

FAMILY & CONSUMER SCIENCES

Creating Healthy & Sustainable Families



Cooperative Extension Service

SEPTEMBER 2024

Fayette County Extension
1140 Harry Sykes Way
Lexington, KY 40504
Phone (859) 257-5582
Email: fayette.ext@uky.edu
<http://fayette.ca.uky.edu/>

GARDENING Safely

Come and learn the health benefits of gardening and strategies to prevent injuries from happening in the garden. Lesson training on September 30 at 10:00am. Call 859-257-5582 to register.



Apple Butter Canning Class

October 16, 2024

10:00-1:00pm or 6:00-9:00pm

Learn how to use a water bath canner to make apple butter. These will both take place at the Fayette County Extension Office. All materials will be provided. Class size is limited to 10, so register as soon as possible by calling 859-257-5582. Class is Free and limited to one session per person!



Homemaker Officers/Chairs Needed for 2024-2025

We need to fill the following positions:
President - Vice President - Secretary - Chairman of Special Committees
(ex-- Environmental, Leadership Development, Management and safety, Family and Individual development, Joy of Giving, International, Cultural Arts and Food and Nutrition) See your handbooks! Contact the Extension Office if interested!

2024-25 Homemaker Lesson Calendar

- Understanding Medicare and Medicaid
October 21 at 10:00am
- How to Get Out of a Mealtime Rut
November 26 at 10:00am
- Nutrients: Supplements and Macronutrients, January 28 at 10:00am
- A Bad Deal in Disguise: Types of Scams
February 24 at 10:00am
- Using Your Air Fryer
March 26 at 6:00pm
- Composition in Photography
April 24 at 6:00pm

Call (859) 257-5582 to register.

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities accommodated with prior notification.



FCS CLASSES

We are happy to offer you the following opportunities. Classes/events have limited enrollment so register **early** to assure a spot in the classes/events you wish to attend. All classes/events, including the "Free" ones, are "PRE-REGISTRATION" only. For classes/events with a class fee, registration and fee must be submitted to reserve a space.

Plaid Hamper Basket ~ September 17, 2024 ~ 10:00am-4:00pm

Plaid Hamper description - Medium sized hamper made on a wood base measuring 13" x 16" x 19"H. Colorful band in the center using shades of green and smoke reed. Has side openings for easy carrying. Good size for towels, blankets etc. Advanced beginner. Instructor Mary McAllister. Cost: \$82.



Easy Egg Basket ~ October 22, 2024 ~ 10:00am-4:00pm

This is the perfect learner egg basket - making a God's Eye, inserting ribs, weaving in the ribs and turning back. These are the basics we will learn using dyed and natural reed on 2 8 inch round hoops. Instructor Mary McAllister. Cost: \$54.

SUPPLIES YOU MUST BRING FOR BASLET CLASSES: Water container (bucket/bowl), small towel, scissors (garden type preferable), small flat head screwdriver, 2 dozen snap type clothespins, tape measure, pencil, pocket knife (good sized), sandpaper, weights (unopened soup cans work) and a small spray bottle. **PACK A LUNCH/SNACKS, or bring something to share. You will be working thru lunch. BASKET CLASSES SIZE ARE LIMITED, REGISTER EARLY!**

Please note: Supplies are specially cut for each basket two days prior to class If you need to cancel your class, please call us 72 hours prior to receive a full refund. There will be no refund after that time. NO EXCEPTIONS!

English Paper Piecing Hand-Sewing Class ~ October 23, 2024 ~ 4:30-7:30pm

In this hand-sewing class, attendees will learn four English Paper Piecing stitching methods. Additionally, you will be able to ask questions and learn sewing information and tips that are not easily found online. Join us as we continue the art of slow stitching and create something beautiful in the process. All supplies are provided in the class but you may also bring fabric from your own stash. Instructor Ashley Nguyen. Cost: \$25.



FCS Class Registration Form

Name: _____ Phone: _____

Address: _____ City: _____ Zip: _____

<u>Classes</u>	<input checked="" type="checkbox"/>	<u>Cost</u>
Plaid Hamper Basket - September 17 at 10:00am		\$82
Easy Egg Basket ~ October 22 at 10:00am		\$54
English Paper Piecing Hand-Sewing ~ October 23 at 4:30pm		\$25
TOTAL FEE DUE:		\$

Please make check payable to:
Community FCS
and mail to:
Fayette County
Extension Office
1140 Harry Sykes Way
Lexington, KY 40504

JOIN US FOR... **2024**
Calendar Cooking
COOKING THROUGH THE CALENDAR

Fayette County Cooperative Extension Office

Join us at the Fayette County Extension office 6:00-7:30pm for our monthly cooking demonstration and sampling. Try tasty Nutrition Education Program Calendar recipes and discover strategies to eat healthier and cook at home!

FREE! Registration required.

Register online: fayette.ca.uky.edu/classregistration or call 859-257-5582

September 10: Ramen Skillet Dinner

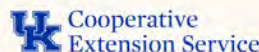
October 15: Sweet Potato Hash

November 19: Hearty Harvest Bowl

December 17: Slow Cooker Navy Bean Soup



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture



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



Laugh & Learn
Playdate

Join our 2024 Laugh and Learn Playdate Program that targets school readiness objectives! Each month offers learning activities that are relevant to children's development and will coincide to help celebrate holidays or seasonal festivities. Each session is at the Fayette County Extension Office from 10-11:30am.

FREE for all children ages birth to 5 and all children must be accompanied by an adult. Lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities, and free play. For more information, contact our office at 859-2575582 or email Caroline McMahan at caroline.mcmahan@uky.edu

2024 Program Schedule:

9/25	11/20
10/23	12/11



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Quilters Guild of the Bluegrass

---invites you to join us!

We are an enthusiastic group of quilters of all ages, experience levels & skills, dedicated to promoting the art of quilting through education & fellowship. We meet the 2nd Tuesday of each month at 6:00 p.m. at the Cooperative Extension office. We have light refreshments and a speaker as well as Show & Tell to see what each other has completed.

We have a "Sit & Sew" all day the Friday & Saturday following the meeting. This is a great place to make friends & to get help on a project.

We offer classes, some of which are free to members. Our Fall schedule includes:

- Quilted jacket class
- Quilted purse class
- Fall table runner class
- Hand Quilting class
- Crazy 8 class

We also make quilts and pillowcases for various non-profit groups in the Lexington area. We host special events throughout the year, including Quilters Day Out, March 8, 2025.

Our dues are \$32/year, which includes the annual Homemaker dues.

Whether you are new to quilting or have many years of experience, we would love to have you join us! If you need more information, please email: QGBG.commteam@gmail.com.

For More Plate It Up Recipes,
Visit:
<https://fcs-es.ca.uky.edu/content/plate-it-kentucky-proud>



Grilled Sweet Potatoes

6 medium sweet potatoes	Dressing:	½ teaspoon lemon zest
3 tablespoons olive oil	1 tablespoon finely chopped fresh basil	1 tablespoon olive oil
	1 tablespoon lemon juice	¼ teaspoon salt

Prepare grill for hot, direct heat. **Peel** sweet potatoes and **cut** lengthwise or on a diagonal into ½-inch slices. **Coat** each slice with olive oil. **Lay** sweet potato slices on hot grill. **Cook** about 5 minutes on each side until slices are tender and crisp, being careful not to char. **Baste** sweet potato slices with

dressing and **serve** hot.

Yield: 6 servings.

Nutritional Analysis: 200 calories, 9 g fat, 1.5 g saturated fat, 0 mg cholesterol, 170 mg sodium, 26 g carbohydrate, 4 g fiber, 5 g sugars, 2 g protein.



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



Kentucky Proud Evenings is a series of monthly author talks hosted at the Extension Office. Each author is local to Kentucky and is connected to the community and history of the Commonwealth. Each event will have Plate It Up! Kentucky Proud food samples for those attending. Each session is FREE and will begin at 6:00pm. Register on-line: <https://fayette.ca.uky.edu/classregistration> or call the office at 859-257-5582 to register!

November 12, 2024: Forever Belle: Sallie Ward of Kentucky by Randolph Paul Runyon
Forever Belle is the intriguing story of a nineteenth-century socialite, Sallie Ward Lawrence Hunt Armstrong Downs (1827–1896). Beautiful, charming, and kind—but also reckless and bold—she was born in Scott County, Kentucky, to a family of means beset by tragedy—early deaths, suicides, and even murders. Sallie basked in the national spotlight, appearing in newspapers as far-flung as Milwaukee and Charleston, written up for her exploits, which included such scandalous behavior as smoking cigars, dressing in “Turkish pantalets,” wearing rouge, and getting divorced.

September is Ovarian Cancer Awareness Month



Ovarian cancer risk factors include:

- Family history of breast, colorectal, ovarian or uterine cancer
- Certain genetic mutations, including BRCA, Lynch Syndrome, and more
- Increased age
- Post-menopausal

Learn about risk and prevention: ocrahope.org/preventovca

The UK Markey Cancer Center Ovarian Cancer Screening Program provides free annual sonographic screenings to women across Kentucky with the goal of detecting cancer early. When it's caught early, ovarian cancer is a treatable and curable disease.

- Women over the age of 50 (including those who have no symptoms and no personal history of ovarian cancer) are eligible for a free ovarian cancer screening.
- Women over the age of 25 who have a family history of ovarian cancer or other genetic risk factors are also eligible for a free screening.

Any woman in one of these two groups should contact us at 800-766-8279 to schedule an appointment Monday - Friday: 8 a.m. - 4:30 p.m.



Hispanic Heritage Month

Join us in celebrating and exploring the rich cultural cuisines of Latin America, featuring the vibrant flavors of Peru and Chile.



Tuesday, September 17th
6:00-7:30p
Seco de Pollo
Stewed Chicken in Cilantro Sauce



Tuesday, October 1st
6:00-7:30p
Pastel de Choclo
Corn Pie

Fayette County Extension Office- 1140 Harry Sykes Way, Lexington, KY 40504

Space is limited. Registration is required

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Disabilities
accommodated
with prior notification.





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



WHAT IS COMMUNITY MENTAL HEALTH?

EXPLORING VARIOUS ASPECTS OF COMMUNITY MENTAL HEALTH

Explore how community mental health can enhance outcomes by joining The Recovery Center of Kentucky! Lunch will be provided.

September 24th 12:30pm-2:00pm

1140 Harry Sykes Way, Lexington, KY 40504

LEARN MORE >>



Register on-line:
<https://fayette.ca.uky.edu/classregistration>
or call the office at 859-257-5582



CONTACT US

844-443-3255

THE RECOVERY CENTER USA.COM



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Lexington, KY 40506



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September is National Preparedness Month

ARE YOU PREPARED?



FREE!!

Date: Thursday, September 26th

Time: 6-8pm

Location: Fayette County Extension

1140 Harry Sykes Way, Lexington, KY

40504

Option to purchase a disaster preparedness tote for discounted price of \$20. Kit is complete with NOAA weather radio with solar battery charger, can opener, fire/waterproof document holder, first aid kit, and more!

Locations:

- Bourbon County Extension : September 12th at Noon
- Clark County Extension : September 5th at 6:30 p.m.
- Estill County Extension: September 5th at Noon
- Fayette County Extension: September 26th at 6 p.m.
- Harrison County Extension: September 5th at 1 p.m.
- Madison County Extension: September 5th at 5 p.m.
- Nicholas County Extension: September 12th at 6 p.m.
- Powell County Extension: September 23rd at 6 p.m.
- Scott County Extension: September 5th at 9 a.m.



**Register by using QR code above
or call the office at 859-257-5582**





UK Cooperative Extension Service

Welcome Wizards to A DIFFERENT WORLD'S SENSORY MAGICAL EVENT

*We invite you to join us for
Sensory Fun ✨ We solemnly
swear it will be so much fun ✨*



September 29, 2024

1pm-3pm

1140 Harry Sykes Way
Lexington, Ky 40504

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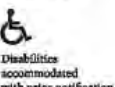
BLAZE THE TRAIL

BLUEGRASS AREA EXTENSION HOMEMAKERS' ANNUAL MEETING

Highlighting Powell County, Kentucky, home of the beautiful Natural Bridge State Resort Park and a portion of the Red River Gorge.

Guest Speaker: Pete Fingerson, Executive Director
Powell County Tourism Commission

FRIDAY, OCTOBER 11, 2024



Empowering Independence and Safety Day



Join us on October 18th to learn from health & safety professionals how to live safely & independently in your community.

Preregistration required for attendees & caregivers

Register here: <https://bit.ly/octsafetyday>

Who?

Anyone who has an intellectual or developmental disability and community members wanting to learn about technology safety, relationship safety, disaster preparedness, and fire safety.

When?

Friday, October 18th 8:45am-3pm

Where?

Fayette County Extension Office
1140 Harry Sykes Way



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Lexington, KY 40504

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Fayette County Extension Family and Consumer Sciences Newsletter

Maranda Brooks *Caroline McMahan*
 Maranda Brooks Caroline McMahan
 County Extension Agents for Family and Consumer Sciences



Fayette County Extension Service
 1140 Harry Sykes Way
 Lexington, KY 40504
 (859) 257-5582
 Office Hours: 8:00am - 4:30pm - Monday-Friday

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 UNIVERSITY, U.S. DEPARTMENT OF AGRICULTURE,
 AND KENTUCKY COUNTIES, COOPERATING

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