

October

2024 NEWSLETTER



Jessamine County
95 Park Drive
Nicholasville, KY 40356
(859) 885-4811
jessamine.ca@uky.edu



Calendar of Events

Oct. 3	6:00 pm	Homemaker Kick-Off/ International Meeting
Oct. 12	10:00 am	Homemaker Annual Area Meeting in Woodford County
Oct. 13-19		KEHA Week!
Oct. 16	11:00 am- 1:00 pm	Homemaker's Leader Lesson: Healthy Eating Around the World
Oct. 25-26	8:00am- 5:00pm Both Days	Fort Harrod Area Heritage Craft Camp- Boyle County
Nov. 4	5:00 pm	Homemaker Council Meeting

Jessamine County Extension Homemaker Clubs

Hearts N' Hands
First Tuesday of the month, 10 a.m.
at the Extension Office

Town N' Country
First Tuesday of the month, 6 p.m.
at the Extension Office

Happy
Second Tuesday of the month, 6 p.m.
in a member's home

Garden Club
Third Monday of the month, 1 p.m.
at the Extension Office

4-HMothers
Third Wednesday of the month,
9:30 a.m. in a member's home

Edgewood Evening
Fourth Monday of the month, 6:00
p.m. at the Extension Office

Piece Quilters
Every Tuesday, 9:30 a.m., Ag Center
RoomA

Follow us Online!

****We post all classes on our Facebook page and website! Following us online is an easy way to stay "in the know" with Jessamine County FCS Extension.**



Jessamine County Family and Consumer Sciences on ... Face book: <https://www.facebook.com/JessamineCountyFCS/>



Check out our county website for information for all program areas!
<https://jessamine.ca.uky.edu/>



Dear Homemakers,

Happy October! Summer has gone and now it is time to sit back, watch the leaves change, while sitting in the cool weather by the fire! Sounds like the life to me!

I am so excited for some fun things happening in the month of October! Please look at the Calendar Events section on page 1 and add those dates to your calendar! We hope to see each one of you there! Reminder that October 3rd is the Annual Kick off! Please bring in your slip and check to the office so we can get a head count on how much food to prepare! We are so excited to hear from our very own Agriculture Agent, Steve Musen talk about his recent trip to Uganda!

This month, we celebrate KEHA week which is annually celebrated the 2nd week of October. For this year, we celebrate during the week of Oct. 13th-19th!

Once again, please don't hesitate to reach out with any questions. I will do my best to have an answer for you, and if not, I will get one for you! Thank you all again for being patient with me as I am continuing to learn all of the things!

Sincerely, Sara Haag

Jessamine County Extension Agent for
Family and Consumer Sciences



Kale and Potato Soup

4 teaspoons olive oil **1** chopped yellow onion
3 cloves garlic, minced
1 box (48 ounce) low-sodium chicken broth

6 red potatoes, diced
½ cup chopped carrot
4 cups shredded kale
½ pound cooked chicken breast, shredded

¼ teaspoon black pepper

- In a large saucepan, **heat** the olive oil over medium heat for 1 minute. **Add** chopped onion and garlic and **cook** uncovered for 5 minutes.
 - Add** chicken broth, potatoes and carrot; cover and bring to a boil.
 - Reduce heat** and simmer for 20 minutes.
 - Mix** in the kale, chicken and black pepper. **Cover and simmer** for 15
- minutes or until kale is tender. **Yield:** 6, 1½ cup servings.
- Nutritional Analysis:** 270 calories, 5 g fat, 1 g saturated fat, 25 mg cholesterol, 210 mg sodium, 43 g carbohydrate, 5 g fiber, 15 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Kentucky Kale

SEASON: May through June and September through November.

NUTRITION FACTS: Kale is a good source of vitamins A and C. A half-cup serving contains 20 percent of calcium needed daily. It is low in calories, sodium and contains no fat.

SELECTION: Choose dark colored, small to medium sized leaves. Leaves should be fresh, young and tender. Avoid greens with coarse stems or yellowed, dried, limp leaves.

STORAGE: Store kale and other greens in the coldest part of the refrigerator for no more than 2 or 3 days.

PREPARATION: Wash leaves in lukewarm water. Remove roots, rough ribs and center stalks if they are large or fibrous.

To cook: Add washed greens to a medium-sized

saucepan with ¼ inch of water. Bring water to a boil. Cover and cook until tender. Crisp and tender leaves may require 5 to 10 minutes.

To freeze: Wash young, tender green leaves thoroughly and cut off woody stems. Blanch greens for 2 to 3 minutes, cool, drain, and package. Leave ½-inch headspace, seal, label and freeze. Greens can be stored for up to 1 year.

KENTUCKY KALE

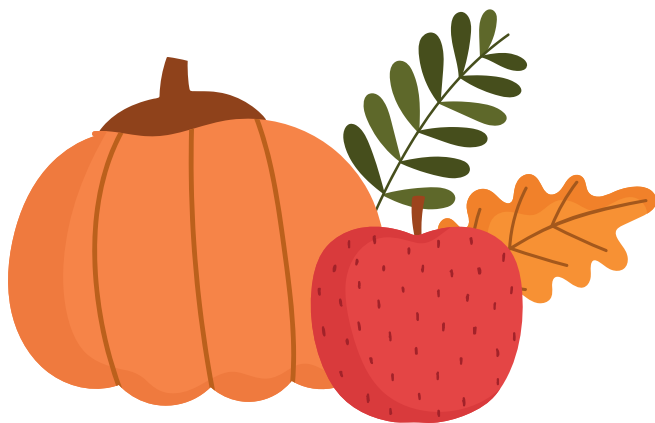
Kentucky Proud Project County Extension Agents for Family and Consumer Sciences University of Kentucky, Dietetics and Human

Nutrition students

March 2013 Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.uky.edu/fcs

COOPERATIVE EXTENSION SERVICE
UK
UNIVERSITY OF KENTUCKY
College of Agriculture, Food and Environment

Source: www.fruitsandveggiematter.gov



Pumpkin Apple Muffins

1¼ cups all-purpose flour
1¼ cups whole-wheat flour
1¼ teaspoons baking soda
½ teaspoon salt
1½ teaspoons ground cinnamon

½ teaspoon ground ginger
½ teaspoon ground nutmeg
1¼ cups honey
2 large eggs

1½ cups fresh pureed pumpkin
½ cup canola oil
2 cups Granny Smith apples, finely chopped

Preheat oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened.

Fold in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

Yield: 18 muffins

Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Healthy Eating Around the World

**October 16th
11am-1pm**

Boyle County Extension Office
99 Corporate Drive
Danville, KY 40422

WE'RE GOING TO TAKE A TRIP AROUND THE GLOBE TO LEARN ABOUT DIETARY GUIDELINES FROM OTHER COUNTRIES. ALONG THE WAY, WE'LL LEARN ABOUT NEW FOODS AND WAYS OF EATING. JOIN US FOR THIS INTERACTIVE DAY OF TASTE TESTING AND FUN!

Free Program presented by the Fort Harrod Area FCS Agents- This is a Homemaker Leader Lesson, but anyone can attend!

Please register by October 9th by calling 859-236-4484.

Fort Harrod Area Heritage Craft Camp

October 25-26, 2024

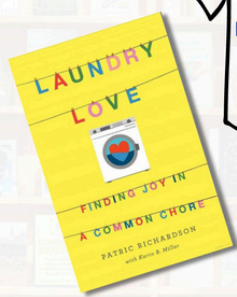


To register complete registration form and mail with payment to:
Boyle County Extension
99 Corporate Dr.

(Must be postmarked by deadline, September 30th)



BIG BLUE BOOK CLUB



REGISTER @ <https://ukfcs.net/BBBClaundry>

Registration for Big Blue Book Club will open on September 26th.

Below is the registration link, it **will not work until day of registration.**

“You do laundry for the people you love, including you.” says Patric Richardson, the Laundry Evangelist. The tv host and author of Laundry Love: Finding Joy in a Common Chore will join us direct from his laundry room for an engaging one-time event for the next session of Big Blue Book Club! **On November 7, 2024**, at 6:00 pm central/**7:00 pm eastern**, Patric will return to his Old Kentucky home via Zoom to answer all your laundry questions, just as he does in his Mall of America store in Minnesota or on “The Laundry Guy” tv show. **Register at <https://ukfcs.net/BBBClaundry>.** As is our custom, the first 200 registered participants will receive a free copy of the book. However, you will be able to engage with this session whether you have already read the book or have not yet had a chance to enjoy the colorful word tapestries he weaves as he tells stories of his family and friends while answering common laundry questions and solving stubborn cleaning challenges.

Registration is required to receive the Zoom link.

The Fort Harrod Area Craft Camp Catalog is available!! Just click this link to view it and register.

<https://mailchi.mp/48f0e166a8fa/december-2022-newsletter-draft-17392818?e=a516a88ace>

If you have any questions, please call the Boyle County office at 885-4811.

or go to our facebook page at <https://www.facebook.com/JessamineCountyFCS> to see the full booklet.

KEHA Week 2024

October 13th-19th
Become an Olympic Extension Homemaker



Homemakers' Creed Blackout Poetry Contest

Deadline October 12, 2024

Blackout Poetry is a fun way to highlight words or phrases that have meaning to you from a document. This is a way to help "Find Your Why" as you take a personal journey through this process and examine the Homemakers Creed.

Step 1: Read the creed

Step 2: Scan the Creed and Circle words or phrases that are important to you and align with your thoughts as to why Homemakers are important to you.

Step 3: Read the Creed and ask yourself what it means to you? Circle more words or phrases that help answer Your Why?

Step 3: What colors, shapes, or images do you associate with your feelings about Homemakers and the meaning of the Creed.

Step 4: "Blackout" the words not circled, Using those colors and shapes/images you identified in step 3. Be creative and draw, color, decorate overtop of the Creed. DO NOT cover the circled words, these should be easy to read.

Step 5: Reflect on your Why? Does this creative process and the end result reflect on your Why?

Step 6: Share your Poetry and your WHY with others.

Turn your artwork in for the Blackout Poetry Contest to your local Extension Office before or at Fort Harrod Area Annual Meeting. Please make sure your name, county, and club are on the back of your poem for easy identification. The Annual Meeting will be hosted by Woodford County Homemakers, on Saturday, October 12.



KENTUCKY HOMEMAKERS' CREED

I believe in the home as an inspiring and happy center of family life -- comfortable and attractive -- a place for relaxation and work, where pleasures and responsibilities are shared.

I believe in the home and its contribution to community life, which reflects the development of the homemaker and the family.

I believe in the homemaker -- alert, diligent, in search of better ways, of doing ordinary things, for the welfare and happiness of the family.

I believe in the homemaker as a community leader, responsible for passing on to others, mastered skill and knowledge.

I believe in the fellowship that comes through the homemakers' organization—the exchange of ideas and the joy of knowledge shared with others, thus broadening our lives, and lifting household tasks, above the commonplace.

For these opportunities, I am grateful. I am also thankful for the courage of yesterday, the hope of tomorrow, and a growing consciousness of God's love always.



FORT HARROD AREA ANNUAL MEETING

A Day at the Races

Come dressed in your favorite race day attire to enjoy lunch and our guest speaker, Michael Blowen, founder of Old Friends Thoroughbred Retirement Farm.

When: October 12th, 2024, 10:00 AM
Registration begins at 9:30 AM.

Register by calling the Woodford County Extension Office.

Where: Versailles Baptist Church
125 E. Green St.

Make checks payable to:
"Woodford County Extension Homemakers"

Program Cost: \$20

Mail checks to:
184 Beasley Drive
Versailles, KY 40383

Registration Deadline: September 27th

(859) 873-4601



PLEASE READ :)

Information about the Annual Meeting

On the bottom of this page, there is a slip. You can either bring me the filled out slip and the check and I will get them to their designated place or you send both the slip and the check by mail to the Woodford County Extension office.

Thank you!

I look forward to *A Day at the Races* with you all :)

Thanks,
Sara Haag

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Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Name: _____

Phone Number: _____

County: _____



Jessamine County
Homemaker Annual
Meeting and Kick-off

October 3rd
Registration @ 6:00 pm
Program will begin at 6:30 pm

Located at the Jessamine County Ag Center
Join us as we learn all about the country
Uganda by our very own Ag Agent Steve
Musen

Cost is \$10.00

Dinner will be provided

Please make checks out to the Jessamine County Homemakers
please return bottom portion with payment to the Jessamine County Extension Office by Oct. 1st.

Name: _____

Phone: _____

Club: _____

No. Attending: _____ **\$** _____





Jessamine County Extension Office
95 Park Drive
Nicholasville KY 40356