

Welcome
Fall

HAPPY
HALLOWEEN

UK Cooperative
Extension Service

FAMILY AND CONSUMER SCIENCES NEWS SEPTEMBER/OCTOBER 2023

A MESSAGE FROM YOUR FCS AGENT:

Hi folks, I can't believe we're in the 'ber' months! It seems like I blinked and September was halfway over. I hope this newsletter finds you well, There are several exciting programs and events upcoming! KEHA week is October 8-14, 2023. Please feel free to reach out to me if you want to disperse any resources created to advertise this week.

Fleming County Office

P.O. Box 192(1384 Elizaville Rd.)
Flemingsburg, KY 41041-0192

Phone: (606) 845-4641

Fax: (606) 845-6311

Email: fleming.ext@uky.edu

Website: <https://fleming.ca.uky.edu/>



Katie Fryman

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How can we
**serve you,
Kentucky?**

Take a ten-minute survey
to help us develop programs
addressing needs in
your community.

go.uky.edu/serveKY

**KENTUCKY
COOPERATIVE EXTENSION**
An Equal Opportunity Organization

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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Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Homemakers News

- **Fleming County Cultural Arts Day - October 3rd @ 9am-12pm**
- **Country Neighbors Meeting - October 19th @ 6:00pm**
- **Neighborhood Kids Meeting - October 9th @ 6:00pm**
- **Hillsboro Homemakers Meeting - October 24th @ 1:00pm**
- **Treasures of the Heart Meeting - October 30th @ 6:00pm**
- **Homemakers Reunion - October 8th @ 2:00pm (light refreshments will be served)**
- **KEHA WEEK - October 8th-14th, 2023**
- **Skills Day Oct 10th @ Bath County 10:00am-3:00pm - the flyer is in this issue with information on how to register. Deadline is September 29th.**
- **Cultural Arts Day Oct 3rd @ 9:00am-12:00pm**
- **LRA Annual Meeting @ Mason County October 19th - the flyer is in this issue with information on how to register.**

Licking River Area *Skills Day*

Check-In Time: 9:30-10 AM

Morning Classes: 10-12 PM

Lunch: 12-1 PM

Afternoon Classes: 1-3 PM

" A Soup Luncheon will be provided, donations will go to Ovarian Cancer Research*

Registration Fee: \$4

Register with your County Extension Office.

Registration and Payment due by September 29th.



Bath County AG Center 2914 E. HWY 60 Owingsville,
KY 40360 ▪ October 10th 10 AM -3 PM

LRA Skills Day Registration Form 2023

Deadline: Friday, September 29th

Space is limited, so register early!

Please return this sheet with payment to your County Extension Office

Name: _____

Phone: _____

County: _____

Email: _____

Make checks payable to _____ County Homemakers.

Please Check which Class you would like to take.

Grand total should include all class fees and the \$4 registration fee

Morning Classes

Garden Stepping Stone - \$30 _____

Pumpkin Door Hanger - \$25 _____

Faux Stained Glass - \$5 _____

Swedish Weaving Jar Cozie - \$5 _____

Afternoon Classes

Sunflower Wall Hanging - \$17 _____

Sock Doll - \$10 _____

Pop-up Cards - \$6 _____

Vase Painting - \$10 _____

All Day Classes

Shoulder Bag - FREE _____

Canvas Painting - 10 _____

Day Total	
Morning Class Total	\$ _____
Afternoon Class Total	\$ _____
Skills Day Registration Fee	\$4
*Grand Total	\$ _____

For office use only:

Date Registered:	Check #:	Cash:
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Morning Classes 10-12 PM

FLEMING COUNTY

Garden Stepping Stone

Cost: \$30

Instructor: Pam McGlone (Glass with Sass)

Class Size: 25



BRACKEN COUNTY

Pumpkin Door Hanger

Cost: \$25

Instructor: Shannon Smith

Class Size: 25



MASON COUNTY

Faux Stained Glass Art

Cost: \$5

Instructor: Abbigale Gray

Class Size: 15



BATH COUNTY

Swedish Weaving Jar Cozie

Cost: \$5

Instructor: Mary-Ann Lewis & Joy Warren.

Class Size: 10



Afternoon Classes 1-3 PM

ROBERTSON COUNTY

Sunflower Wall Hanging

Cost: \$17

Instructor: TBD

Class Size: 20



MONTGOMERY COUNTY

Sock Doll

Cost: \$10

Instructor: Aggie Fink

Class Size: 10



BATH COUNTY

Pop-Up Cards

Cost: \$6

Instructor: Brenna Stamm

Class Size: 10



MENIFEE COUNTY

Vase Painting

Cost: \$10

Instructor: Ailee Lawson

Class Size: 15



All Day Classes

LEWIS COUNTY

Over Shoulder Bag

Cost: FREE

Instructor: Leoma Rigdon & Ruby Hord

Class Size: 10

Supplies participant will need to to bring:

- 1 yard main fabric
- 1/2 yard contrast fabric
- 1/2 yard thin batting
- 12" zipper to match
- 2 "D" rings (3/4" or 1") or Two 1" swivel clasps
- Zipper food
- Scissors
- Thread
- Sewing Machine



ROWAN COUNTY

11X14 Canvas Painting

Cost: \$10

Instructor: Brenda Hamm

Class Size: 10



*2023 Fleming County
Extension Homemakers
Cultural Arts Day*

OCTOBER 3RD

**[AT] THE FLEMING COUNTY EXTENSION
OFFICE**

Free Entry

**CONTACT KATIE FRYMAN FOR MORE
INFORMATION!**

OFFICE PHONE: 606-845-4641

EMAIL: katie.fryman@uky.edu

**1384 ELIZAVILLE ROAD,
FLEMINGSBURG KY 41041**

**DROP OFF TIME THE DAY OF
9AM-12PM**

YOU MAY STOP BY ANY DAY PRIOR TO OCT. 3RD WITH YOUR ITEMS

LICKING RIVER AREA

Annual Meeting

Let's take a hike with
Guest speaker, Harriet Jackson-Groh



OCTOBER 19TH 11 AM
AT MASON COUNTY
EXTENSION OFFICE

800 US-68, Maysville, KY 41056



Call your local extension
office to sign up!

Tickets are \$15.00

Deadline to sign up is October 11th!

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Lexington, KY 40506



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with prior notification.

Italian One Pot Pasta and Beans



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



COOKING THROUGH THE **CALENDAR**

UPCOMING DATES FOR 2023

- OCTOBER 24TH @ HILLSBORO CHRISTIAN CHURCH
11:00AM
- OCTOBER 25TH @ FLEMING COUNTY EXTENSION
OFFICE 12:00PM
- NOVEMBER 21ST @ HILLSBORO CHRISTIAN CHURCH
11:00AM
- NOVEMBER 22ND @ FLEMING COUNTY EXTENSION
OFFICE 12:00PM
- DECEMBER TBD



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

VANILLA EXTRACT WORKSHOP

@ THE FLEMING
COUNTY EXTENSION
OFFICE

OCTOBER 11TH

WORKSHOP TIME: 4:30PM - 5:30PM

DURING THIS SESSION, YOU
WILL LEARN THE BASICS OF
VANILLA. YOU WILL MAKE
EXTRACT AND RECIPES USING
VANILLA! CLASS FEE IS \$5 -
PAY AT REGISTRATION

MUST CALL TO REGISTER
SPACE IS LIMITED
606-845-4641



University of Kentucky
Fleming County
PO Box 192
Flemingsburg KY 41041-0192

Official Business
Address Serviced Requested



Baked Apples and Sweet Potatoes



5 medium sweet
potatoes
4 medium apples

½ cup margarine
½ cup brown sugar
½ teaspoon salt

1 teaspoon nutmeg
¼ cup hot water
2 tablespoons honey

- 1. Boil** potatoes in 2 inches of water until almost tender.
- 2. Cool** potatoes, peel and slice. **Peel**, core and slice apples.
- 3. Preheat** the oven to 400°F. **Grease** a casserole dish with a small amount of margarine.
- 4. Layer** potatoes on the bottom of the dish.

- 5. Add** a layer of apple slices.
- 6. Sprinkle** some sugar, salt, and tiny pieces of margarine over the apple layer.
- 7. Repeat** layers of potatoes, apples, sugar, salt and margarine.
- 8. Sprinkle** top with nutmeg.
- 9. Mix** the hot water and

- honey together.
- 10. Pour** over top of casserole.
 - 11. Bake** for 30 minutes.
- Yield:** 6, 1 cup servings.
Nutrition Analysis: 300 calories, 8 g fat, 59 g carbohydrate, 0 mg cholesterol, 320 mg sodium.
Source: USDA Food Stamp Nutrition Connection, Recipe finder. June, 2008.

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

