 14, 2023, 5:00 PM
or November 15, 1:00 PM
Todd County Extension Office,
240 Pond River Road, Elkton, KY



You will learn how to make basic scones in this hands-on class.

\$5.00 registration fee for supplies.
Each class size is limited to 16 people.
Pre-registration & payment required by November 6.

To register, call the Todd County Extension Office at 270-265-5659 or email jill.harris@uky.edu.

How Can Extension Serve you Better?

Kentucky Cooperative Extension Service recently launched a statewide survey with hopes of reaching thousands across the Commonwealth.

With more direction from you and others in our community, we can continue real work that matters to real people. We hope you'll take our ten-minute survey found at go.uky.edu/serveKY or you can go to it by scanning the QR Code with your camera and

clicking the link. We want to hear from *all* Kentucky citizens ages 18 and up. Every voice matters. Please know your time is greatly appreciated! Paper copies of the survey are available at the Todd County Extension Office.



An equal opportunity organization

TODD COUNTY

How can we serve you?

Take a ten-minute survey to help us develop programs addressing needs in our community.



go.uky.edu/serveKY

KENTUCKY COOPERATIVE EXTENSION

Curt Judy Retirement

Curt Judy, Extension Agent for Ag & Natural Resources, will be retiring after 44 years in Extension. Please join us for his retirement celebration on **Tuesday, November 28, 2:00 to 5:30 p.m.**, at the Todd County Extension Service, 240 Pond River Road in Elkton. Presentation at 3:00 p.m.



CURT JUDY
IS RETIRING FROM THE
UNIVERSITY OF KENTUCKY
COOPERATIVE EXTENSION
SERVICE AFTER

44 Years

JOIN US TO
CELEBRATE!
**Tuesday,
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