

VOL. 2024-11

Cooperative Extension Service

Wayne County
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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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities accommodated with prior notification.



Nutrition Notes.....

(Alta) Gaye Hutchison,
NEP Assistant
(Nutrition Education Program)

Recipe from the
November 2024
Food and Nutrition
Calendar

Hearty Harvest Bowl

- 2 cups brown rice, cooked
- 1 small head broccoli, cut into bite-size pieces
- 3 medium carrots, peeled and thinly sliced
- 1 medium sweet potato, peeled and diced
- 1 medium onion, diced
- 2 cans (15.5 ounces) chickpeas rinsed, drained, and patted dry
- 2 tablespoons olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/2 cup parmesan cheese, optional



Dressing

- 3 tablespoons olive oil
 - 1/8 teaspoon salt
 - 1/8 teaspoon ground black pepper
 - 2 tablespoons lemon juice
 - 3/4 teaspoon dried oregano
 - 1/4 teaspoon garlic powder
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
 3. Preheat oven to 425 degrees F. Line two large baking sheets with aluminum foil or parchment paper. Set aside.
 4. Cook rice according to package directions.
 5. While rice is cooking, place broccoli, carrots, sweet potato, and onion on one baking sheet and drizzle with 1 tablespoon of olive oil, sprinkle with a pinch of salt and pepper. Spread out into one even layer.

- Don't overcrowd the pan or the veggies will steam instead of roast.
6. Toss chickpeas with the remaining 1 tablespoon of oil, sprinkle with salt and pepper. Spread out into one even layer on the other prepared baking sheet.
 7. Roast vegetables and chickpeas for 20 to 25 minutes, turning the pans and giving them a shake from time to time. Vegetables should be slightly browned and fork tender when done. Chickpeas will be slightly browned and toasted.
 8. While vegetables are roasting, combine Dressing ingredients in a small bowl or cup. Whisk until smooth. Set aside.
 9. Divide ingredients into six servings. Place rice in a bowl, top with roasted vegetables, and chickpeas. Sprinkle with parmesan cheese if using.
 10. Drizzle with dressing before serving.
 11. Refrigerate leftovers within 2 hours.

Makes 6 servings
Serving size: 1 cup
Cost per recipe: \$7.71
Cost per serving: \$1.29



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts per serving:

460 calories; 17g total fat; 3g saturated fat; 0g trans fat; 5mg cholesterol; 570mg sodium; 62g total carbohydrate; 14g dietary fiber; 10g total sugars; 0g added sugars; 16g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium

Source:

Brooke Jenkins,
Extension Specialist,
University of
Kentucky Cooperative
Extension Service

Broccoli Salad

Servings:16

Serving Size: 1/2 Cup



This quick and easy recipe will make broccoli lovers out of the most picky eaters.

<https://www.planeatmove.com/>

Ingredients:

- 6 cups fresh broccoli, chopped
- 1 cup raisins
- 1 medium red onion, peeled and diced
- 2 tablespoons sugar
- 8 bacon slices, cooked and crumbled (optional)
- 2 tablespoons, lemon juice
- 3/4 cup low fat mayonnaise



Directions:

1. Combine all ingredients in a medium sized bowl.
2. Mix well.
3. Chill for 1-2 hours.
4. Serve
5. Enjoy.

Source: United States Department of Agriculture, Food Stamp Nutrition Connection, Recipe Finder, June 2008. <http://recipefinder.nal.usda.gov>



Extension Homemaker Club Meetings

- Busy Bees - November 7th @ 1:00 p.m. - Downstairs Meeting Room
- Country Charmers - November 7th @ 5:30 p.m. - Downstairs Meeting Room
- Sunnybrook - November 7th @ 6:30 p.m. - Downstairs Meeting Room
- Pots & Pans - November 11th @ 6:00 p.m. - Downstairs Meeting Room
- Charity - November 12th @ 5:00 p.m. - New Charity Baptist Church
- Crafter's Anonymous - November 13th @ 1:00 p.m. - Downstairs Meeting Room
- Odds 'N Ends - November 14th @ 12 noon - Downstairs Meeting Room
- Creative Characters - November 19th @ 12:30 p.m. - Downstairs Meeting Room
- Happy Chippers - November 21st @ 12:30 p.m. - Downstairs Meeting Room
- Mudslingers - November 25th - Assigned Appointments Only-Contact Seth Hart
- Mudslingers - November 26th @ 12:30 p.m. - Downstairs Meeting Room

Reminder: PLEASE turn in your monthly reports!

KEHA ~ Roll Call & Thought for the Day

November 2024

Thought for the Day:

"And we know what we want
And the future is certain
Give us time to work it out"

Road to Nowhere

Ozzy Osbourne 1991



Roll Call: In November, we celebrate Thanksgiving. How can your journey lead to you being a better person? OR What have you been most thankful for on your personal journey?

NOTE: Following this year's Blazing the Way theme, the suggested thoughts for the day come from lyrics to songs about transportation or travel from the 1960s to the 2000s.

Blood Drive!

Tuesday, November 19, 2024




Aspire Center

Pots & Pans ~ 12:30-3:00 p.m.

Sunnybrook ~ 3:00-5:30 p.m.



NOVEMBER 2024

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5 OFFICE CLOSED Presidential Election 	6	7 County Extension Council Mtg. 6:00 p.m. Upstairs	8	9	10
11 Happy Birthday Gaye! 	12 Holiday Sewing 10:00 a.m. Downstairs	13	14 Holiday Card Making 1:00 p.m. Upstairs	15 In-Stitches Quilt Class 10:00 a.m. Downstairs	16	17
18	19	20	21	22 Jingle All the Way Bazaar Set-up	23 Jingle All the Way Bazaar Event	24
25	26	27	28 OFFICE CLOSED Thanksgiving Holiday 	29 OFFICE CLOSED Thanksgiving Holiday	30	

DECEMBER 2024

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5 Homemaker Officers Leadership Adventure	6 Set Up for North Pole Breakfast with Santa	7 North Pole Breakfast with Santa	8
9	10	11 Christmas Party 1:00 p.m. Downstairs for All Extension Homemakers	12	13	14	15
16	17	18	19	20	21	22
23	24	25 Office Closed for Christmas Holiday 	26 Office Closed for Christmas Holiday	27 Office Closed for Christmas Holiday	28 Office Closed for Christmas Holiday	29 Office Closed for Christmas Holiday
30 Office Closed for Christmas Holiday	31 Office Closed for Christmas Holiday					

Upcoming Events

UPCOMING CLASSES - 10:00 A.M. - Downstairs Meeting Room

November - Club Choice for Activities

December - Club Choice for Activities

January 22 - How to Get Out of Mealtime Rut

February 26 - People Learn with Purpose: Understanding Learning Styles

March 26 - Indoor Air Quality

April 23 - Gardening Safety

May 28 - Using Your Air Fryer

Note: These classes moved from the 4th Tuesday at 5:30 p.m. to the 4th Wednesday at 10:00 a.m.

Extension Homemakers: Please have one representative from your homemaker club to attend these classes.



UK Cooperative Extension Service

BEE CONFIDENT BAGS

GIVE A LITTLE, HELP A LOT

The Busy Bees Homemaker Club is collecting travel size hygiene items for "Bee Confident Bags" for Wayne County Middle School students.



TRAVEL SIZE ITEMS NEEDED MOST:

- ☑ Deodorant
- ☑ Chapstick
- ☑ Body Wash
- ☑ Lotion
- ☑ Hand Sanitizers
- ☑ Shampoo & Conditioner

DROP OFF LOCATION:

WAYNE COUNTY EXTENSION OFFICE
255 ROLLING HILLS BLVD.
MONTICELLO, KY 46233

CONTACT US 
606-348-8453

Thank you for supporting us
with your donation!

An Equal Opportunity Organization.

UK Cooperative Extension Service



WAYNE COUNTY HIGH SCHOOL FCCLA STUDENT SPONSORSHIP

FCCLA STUDENTS ARE OUR FUTURE FCS AGENTS, TEACHERS, & OTHER FCS CAREER RELATED INDIVIDUALS. PLEASE HELP SUPPORT A STUDENT WITH A \$30 SPONSORSHIP DONATION TO HELP PAY THEIR ASSOCIATION DUES. PLEASE DROP OFF YOUR DONATION AT THE WAYNE COUNTY EXTENSION OFFICE.

More Information

 Wayne County Extension Office
255 Rolling Hills Blvd., Monticello, KY 42633
606-348-8453

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In-Stitches Quilt Class

“In the Pines”

Friday, November 15, 2024

10:00 a.m.

Downstairs Meeting Room

**Call Extension Office for class
prep information.**



Crafter’s Anonymous

Homemaker Club Meeting

November 13, 2024 @ 1:00 p.m.

Downstairs Meeting Room

**The club will be having a
work day to make crafts for
Jingle All the Way Christmas Bazaar.**



**JINGLE ALL THE WAY
CHRISTMAS BAZAAR**

NOVEMBER 23, 2024 ~ 9:00 AM-2:00 PM

WAYNE COUNTY EXTENSION OFFICE

255 ROLLING HILLS BLVD.

MONTICELLO, KY 42633



Holiday Sewing Class

This is a machine applique class.

Tuesday, November 12th

10am – 3pm ~ Downstairs Meeting Room

Registration: \$ 10 ~ Homemakers receive \$5 discount.

MUST REGISTER by Friday, November 8, 2024

Skill level – All (beginners can do this!)



Participants need to bring:

- Sewing machine in good working order
- Standard or 1/4" sewing machine foot
- Applique sewing machine foot
- Basic sewing notions, scissors, seam ripper, pins, etc.
- Neutral thread for basic sewing & accent thread of your choice for applique
- All other supplies are provided. You are welcome to bring your own specialty fabric if you would like.

Options available: Pumpkin, Turkey, Snowman, or Santa - Select your option when you register. Some fabrics may vary depending on availability. Additional kits are available upon request. Please request additional kits at registration. Additional registration fee will apply for the additional kits.

Please bring your own lunch (refrigerator & microwave available) or plan to utilize one of Monticello's many restaurants.



 Cooperative Extension Service

CARD SCRAPBOOKING CLASS

November 14, 2024

1:00 p.m. EST

Wayne County Extension Office

REGISTRATION FEE
\$10.00

Learn to create a variety of fun & beautiful gift cards & gift tags

- 1 Fall Themed Card
- 1 Christmas Card
- 2 Christmas Gift Tags

All supplies provided.

Bring adhesive or tape runners, if you have them.

SPOTS ARE LIMITED
CALL NOW: 606-348-8453



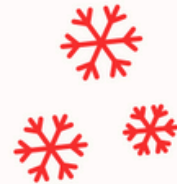
Come join us and learn to create a variety of fun and beautiful cards and gift tags using paper crafting tools, different ideas and techniques. In this class you will make 1 fall themed card, 1 Christmas card, and 2 Christmas gift tags. All the supplies needed to make these cards and tags will be provided as part of the class. If you have adhesive or tape runners to use, please bring them. The paper may vary for the Christmas card, but the card will be same card layout and design. "What better way than to have cards ready for those birthday, anniversaries, and other special occasions than to take this class. By the end of the class you will have made several cards and gift tags that you'll be proud to send to family and friends!"



ALL EXTENSION HOMEMAKER CLUB MEMBERS
YOU ARE INVITED TO A



Christmas Party



Sponsored by: Crafter's Anonymous Homemaker Club

Wednesday, December 11, 2024
1:00 p.m. ~ Downstairs Meeting Room

*Fun & Games
Bring a \$5
Gift for
Gift
Exchange.*



*Wear your
Christmas
jammies for
a special
gift!*



*Foot Long
Sandwiches
provided.
Please bring:
Salad, side
dish, chips,
or desserts.*



Seth Hart

Program Assistant
for Community Arts

Pumpkin Magnet Lesson

Fall Harvest Magnets: *Pumpkins*



Designed by Seth Hart

Wayne County Extension Office

255 Rolling Hills Blvd.

Monticello, KY 42633

606-348-8453

seth.hart@uky.edu

**LESSON CAN ALSO
QUALIFY AS A
4-H STATE FAIR ENTRY**

**Catalogue: Traditions
(Heritage Arts Other)**

MATERIALS & RESOURCES

Suppliers: Hobby Lobby; Walmart



- SELF HARDENING CLAY
 - OPTIONS
 - "AMACO" AIR DRY (10 lb - \$10.00)
 - "MARBLEX" SELF-HARDENING (25 lb - \$40.00)
- PAINT BRUSHES
 - ONE FINE POINT SOFT BRISTLE
 - ONE FILBERT SOFT BRISTLE PAINT BRUSH
- DISPOSABLE CUP WITH WATER
- DISPOSABLE PAPER PLATE
- "APPLE BARRELL" ACRYLIC CRAFT PAINTS
 - 20470E "PUMPKIN ORANGE"
 - 21186E "GOLDEN SUNSET"
 - 21891E "MARSH GREEN"
- "KRYLON" TRIPLE-THICK CRYSTAL CLEAR COAT
- TOOTH PICK
- BLOW DRYER
- ADHESIVE MAGNET BUTTONS (NON ADHESIVE WILL REQUIRE HOT GLUE OR TACKY GLUE)



1. BEGIN BY ROLLING OUT A BALL OF CLAY ABOUT 1 INCH WIDE AND FLATTEN THE ENDS BY TAPPING THEM ON SURFACE OF PAPER PLATE.
2. WITH YOUR FINGER, PRESS INDENTIONS ON BOTH ENDS AS SHOWN IN THIRD PHOTO.

MORE INSTRUCTIONS ON BACK



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Seth Hart

Program Assistant
for Community Arts

Pumpkin Magnet Lesson

3. WITH A TOOTH PICK, CREATE LINES BY PRESSING AND ROLLING IT ON THE SIDES.....

4. TO CREATE STEM, PINCH OFF A SMALL PIECE OF CLAY AND ROLL IT INTO A CONE. FLATTEN THE END BY LIGHTLY TAPPING IT ONTO THE SURFACE OF YOUR PAPER PLATE.....

5. WITH A TOOTH PICK, SKOR BOTH THE INTENTION ON YOUR PUMPKIN AND THE FLAT END OF YOUR STEM.....

6. DIP THE STEM IN WATER AND PRESS IT FIRMLY ONTO THE SCORE MARKS OF THE PUMPKIN.....

7. WITH THE FINE POINT BRUSH AND A VERY SMALL AMOUNT OF WATER, COAT OVER THE STEMS TO SEAL THE STEM IN PLACE.....

8. PICK YOUR LEAST FAVORIT SIDE OF THE PUMPKIN AND TAP IT LIGHTLY ON THE TABLE SURFACE UNTIL THAT SIDE OF THE PUMPKIN IS FLAT. USE THE TOOTH PICK TO REDEFINE THE LINES AND WITH A WET PAINT BRUSH, COAT OVER THEM TO POLISH THE SURFACE. WITH A BLOWER DRYER, DRY THE CLAY, ATTACH MAGNET ON BACK, PAINT AND SEAL IT.





Joy McGinnis

FCS Program Assistant



According to the Centers for Disease Control and Prevention’s National Diabetes Statistics Report, an estimated 38.4 million people in the United States, or 11.6% of the population, have diabetes. About 1 in 5 adults with diabetes don’t know they have the disease. An estimated 97.6 million American adults have prediabetes, which means their blood glucose levels are higher than normal but not high enough to be diagnosed as diabetes.

<https://www.niddk.nih.gov/health-information/diabetes>

Know Your Risk for Developing Diabetes

You are more likely to develop type 2 diabetes if you have overweight or obesity; are age 35 or older; have a family history of diabetes; are African American, American Indian, Asian American, Hispanic or Latino, or Pacific Islander; are not physically active; or have prediabetes.

Manage your blood glucose, blood pressure, and cholesterol levels. Preventing diabetes or managing diabetes as soon as possible after diagnosis may help prevent diabetes health problems. You can start by managing your diabetes ABCs.

- A is for the A1C test that health care professionals use to measure your average blood glucose levels. Some people with diabetes also use devices to track their blood glucose throughout the day and night.
- B is for blood pressure.
- C is for cholesterol.

Ask your health care team what your ABCs goals should be.



Joy McGinnis

FCS Program Assistant



Take Small Steps Toward Healthy Habits

- Lifestyle habits such as planning healthy meals, being physically active, getting enough sleep, and not smoking may help you prevent diabetes or manage your diabetes ABCs. You don't have to do it all at once. Start slowly and build healthier habits from there.
- Take your medicines on times. Remember to take your medicines even if you feel healthy. Talk with your doctor or pharmacist if you have trouble taking your medicines on time or at the correct dose.
- Reach or maintain a healthy weight. If you have overweight or obesity, ask your primary care provider if healthy eating, physical activity, or other weight-loss treatments may help you manage your weight.
- You may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight. Use the Diabetes Risk Management Calculator to determine how much weight you can lose to help reduce your risk of developing type 2 diabetes.
- Take care of your mental health. Managing diabetes can be hard. If you feel down, sad, or overwhelmed, learn about healthy ways to cope with stress. Consider talking to a mental health counselor or joining a support group.
- Work with your health care team. Your health care team may include a primary care provider, diabetes specialist, registered dietitian, or certified diabetes educator. Ask your primary care provider if you should talk with other health care professionals about preventing or management diabetes.
- Diabetes medicines, devices, and office visits can be expensive. A social worker or a member of your health care team may be able to help you find community resources or financial help for diabetes care.

Source: National Institute of Diabetes

The Wayne County Extension Homemakers met on Thursday, September 26th, for their 74th Annual Meeting. The theme was "A-MAIZE-ing" Homemakers. Our guest speaker was John Childers, Miller at Mill Springs Mill, who spoke about the mill, grinding, cornmeal, and grits. Mary Lynn Chaudoin, Lake Cumberland Area Homemaker President, done a presentation with outgoing officers and installation of new officers. Thank you to all the Homemakers who made this event a success and who give so much to our community throughout the year.





Thanksgiving is coming up soon.
Try some of these delicious
Thanksgiving recipes!



Apple Cranberry Waldorf Salad

Yield: 8, 1 cup servings

Nutrition Facts: 210 calories, 5 g fat, 0 mg cholesterol, 35 mg sodium, 41 g carbohydrate, 3 g fiber, 34 g sugar, 3 g protein

Ingredients:

- 1 cup chopped Granny Smith apple
- 1 cup chopped Red Delicious apple
- 1 cup diced celery
- 1 cup halved seedless green grapes
- 1 cup halved seedless red grapes
- 1½ cups dried cranberries
- ½ cup chopped walnuts
- 8 ounces non-fat vanilla yogurt
- 2 tablespoons honey
- ¼ teaspoon cinnamon

Directions:

1. Combine chopped apples and diced celery and put in a medium sized bowl. Add grapes, cranberries, and walnuts to the mixture. Stir ingredients together.
2. In a separate bowl, add the yogurt, honey, and cinnamon. Stir together and pour over the fruit mixture. Cover and chill before serving.



Cushaw Pie

Yield: 8 slices

Nutrition Facts: 250 calories, 13 g fat, 5 g saturated fat, 2.5 g trans fat, 70 mg cholesterol, 140 mg sodium, 33 g carbohydrate, 1 g fiber, 3 g protein

Ingredients:

- 2 cups cooked and mashed cushaw squash**
- ¼ cup butter**
- ¼ cup sugar**
- ½ cup brown sugar**
- 2 eggs**
- 1 teaspoon lemon extract**
- 1 teaspoon vanilla extract**
- ½ teaspoon nutmeg**
- ¼ teaspoon ground cinnamon**
- 1 9-inch graham cracker pie shell**

Directions:

- 1. To prepare squash: Wash and remove rind from the squash. Cut flesh into 1 inch squares. Steam squash cubes until tender. Drain and mash.**
- 2. Preheat oven to 400° F. In a large bowl, mix together the cushaw, butter, and sugars. Add eggs, lemon extract, vanilla extract, nutmeg and cinnamon. Mix until smooth.**
- 3. Pour mixture into pie shell.**
- 4. Bake 15 minutes at 400° F.**
- 5. Reduce oven temperature to 350° F and bake pie for an additional 45 minutes or until filling sets.**



Yummy Sweet Potato Casserole

Yield: 12, 1/2 cup servings

Nutrition Facts: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein

Ingredients:

6 medium sweet potatoes
1/4 cup maple syrup
2 tablespoons brown sugar
2 eggs
1/2 teaspoon salt
3/4 cup low-fat vanilla Greek yogurt
1/4 teaspoon vanilla extract
1 tablespoon cinnamon

TOPPING:

1/2 cup brown sugar
1/2 cup ground rolled oats
1 tablespoon maple syrup
3 tablespoons melted butter
1/4 teaspoon salt
1/2 teaspoon cinnamon
1/2 cup chopped pecans

Directions:

Preheat oven to 325 degrees F. Peel sweet potatoes and cut into 1-inch cubes. Place sweet potato cubes in a medium saucepan and cover with water. Cook over medium-high heat until tender. Drain and mash. In a large bowl, mix together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. Blend until smooth. Pour into a 13-by-9 inch baking dish. Topping: In a medium bowl, mix the brown sugar and oats. Add in syrup, melted butter, salt and cinnamon; blend until mixture is coarse. Stir in pecans. Sprinkle over sweet potato mixture. Bake 30 minutes, or until topping is lightly browned.

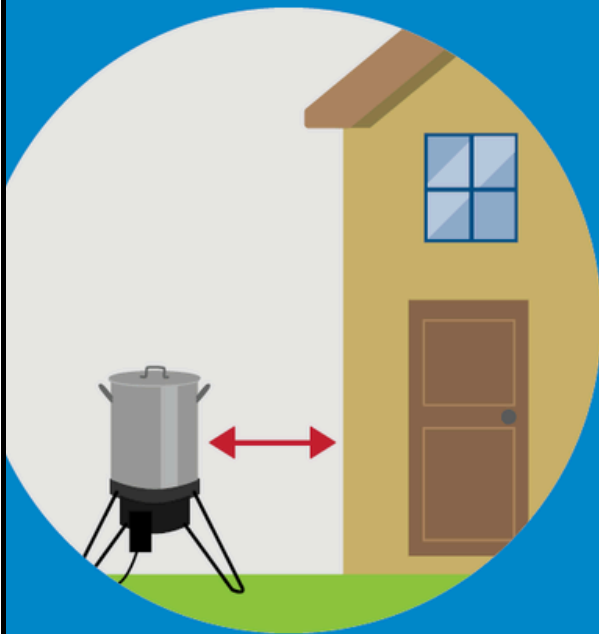
Practice safe cooking this Thanksgiving.

Home cooking fires happen most often on Thanksgiving. Stand by your pan: if you are cooking at high temperatures, turn off the burner before leaving the kitchen.



Use turkey fryers outdoors.

Never use them on a wooden deck or in a garage.



Recipe for Preventing Turkey Fryer Fires



When you fry foods, you increase the risk of a cooking fire. Keep in mind the potential dangers of deep frying a turkey:

- ✓ Use your turkey fryer only outdoors on a sturdy, level surface well away from things that can burn.
- ✓ Check the temperature often with a cooking thermometer so the oil won't overheat.
- ✓ Determine the correct amount of oil needed by first placing the turkey in the pot with water.
- ✓ Use long cooking gloves that protect hands and arms when you handle the pot, lid and handles of a turkey fryer.
- ✓ Make sure your turkey is completely thawed before you fry it.

For more information and free resources, visit usfa.fema.gov.





The Wayne County Extension Office will be closed on Tuesday, November 5, 2024 for Election Day.



The Wayne County Extension Office will be closed on Thursday, November 28, 2024 & Friday, November 29, 2024 for Thanksgiving! Our office will reopen on Monday, December 2, 2024.

Debbie Shepherd

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



We Grow Families.
www.ca.uky.edu



Website:
wayne.ca.uky.edu



Wayne County Cooperative Extension Family and Consumer Sciences



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