

FAMILY & CONSUMER SCIENCES

COOPERATIVE EXTENSION

 University of
Kentucky
College of Agriculture,
Food and Environment



Cooperative Extension Service

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VOL. 22-08

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"Everything good, everything magical happens between the months of June and August." -Jenny Han

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Nutrition Notes.....

(Alta) Gaye Hutchison,
EFNEP Assistant

(Expanded Food and Nutrition Education Program)

August 2022

Nutrition

Education

Program

Calendar Recipe

EASY BAKED FISH WITH PINEAPPLE SALSA



Makes 6 servings

Serving size: 4 ounces fish
and 1/6 of salsa recipe

Cost per recipe: \$11.10

Cost per serving: \$1.85

- *Nonstick cooking spray*
- *1 1/2 pounds fish fillets (any mild-flavored fish like tilapia, catfish, cod, etc.)*
- *1 teaspoon salt-free herb blend*
- *2 tablespoons butter, melted*
- *Juice of 1 lime (optional)*

1. Preheat oven to 400 degrees F. Coat the inside of a 9-by-13 baking pan with nonstick spray.
2. Arrange the fish fillets in a single layer in pan. After handling raw fish, wash hands with warm water and soap, scrubbing for 20 seconds.
3. Sprinkle herb blend over fish.
4. Pour melted butter over fish.
5. Finish with a squeeze of fresh lime juice, if desired.
6. Cover pan with foil.
7. Bake for 20 minutes, or until fish flakes easily with a fork and has reached an internal temperature of 145 degrees F.
8. Serve with Pineapple Salsa.
9. Store leftovers in the refrigerator within 2 hours.

Pineapple Salsa

- *1 (20-ounce) can pineapple tidbits, drained*
- *1/4 red onion, finely diced*
- *1/2 small jalapeno, finely minced and seeds removed*
- *2 tablespoons lime juice*
- *2 tablespoons cilantro or parsley (optional)*

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Gently rub red onion and jalapeno under cool running water before preparing. Rinse cilantro under cool running water and pat dry before chopping.
3. Drain pineapple. (Juice can be saved to drink.)
4. In a medium-sized bowl, combine pineapple, onion, jalapeno, lime juice, and cilantro or parsley.

Nutrition facts per serving:

200 calories; 7g total fat; 3.5g saturated fat; 0g trans fat; 75mg cholesterol; 85 mg sodium; 17g total carbohydrate; 1g dietary fiber; 14g total sugars; 0g added sugars; 19g protein; 70% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium.

Sources:

Fish: Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension

Pineapple Salsa: Lorie Dunn, Grant County SNAP-Ed Program Assistant Senior

ZUCCHINI AND CORN



GROCERY LIST

- Green onion
- Margarine
- Corn (need 4 cups cut from the cob, about four large ears)
- Zucchini
- Tomato
- Fresh parsley

MAKE IT A MEAL

- Grilled chicken
- **Zucchini and Corn**
- Fresh sliced peaches
- Whole wheat bread
- Low-fat milk

TIPS

- Choose vegetables rich in color. Brighten your plate with red, orange, or dark green veggies. They are full of vitamins and minerals.
- Wash melons and all fresh fruits before slicing.

- $\frac{1}{3}$ cup sliced green onion
- 2 tablespoons margarine
- 4 cups fresh corn, cut from cob
- 1 large zucchini cut into $\frac{1}{4}$ inch slices
- 1 medium tomato, peeled and chopped
- 1 tablespoon chopped fresh parsley
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper

1. Sauté onion in margarine until tender.
2. Stir in corn and zucchini and cook 10 minutes until tender.
3. Add tomato, parsley and seasonings and cook until heated.

Nutrition facts per serving:

120 calories; 5 g total fat; 1 g saturated fat; 0.5 g trans fat; 0 mg cholesterol; 250 mg sodium; 19 g carbohydrate; 2 g fiber; 3 g protein; 10% Daily Value of vitamin A; 25% Daily Value of vitamin C; 4% Daily Value of Iron

Note: Substitute other favorite vegetables as available. Try yellow squash, cubed eggplant, or peppers.

Makes 6 servings
Serving size: 3/4 cups



Taken from: July 2014 Nutrition Education Program Calendar

Source: Elizabeth Buckner, Extension Specialist,
University of Kentucky Cooperative Extension Service



Extension Homemaker Club Meetings

Creative Characters - August 16th @ 1:00 p.m. - Downstairs Meeting Room

Happy Chippers - August 18th @ 1:00 p.m. - Downstairs Meeting Room

Mudslingers - August 22nd & 23rd @ 12 noon - Downstairs Meeting Room

**All other Homemaker Clubs will not be meeting in July and August.
They will resume their meetings in September.**

Blood Drive!

Tuesday, August 9th

Aspire Center

Odds 'N Ends 11:45 a.m.-3:00 p.m.

Pots & Pans 3:00 p.m.-6:15 p.m.



**Thank you, Wayne County
Community**

Thank you for the 28 volunteer
donors who gave blood on
June 14th and helped save a life!

Let Your Light Shine!

Each month we will "feature" a Homemaker Club. Your club will be asked to send us information about your club. Where have you been? Any special projects? Community service? A club outing? etc. We like pictures too!

Your club will be spotlighted in the FCS Newsletter, Facebook, the Z93 Daily, and the Wayne Weekly. The month that your club has been assigned, you will be asked to do an article about your club, with a picture, or you can have a picture and a small write-up each week of your featured month. It is your choice.

This will be **FUN**, and we need to let others know how much fun it is to be a Wayne County Extension Homemaker.

September 2022 - Mudslingers
October 2022 - Odds 'N Ends
November 2022 - Christmas Village
January 2023 - Sunnybrook
February 2023 - Charity



March 2023 - Creative Characters
April 2023 - Country Charmers
May 2023 - Happy Chippers
June 2023 - Pots & Pans
July 2023 - Silver Thimbles

****Remember:** You are welcome and encouraged to share your club happenings **anytime** and not just in your featured month. Please share your homemaker experience with others.

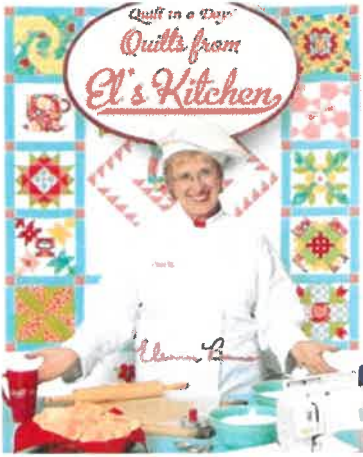
Clubs - Please turn in ALL your information to the Extension Office by the 10th of the month before your club is featured.



2022-2023 Officers & Chairpersons

Please send us a list of your **NEW** Officers & Chairpersons for the 2022-2023 program year ASAP so we know we are contacting the correct people when needed.

Reminder to Clubs - **PLEASE** turn in your monthly reports! Any officer who needs new pages or a new notebook for our new program year, please let us know so we can get them ready for you.



In-Stitches Class

The next In-Stitches Class has been scheduled for Wednesday, August 17th, at 10 a.m. in the Downstairs Meeting Room. We will be utilizing the "Quilts from El's Kitchen" pattern book for the 2022-2023 program year. Please see enclosed brochure for more information.

Pattern Book: \$15.00

We will also have a quick Safe Food Handling Class that day for participants that are interested.

Get Creative Days!

A **HUGE thank you** to all our teachers and staff!

Extension Homemakers & Master Clothing Volunteers that took leadership and taught classes:

- Polly Sartin, assisted by Linda Scott, taught Chicken Scratch
- Margo Couch taught Cut & Fold Block and Folded Square Placemat
- Rowena DeLuca taught Calligraphy
- Sharon Wood, assisted by Jessie Lawson, taught Garden Solar Light
- MCV Kris Fixari & Ann Beard taught Hot Dog Pillowcase
- MCV Melonie Eubank taught Iris Fold Greeting Card
- Debbie Messenger, assisted by Dennis & Di Hayward, taught International Flavor-Italy & India
- Seth Hart taught Pottery Wheel and Miniature Barn Quilt Painting
- Suzanne Pogue taught Beginner Paint Class



We appreciate everyone who helped make Creative Days possible!

Christmas Village Committee Meeting

The Christmas Village Committee Meeting has been rescheduled for Thursday, August 11th, at 5:00 p.m. in the Small Upstairs Meeting Room. Clubs will be discussing the items from the last committee meeting. Come prepared to engage in planning and decision making for this year's Christmas Village.



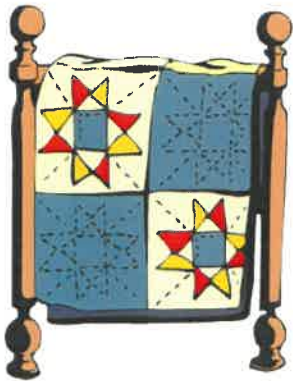
**Attention: Wayne County Extension Homemaker
County & Club Officers for the 2022-2023 Program Year!**

We would like to announce a new Leadership Recognition Program for **Officers Only!** We recognize that there is extra work and dedication when serving as an officer. We want to acknowledge all your devotion to the Wayne County Extension Homemaker organization. There will be special events, incentives, and rewards throughout the new program year!

Our SECOND Adventures Awaits will be August 25th at 6:00 p.m. in the Downstairs Meeting Room. We will be hosting an Autumn Make & Take & Taste Event for our County and Club Officers! Please call the Extension Office to reserve your spot so we can be prepared for you.

Educational Day Trips

Plan an educational day trip with your Homemaker Club this summer! Make BIG plans for the 2022-2023 homemaker year! We are a service organization. Do not forget to plan community service projects as a club.



Quilt Show of the Little Mountains

Presented by: Contented Heart Quilt Guild, Inc.

September 2 & 3, 2022

"Celebrating Quilting Traditions"

Friday, September 2nd - 9 a.m.-5 p.m.

Saturday, September 3rd - 9 a.m.-4 p.m.

Admission: \$5.00

Children 12 & Under - Free

Location: Aspire Center, 225 N. Hwy 1275, Monticello, KY 42633

Expanded Vendor's Mall, Quilt Contest, Challenge Block Contest, Demonstrations,
Beautiful Double Irish Chain Raffle Quilt, Raffle Basket,
Door Prizes, and Bed Turnings

"Awesome Autumn" Challenge Blocks are available at the Quilt Shoppe downtown.

A brochure with a list of the quilt categories is also available.

Just Down the Road Trip

Our "Just Down the Road Trip" was so much fun! We learned a LOT about local history! We visited Dunagan's Store, the Brown-Lainer House at Mill Springs, Wayne County Historical Museum, and Conley Bottom Resort.



Our Adventures Await! Shaker Village Tour



Date: Thursday, September 22nd

Registration Deadline: September 14th

Limited spots available.

Registration Required - \$35.00 (Includes lunch & guided tour.)

Please make checks payable: Wayne County Extension Office

Memo: Shaker Village Tour

Arrive at the Extension Office NO LATER than 7:45 a.m. EST for check in. We will depart at 8:00 a.m. prompt.

There will be a good deal of walking on this tour, so please wear comfortable walking shoes. Wear layers for when you are hot/cold. Please bring an umbrella in case of rain.

*This trip will count in your Passport!



Seth Hart,
Program Assistant
for Community Arts

Functional Pottery

The Wayne County Mudslingers Group continues to practice wheel throwing, hand building, and glazing techniques. Functional pottery is not only one of the most popular venues at our office, but an item that's also favored and frequently purchased from their booth at Christmas Village, which is held in November.





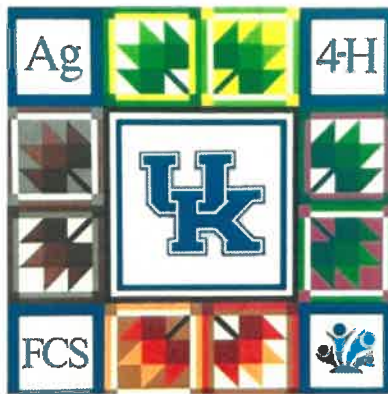
POTTERY

Tutorial Featured (Coffee Mug)

<https://www.youtube.com/watch?v=OD5rTEXaHCg>

You  Tube

Wayne County Cooperative Extension Service



Provided & Presented by

Seth Hart

Extension Program Assistant for Fine Arts

Wayne County Cooperative Extension Service

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Cooking Thru the Calendar!



Wayne County Extension Office
Downstairs Meeting Room @ 12 Noon
Recipe Demos & Taste Testing!

Free Classes!

Must register so we can be
prepared for you!

Call (606) 348-8453

Wednesday, August 24th - Garden Fresh Tomato Pizza & Easy Baked Fish with Pineapple Salsa

Monday, September 12th - Honey Mustard Chicken Tenders

Monday, October 10th - Apple Spinach Salad

Monday, November 14th - Sheet Pan Dinner

Monday, December 12th - Cheese & Corn Chowder

Our Adventures Await!!

Leader Training: Will be 4th Tuesdays at 5:30 p.m. at the Wayne County Extension Office unless designated otherwise.

Everyone is welcome. Invite a friend or neighbor. You do not have to be an Extension Homemaker to attend. Please register to attend so we can be prepared for you. Some of these lessons are hands on and require materials and supplies.

Wayne County Extension Office 606-348-8453.

Upcoming Lessons:

August 23rd - Saving Savvy with Grocery Lists & Coupon Apps

September 27th - Elements & Principals of Art - Autumn Home Décor

October 25th - Creative Containers - Managing Stress Eating



Back to School



Joy McGinnis,
FCS Program Assistant

It's that time of year when the school bus lights are flashing and the bells are ringing. It's Back to School Time! New students, new teachers, and lots of excitement! If your student takes lunch to school, provide your child with the energy boost they will need mid-day by packing a healthy lunchbox that will provide the vitamins and nutrients they need to make it through the remainder of the school day. The formula is simple: fill half your plate (or lunch box) with colorful fruits or vegetables (aim for two to three different types), one-quarter with whole grains, and the remaining quarter with healthy proteins. Healthy fats and a small amount of dairy (if desired) round out a tasty meal that will fuel an active, healthy lifestyle. When packing your child's lunches, let the Kid's Healthy Eating Plate guide and inspire you: – Remember two points—choices and presentation – Save time with meal prep – Build super snacks to fill the gaps between meals – Send a refillable water bottle.

Choices

- *Choose any 1 fresh fruit.* For example: grapes, apple slices or rings, any melon chunks (cantaloupe, honeydew, watermelon), any berries (strawberries, blueberries, raspberries), or banana slices.
- *Choose any 2 vegetables.* For example: carrot coins or sticks, cucumber, broccoli, bell pepper strips, asparagus spears, summer squash ribbons, or grape tomatoes.
- *Choose any 1 healthy protein.* For example: Beans, edamame, nuts, seeds, peanut butter, hummus, veggie burger, roasted turkey or chicken slices, or a hardboiled egg.
- *Choose any 1 whole grain.* For example: whole grain pasta, bread, and crackers, brown rice, quinoa, steel-cut oats, and other minimally processed whole grains.
- *Incorporating dairy (if desired).* For example: unflavored milk, plain Greek yogurt, small amounts of cheese like cottage cheese, and string cheese. For dairy-free options, try soy milk and soy yogurt, which contain similar amounts of calcium, protein, and vitamin D as dairy milk.

Presentation Themes:

- **Pizza** = whole grain pita or crackers, grape tomatoes, and bell peppers, mozzarella string cheese, chicken slices.
- **Green** = edamame, cucumber coins, butter lettuce rolled in a spinach wrap spread with mashed ripe avocado. Sprinkle sunflower seeds or nuts for extra crunch and nutrients.
- **Eat a Rainbow** = red grape tomatoes, orange hummus, yellow cheese, green cucumbers and bell peppers, blueberries, purple grapes.

Save Time with Meal Prep

Amidst hectic weekday schedules, meal prep is a great tool to help keep us on a healthy eating track. Although any type of meal prep requires planning, there is no one correct method. Below are just a few ideas relevant to kid's lunches, but you can learn more about using this helpful strategy for other meals, too!

- Choose a day that you are less busy to wash and chop fruits and vegetables, and prepare batches of healthy proteins like chicken, eggs, and beans. If you don't have time for this, don't feel guilty about purchasing pre-chopped and washed produce, pre-cooked chicken, or canned beans in the supermarket (but be on the lookout for added sodium in prepared foods, and rinse and drain canned beans).
- Have kids participate in food prep! Younger children can help to wash fruits and vegetables. Older children can learn how to use a knife on softer foods.
- Have children pack their lunch boxes the night before. Display choices of protein, vegetable, fruit, etc. and let them create their own meals based on the Kid's Healthy Eating Plate.
- For younger children, include finger foods that do not need utensils.
- Search "kids lunch ideas" online for endless inspiration on how to fill your child's lunch box with healthy food.
- If you're not packing lunch, food provided by the school is also a great option, as a result of stronger standards.

Super Snacks

Snacks are meant to fill the gap between meals, not become a whole meal in itself. Keep snacks small. An easy rule of thumb for a satisfying snack is to pair a protein-rich food with a carb-rich food. Including a healthy fat will quiet hunger pangs even more. Depending on the child's age and activity level, they may need one or two snacks a day. Examples:

- ¼ cup nuts, 1 cup shredded mini whole wheat squares (with no added sugar)
- Apple slices, ½ cup chickpeas roasted in olive oil and spices (see The Nutrition Source: Crunchy Roasted Chickpeas Recipe on page 14)
- ¼ cup sunflower seeds or nuts, ¼ cup dried apricots, cherries, or raisins (with no added sugar)
- String cheese, 1 cup of grapes
- ½ cup blueberries or strawberries, 5 ounces of plain Greek yogurt
- Peanut, almond, or sunflower seed butter spread on a small 100% whole-wheat pita
- Carrot sticks or sliced veggies, hummus

Go for Water

Don't forget to pack a water bottle for refilling throughout the school day. Water is not only the best choice, but a necessary one. It restores fluids lost through everyday tasks of breathing, sweating, and even digesting meals. It keeps the body's temperature normal on hot days and carries nutrients and oxygen to all cells. It is also free of calories, sugar, and caffeine, and other additives found in sugary drinks. Beyond plain water, flavored and unsweetened seltzer or fruit-infused waters are also great healthy beverage choices.

Read more at: <https://franklin.ces.ncsu.edu/2021/08/fcs-news-august-23-2021/>

Crunchy Roasted Chickpeas

Oven-roasting chickpeas give them a satisfyingly crispy texture. Add your own favorite blend of spices and toss some chickpeas in a salad, or grab a handful for a healthy snack.



Ingredients

- One 15-oz can chickpeas (garbanzo beans)
- 1 Tablespoon olive oil
- 1 teaspoon spice or spice blend of choice (more/less to taste)
- Try dried spices like chili powder, cumin, curry powder, cayenne, cinnamon, or fresh herbs such as thyme, rosemary, oregano.

Instructions

- Preheat oven to 400 degrees F.
- Strain the chickpeas and rinse well, draining as much water as possible. Lay the chickpeas on a paper towel or dish cloth, and pat dry to absorb the water. For crispier chickpeas, roll the towel over the beans to remove the thin skins (this step is optional but it will further eliminate moisture when baking).
- Once fully dry, line a baking sheet and place the chickpeas in the oven to roast for 15 minutes (avoid crowding the baking sheet, especially if doubling the recipe).
- Remove chickpeas from the oven and drizzle with olive oil and sprinkle over the spices, making sure they are evenly coated. Place them back into the oven and roast for another 15 minutes (you may need more or less time, just keep an eye on them so they don't burn).
- When done, turn off the oven and keep its door slightly open as it cools down. Note that the chickpeas will be crunchiest following roasting, but can be stored for a few days at room temperature.

Source: <https://www.hsph.harvard.edu/nutritionsource/crunchy-roasted-chickpeas/>



Wayne County Extension Homemaker Cookbook

Deadline: September 1, 2022

WE NEED RECIPES!!

This is the last call for recipes for the Wayne County Extension Homemaker Cookbook. We need more recipes to complete the cookbook. We want to have the cookbook published and ready to sell at the Christmas Village in November. We can ONLY do this if we have enough recipes to make a proper cookbook. PLEASE submit your recipes, as many as you like! Anyone who is getting this newsletter can submit a recipe. Recipe form enclosed with newsletter.

Community Service Project Opportunities

Project Helping Hands

We are looking for some helping hands to make some comfort caps for cancer patients. We have patterns for comfort caps if you need one. Please let us know if you can make some comfort caps. Thank you!

Project Wish List

New School Year - Please turn in items by September 1st. Thank you!!

We will be collecting items on the "**Wish List**" to help support our local high school Family & Consumer Sciences Class. Monies for needed class supplies are very limited. Most of what they do have is in bad need of updating and/or replacing. Life skills that are taught in these classes are essential to our young people. Let's all pitch in and see if we can fill their classroom "**Wish List.**" We will deliver items the first part of August in time to get ready for students to return to the classroom. Please bring your donated items to the Wayne County Extension Office. Thank you so very much for supporting our students!! A copy of the "**Wish List**" is enclosed.

***Participation in these community service projects can count as volunteer service hours and earn you some double points in your passport log!*

Summertime Sensation Casserole

4 strips turkey bacon **½ teaspoon** salt **2 cups** tomatoes, chopped
½ cup minced onion **½ teaspoon** black pepper
3 tablespoons diced green pepper **1 teaspoon** dried sweet basil
4 ears fresh sweet corn

1. In a large skillet, **cook** turkey bacon until crisp.
2. **Drain** turkey bacon on paper towel, **chop** and put aside. Do not drain pan. **Cook** onion and green pepper in bacon drippings over medium heat until tender.
3. **Cut** corn from cob and add to onion and green pepper mixture in skillet.
4. **Pour** skillet contents into a greased 1-1/2 quart casserole dish.
5. **Top** with shredded cheddar cheese.
6. **Bake** at 350°F for 30 minutes, or until cheese is melted and bubbling.

Yield: 5, ½ cup servings.

Nutrition Analysis: 160 calories, 7 g fat, 2.5 g sat. fat, 25 mg cholesterol, 680 mg sodium, 19 g carbohydrate, 3 g fiber, 7 g sugar, 8 g protein.

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



Kentucky Sweet Corn

SEASON: July to August

NUTRITION FACTS: Corn is low in fat and is a good source of fiber and B vitamins, with 90 calories in a one-half cup serving.

SELECTION: Look for ears with green shucks, moist stems and silk ends that are free of decay. Kernels should be small, tender, plump and milky when pierced. They should fill up all the spaces in the rows.

STORAGE: Keep unshucked, fresh corn in the refrigerator until ready to use. Wrap ears in damp paper towels and placed in a plastic bag for 4 to 6 days.

PREPARATION: To microwave: Place ears of corn, still in the husk, in a single layer, in the microwave. Cook on high for 2 minutes for 1 ear, adding 1 minute per each additional ear. Turn the ears after 1 minute. Let corn set for several minutes before removing the shucks and silks.

Source: www.fruitsandveggiesmatter.gov

To boil: Remove shucks and silks. Trim stem ends.

Carefully place ears in a large pot of boiling water. Cook 2 to 4 minutes or until kernels are tender.

To grill: Turn back the shucks and remove silks. Sprinkle each ear with 2 tablespoons of water and nonfat seasoning such as salt, pepper or herbs. Replace shucks and tie them shut with a string that has been soaked in water. Place ears on a hot grill for 20 to 30 minutes, turning often.

SWEET CORN

Plate It Up! Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Nutrition and Food Science students

June 2012

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**Save the Date:
Christmas Village
Saturday, November 19th
Set-up Day: Friday, November 18th**

**The Wayne County
Extension Office
will be closed on
Monday, September 5th
in observance of Labor Day.**

Debbie Shepherd

**Debbie Shepherd, CEA FCS
Wayne County Extension Agent
for Family & Consumer Sciences
debbie.shepherd@uky.edu
DS/vm**



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**Cooperative Extension Service
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Project Wish List for Local High School Family & Consumer Sciences Class

WISH LIST

Dishtowels

Aprons

Pot Holders

Whisks (12)

12 - 8 X 8" cake pans

12 - 9 X 13" cake pans

Storage container sets (6)

Plastic mixing bowl sets (6)

Cooling Racks (6)

Manual Can Openers (5)

Pastry Blenders (6)

Pastry Mats (6)

Drainers/Colanders (6)

Ice Cream Scoop (6)

Cupcake decorating kits (6)

Swiffer Sweeper with refills

Broom/Dustpan

Crockpots (3)

Silverware Sets (6)

Measuring Cup/Measuring Spoon Sets (6)

Large plastic storage bins (4)

Always needed:

Aluminum Foil

Disposable Plates

Disposable Forks

Ziplock bags

Laundry Detergent

Dishwashing Detergent

Sanitizing Spray

Baking Mix

Flour

White Cake Mix

Shortening

Garbage Disposal Sanitizer

Poster Board

Coloring Pencils/Markers

Scissors

Rubber Bands (For Hair)

** Nacho Cheese

** Salsa

** Straws

** Packs of Water

** Milkshake cups/domed lids ([Amazon.com: \[40 Sets - 24 Oz\]](#))

[Crystal Clear PET Plastic Cups With Dome lids & Straws for Iced Coffee, Cold Drinks, Milkshake, Slush Cup, Smoothy's, Slurpee, Party's, Plastic Disposable Cups : Health & Household](#))

** Nacho serving tray ([Avant Grub Anti-Spill Disposable Plastic Nacho Tray with Dual Compartments, 100 Pack - Walmart.com](#))

** Would be extremely helpful. Website just listed for examples.



Sample from Quilts from El's Kitchen.

**Ever set up your sewing machine
on the dining room table?**

Who hasn't?

**Get ready,
wherever you're stitchin',
for this fun project
inspired by the kitchen!**



Sample of
My Mother's Apron from
Quilts from El's Kitchen.

COOPERATIVE EXTENSION



Cooperative Extension Service Wayne County

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Facebook: Wayne County Cooperative
Extension Family and
Consumer Sciences



Debbie Shepherd

Debbie Shepherd, CEA FCS
Wayne County Extension
Agent for Family &
Consumer Sciences



**FAMILY &
CONSUMER
SCIENCES**
Creating Healthy & Sustainable Families

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disability, physical disability, or genetic information. For more information, contact the National
Ky Cooperative Extension, U.S. Department of Agriculture, and Kentucky Cooperative Extension,
LEBANON, KY 40538



accommodated
disabilities
and print materials



IN STITCHES

**A yummy new quilt
project beginning
August 17, 2022!**



Sample from Quilts from El's Kitchen.

Quilts from El's Kitchen is...

208 pages of full color quilt inspiration – sampler style!

It's also our quilt class "textbook" for months to come. We will build our skills with sixteen traditional blocks in both 12" and 6" sizes. This sampler layout includes a cherry basket centerpiece



with appliqué blooms. Our book and lesson plans for this class series include many border options, quilting techniques, scalloped edges, and binding.

P. S. Inspired by the kitchen theme, your book includes recipes too! Yum! What fun!

Quilts from El's Kitchen by Eleanor Burns will be required for this class series. This book will be available to you for \$15 each (regular retail \$28).

Here's the basic plan...

Each class will be the third Wednesday of the month from 10 am – 3 pm at the Wayne Co Extension Office, lower level.

This will be a continuing series of classes BUT you may participate **as it works for you!** For example...

- Are there blocks that you don't like? That's okay! As with a favorite recipe, you're encouraged to make substitutions based on **your** taste! Each class plan will be shared the month before so you can adapt as you wish.
- Not interested in doing a large quilt? You're welcome to create blocks as you're inspired and build your skills.
- If this series doesn't interest you at all, bring your own project and sit and sew with friends. *You're welcome!*
- Missed some of the classes in the series? That's okay! Join us as you can! We'll fill in the blanks as needed!



Another colorway without embellishment.

"Ingredients" for our August class...

- We will familiarize ourselves with the book's layout and the many options it offers for your quilt's design.
- We'll preview quilt samples, colorways, and the corresponding fabric requirements. Whenever you're ready, we will begin your individual quilt plans. Project planning pages will be provided.
- We'll preview tools and notions that will be needed throughout the project and share how they'll be available for you.
- We will share a tentative class schedule to take us through the entire class series. Expect to discover and create two sampler blocks per class – on average.

Recipe name: _____

Ingredients:

Directions:

Attach additional pages if needed. Please include pictures if you have them, ie. Grandma if this is her recipe, your family enjoying this recipe, a picture of you making the recipe, the finished recipe, etc..

Charity Club Description

Meetings: Second Tuesdays of each month at 5 p.m. @ New Charity Church.

Charity Homemakers Club enjoys our meetings and spending time socializing while partaking in snacks after the meeting.

Charity chooses a needy family to help every year.

The main fundraiser for Charity Club is Christmas Village. We work hard to make Christmas Village a success! Every member contributes to the effort.

We work well together and respect one another. We are very proud of our Charity Club Homemakers.

Country Charmers Club Description

Meetings: Second Mondays of each month at 6 p.m. @ WC Extension Basement.

Country Charmers truly believe that laughter is good for the soul. The small club tries to put this into practice at each meeting and enjoys our therapy being together and sharing our life stories.

The club has some members who are great cooks, some who crochet, and some who sew. We love learning new things and enjoy the educational homemaker lessons.

This club is *very serious about giving back to Wayne County!* The club works hard to be able to give more than recommended to charitable organizations such as: School Backpack Program, Hope Center, House of Blessings, Touching Lives Cancer Ministry, Adopt-a-Child/Family-Christmas Giving, Library - 1000 Books Before Kindergarten, Dolly Parton Imagination Library, etc. The Club feels *honored* to be able to support these causes and the county.

Creative Characters Club Description

Meetings: Third Tuesdays of each month at 1 p.m. @ WC Extension Office.

Creative Characters is made up of a unique group of members with different skill levels. We have projects in all areas of art, such as pencil drawings, watercolor, acrylic paint, or any form of medium. We are open to suggestions from any member.

We welcome anyone who would like to join our club. Don't worry if you don't have any "experience." Some of us have been in the club for years and are not "experienced." Everyone's result is different. Who knows, you may make a "masterpiece!"

Happy Chippers Club Description

Meetings: Third Thursdays of each month at 1 p.m. @ WC Extension Office.

Happy Chippers is a new group dedicated to teaching and encouraging woodcarvers/whittlers. Our first emphasis is safety, and after that, technique, and processes.

We encourage both experienced and beginning carvers/whittlers to join us. The more experienced carvers help in mentoring the less experienced.

Mudslingers Club Description

Meetings: Fourth Tuesdays of each month at 1 p.m. @ WC Extension Office.

The Mudslingers' Club is made up of a unique group of people. Members are all ages and backgrounds.

Each month we do a hands-on project with clay. We have 8 to 10 members at present and each project has 8 to 10 results. If you are not comfortable with the pottery wheel, there are lots of other projects you can do.

We welcome any new members who would like to join us. We would love to see another new twist to a project.

Odds 'N Ends Club Description

Meetings: Second Thursdays of each month September-May at 12 noon @ WC Extension Office.

Odds 'N Ends Club has 21 members. The name not only describes the originators of the club but also describes the current members who have diverse interests and talents. They enjoy socializing, learning, and sharing ideas at their monthly meetings. The club also loves working together on various community service projects.

For many years, they have participated in the annual Christmas Village. They won first place in the Christmas tree competition at the third Wayne County Homemaker Christmas Craft Open House (Christmas Village). The club has also won several other contest/awards through the years including the most volunteer service hours. They received an award for selling the most cookbooks and several times have sold the most at Christmas Village. Several of their members have won blue ribbons and grand champion at the Wayne County Fair EXPO. Several members have served as county and area officers.

They plan educational club outings throughout the year. In the past, they have enjoyed social gatherings with delicious finger foods and shared recipes. They have gone on several educational day trips and even enjoyed a tranquil afternoon on a luxury houseboat on Lake Cumberland learning history about the lake.

Pots and Pans Club Description

Meetings: Second Mondays of each month at 6 p.m. @ WC Extension Office.

Our club is made up of individuals with a common interest in creating and preparing foods for ourselves as well as family and others.

We meet to share dishes and recipes with club members. We enjoy trying new foods and sharing cooking and preparation tips and shortcuts.

Our monthly meetings/meals are usually themed with the goal of learning from each other as well as gaining knowledge from our county leaders and publications provided by the Wayne County Cooperative Extension Office.

Sunnybrook Club Description

Meetings: First Thursday of each month at 6:30 p.m. @ WC Extension Office.