



HEMPSTEAD
COUNTY
EHC
NEWSLETTER
NOVEMBER
2016

*May the blessings
of the
Thanksgiving
fill your hearts
and home.*

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Division of Agri.
Hempstead County
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*"As we prepare for the Thank-
sgiving Season remember those
that helped us to be where we
are and supported us in our en-
deavors."*

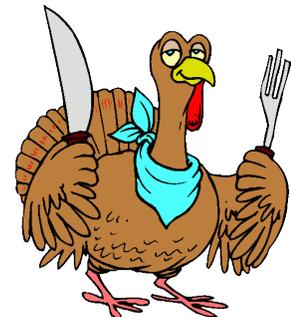
I want to take this time to
thank all of you for the help and
assistance you have provided to
me and the County Extension
Services. Our county is truly
fortunate to have a wonderful
team of Extension Homemakers
that make our homes, families and
community a wonderful place to live.

*Thank you all &
Have a Happy Thanksgiving!*

Sincerely,

A handwritten signature in cursive script that reads "Terrie James".

Terrie James
CEA-Staff Chair



Mark your calendar for these events and activities.



Nov. 29, Items for the County Courthouse Tree

Courthouse ornaments should be

dropped off to the Extension office by
close of business on Nov. 29th.

Several of the County 4-H youth will
decorate the tree and our office doors
this year as a Service Project.



Dec. 7, Courthouse Coffee

Each club is asked to bring a dish for the
Courthouse Coffee. The coffee officially
begins at 9:30 and continues until 11:00 am, so whoever is bringing
the Club's dish needs to have the dish to the Courthouse no later
than 9:00 am. This is one of the largest Coffees for the Chamber
so plan to come and enjoy as we begin the **Holiday Festivities!!**

**Dec. 9, Council
Christmas Party**



The EHC Christmas Party will be held at the County Fairgrounds in the Food Preservation Building. Decorating begins at 5:00 pm, registration at 5:30 pm, and plan to eat at 6:00 pm. Each club is responsible for one group of items needed, such as side dishes, desserts, salads and decorations. The EHC Council is providing chicken for the meal. There will also be a silent auction to benefit the Blevins Elementary Family In Need. Bring your items to be auctioned.

County Extension offices will be closed for the Holidays



The County Extension offices will be closed
November 24th & 25th for Thanksgiving.

The County Extension offices will be closed
December 23rd through Jan 3rd for the
Christmas Holidays and New Year's Day.



University of Arkansas
Div. of Research & Extension Services
2301 S. University Ave.
Little Rock, AR 72204

Turkey-Pasta Soup Yield: 8 servings (serving size: 1 1/2 cups)

- 1 tablespoon olive oil
- 1/2 cup chopped carrot
- 1/4 cup chopped celery
- 1/4 cup minced onion
- 1 garlic clove, minced
- 2 cups water
- 1/3 cup chopped 33%-less-sodium ham (about 2 oz.)
- 1/4 teaspoon freshly ground black pepper
- 4 (14-ounce) cans fat-free, less-sodium chicken broth
- 1 cup uncooked macaroni
- 3 cups chopped cooked turkey
- 3 cups thinly sliced cabbage

Heat oil in a large Dutch oven over medium-high heat. Add carrot, celery, onion, and garlic; sauté 3 minutes or until tender. Add water, ham, pepper, and broth; bring to a boil. Add pasta; cook 8 minutes or until pasta is done. Stir in turkey and cabbage; cook 2 minutes or until cabbage wilts.

Nutritional Information—Amount per serving

Recipe from Cooking Light

- Calories 194, Calories from fat 23 %, Fat, 4.9 g, Saturated Fat 1.3 g, Monounsaturated Fat 2 g, Polyunsaturated Fat 1 g, Protein 21.8 g
- Carbohydrate 14.2 g, Fiber 1.2 g, Cholesterol 44 mg, Iron 1.6 mg, Sodium 483 mg, Calcium 45 mg

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January 15, 2017 AEHC Name Tags

Orders need to be sent to the Council Treasurer by **January 15, 2017**, the cost is \$6.25 or for an additional \$2.75 you can have a magnet on the back which make the cost \$9.00. Send your name printed with money to Carolyn Spencer, 182 Hempstead 8, Hope, 71801, telephone: 870-777-8793.

Save this date!

March 8, AEHC Leader Training at Ferndale

To be announced at a later date.

Here's ideas for turkey. Try these recipes!

Turkey Tostadas Yield: 4 servings

Ingredients

2 cups cooked turkey (cut into bite-size pieces, or 2 cups ground turkey, browned in a skillet and drained)
2 tablespoons taco seasoning (or chili seasoning)
1 1/2 cup water
4 corn tortillas
1/4 cup refried beans (low-fat or fat-free)
1/4 cup Cheddar or Monterey Jack cheese (shredded, low-fat)
1/2 cup tomatoes (chopped)
1/2 cup lettuce (shredded)
2 tablespoons onion (chopped)
1/2 cup taco sauce, May garnish with plain yogurt (low-fat or fat-free optional) or guacamole (or mashed avocado optional)

Instructions

1. Wash & prepare vegetables.
2. In a large skillet over medium heat, combine turkey, taco seasoning, & water.
3. Bring mixture to boil, reduce heat & simmer for 5 min. stirring occasionally.
4. Place tortillas on a cookie sheet. Bake at 375° for 4-7 minutes or until crispy.
5. Spread tortillas with a TBSP of beans. Top with 1/4 meat mixture & cheese.
6. Return tortillas to oven to cook for 2-3 minutes or until cheese is melted.
7. Top with tomatoes, lettuce, onions & taco sauce. Garnish with yogurt & guacamole, if desired.

Source:

UMass Extension Nutrition Education Program, [CHOICES Steps Toward Health](#)