

KIDS CLUB

NEWSLETTER



Dear Kids,

Welcome to our new ChopChop Kids Club newsletter! Are you home from school right now? This is the perfect time to learn to cook—or, if you already know how to cook, to master some skills. Plus, if you can make a meal or two, you'll be helping your family in such an important way (and your adults will be *so happy*). You might not be shopping much, so the trick will be using what you've already got at home. We have ideas about that.

Let's get started!

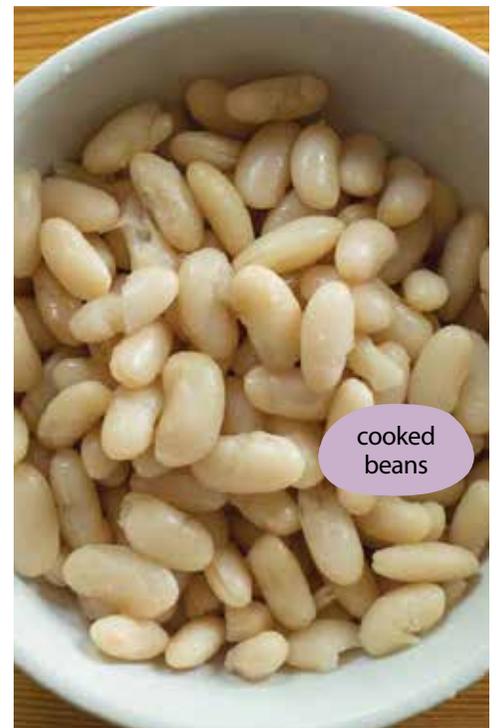
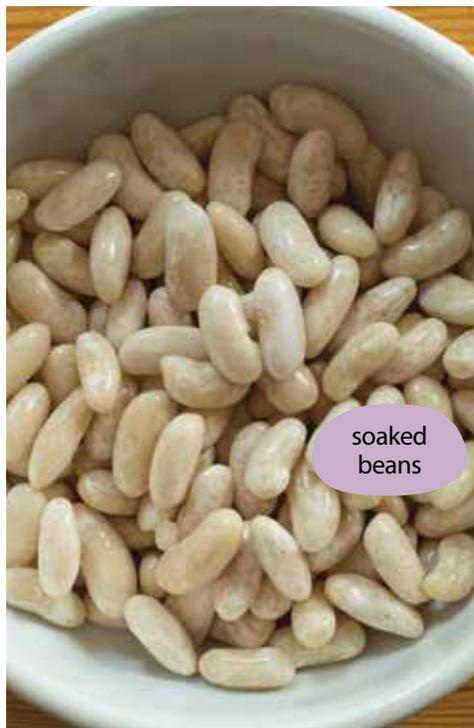


KITCHEN SKILL

Cooking Dried Beans from Scratch

It's fine to use beans from a can, but it's very satisfying and inexpensive to cook dried beans from scratch. The method is the same for different kinds of beans; all that changes is the cooking time.

ADULT: YES | HANDS-ON TIME: 5 MINUTES | TOTAL TIME: 2-10 HOURS | MAKES: 4-5 CUPS



KITCHEN GEAR

Large, heavy-bottomed pot
Colander or strainer
Slotted spoon
Pot holders

INGREDIENTS

- 1 pound dried beans (pinto, black, lima, navy, white, kidney, garbanzo, or any other kind of bean)

INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on the counter.

1. Put the beans in the pot and sort through them, tossing out any shriveled beans, little stones, or twigs.
2. Pour cold water into the pot so that the water comes up about 2 inches above the beans, then skim any stray bean skins or bits that float to the top. Depending on how much time you have, do one of these things:

a) Put the pot on the stove and turn the heat to medium-high. When the water boils, turn off the heat, cover the pot, and leave the beans to soak for 1 hour.

OR

b) Cover the pot and leave the beans to soak overnight or all day (at least 8 hours).

3. Drain the beans in the colander and rinse them with fresh cold water.
4. Put the pot on the stove and turn the heat to medium-high. When the water starts to boil, turn the heat down to low, put the lid on the pot, and simmer the beans ("simmer" means a very gentle boil) until they are tender but not falling apart, 30 minutes to 2 hours, depending on what kind of beans you have and how old they are. (Start testing the beans after they've been cooking for 30 minutes, and if they seem close, then taste again in another 15 minutes or so. If they don't seem close, taste in 30 minutes.)
5. Once the beans are cooked, drain them in the colander and continue with your recipe, or cover and refrigerate up to 2 days.



TOO MUCH SOUP?

Many soups (especially bean- and vegetable-rich ones) freeze well. Label resealable plastic bags and then fill them with the cooled soup. Press out all the air and seal. Lay them flat on a baking sheet in the freezer until they're frozen solid. After that, you can store them stacked up in the freezer or lined up side by side until you're ready to thaw and reheat them.

DO YOU HAVE MORE BLACK BEANS?

Try one of these recipes:

Black Bean Hummus

www.chopchopfamily.org/recipe/black-bean-hummus

Black Bean and Corn Quesadillas

www.chopchopfamily.org/recipe/black-bean-and-corn-quesadillas

Toasted Barley and Black Bean Salad

www.chopchopfamily.org/recipe/toasted-barley-and-black-bean-salad

(Feel free to swap in brown rice for the barley.)

BOWLFUL OF MATH

Cooking involves a lot of math: calculating cost, measuring ingredients, changing serving sizes, and more. Here's some quick math for practice.

1. This soup takes $2\frac{1}{2}$ hours to make. If there are 60 minutes in 1 hour, how many minutes does this soup take?
2. This recipe makes 10 cups of soup. If you serve all the soup in equal portions to your 4 dinner guests, how many cups of soup will each person get?
3. This recipe makes 10 cups of soup. If a pint is equal to 2 cups, how many pints of soup does this make?

WHERE IN THE WORLD?

Do you have a globe or a map in your house? Use it—or find a map online—to locate Cuba. Then look in a book or online to find out more about the country. While you eat your Cuban Black Bean Soup, teach your family 3 things you've learned!



GET MOVING!

If you're feeling a little antsy, try dancing! Salsa is the most popular dance in Cuba. Dancing is a great way to get some exercise and also a fun way to move your body. With the help of an adult, find an online video to learn some basic salsa moves. Want to learn more? Look up the tango, mambo, rumba, or whatever else looks fun to you, then find some great music and teach the dances to your family.



KITCHEN SKILL

How to use a can opener

1. Set the can on a flat, hard surface.
2. Pull apart the two handles of the can opener. Flip the can opener over and look at the two wheels on the bottom. One is jagged (bumpy on the edges) and one is smooth. Place the smooth (cutting) wheel against the inside of the little rim at the top of the can and close the two handles tightly together with your left hand.
3. Place your right hand on the little wing-like part of the can opener. Slowly twist the wing while still squeezing the handles closed. This should make the smooth wheel start cutting into the can's lid and rolling around its edge. Continue to turn the wing until the smooth wheel has gone all the way around the top of the can.
4. Pull apart the handles of the opener.
5. Carefully, carefully lift up the top of the can. Use a fork to press down one side so that the other side pops up, then carefully pull it out. (Remember: the cut edges will be sharp!)



Warren County Cooperative Extension Service

This newsletter is brought to you from the Kentucky Cooperative Extension Service in Warren County, the most comprehensive outreach and engagement program at the University of Kentucky. Our mission, simply stated, is to make a difference in the lives of Kentucky citizens through research-based education. Jointly with our other land grant partner, Kentucky State University, we take the University to the people in their local communities, addressing issues of importance to all Kentuckians. The Extension Office strives to deliver information, education, solutions and grow ideas for better communities, stronger local economies, and healthier lives. The Warren County Extension Office offers programs and many resources to assist you. Please feel free to contact us at any time with questions or concerns you may have.

Our Educational Programs/Services Include:

Agriculture/Horticulture

Commodity Meetings
Pesticide Applicator Trainings
Soil Testing- Farm/Commercial/Home
Plant Diagnostics and Identification
Insect Identification
Extension Master Gardener Volunteer Program
Alternative Enterprises
Warren County Beekeepers
Marketing Workshops

Family & Consumer Sciences/SNAP

Nutrition Education/Cooking Skills
Consumer Economics
Healthy & Safe Living Programs

Youth Development

4-H Clubs/4-H Projects/4-H Activities
Life Skill Development
School Enrichment
Leadership & Volunteer Development

Please feel free to contact us. We have answers for your questions!

Agriculture & Natural Resources

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Family & Consumer Sciences

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SNAP Educator

Nan Montgomery
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Answering your nutrition education questions for limited resource audiences.



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Follow us on Instagram at: warrencoag



Check us out on **Farm & Home** on WBKO 13-1 Mondays thru Fridays between 5:15a.m. - 5:30a.m.

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