

October 2022

FAMILY & CONSUMER SCIENCES

Newsletter

BOURBON COUNTY EXTENSION HOMEMAKERS



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

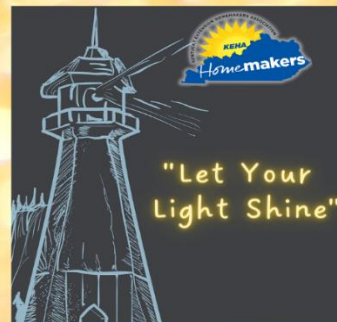
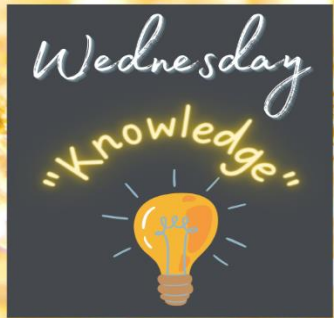
Cooperative Extension Service

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Welcome to Bourbon County Extension Homemakers Week 2022

For 2022 Homemakers Week, we are joining our State President, Brenda Hammons, in
"Letting Our Light Shine"

Please take each word of the day and apply it to YOUR life and then share. Share with a friend, share on Facebook, share with a fellow Homemaker, or share with a perspective member. Let all of Bourbon County know that Bourbon County Homemakers are here to support and make our community and county an awesome place.



Karen Denniston

Agent for Family Consumer Science
Karen.denniston@uky.edu

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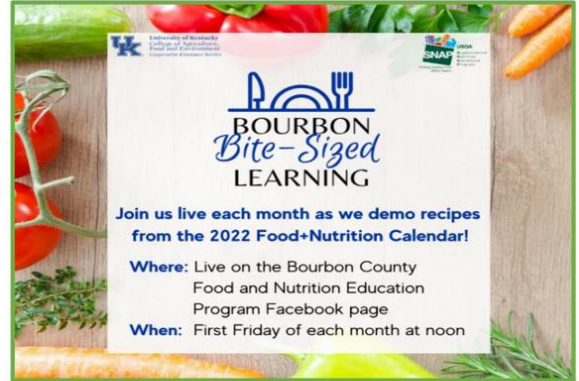


Disabilities
accommodated
with prior notification.

Coming to you on Bourbon County Nutrition Education Facebook page.
If you missed the 1st Friday, It is still available on FB and YouTube.



Stop
by
Extension
Office
and
pick Up
your 2022
calendars
to cook
along!



Join us on Bourbon County Nutrition Education Program Facebook page, to view Kacy preparing “Apple Spinach Salad” or better yet get your ingredients and prepare your salad along with us. Mark your calendar October 7th at noon!

If you miss the Facebook viewing we can also be found on YouTube
Bourbon County Extension Office.

APPLE SPINACH SALAD

- 1 (10-ounce) bag baby spinach
- 1 large apple, diced
- 1/2 small red onion, thinly sliced
- 2 medium carrots, shredded
- 1/2 cup chopped pecans
- 1/2 cup dried cranberries

Dressing

- 1/3 cup olive oil
- 1/4 cup apple cider vinegar
- 1 tablespoon Dijon mustard
- 1/2 teaspoon honey
- 1/2 teaspoon garlic powder
- Salt and pepper to taste

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.

2. Gently scrub apple, red onion, and carrots with a clean vegetable brush under cool running water before preparing them.
3. Add all salad ingredients to a large bowl.
4. Add all dressing ingredients to a small jar with a lid. Shake well to combine. Pour the dressing over the salad and toss well to combine.
5. Serve immediately, and store leftovers in the refrigerator within 2 hours.

Makes 6 servings
Serving size: 2 1/2 cups
Cost per recipe: \$9.13
Cost per serving: \$1.52



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

“OUTSIDE the BOX”

OCTOBER! MY FAVORITE!

I am excited for all things fall, pumpkin, soups, etc.!!! October is a month full of exciting things. We spend a week celebrating the homemaker’s organization this month. Make sure you read the Homemaker Week information on the front page and plan to join in on “Letting Your Light Shine”. Post any pictures you take showing how you and your family celebrated Extension Homemaker Week.

October is also breast cancer awareness month. Do you know someone who is a survivor or currently fight this battle? Wear your pink this month in support. I wear pink to show support for my Aunt Lynn who is a breast cancer survivor and for my sister-in-law who is currently fighting this battle.

Remember, we are not meant to do this life alone. We are better together Bourbon County Extension Homemakers!

“Bourbon County Homemakers, let’s get started thinking outside the box!”

Mallory Lowe
 President Bourbon County
 Extension Homemakers

LEADER LESSON TRAINING



Many of us eat mindlessly without recognizing it, sometimes leading to overeating or negative emotions around food. Join us for a class where you will learn about mindful eating practices and how to enjoy food with no distractions, creating an eating experience with increased awareness that is judgment an guilt free.

**SAVORING THE EATING EXPERIENCE
 THE ART OF EATING MINDFULLY**

DATE: Thursday, October 27th
TIME: 6:00 pm
PLACE: Bourbon County Extension Office
Please RSVP
NOTE DATE CHANGE

**Bourbon County
 Extension Homemakers Dues
 Deadline in November 11th
 Dues are \$9.00
 Per year
 (September thru July)
 Do you remember last
 statewide dues increase?**

All lessons for the 2022-23 year will be taught by Bluegrass Area Extension FCS Agents. They will be taped for viewing at Bourbon County office. Each taped viewing will be followed by planned activities and/or hands-on learning.

Spread the word that anyone, member or not, interested in learning more about “” is welcome to attend the Bluegrass Area Extension Homemakers Leader Training at 6:00 pm on Thursday, October 27th at the Bourbon County Extension Office.

We would love to have at least one member from each club at this event to share the information at their club meeting.

Please call the office at 987-1895 to reserve your seat and join the fun.

The In-Cider Information

Kacy Wiley
Program Assistant Senior NEP



Visit Your Local Pumpkin Patch

Are you looking for an outing with the kiddos this fall? Visit a local pumpkin patch or orchard. This is a great way to get outdoors and enjoy the cooler weather. Teach your kids about Kentucky fruits and vegetables grown in the fall. Let the kids pick a pumpkin to prepare and taste at home. Pumpkin is a great source of fiber. It is high in vitamin A, and it can be used in many ways.

For tips on pumpkins, visit <https://fcs-hes.ca.uky.edu/commodity/pumpkin>.

Basic Budget Bites

Cook Once, Eat Twice

Looking to stretch your food budget a little more? Make weekly or monthly menus based on sale items at your local store. Once the meals are planned, think about doubling the recipe. “Cook once, eat twice” can help you save time and money on future meals. Most recipes can be made, then frozen. Use freezer bags or an aluminum pan wrapped and sealed with plastic wrap and foil.

Food Facts: Lettuce

Many people think of salads and fresh veggies only during the warmer months. This is when there is a lot of fresh food at farmers’ markets and stores. Lettuce is a great choice that you can buy all year long in Kentucky. Well known lettuce varieties are romaine, iceberg, red leaf, and butter lettuce. Choose lettuce that is dark green and leafy. Stay away from lettuce with brown edges. Lettuce is a good source of vitamin A. It is cholesterol free and fat free as well as very low in sodium. Load your salad up with a lot of in-season fruits, veggies, and herbs. Don’t forget to use a healthy dressing made from olive oil.



Source: Adapted from <https://eatfresh.org/discover-foods/lettuce>

Recipe for Life Live in 2022



CHILDREN AND YOUTH BOOKS ON MENTAL HEALTH

During the coldest months of the year, we are often inside more. Parents may be looking for activities to do with their children or for their children to do alone. One great activity for any time, but especially the colder months of the year, is reading! Books can be a great way to educate children about how important it is to take care of their mental health. Here are some great books you can read with or offer to a child to read about mental health. You can likely find these at your public library, or your child may be able to borrow them from a school library.

Books for children for ages 3 to 8

- “A Blue Kind of Day” by Rachel Tomlinson
- “The Bi Worry Day” by K.A. Reynolds
- “Brave Enough” by Rob Justus
- “Brave Every Day” by Trudy Ludwig
- “Don’t Worry, Murray” by David Ezra Stein
- “Dragons on the Inside” by Valerie Coulman
- “Everybody Feels Fear” by Ashwin Chacko
- “Everything in its Place” by Pauline David-Sax
- “Growing Pangs” by Kathryn Ormsbee
- “Hattie Harmony: Worry Detective” by Elizabeth Olsen
- “How to Train Your Pet Brain” by Nelly Buchet
- “I Want to Be Mad for a While” by Barney Saltzberg
- “In the Blue” by Erin Hourigan
- “Olivia Wrapped in Vines” by Maude Nepveu-Villeneuve
- “Out of a Jar” by Deborah Marcerro
- “A Spark in the Dark” by Pam Fong
- “Sometimes I Gumblesquinch” by Racheel Vail
- “Stop and Smell the Cookies: by Gibson Frazier
- “The Tunnel” by Sarah Howden
- “Where is Bina Bear?” by Mike Curato

Books for children for ages 8-12

- “Dear Student” by Elly Swartz
- “AWOL” by Marla Lesage
- “Honestly Elliott” by Gillian McDunn
- “Iveliz Explains It All” by Andrea Beatriz Arango
- “Moonflower” by Kacen Callender
- “Rain Rising” by Courtne Comrie
- “Summer of June” by Jamie Sumner
- “Smaller Sister” by Maggie Edkins Willis

Books for children for ages 12 and up

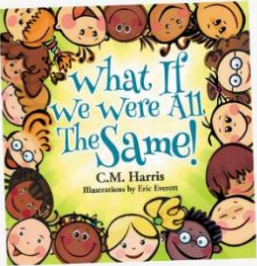

- “And They Lived....” By Steven Salvatore
- “Exactly Where You Need to Be” by Amelia Diane Coombs
- “How to Live Without You” by Sarah Everett
- “Improve: How I Discovered Improv and Conquered Social Anxiety” by Alex Graudins
- “It Looks Like Us” by Alison Ames
- “Long Story Short” by Serena Kaylor
- “Nowhere Girl” by Magali Le Huche
- “Operation Final Notice” by Matthew Landis
- “Queen of the Tiles” by Hanna Alkaf
- “Scout’s Honor” by Lily Anderson
- “Slip” by Marika McCoola
- “This is Why They Hate Us” by Aaron H. Aceves
- “The Silence That Binds Us” by Joanna Ho
- “The Words We Keep” by Erin Stewart
- “Zia Erases the World” by Bree Barton

Source: Dr. Kerri Ashurst, senior Extension specialist for Family and Relationship Development, University of Kentucky College of Agriculture, Food and Environment

WALLY CAT'S

Story Trail


Pick up a **FREE** gift bag at the Extension Office, 603 Millersburg Rd. for completing the Story Trail and questionnaire card!





The pages of the book "What If We Were All the Same!" have been placed in the windows of participating businesses for you to read!

Follow these steps:

1. START reading at Bourbon Boot Supply
2. Walk down Main Street (cross after Blooms by Brooke)
3. After reading all posters, complete questionnaire card (available at each participating business) and return to Bourbon County Extension Office, 603 Millersburg Rd, **OR** complete the questionnaire by scanning the QR code below with your smartphone camera by **October 14, at 4:30 p.m.** to receive a free gift!





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OUR YOUTH – OUR FUTURE

Wally Cat Story Trail






**Grandmother/
Grandson Team
at RECIPE FOR LIFE
and his
GREAT-GRANDMOTHER
was on original R4L
founding committee!**

POP Club (Power of Produce)









2022-23 KEHA Membership Contest

Each county that increases membership by 3 is entered into drawing for \$100. Can have more than one entry – number of entries is based on multiples of 3.

Increase membership by 3 = 1 entry

Increase membership by 6 = 2 entries

Increase membership by 18 = 6 entries

How many entries will it be Bourbon County?



Bourbon County Extension Homemakers:

Time to pay your dues!

Don't miss out!
Mail in or drop off \$9 dues
to the Bourbon County
Extension Office
by Veterans Day,
November 11, 2022

Do you remember the last statewide dues increase?



Pumpkin butter is a fall favorite. It is similar to apple butter in that pumpkin is slowly cooked down with water or apple juice, white or brown sugar, and some spices. However, there is a big difference between pumpkin butter and apple butter. Apple butter can be safely canned in a boiling water bath canner while pumpkin butter cannot. Pumpkin butter must always be refrigerated or frozen. Fruit jams, jellies, preserves, and butters rely on the acid that is naturally present in the fruit, along with sugar, for safe food preservation. Apples are naturally acidic. Pumpkins are not. Pumpkins are a low-acid vegetable. Without the acid to aid in safe food preservation, you cannot rely on sugar alone to prevent the growth of pathogens.

Research has shown that acidity levels vary considerably even between batches of pumpkin butter made using the same recipe. In addition, there was significant difference in thickness between batches of the same formulation. No single recipe has been found to produce a consistently safe product. Currently, there are no recommendations for canning pumpkin butter and storing at room temperature. Any pumpkin butter recipes you try should be served immediately or stored refrigerated or frozen.

Easy Pumpkin Butter

- 1 can (29 ounces) pumpkin puree
- ¾ cup apple juice
- 1 cup brown sugar
- 2 teaspoons ground cinnamon
- 2 teaspoons ground ginger
- 1 teaspoon ground nutmeg
- ½ teaspoon ground cloves

Combine all ingredients in a large pot and bring to a boil. Reduce heat; simmer 30 minutes or until thickened. Stir frequently. Ladle into clean containers. Serve immediately or store refrigerated.

Source: Annhall Norris, Extension specialist, Food Preservation and Food Safety

VOLUNTEER HOURS Correction and Update

Congratulations to
Bourbon County Extension Homemakers
volunteering 500 or more hours during the
2021-22 Homemaker Year!

Susan Cooper
Bette Edwards
Candy Lane
Ann Davis McClain
Elizabeth Rankin
Pam Ritchie
Connie Vaughn

**7 Bourbon County Homemakers had over 500
hours during 2021-22 year**

Challenge for 2022-23 Year
Triple this number!
Start recording hours now!

What are “volunteer hours”?

Did you volunteer with the 2022 Recipe for Life?

Make sure you count your time for:

- Picking up your information packet
- Reviewing your recipe/station packet
- Gathering supplies for your station
- Travel to and from sessions and to office for picking up materials
- Setting up station and meeting with the table leader
- Actual carrying out of each session
- Cleaning up and restocking station/table

All these items count for volunteer hours. Each of you need to record them (in the method of your liking) now so you do not forget about the time you volunteered by preparing as well as the 8 hours of teaching.

Start recording now!

Save the Date

October 3-6.....Master Clothing Training
October 8.....POP Club @ Farmers Market
October 9-15.....Extension Homemaker Week
October 14.....Food Items for Horse Show
October 15.....Walking Horse Show
October 20.....Council Meeting
October 27.....Leader Lesson
November 6.....Time Changes
November 8.....Election Day
November 11.....2022-23 Dues Deadline
November 11.....Veteran’s Day
November 24-25.....,Office Closed



Turn enrollment form and \$9 membership dues to Extension Office by Veterans Day, November 11

Dues - **\$9.00** payable to *Bourbon County Homemakers*

Date: _____

**Enrollment Form
for**

 Bourbon County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home (____) _____ Work (____) _____

Cell (____) _____ Fax (____) _____

Birth year (Optional): _____

Race (Optional – circle one): White Black or African American
 Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (Optional - circle one): Hispanic Non-Hispanic

Gender (Optional - circle one): Female Male

Date joined: _____

I, (print full name) _____, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

Witness: _____ Date: _____

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