

# GREEN COUNTY FCS EXTENSION



# NEWSLETTER







Homemakers took a trip to Hardin County Extension Office to visit the Quilt Show! We then had a picnic at Lincoln's Homeplace in Hodgenville KY!





### 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

# September Recap

The month of September has been a little crazy and busy but in a good way! I am glad to be back full time and to begin offering more classes to everyone!

During September, I took a group of Homemakers to the Hardin County Extension Office to visit the Quilt Show that they were hosting! I have never seen so many beautiful quilts in my life. I added a few photos of my favorite quilts that were on display. Along with quilts, they had a large amount of vendors there selling everything from fabric, patterns, to vintage sewing machines. We finished off the trip by having a picnic at Abraham Lincoln's Homeplace!

Not pictured, we had a Cooking from the Calendar class that had the recipes from August and September demonstrated. Those recipes were Peanut Butter Oatmeal Cookies and Ramen Skillet Dinner. Everyone had good reviews although it was a little on the spicy side!

This is a busy month of activities so make sure that you reserve your spot for a class or meal and put all these dates in your calendar so that you won't forget anything fun!

### What else has Katelyn done in September?

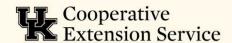
- LEAP with Head Start and Little Lambs
- Senior Center
- Just Family Adult Day
- In person and Zoom Trainings
- FCS Staff Meetings
- Cooking from the Calendar
- Planned, Planned!



Students with
LEAP assembled
their own yogurt
sundaes after
reading the book
"Rodeo Ron and
His Milkshake

/ Cows"









Do you want to be more active but don't want to do it alone? Join Green County Extension and Green County Health Department in the WALKtober challenge. This program includes daily/weekly activity logs, weekly newsletters and handouts!

What: Walking program throughout the month of October to help you become more active and get outside!

Where: American Legion Park, 1099 Legion Park Rd, Greensburg, KY 42743

When: Tuesdays at 4:30pm CST

**Register:** Fill out the Health Department registration form and wavier and turn it into the Green County Extension Office! This form can be found on green.ca.uky.edu or at the Green County Office!

For more information call Green County Extension at 270-932-5311 or by emailing katelyn.squires@uky.edu



### KEHA Homemakers Week: October 13-19 2024

Homemakers Week Programs (Flyers shown below): Monday, Oct. 14- Cybersecurity Lesson with Tim Carpenter Tuesday, Oct. 15- Homemaker Brunch Wednesday, Oct. 16- Historical Walking Tour with Carolyn Scott Friday, Oct. 18- Cooking from the Calendar



with IT Director, Tim Carpenter

JOIN GREEN COUNTY HOMEMAKERS AS THEY HOST TAYLOR REGIONAL HOSPITAL'S IT DIRECTOR, TIM CARPENTER, AS HE PRESENTS A CLASS OVER CYBER SECURITY

**OCTOBER 14TH 2024 AT 5:30 PM CST** 

**GREEN COUNTY EXTENSION OFFICE** 298 HAPPYVILLE RD GREENSBURG KY 42743

PLEASE RSVP BY CALLING 270-932-5311 OR BY EMAILING KATELYN.SQUIRES@UKY.EDU

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT





Join Carolyn Scott in a Walking Tour throughout some historical places within our little community of Greensburg. Some of the places that will be included in this tour are The Old Courthouse, The Depot, The Hobson House, Jeremiah Abell's Cabin, and so many more!!

October 16th 2024 at 10am CST

Cooperative Extension Service

Meeting at the Old Courthouse

or more information or questions call Carolyn Scott at 270-932-0234







HOMEMAKERS SEEYOU

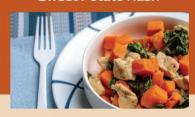
Join Green County Homemakers as they host a brunch for KEHA Homemakers Week. Whether you are a current homemaker or you are interested in participating, join us for some brunch!

Date: October 15th 2024 Time: Ilam CST

Location: Green County Extension Office 298 Happyville Rd Greensburg KY 42743

Free of charge!! We do ask that if you can please RSVP at 270-932-5311 or by visiting the extension office!

OOKING FROM THE CALENDAR



October 18th 2024 at 12pm CST

Call the Extension Office at 270-932-5311 to register







# FALL PAINTING CLASS

Join Karen Roland as she teaches a fall painting class. Everyone will paint a version of the image above! Supplies and refreshments will be provided.

NOVEMBER 15TH 2024 12PM CST \$10 REGISTRATION FEE

Green County Extension Office 298 Happyville Rd Greensburg KY 42743

RSVP and payment is required by November 8th so that supplies can be purchased.

To RSVP or questions, call 270-932-5311 or email katelyn.squires@uky.edu





"You do laundry for the people you love, including you." says Patric Richardson, the Laundry Evangelist. The tv host and author of Laundry Love: Finding Joy in a Common Chore will join us direct from his laundry room for an engaging one-time event for the next session of Big Blue Book Club! On November 7, 2024, at 6:00 pm central/7:00 pm eastern, Patric will return to his Old Kentucky home via Zoom to answer all your laundry questions, just as he does in his Mall of America store in Minnesota or on "The Laundry Guy" tv show. Register at https://ukfcs.net/BBBClaundry.

First 200 people who register will get a free copy of the book. Registration is required to receive the Zoom link.



If you haven't already make sure you come in and pay your dues for this year! You don't want to miss out on all the Homemaker Fun!



Homemakers are having a competition on who can fill those passport books up!
Visit the most places in KY that fit those categories and you may receive an incentive!



This competition runs from July 1 2024-June 30 2025.

Only 1st and 2nd place winners will be chosen.







# OCTOBER 2024









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WALKtober at the Park 4:30p

Help Hope & Hands



2



Homemaker Council Meeting at 3pm

WALKtober at the Park 4:30p

10 Help Hope & Hands

Lesson Leader

Training 12p

12

7

Victorian House Cafe Summersville at

Cooking from the Calendar 12p

Help Hope & Hands

Historical Walking

15 Homemakers Brunch

Cyber Security Lesson 5:30p

Tour 10a

WALKtober at the

Park 4:30p



26

25

Help Hope & Hands

23



WALKtober at the 21

20

Fown & Country 4pm at Patsy Pruitt

Circle of Friends 4:30

Park 4:30p

Help Hope & Hands

30

LCA Homemakers 29

28

27

Council Meeting in







WALKtober at the Park 4:30p

Adair Co 9:30a







**UK CES Green County** 298 Happyville Road **Greensburg KY 42743-9498** 

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RETURN SERVICE REQUESTED



## Fall Spiced Pumpkin Bread

1/2 cup all-purpose flour 11/4 cup whole-wheat flour 11/2 teaspoons baking

powder

1 teaspoon baking soda

2 teaspoons pumpkin pie spice 1/2 teaspoon salt 1/2 cup melted margarine

1/2 cup sugar

2 eggs 1/3 cup chopped walnuts

1/2 cup honey

1/3 cup olive oil

2 cups pumpkin puree

Heat oven to 350 degrees F. Mix flours, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, whisk together margarine, sugar, honey, pumpkin puree and olive oil. Blend in eggs. Add flour mixture. Stir until dry ingredients are moistened. Spray a 8-by-4 inch loaf pan with non-stick cooking spray. Pour batter into pan; sprinkle walnuts on top of batter. Bake for 1 hour. Remove from oven

and cover with foil. Return to oven and bake an additional 20 minutes or until toothpick inserted in center comes out clean. Cool for 10 minutes and remove from pan.

Yield: 16 slices

Nutritional Analysis: 220 calories, 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars, 4 g protein.

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Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

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