

September 2023

From Rebecca's Desk...

September Events

4th--Labor Day

7th--Mason Hall Club Meeting

13th--Crystal Club Meeting

23rd--First Day of Fall



Contact Us!



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UT/TSU Extension Obion County

Dear FCE Member,

Wow! August was a busy month! Thank you to everyone who was able to make it to the region-wide FCE Mini-Conference this past month. Obion County had the largest group in attendance and we showed out with our dress revue, cultural arts, and creative writing entries! Congratulations! I also want to say "thank you" to each and every member who contributed to our fair efforts over the last few weeks. This year's fair was a great success and it could not have been done without each of you. Another "congratulations" to all who submitted entries to the fair. I enjoyed seeing all of your talent on display!

September is here and while its still warm, we know this month will bring a steady change towards the fall season. I hope you will each take time to enjoy your favorite fall activities as well as spend time with friends, family, and loved ones. Please also remember to give (as you are able) to food banks in your community. I will be collecting reporting forms for July-September at the end of the month.

Happy September!
Rebecca

September is...

National Chicken Month...See the attached handout for healthy and affordable chicken recipes.

National Food Safety Month...An easy way to stay "food safe" is making sure you regularly use a meat thermometer and a fridge/freezer thermometer. If you need one of these, call Rebecca at the Extension office.

National Preparedness Month...We all know natural disasters can happen at anytime. What is one thing you can do this month to be more prepared for natural disasters?

SEPTEMBER IS NATIONAL CHICKEN MONTH!

Celebrate the month of September with these nutritious and delicious chicken recipes from www.myplate.gov.

Chicken Soup

- 6 cups chicken broth (low-sodium)
- 1 cup chicken (cooked)
- 1 cup rice (uncooked)
- 1 3/4 cups mixed vegetables
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1 tablespoon parsley (dried)



1. Use leftover chicken, canned chicken, or cook enough chicken to make 1 cup of chicken pieces.
2. Place the cooked chicken in a large saucepan.
3. Add the broth and uncooked rice. Cover the pan.
4. Bring the broth and rice to a boil.
5. Turn the heat to low. Stir and simmer for 15 minutes.
6. Add the vegetables and seasonings.
7. Simmer for 10-15 minutes until the vegetables are tender.

Easy Chicken and Dumplings

- 1 teaspoon flour (all purpose)
- 2 tablespoons water
- 1 cup chicken broth (low-sodium)
- 1 cup chicken, cooked and diced
- 1/4 teaspoon salt (optional)
- 1 dash black pepper

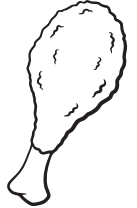
Dumplings:

- 1/3 cup flour (all purpose)
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 2 tablespoons milk

1. Mix 2 tablespoons flour and water in a saucepan until smooth.
2. Slowly stir in broth.
3. Cook over medium heat until thickened.
4. Add chicken, salt, and pepper.
5. To make the dumplings, combine 1/3 cup flour, baking powder, and salt in a small bowl.
6. Stir in the milk until a dough forms.
7. Drop the dumpling dough from a tablespoon gently into the boiling chicken mixture.
8. Cover the pan tightly and cook slowly for 15 minutes without lifting the lid.

Honey Lemon Chicken

- 1 tablespoon vegetable oil
- 1 pound bone-in chicken (cut into 8 pieces)
- 1/2 cup flour (all purpose)
- 1 teaspoon salt
- 1/4 cup honey
- 1/4 cup lemon juice
- 1 teaspoon rosemary (fresh or dried)



1. Preheat oven to 375°. Line a baking pan with foil for easy cleanup. Lightly oil the foil.
2. Combine flour and salt in a plastic bag. Shake chicken pieces in flour mixture, remove from bag and place on prepared pan.
3. Bake for 45 minutes.
4. Combine honey, lemon, and rosemary. Spoon mixture over chicken to glaze chicken pieces. Bake another 15 minutes.

BENEFITS OF EATING CHICKEN

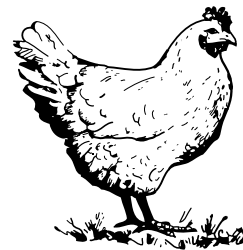
***CHICKEN IS A GOOD SOURCE OF PROTEIN.**

***CHICKEN IS OFTEN MORE AFFORDABLE THAN OTHER MEATS.**

***CHICKEN IS VERSATILE AND CAN BE USED FOR MANY DISHES.**

***CHICKEN IS A GOOD SOURCE OF IRON AND ZINC.**

***CHICKEN THAT IS BAKED, BOILED, OR ROASTED IS GENERALLY LOW IN FAT.**



My Plate, Your Plate Reporting Form for July--September 2023

Name:

Club Name:

July

How many non-perishable items did you donate to a local food bank, pantry, church, or other charitable organization? _____

How many organizations did you donate to? _____

August

How many non-perishable items did you donate to a local food bank, pantry, church, or other charitable organization? _____

How many organizations did you donate to? _____

September

How many non-perishable items did you donate to a local food bank, pantry, church, or other charitable organization? _____

How many organizations did you donate to? _____