

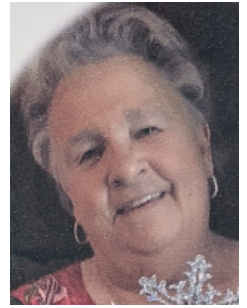


Maine Extension Homemakers

January – March, 2024

Presidential Ponderings

Happy New Year Everyone! I'm looking ahead with new eyes and new excitement as we continue to grow and gather together. In looking forward to 2024, we are revisiting our statewide Spring and Fall meeting's structure, and have chosen to have one large, two-day meeting per year during the summer. This will allow us time to socialize with the whole state of homemakers and rework our programs.



I am looking forward to seeing you at the February 5 Advisory Board Meeting in Bangor. Wishing you all good health. Be kind and always remember to encourage and stand beside each other going forward.

- Best wishes to you all, your MEHC President, Marie Temm

Around the State

Aroostook County

Aroostook County held its annual Fall Meeting and installed a new President, Dianna Day, and Vice President, Diane Parent. The theme of the meeting was Pumpkin Time and the clubs contributed to a delicious potluck. Many thanks to outgoing President, Carolyn Kelley, and Vice President, Mona Cyr.

Androscoggin County

Androscoggin members participated in a workshop dedicated to making holiday cards and gift tags. The class was led by advisor Heidi Palmer.

Cumberland County

Cumberland County held a Holiday gathering at a local restaurant and participated in a White Elephant auction. Fun times for all!

Franklin County

Franklin County has had a busy few months. In October they held three training opportunities for members, including Making Your Wishes Known, Making Homemade Cleaners, and Care of Fall Flower Bulbs. The theme of the Rotary Christmas Tree was



Aroostook County President Dianna Day (with the crown) and Vice President Diane Parent (center) were installed by Betty Thompson.

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“Bow Wows and Meows” and earned \$375.00. The annual tissue drive to collect tissues for all Franklin County elementary schools is currently in progress, and tissues will be distributed in January.

Hancock County

Hancock County members enjoyed a fun holiday gathering that included a potluck lunch and a fun present swap.

York County

York County Extension Homemakers in Limington met to create their 2024 calendar. Due to the retirement of Donna Flit, the administrative support contact is now Elizabeth Belanger (see staff highlight).



Janet’s Jammies

One of the projects the clubs are working on for 2024 is a continuation of Janet’s Jammies. Jammies may be made through January and must be turned in to County Presidents by February 4th. The pajamas will be paired up with coordinating sleep shirts and packaged for distribution before Valentine’s Day to United Way locations serving all Maine Counties. Reach out to Lisa Fishman ASAP for patterns, fabric and tags, size labels and felt hearts. Lisa can be reached at 800-287-1421.

Members of Cumberland County’s New Beginnings held a white elephant auction and enjoyed a holiday lunch.

Maine 4-H Days-Service Project

The Maine Extension Homemakers are once again collecting items to be put in shelter bags and distributed throughout Maine during 2024. Youth participating in Maine 4-H Days at Windsor Fair Grounds in July will be filling shelter bags for men, women, and youth and have requested the following items:



- Shampoo (not over 15-ounce bottles)
- Toothbrushes with cases or caps
- Tooth paste (2-3-ounce size)
- Body wash or bar soap (with travel container)
- Wash cloths and hand towels
- Combs and brushes
- Deodorant
- Body lotion
- Small packets of tissues
- Razors with shaving cream
- Puzzle books (assorted)
- Journals



Franklin County members Betty Snell, Mary Kalel, Amy Palmer and Linda Gramlich set up the Rotary Tree ahead of the auction.
Photo: Courtesy Linda Gramlich

- Writing implements
- Socks
- Decks of playing cards
- Feminine products

Your County President will determine the date the items should be brought in. If you would like to help volunteer for the Maine 4-H Days Shelter Bag project, please contact Heidi Palmer at (207) 310-4235. Maine 4-H Days will run from July 19-22. The exact date of the service project has not yet been determined.

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Hot Topics at Extension

Reporting Time is here!

It's time to tally up all the member volunteer hours, your club donations, your educational programming and complete your club's annual report. Your County President will need your club reports by mid-March so they can be included in your County Annual Report.

Food Preservation classes

Food preservation classes are happening throughout the State of Maine. This is a great time to make jam from the fruits that you froze last summer, or to pull out that pressure canner, make a big batch of chicken soup and can it for use during this cold season. To find a workshop near you, or to request a workshop in your part of the state, visit the University of Maine Cooperative Extension food & health website for more information. extension.umaine.edu/food-health/food-preservation/hands-on-workshops/

4-H Looking for Volunteers

Are you wishing you could get more involved with young people? 4-H is always looking for volunteers, and they are offering volunteer training in many locations. To sign up, visit the 4-H website for additional information. extension.umaine.edu/4h/



All About Earmuffs

Have you ever heard of **Chester Greenwood**? If you have, chances are pretty good that you live in Franklin County, where Chester Greenwood, at the age of just 15, **invented the earmuff**.

Farmington is the earmuff capital of the world, thanks to this invention, and **March 13 is National Earmuff Day**.

Chester Greenwood Day is celebrated in December of each year.



Mark Your Calendars

January 23: National Pie Day

February 4: National Homemade Soup Day

February 5: MEHC Board meeting-Bangor 10:00 (pajama packing immediately following)

February 20: National Muffin Day

March 10: Daylight Savings Time begins-Spring Forward!

March 13: National Earmuff Day

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Elizabeth Belanger

Staff Highlight

Let's take a minute to catch up with one of the friendly faces in the York County Extension office, **Elizabeth Belanger**. Elizabeth has been with UMaine Extension for a little over 5 years. Along with her husband and their two little kiddos, they own and operate 207 Tappers Sugarhouse in Arundel, ME where they also co-own, with Elizabeth's parents, a small hobby Dairy farm, Blue Star Farm, in Lyman, ME. Elizabeth loves spending time outside with her family.

Gardening Tips–Winter Care of House Plants

House plants give us a lot of joy during the long, cold winter. They remind us of summer with their green leaves and blooms. However, indoor plants can suffer from pests just like outside plants. In the table on the following page are some of the common pests of house plants, and what you can do to control them.

For additional information on growing houseplants in Maine, see UMaine Cooperative Extension bulletin #2611, *Tips for Growing Houseplants in Maine: Caring for Houseplants in Maine* or scan the QR code.



Recipes

Recipes to celebrate National Pie, Soup and Muffin Days, from our Expanded Food Nutrition and Education Program (EFNEP) friends.



Photos: All photos property of University of Maine Cooperative Extension, unless otherwise noted.










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Table 1: Common Houseplant Insects and How to Control Them

Pest	Photo	Description	Damage	Control
Aphids		Tiny green, brown, or black insect, located on the undersides of leaves. Photo: G. Dill	Feeding damage causes stunted plant growth and curled or distorted foliage	Wash off with water, insecticidal soap, or neem, or use imidacloprid
Fungus Gnat		Adult is a small fruit fly-type insect. Larvae is a small white worm or maggot that lives in the moist soil. Photo: C. Armstrong	Minimal damage	Allow the soil surface to dry between waterings or use <i>Bacillus thuringiensis subsp. israelensis</i>
Mealybugs		Scale insect with white cottony appearance on stems, undersides of foliage, and on nodes (where the leaf or bud attaches to the plant's stems). Photo: US National Collection of Scale Insects Photographs, USDA ARS, Bugwood.org	Feeding damage causes stunted plant growth	Wipe off with cotton swab dipped in alcohol, or use insecticidal soap, or neem, or use imidacloprid
Mites: Spider		Microscopic light-colored arachnids (not insects). Photo: J. Dill	Produce webbing on foliage and stems	Discard heavily infested plants; or horticultural oil (can cause damage)
Mites: Cyclamen		Microscopic arachnids not visible without magnification. Photo: Jody Fetzer, Maryland National Capital Park and Planning Commission, Bugwood.org	Feeding produces distorted yellowish foliage	Discard heavily infested plants or use insecticidal soap. ^[1]
Scale		Oval or round brown insects located on stems and leaves. Photo: JWhitney Cranshaw, Colorado State University, Bugwood.org	Insects suck plant juices, resulting in poor or stunted plant growth. Black fungus may grow on honeydew (sap) excreted	Discard heavily infested plants; wash off with water, wipe off with cotton swab dipped in alcohol, or use insecticidal soap, neem oil, or horticultural oil (can cause damage). ^[2]
Springtails		Minute in size (1/8th to 1/16th of an inch in length), dark-colored but some can be white or light in color. Live in moist soils. Photo: J. Dill	They are beneficial insects because they feed on fungi, pollen, algae, and decaying organic matter	
Thrips		Extremely tiny (1/8th to 1/4 inch) insects. Adults are light tan to dark brown; appear white when young. Photo: J. Dill	Feed on foliage and flowers, causing them to have a silvery appearance and become distorted and discolored	Use neem, horticultural oil, spinosad, or pyrethrins
Whitefly		Small, white, gnat-like insect. Photo: Frank Peairs, Colorado State University, Bugwood.org	Adults and young feed on leaves, causing the leaves to turn pale yellow or white	Wash or use alcohol swab; insecticidal soap, or neem, or use imidacloprid

Adapted with permission from Preventing, Diagnosing, and Correcting Houseplant Problems from Penn State University.

^[1]Bessin, R. 2019. Cyclamen Mite in the Greenhouse. University of Kentucky College of Agriculture <https://entomology.ca.uky.edu/ef422>

^[2] Klass, C. 2012. Scale on Houseplants. Cornell University <http://idl.entomology.cornell.edu/wp-content/uploads/Scales-on-Houseplants.pdf>

BEEF TACO PIE

Makes 12 Servings | Serving Size: 1 serving

INGREDIENTS

- 1½ pounds lean ground beef, 90% or more lean
- ¼ cup reduced sodium taco seasoning mix
- ½ cup water
- ¾ cup salsa (choose hot if you dare!)
- 1 (6-ounce) can tomato paste
- ¾ cup water
- 1 (more) Tablespoon reduced sodium taco seasoning mix*
- 6 8-inch flour tortillas
- 2 cups low-fat cheddar cheese, shredded

* Try the “Convenience Taco Seasoning Mix”

DIRECTIONS

1. In a large skillet, brown the ground beef until it is thoroughly cooked.
2. Drain and discard fat from beef.
3. Add ¼ cup taco seasoning mix and ½ cup water to beef. Stir to mix, and simmer for 10 minutes.
4. Combine salsa, tomato paste, water, and 1 tablespoon taco mix in a bowl.
5. Cut each tortilla in half (12 half tortillas).
6. Assemble the casserole as follows:
 - In a 9” x 13” x 2” baking dish prepared with cooking spray, place 4 half tortillas.
 - Spread ½ cup salsa mixture on top of the tortillas. Add 1½ cups meat mixture over the salsa. Top with ¾ cup grated cheese.
 - Repeat layering: 4 half tortillas, the rest of the meat mixture, and ¾ cup grated cheese.
 - Place the last 4 tortilla halves on top, and spread the remaining salsa mixture and cheese.
7. Cover with foil. Bake for 30 minutes at 350°F or until heated thoroughly.
8. Allow pie to set for 5 minutes before cutting into 12 even portions.

Serve with a light spring salad of fresh greens and a low-fat dressing.

Nutrition Facts

12 servings per container
Serving size 1 serving(s)
(154g)

Amount per serving
Calories **230**
% Daily Value*

Total Fat 9g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 710mg	31%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 2mg	10%
Potassium 371mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

ADDITIONAL RECIPES AVAILABLE AT

extension.umaine.edu/food-health/recipes/

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CARROT LEEK SOUP

Makes 6 servings | Serving Size: 1 serving

INGREDIENTS

- 1 medium leek, thinly sliced and soaked in water to remove sand
- 4 teaspoons butter
- 6 medium carrots, sliced
- 2 medium potatoes, peeled and cubed
- 3 cans (14½ ounces each) low sodium chicken broth
- 2 cups skim milk
- ⅓ teaspoon pepper

DIRECTIONS

1. In a large saucepan, sauté leek in butter until tender.
2. Add carrots, potatoes and broth; bring to a boil.
3. Reduce heat; cover and simmer until vegetables are tender.
4. Remove vegetables from heat and put into a blender or food processor.
5. Add enough cooking liquid to cover, blend until smooth and return to pan.
6. Stir in milk and pepper and heat through.

Nutrition Facts

6 servings per container
Serving size 1 serving(s)
(451g)

Amount per serving
Calories 150
% Daily Value*

Total Fat 3g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 180mg	8%
Total Carbohydrate 24g	9%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 1mcg	6%
Calcium 136mg	10%
Iron 1mg	6%
Potassium 512mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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LOW-FAT LEMON YOGURT MUFFINS

Makes 12 servings | Serving size: 1 muffin

INGREDIENTS

- 2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ¼ cup sugar
- 2 Tablespoons honey
- 2 large eggs
- 1½ cups nonfat plain yogurt
- 1 Tablespoon lemon zest, grated

DIRECTIONS

1. Preheat oven to 350°F.
 2. Combine flour, baking powder, baking soda and salt. Mix well.
 3. In a large bowl, combine sugar, honey, eggs, yogurt and lemon zest.
 4. Add dry ingredients to wet mixture. Stir just until combined. Do not over mix.
 5. Divide the batter between 12 greased muffin cups.
 6. Bake 15-20 minutes or until golden and inserted toothpick comes out clean.
- *Moister than most muffins. You may want to refrigerate them after they have cooled.

Variation

Use nonfat lemon yogurt for a stronger lemon flavor.

Nutrition Facts

12 servings per container	
Serving size	1 muffin (67g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 180mg	8%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 7g Added Sugars	14%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 64mg	4%
Iron 1mg	6%
Potassium 79mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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