

UT Extension

fce®
National Association For
Family & Community Education

Information in this booklet has been provided by fce members. The use of name brands is for example only and does not indicate endorsement by UT Extension or the fce organization.

Programs in agriculture and natural resources,
4-H youth development, family and consumer sciences,
and resource development.
University of Tennessee Institute of Agriculture,
U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.



Bedford County
Family and Community
Education Clubs

June 2014

Savory Ham Cheesecake

2 cups oyster crackers, crushed
2/3 cup grated parmesan cheese
4 tablespoons butter, melted
4 (8-ounce) packages cream cheese, softened
4 eggs, lightly beaten
2 cups finely chopped fully cooked ham
2 cups shredded Swiss cheese
2 tablespoons finely chopped onion
1/2 teaspoon cayenne pepper
1/3 cup snipped chives
1/4 cup minced fresh basil
1/4 teaspoon salt
1/4 teaspoon black pepper
Crackers

In a large bowl, combine the cracker crumbs, Parmesan cheese and butter. Set aside 1/4 cup for the topping. Press remaining crumb mixture onto the bottom and 2 inches up the sides of a greased 9 inch springform pan. Cover and refrigerate for at least 30 minutes.

In a large bowl, beat cream cheese until smooth. Add eggs beat on low speed just until combined (mixture will be thick). Add the ham, Swiss cheese, onion, cayenne, chives, basil, salt and pepper beat just until combined. Pour into crust. Sprinkle with reserved crumb mixture.

Place pan on a baking sheet. Bake at 325 degrees for 60-70 minutes or until filling is almost set. Turn oven off. Leave cheesecake in oven with door ajar for 30 minutes. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen cool 1 hour longer. Refrigerate overnight. Remove sides of pan. Serve chilled or at room temperature with crackers.

Savory Cheesecakes

Most people think of cheesecake as a dessert, but there are many recipes for savory cheesecakes that can be used as appetizers. Served with chips or crackers, they are great for feeding a crowd. You can make the cheesecake the day before and store in the refrigerator (for the Mexican Appetizer Cheesecake put the toppings on just before serving). So the next time you need an appetizer and want something different than a cheese ball, try a savory cheesecake!

Mexican Appetizer Cheesecake

2 teaspoons chicken bouillon granules
1/2 cup hot water
3 (8-ounce) packages cream cheese, softened
1 1/2 teaspoons chili powder
1 teaspoon hot pepper sauce
2 eggs
1 cup finely chopped, cooked chicken breasts
1 (4-ounce) can chopped green chilies, drained
Salsa
Shredded Cheddar cheese
Sliced green onions
Sliced black olives
Tortilla chips

Dissolve bouillon granules in water set aside. In large bowl, beat cream cheese, chili powder and hot sauce until smooth. Add eggs mix well. Add bouillon liquid, beating until smooth. Stir in chicken and chilies. Pour into 9 inch springform pan. Bake at 325 degrees for 30 minutes or until set cool 15 minutes. Carefully run knife around edge of pan remove side of pan. Top with salsa, cheese, green onion and black olives. Serve warm or chilled with tortilla chips. Refrigerate leftovers.

Share Fair Did you know...

...that eggs can make planters?

Butler's Creek Club
Kay Harrell

...the truth about make-up?

Heart of the Home Club
Brenda Joyce and Ruth Owens

...you can make household and personal products for a fraction of the cost of brand names?

Four Corners
Louise Armstrong and Charlene Judd

...that almost anything can be a chalkboard?

Shelbyville Club
Helen Williams

...you can paint with caulk?

Fairview Club
Marilyn Lewis and Mary Frances Gordon

...you can clean your floors automatically?

Flat Creek Club
Cecelia Dougan

...that tuna cans make great candleholders, etc?

Friends and Family Club
Kelly New

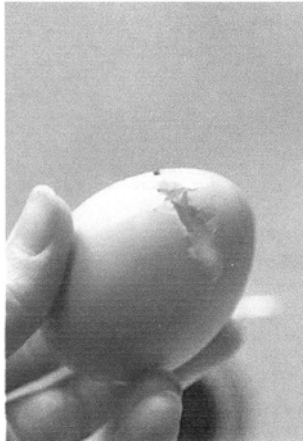
...that cheesecake can be savory?

Extension Office
Whitney Danhof

Egg Shell Planters

Did you know that your breakfast egg can go from this

Egg Shell Planters



to



an herb garden for you or for a gift
or
a start for your outside garden?!

Automatic Floor Cleaning

iRobot Roomba
Vacuum Cleaning Robot
500/600 Series

www.irobot.com

Roomba is a robot that cleans floors differently than the way most people clean their floors. Roomba uses its robot intelligence to efficiently clean the whole floor, under and around furniture and along walls. Roomba calculates the optimal cleaning path as it cleans and determines when to use its various cleaning behaviors of spiraling, wall following, room crossing and dirt detection. Roomba takes approximately 25 minutes to clean an average room and will pass over the same area of the floor multiple times to ensure total floor coverage.

Chalkboards

Chalkboard Paint

1 cup latex paint
2 tablespoons unsanded grout
2 tablespoons water

Add water to grout to dissolve lumps. Stir until smooth.
Pour into paint and mix well. Water can be added to any
paint that's left over if it gets too thick.

Chalkboard Products

Vinyl Labels	(Hobby Lobby)
Vinyl Surface	(Hobby Lobby)
Chalk Sacks	(Hobby Lobby)
Chalk Markers	(Hobby Lobby and Amazon)

The Truth About Your Makeup

1. It's ok to sleep in your eye makeup.
 - A. True
 - B. False
2. Which of the following may attract the sun's UV rays to your lips?
 - A. Lip balm
 - B. Lip liner
 - C. High gloss sheer lipstick
 - D. Opaque cream lipsticks
3. Nail polish may stain your nails.
 - A. True
 - B. False
4. Hypoallergenic cosmetic products don't cause allergic reactions.
 - A. True
 - B. False
5. Which product should you replace every three months?
 - A. Powder eye shadow
 - B. Mascara
 - C. Lipstick
 - D. Powder
6. Which of the following promotes bacterial growth in makeup?
 - A. Sharing makeup with friends
 - B. Exposing makeup to light and heat
 - C. Using makeup when you have an eye infection
 - D. All of the above
7. Some lipsticks made in the U.S. contain lead.
 - A. True
 - B. False

8. Some eye makeup made in other countries contains hazardous levels of lead.

- A. True
- B. False

9. The FDA approves all cosmetics before they are sold to the public.

- A. True
- B. False

10. A cosmetic maker is required to report injuries caused by its products.

- A. True
- B. False

11. Which of the following is the most common injury from cosmetics?

- A. Allergic reactions to foundation
- B. Damaged fingernails with acrylic tips
- C. Scratching the eye with a mascara wand

12. A manufacturer that claims a cosmetic has medicinal benefits may be breaking the law.

- A. True
- B. False

13. There is no hard evidence linking the use of cosmetics with cancer.

- A. True
- B. False

Recipes for Household and Personal Products

Eye Makeup Remover

1 oz. baby shampoo (use store brand not brand name)
2 oz. water

Mix together. Can put in spray bottle or other small bottle. Put some on a cotton pad and rub over eyes to remove eye shadow and mascara.

Stain Remover

1 part Dawn (use the blue)
2 parts peroxide
1 tablespoon baking soda (can use 2 T if you are making a large amount)

You can use any measure as long as you use one part Dawn and two parts peroxide. Mix together. Use old toothbrush and dip in solution to scrub stain and let set. Rub the spot with hands and use more if needed. Do this before you put in the washing machine.

Foot Cream

16 oz. petroleum jelly
16 oz. baby lotion
2 (8 oz.) vitamin E cream

Buy at Dollar General and don't buy brand names. Mix with electric mixer. Put on feet at night.