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Raising Kids, Eating Right, Spending Smart, Living Well

TIMELY TIPS

MAY 2018

The Multi-cooker Craze

The “Instant Pot,” a small kitchen appliance, is the latest craze to hit the culinary world with consumers touting health benefits and ease of use in the trendy appliance.

The Instant Pot is just one brand of multi-cooker among many.

Multi-cookers have several different functions all contained in one unit. A single appliance can be used to steam, sauté, brown, slow cook, pressure cook, make yogurt or stir food while it is cooking. It depends on the unit design and brand.

The multi-cooker offers some great advantages over other machines. One appliance does it all so there is no need to have several different ones taking up counter space. It’s fairly quick and easy to use. You can start off by browning or sautéing then transition to a slow or pressure cooking method in the same pan within seconds.

Before using, read the manual to discover the features and become familiar with your new appliance. Keep the manual with the appliance or in a handy location for future use. Also, make sure to register your new appliance with the manufacturer in the event of a malfunction or recall.

Depending on the unit size, you may be limited on how much you can cook at once. You may need to invest in additional dishes or pans, made specifically for use inside the multi-cooker to get the most from your machine. For certain functions, cooking times do not include pre-heat time. For example, if a recipes says, “done in seven minutes,” you might need to plan for an additional seven minutes heating time prior to cooking and additional release times depending on natural or quick release.

The multi-cooker is a great small appliance, and the more you use it, the more comfortable and creative you become when preparing food.

Source: Jennifer Bridge, extension agent for family and consumer sciences education, Meade County



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“Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.” -- Buddha

Kentucky Asparagus

Season: April through May

Nutrition Facts: Asparagus is a good source of vitamins A and C, folate and fiber. A half-cup serving of fresh asparagus, which is about six stalks, contains 22 calories, 2 grams of protein and 4 grams of carbohydrates.



Selection: When shopping for asparagus at the market, look for bright green stalks with tightly closed tips. The most tender ones are apple green in color with purple-tinged tips. A pound of asparagus will make four, one-half cup servings.

Storage: It will keep a week or two in the refrigerator when kept upright with cut ends resting in water. You can also store asparagus in the refrigerator with cut ends wrapped in wet paper towels inside a plastic bag.

Cooking: Asparagus can be eaten raw, lightly boiled, steamed, stir-fried or grilled. It can be seasoned with herbs, butter or Parmesan Cheese to enhance its flavor.



Multi-cooker Fried Rice

Servings: 4

2 cups long grain rice (not instant)
4 cups water
1 Tbsp. olive oil
1 egg
6 oz. frozen mixed vegetables
Ginger or mustard sauce

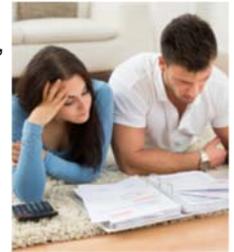


Steam rice in water according to multi-cooker directions for the function. Once steam is vented, remove lid and switch function to sauté. Push rice to the sides of the pan creating a well in the middle of the rice with the bottom of the pan visible. Pour oil into well, crack open the egg and add to the oil. Fry until done, chopping as you go. Once done, add mixed vegetables and stir all ingredients together. Continue to sauté until vegetables are hot and steamy. Add your favorite sauce, such as ginger or mustard, to complete this easy side dish.

Approximate nutritive value per one cup serving: Calories-180, Total Fat-5g, Cholesterol-45mg, Sodium-35mg, Carbs-28g

WHEN OPPOSITES ATTRACT: MANAGING FINANCES WITHIN A MARRIAGE

Have you and your spouse ever had an argument about money? If you are like most people then you probably have. Money is a leading cause of marital discord. In fact, a recent study about arguments in 100 married couples found that money was the number one offender. Money is a delicate and often emotional topic to discuss. Financial discussions are complicated by the fact that spouses often come from different family backgrounds with different values about money. So how can you come together with your partner to communicate about money? Communication is key.



The first and most important step to managing money in a marriage is open dialogue. Have a serious discussion in which you explore each other's values surrounding money. In family finance, we call these our money habits and attitudes. In other words, what do you and your partner value most? Is financial security your number one concern? Do you want to be able to be carefree and spontaneous with your money? Do you want to give to charity? It is important that you be honest about your values so you can develop a reasonable spending plan.

What is mine, yours, and ours? Now comes the hard part. How do you combine your money habits and attitudes to create a budget that works for your marriage? Some couples try to keep their finances separate. For the most part, research suggests that completely separating your finances is a recipe for disaster. On the other hand, throwing all your money into one pot may not be the best strategy either. Let a basic budget be the financial foundation for your marriage. Put all of your fixed monthly expenses (i.e. rent/mortgage payment, utilities, groceries, etc.) on paper. These expenses fall into the "ours" category. Use a joint account to cover these basic bills. Next, build outward from your basic budget. Set up automatic contributions to retirement accounts, college funds, etc. These expenses should also come from the joint account. Once you have covered all of the monthly expenses and savings, then you can focus on what is "mine and yours." Set an amount of discretionary spending for you and your partner and let your money habits and attitudes be your guide. But remember, this allotment must fit within your total budget. This is a helpful strategy to ensure that you and your partner stay within your budget.

An important part of marriage is sharing goals. But the only way to form shared goals is to talk about them. In marriage and in life, resentments often come from unspoken expectations. If your partner doesn't know what you want, how can they help? On the other hand, if you and your partner can get on the same page about what you are working toward, you are much more likely to be successful in attaining your goals.

Reference: Papp, L.M., Cummings, E.M., & Goeke Morey, M.C. (2009). For richer, for poorer: Money as a topic of marital conflict in the home. Family Relations, 58, 91-103



Parents, Help Your Kids Create Healthy Sleep Habits

The National Sleep Foundation conducted a survey in 2014 among families in the United States. They wanted to get a better picture of sleep patterns in families with at least one school-aged child. Parents were asked to rate the importance of sleep for their family's health. They were also asked about their children's sleep habits. Habits included things like sleep total, quality, bedtime rules, routines and sleep issues. The study found that while most parents felt sleep was very important to their family's health, 90 percent of kids did not get the recommended amount of sleep.

The Centers for Disease Control and Prevention suggests that school-aged children get at least 10 hours of sleep; teens should get about 9-10 hours. The authors also looked at children who got "enough" sleep. They used an average of the general sleep recommendations. Getting "enough" sleep counted as 9 or more hours for ages 6-11 and 8 or more hours for ages 12-17 years. The results of the study showed:

- Those that got "enough" sleep were related to those who had rules from parents such as no caffeine after a set time or not leaving technology on in the bedroom.
- Those with excellent sleep quality were related to keeping a strict bedtime and not leaving technology on in the bedroom.

It is important to note that based on the survey alone, it cannot be said that one causes the other. More long-term studies are needed to look at causes that directly affect sleep quality and quantity. The takeaway message from this study is that parents have an important role creating rules for good sleep habits to help improve their children's sleep.

References: Buxton OM, Chang AM, Spilsbury JC, Bos T, Emsellem H, Knutson KL. Sleep in the modern family: protective family routines for child and adolescent sleep. *Sleep Health*. 2015; 1(1):15-27

Source: Joann Lianekhammy, Senior Extension Specialist for Family and Consumer Sciences, University of Kentucky; College of Agriculture, Food and Environment

Landscaping on a Budget

During this time of year, you may notice that your neighbor's yard is in a constant state of blooms — green grass, well-trimmed bushes and breathtaking flowers. If you are interested in revamping your own yard's landscaping, here are some budget-friendly tips to keep in mind:

- **Divide your landscaping projects into zones.** Tackle each zone one at a time. Doing so will allow you to budget and save for each landscaping zone.
- **Have a plan.** Before making a trip to your local gardening center know which plants and materials you will be buying and how much. Your garden center may also be running sales so be sure to research those while planning your landscaping project.
- **Share resources.** Talk with your neighbors to see if they are planning any projects that require some of the same equipment that you will be using. For instance, if you will be renting a tiller, you can share the costs with a neighbor who will also be using that piece of equipment.

Source: Jennifer L. Hunter, Extension Specialist for Family Financial Management, University of Kentucky; College of Agriculture, Food and Environment and Kristyn Jackson, LMFT, Ph.D., University of Kentucky; College of Agriculture, Food and Environment



NEWS...FROM BOONE COUNTY COOPERATIVE EXTENSION



There is no new water—we are using the same water our ancestors used. May is Kentucky Water Awareness Month. Join the

observation and learn about water use and conservation by participating in any or all of the following programs. Registration is appreciated. Programs are being held in a variety of locations, please make a note of them when you register.

Cooking the Books (hands-on)

Extension Enrichment Center—Upper Level, 1955 Burlington Pike, Burlington

Adults fix foods inspired by the book we've all read then discuss it. Limited number of books and DVDs available for loan. Registration required; seating limited.

- **FRI, 5/12, 10:00 a.m. – 1:00 p.m.** – Bottlemania by Elizabeth Royte

Rain Garden Workshop

TUE, 5/8, 6:00 p.m., Extension Environmental and Nature Center, 9101 Camp Ernst Road, Union

Learn the purpose, installation, and management of rain garden areas. Assist in planting and finishing a rain garden project.

Hook & Cook (Hands-on)

THU, 5/10, 5:30 – 8:00 p.m. AND SAT, 5/12, 8:00 a.m. – 1:30 p.m., Extension Enrichment Center – Upper Level, 1955 Burlington Pike, Burlington

Join Kentucky Department of Fish and Wildlife professionals to learn to set up a rod and reel, fish, and prepare the catch. Thursday evening will cover fishing basics and Saturday features fishing practice and cleaning and preparing the catch. Must attend both sessions. Must be at least 16 years of age and have a Kentucky Fishing License. Registration required; space limited.

Boone County Watersheds: Monitoring of water resources in a growing community

TUE, 5/15, 6:00 p.m., Extension Office, 6028 Camp Ernst Road, Burlington

Learn about the condition, management, and monitoring of Gunpowder, and Woolper Creek Watersheds, two of our most populated watersheds in Boone County.

Scavenger Hunt

SAT, 5/19, 9:00 a.m. – 1:00 p.m., Extension Environmental and Nature Center, 9101 Camp Ernst Road, Union

Bring the family and join the outdoor scavenger hunt. Using clues provided you'll search for information and displays related to water conservation, use, and pollution throughout the Environmental and Nature Center. The hunt will take about an hour. Plan to start your journey between 9:00 a.m. and 12:15 p.m. Prize awarded for completing the hunt. Professionals will be on hand to answer water-related questions. Dress for the weather and an outdoor adventure.

Pond Ecology & Maintenance

WED, 5/23, 5:30p.m., Extension Environmental and Nature Center, 9101 Camp Ernst Road, Union

Healthy pond ecosystems, maintenance, and nuisance management will be discussed.

Cisterns: Use, Care, Maintenance

THU, 5/24, 6:30 p.m., Extension Enrichment Center—Upper Level, 1955 Burlington Pike, Burlington

Learn to care for and maintain your cistern and water.

SD1 Campus & Banklick Wetland Tour

WED, 5/30, 1:00-3:00 p.m., SD1 Headquarters, 1045 Eaton Drive, Ft. Wright

Tour the Public Service Park and their sustainable best management for storm water runoff including a green roof, walking trails, and a wetland along Banklick Creek.



FOR MORE INFORMATION CONTACT

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