



HELLO EVERYONE!

I HOPE YOU ARE ENJOYING THIS HOLIDAY SEASON WITH YOUR LOVED ONES. IT IS HARD TO BELIEVE WE ARE ABOUT TO CLOSE OUT ANOTHER YEAR. JUST A REMINDER THAT IF YOU HAVE NOT, PLEASE FOLLOW THE LINK IN THE BLUE BOX, THIS HELPS US DETERMINE WHAT KIND OF PROGRAMMING YOU WOULD LIKE TO SEE FROM EXTENSION.

WISHING EVERYONE A MERRY CHRISTMAS!!

Waiting for you inside!

- **Homemaker News**
- **Calendars of Events**
- **Flyers**
- **Recipe**
- **Homemaker Membership Form**

An equal opportunity organization

BATH COUNTY

How can we serve you?

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

go.uky.edu/serveKY

KENTUCKY
COOPERATIVE EXTENSION



Alex Sallie

County Extension Agent for Family & Consumer Sciences

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

BATH COUNTY HOMEMAKERS



REMINDER

Homemaker Enrollment Forms along with \$10 Dues are to be turned in to the Bath County Extension office by December 1st.

Contact

If you have any questions about the homemakers association please feel free to reach out to me. My contact information is below:

Alex Sallie

606-674-6121

alexandra.sallie@uky.edu

NEW



Beginning in March, I will be offering Lunch & Learn Sessions, where I will teach the monthly Homemaker lesson.

More information will provided closer to date.

Club Meeting Dates

Bethel Nite: 2nd Thursday at 5 PM

Country @ Heart: Second Monday each month @ 5:30 PM

Hill N' Dale: Third Monday @ 6 PM Ramsey Buidling


Salt Lick: First Tuesday each month @ 12 PM

Sharpsburg:
Dec. 12th @ 11 AM Irish Hills
(bring \$25 Gift Card)

Family and Consumer Sciences Extension Calendar

All meetings/programs are hosted at the Bath Co. Ag Center
unless noted otherwise.

December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5 Project Linus @ 10 AM	6 Paper Hugs @ 10 AM	7	8	9
10	11 Sewing Day @ 9:30 am	12	13	14	15	16
17	18	19	20	21 Charcuterie Board Basics @ 12 PM	22	23
24	25 	26	27	28	29	30
31	Office Closed					

****Sew Day members
will be making Cancer
Hats****



Charcuterie Board Basics

- Learn about different types of cheeses and how to store them.
- Learn about nutritious nuts and seeds that you can incorporate into your diet.
- Learn the easy steps of assembling a charcuterie board while making a take home charcuterie box

Date: December 21st

Class is limited!
Registration is required!

Time: 12 PM

Location:
Bath County Ag Center
2914 US-60 Owingsville, KY
40360



Cooking Through The Calendar



Join us each month as we learn how to make a new recipe.

Date: January 24th

Time: 3:30 PM

Location: Bath County AG Center

More Information regarding the recipe will be shared closer to the date.



Loaded Beef Stroganoff



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

- 12 ounces egg noodles (choose whole-wheat if available)
- 1 pound lean ground beef
- 1 large onion, chopped
- 2 tablespoons garlic powder
- 8 ounces sliced white mushrooms
- 1/4 cup all-purpose flour
- 32 ounces (or 4 cups) low-sodium beef broth
- 1 can (14.5 ounces) no-salt-added peas, drained
- 1 can (14.5 ounces) no-salt-added sliced carrots, drained
- 1 1/2 cups plain nonfat Greek yogurt or light sour cream
- 1 1/2 teaspoons salt
- 1 teaspoon black pepper
- Parmesan cheese (optional)

Wash hands with warm

1. water and soap, scrubbing for at least 20 seconds. Wash fresh produce under cool running water. Cut to prepare for the recipe.
2. Cook egg noodles according to package directions while preparing the other steps. Drain.
3. On the stove, preheat a large pot on medium heat. Add the ground beef, onion, and garlic powder. Wash hands after handling raw meat.
- 5.

6. Cook the ground beef mixture, stirring often until the onion is tender and the beef reaches an internal temperature of 165 degrees F as measured by a meat thermometer.
7. Add mushrooms. Cook until mushrooms are tender (about 5 to 8 minutes).
8. Stir in flour and cook for 2 minutes.
9. Stir in beef broth, peas, and carrots. Bring to a simmer and cook about 5 minutes, until the mixture thickens. Remove from heat.
10. Once the mixture stops simmering, stir in the Greek yogurt, salt, and black pepper. Add cooked egg noodles and combine. If mixture is too thick, add milk or beef stock until reaching the desired consistency.
11. Serve immediately. Sprinkle with parmesan cheese when serving, if desired.
12. Refrigerate leftovers within 2 hours.

Note: To reheat leftovers, add a little beef broth or milk before warming.

Makes: 10 servings
Serving size: 2 cups
Cost per recipe: \$13.87
Cost per serving: \$1.39

Nutrition facts per serving:
270 calories;
4.5g total fat; 1.5g saturated fat; 0g trans fat; 30mg cholesterol; 610mg sodium; 38g total carbohydrate; 3g dietary fiber; 6g total sugars; 0g added sugars; 22g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 10% Daily Value of potassium.

Source:
Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service



Date: _____

Enrollment Form
for

_____ 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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