

FEBRUARY 2025

In-Stitches Newsletter

Volume 2025-02



**HELLO FROM FCS AGENT,
DEBBIE SHEPHERD**

Happy Valentine's Day!

Our next class has been scheduled for Friday, February 21, 2025, at 10:00 a.m. ET. In this class we will be working on a fun project "Love Spools (Part 2)." Please let us know if you will be attending by contacting the Extension Office at 606-348-8453. You can also email Joy, Vicki, or me.

Happy Stitching!

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COOPERATIVE EXTENSION

UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

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Disabilities
accommodated
with prior notification.

**FAMILY &
CONSUMER
SCIENCES**



Creating Healthy & Sustainable Families



67" x 78" quilt

February's Class ~ "Love Spools" ~ Part 2

Friday, February 21, 2025 @ 10:00 a.m.

Wayne County Extension Office

Downstairs Meeting Room

Please arrive by 9:30 a.m. to start setting up your sewing station. Class will begin at 10:00 a.m. prompt!

Please register so we can be prepared for you.

Don't forget your items for Show & Tell!

As always, if this is not the project for you, please bring a project to work on and come join us for the day!

Lunch for February's Class - We will be providing Pizza & Drinks.

We will need:

- **Any other sides**
- **Desserts**

If you have had the safe food handling class, please feel free to bring a dish to share. If you haven't, please feel free to bring something pre-packaged or prepared. You are also very welcome to bring your own lunch.

If you have the recipe for what you bring, please bring it and give it to Vicki so we can share it in the next newsletter.

In-Stitches Class

March 21, 2025 @ 10 a.m.

March's In-Stitches Class will be a Sit & Sew.

Please bring your own lunch.

We will provide drinks.

Bring your unfinished projects or any fun project you'd like to work on and join the fellowship and fun!







Joy McGinnis

FCS Program Assistant



What is the most famous quilt?

In 1996, Brenda Papadakis published *Dear Jane: The Two Hundred Twenty-five Patterns from the 1863 Jane A. Stickle Quilt*, sparking global interest in the quilt. The quilt became known as the Dear Jane Quilt. Modern quilters now create their own Dear Jane quilts.

This Dear Jane Quilt was made by: Annette Jousma ~ Netherlands





Joy McGinnis



FCS Program Assistant



What is the most popular quilt pattern of all time?

The Log Cabin block is one of the most well-known and popular of all patchwork patterns. To pioneers traveling West, it symbolized home, warmth, love and security. The center square of the block was done in red to represent the hearth, the focal point of life in a cabin or home.



What is the oldest quilt pattern?

The Rose of Sharon is also known as “The Whig Rose” pattern from the 1828 US Presidential election in support of The Whig Party. This design is thought to be the oldest quilt pattern, according to research.

Source: Quilt Discovery National Park System

Quilt Facts:

Quilt Making in Kentucky ~ Kentucky has a rich history of quilting, which has been a family tradition for many and a way to tell their stories for many generations.

Quilt Identification Project ~ In 1981, Kentucky launched the first statewide quilt identification project, which involved volunteers studying over a thousands quilts.

Paducah, Kentucky ~ Nicknamed the “Quilt City”, Paducah is home to the world’s largest quilt museum.

Quilters’ Day Out ~ Kentucky started Quilters’ Day Out, which is now known as National Quilting Day.

SAVE THE DATE: Saturday, March 15, 2025 to celebrate National Quilt Day! Ideas on how to celebrate will be in your March Newsletter!

Source: National Quilt Alliance

Greek Salsa

By: Bethe Bryant

Ingredients:

- 2 med. tomatoes, diced
- 1 small red onion, finely chopped
- 1/2 cucumber, diced
- 1/4 c. pitted Kalamata olives, chopped
- 1/4 c. crumbled Feta cheese
- 2 Tbsp. chopped fresh parsley
- 1 Tbsp. Extra Virgin Olive Oil
- 1 Tbsp. lemon juice
- 1/2 tsp. dried oregano
- salt & pepper to taste



Instructions:

- In medium bowl combine tomatoes, red onion, cucumber, and olives.
- Add Feta cheese and parsley. Mix gently.
- In small bowl whisk together EVOO, lemon juice, oregano, salt, and pepper. Adjust seasonings to taste.
- Pour dressing over salsa and toss gently to coat all ingredients evenly.
- Let sit for at least 10 minutes for flavors to meld.
- Serve with pita chips or tortilla chips or as a topping for grilled meats or salads.

Enjoy!

Cranberry Dump Pie

By: Bethe Bryant

Ingredients:

- 2 cups fresh cranberries
- 1 cup All-Purpose flour
- 1 cup sugar
- 1/4 tsp. salt
- 1/2 cup chopped walnuts
- 1/2 cup melted butter
- 2 eggs beaten
- 1 tsp. vanilla extract



Instructions:

- Preheat oven to 350 degrees. Grease 9" pie pan.
- Add flour, sugar, and salt to a mixing bowl.
- Add cranberries and walnuts. Toss until well coated.
- Melt butter.
- Beat eggs.
- Add butter, eggs, and vanilla extract to mixture. Stir well.
- Pour into greased pie plate.
- Bake 40-45 minutes until done in the center.

Enjoy!

Friendship Cake

By: Bethe Bryant

Ingredients:

1 c. butter, melted	1/4 tsp. ground nutmeg
1-3/4 c. sugar	2 eggs
3 c. AP flour	2 c. drained brandied fruit
1 tsp. baking soda	1 c. chopped pecans
1 tsp. cinnamon	1/4 c. brandied fruit juice
1/2 tsp. salt	
1/4 tsp. ground cloves	



Enjoy!

Instructions:

- Combine melted butter and sugar in a large bowl. Beat well.
- Combine next 6 ingredients. Add to butter mixture and beat well.
- Add eggs and beat well after each addition.
- Coarsely chop fruit and stir into batter.
- Add pecans and juice. Mix well.
- Pour batter into well-greased 10" Bundt pan.
- Bake at 350 degrees for 1 hour. Cool in pan 10 minutes. Remove from pan and cool completely on wire rack.
- Sprinkle with powdered sugar.

Brandied Fruit Starter

By: Bethe Bryant

Ingredients:

15-1/4 oz. pineapple chunks, drained
16 oz. sliced peaches, drained
17 oz. apricot halves, drained
10 oz. Maraschino cherries
1-1/4 c. sugar
1-1/4 c. Brandy



Enjoy!

Instructions:

- Combine all ingredients in clean non-metal jar and gently stir.
- Cover and let stand at room temperature 3 weeks.
- Stir once or twice a week.
- Serve over ice cream or pound cake.

To Replenish Starter:

- Add 1 c. sugar and 1 can of any of the 1st 4 fruits every 1-3 weeks. Alternate fruits each time you replenish starter.
- Stir gently.
- Let stand at room temperature 3 days before using.

4-Ingredient Peppermint Fudge

By: Deanna Hammond

Ingredients:

- 1 pkg. (12 oz.) semi-sweet chocolate chips
- 1 can (14 oz.) sweetened condensed milk, divided
- 1 pkg. (12 oz.) white chocolate chips
- 8 round peppermint candies, crushed



Instructions:

- Line 8x8 baking dish with foil. Coat with non-stick cooking spray.
- In a large microwave safe bowl, add semi-sweet chocolate chips. Microwave for 1 minute. Stir, then another 30 seconds or until melted.
- Stir in half can of sweetened condensed milk, then pour mixture in prepared baking dish.
- In a separate large microwave safe bowl, add white chocolate chips. Microwave 1 minute, stir, then another 30 seconds or until melted.
- Stir in remaining half can of sweetened condensed milk. Then pour mixture into prepared baking dish over first chocolate layer.
- Sprinkle crushed peppermints over top. Then refrigerate 2 hours or until set. Cut into 36 squares and serve. Store leftovers in an airtight container.

Enjoy!

**“The best
kind of sleep
beneath
heaven above
is under a quilt,
handmade
with love.”**

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Debbie Shepherd
Wayne County Extension Agent
for Family & Consumer Sciences
DS/vm



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