

September, 2024

UK Cooperative Extension Service

Family & Consumer Sciences September Newsletter

Ohio County Cooperative Extension Office, 1337 Clay St., Hartford, KY 42347 • 270-298-7441

Upcoming Events/Meetings to Remember!

- Please have completed crocheted/knitted dishcloths for **GRA Annual Day to the Extension Office by September 3** so we can make sure we have enough!
- Green River Area Annual Day will be held Sept. 24 at the Ohio County Extension Office (note location change). Registration fee is \$15. Be sure to come by the office and pay and get your ticket so we can get your name on the list of attendees!
- **Crafters Clan** will NOT meet in August or September! We will meet again at 5 p.m. Oct. 15 at the Extension Office. Call the office to hold your spot! See flyer in this newsletter!
- KEHA Week will be observed Oct. 13-19! More information in the next newsletter!
- **Big Blue Book Club Watch Party!** - Nov. 7 - Mark your calendars! The book will be "Laundry Love: Finding Joy in a Common Chore" by Patric Richardson. If you would like a copy of the book, call Brandy! More information in the next newsletter!
- Your 2024-2025 Homemaker Yearbooks are now available! If you did not receive one from your club president, please come by the office and pick one up!
- A **Facebook group** specifically for Ohio County Homemakers has been created. If you are on Facebook and you would like to join, let Brandy know!

Gary Druin

4-H Youth Development Agent

Brandy Garcia

Program Assistant, Family & Consumer Sciences



Ohio County Fair

Fair check-ins will be from 3 to 6 p.m. on Sept. 10. If you would like help, please come to the exhibit building. We will also need fair sitters on Sept. 12, 13 and 14! If you are able to help, please call the office and let Brandy know. We have a sign-up sheet and we have several empty spots that need to be filled! Make sure to bring your items to enter as well!

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities accommodated with prior notification

Homemaker Happenings



Don't
Forget!

If you had Cultural Arts blue ribbon winners, please remember to bring them back for Green River Area Annual Day on Sept. 24! They will be judged that day with all Green River Area entries!

Fordsville

President Cathy Green
270-256-4082

Meets second Tuesday, 10 a.m.,
Jack & Joan Edge's Community Room

Taylorstown

President Marsha Young
270-274-2633

Meets third Thursday, 10 a.m.

Liberty Belles

President Norma Barrett
270-256-8044

Meets second Tuesday, 10 a.m.,
Liberty Church in Beaver Dam

Specialty Club: Beda

President Regina Hudson
270-298-3680

Meets second Thursday, 9:30 a.m.

Specialty Club: Roadrunners

President Brenda Renfrow
270-298-4460

Specialty Club: Crafters Clan

Meets third Tuesday, 5 p.m.
Ohio County Extension Office

AIR PLANT TERRARIUMS



An air plant terrarium class was held July 25 at the Ohio County Extension Office. Those in attendance learned about air plants (tillandsia) and were able to take home a completed, decorative terrarium.

2024-2025 Homemaker Lessons

Trainings will be given at the Daviess County and Henderson County Cooperative Extension Offices.

November Lesson COMPOSITION PHOTOGRAPHY

Oct. 15 (Daviess) Oct. 16 (Henderson)

Looking to take photographs that not only capture the memory, but also enhance it? Participants will receive a handout with suggestions for successful composition in photography.

★ Cultural Arts & Heritage

January Lesson TIME WELL SPENT: ORGANIZING TIPS FOR INCREASED PRODUCTIVITY

Oct. 15 (Daviess) Oct. 16 (Henderson)

Learn how clutter and disorganization can negatively affect productivity. You will gain ideas for better ways to organize your time and workspace.

★ Management & Safety

Would you be interested in joining a crochet/knitting club at the Extension Office? There are lots of little projects we could make and take into the schools to give to students! Let Brandy know if you would be interested!



PLAN.
EAT.
MOVE.

Looking for new recipe ideas?
Check out <https://www.planeatmove.com/>



BE HAPPY

Plan Ahead. Eat Well. Get Moving.

The Kentucky Nutrition Education Program (KYNEP) encompasses two USDA programs: The Expanded Food & Nutrition Education Program (EFNEP) & the Supplemental Nutrition Assistance Program (SNAP-Ed). Both programs are administered by the UK Cooperative Extension Service in order to show limited resource families with young children & SNAP eligible individuals how to plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills, & change behavior necessary to have a healthy lifestyle.

Twice-Baked Acorn Squash

- 2 medium acorn squash (1 - 1 1/2 pounds)
- Nonstick cooking spray
- 2 cups fresh spinach, chopped
- 4 strips turkey bacon, cooked and crumbled
- 1/2 cup grated parmesan cheese
- 1 thinly sliced green onion
- 1 tablespoon olive oil
- 2 teaspoons garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon nutmeg

Wash hands with warm water and soap, scrubbing for at least 20 seconds. Preheat oven to 350 degrees F. Cut squash in half; discard seeds. Place squash flesh side down on a baking sheet coated with nonstick cooking spray. Bake for 50 to 55 minutes or until tender. Carefully scoop out squash, leaving a 1/4-inch-thick shell. In a large bowl, combine the squash pulp with the remaining ingredients. Spoon into shells. Bake at 350 degrees F for 25 to 30 minutes or until heated through and top is golden brown. Store leftovers in the refrigerator within two hours.

Yield: 4 servings.
Serving size: 1/2 of an acorn squash.

Nutrition Analysis: 210 calories, 9g total fat, 3g saturated fat, 25mg cholesterol, 710mg sodium, 27g total carbohydrate, 4g fiber, 1g total sugars, 0g added sugars, 9g protein, 0% DV vitamin D, 15% DV calcium, 15% DV iron, 20% DV potassium.



CRAFTERS CLAN



Examples of what we're making!

5:00 PM
OCTOBER 15

***Call the office at 270-298-7441
to hold your spot!***

OHIO CO. EXTENSION OFFICE
1337 CLAY ST., HARTFORD
(BUILDING ON THE HILL)

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties. Cooperating. Lexington, KY 40506



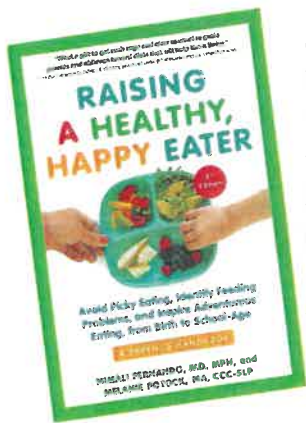
BIG BLUE BOOK CLUB

presents **SNACK CLUB**

register

@

ukfcs.net/BBBCsnack



Books are great sources of information, but we understand that the reality of caring for children may leave little time to read a book or participate in a traditional book club. Big Blue Book Club presents SNACK (Supporting Nourished, Active Children in Kentucky) Club. We welcome you to read along, but are happy to do the reading for you! Our Extension specialists in child nutrition will share bite-sized tidbits of information about feeding children of all ages in a conversational format that you can digest through podcasts or videos at your convenience. With or without a book, we encourage you to follow along with the discussions to give this format of book club a taste!

If you would like to participate, but need help purchasing the book, call Brandy Garcia at 270-298-7441!

Podcasts and videos released every Thursday and Monday in September beginning September 5th.



ukfcs.net/TalkingFACS



ukfcs.net/FACSLearningChannel

Follow us online!

Classes are listed on our county website and our Facebook page!

<https://ohio.ca.uky.edu/>



<https://www.facebook.com/OCExtensionService>

Listen to the UK Family & Consumer Sciences podcast at <https://ukfcsext.podbean.com/>

LEARN. LEAD. SERVE.



The Kentucky Extension Homemakers Association (KEHA) is a volunteer organization that works to improve the quality of life for families and communities through education, leadership development, and volunteer service.

Detach and return with your payment (\$15.00) to Ohio County Extension Office P.O Box 66 Hartford, KY 42347
Make checks payable to Ohio County Homemakers

.....

Name _____

Complete Mailing Address: _____

Phone or Cell Phone: _____

Please list your age (required for our report we send to state) _____