



Martin-Gatton
College of Agriculture,
Food and Environment



SEPTMEBER NEWSLETTER

FAMILY AND CONSUMER SCIENCES

HELLO EVERYONE!
I HOPE THIS NEWLETTER FINDS
YOU WELL. THIS MONTHS
NEWSLETTER IS FULL OF
UPCOMING PROGRAM FLYERS, SO
DONT FORGET TO MARK YOUR
CALENDARS!

**CONGRATULATIONS TO THE BATH
COUNTY JUNIOR CHEFS ON
WINNING THE STATE FAIR
COMPETITION!**



Alex Sallie

County Extension Agent for
Family & Consumer Sciences

Bath County
Cooperative Extension
Service

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Owingsville, KY 40360

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Waiting for you inside!

- **Homemaker News**
- **Calendars of Events**
- **Program Flyers**
- **Recipe**

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

BATH COUNTY HOMEMAKERS

Bath County Homemaker Council Meeting

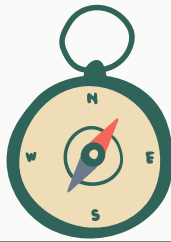
When: October 17th
Time: 5:30 PM

**It is highly encouraged that
each group has a
representative**

Licking River Area Homemaker Annual Meeting

Theme: Lets Take a Hike
When: October 19th
Time: 10:30 AM

Where: Mason County Extension
Office



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

Club Meeting Dates

Bethel Nite: September 14th
Location TBD

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

Hill N' Dale: September 18th @
6 pm *location TBD*

Salt Lick: September 5th at 12
pm @ Bath Co. AG Center

Sharpsburg: September 8th,
11 am @ Leigh's Lunch Box

Family and Consumer Sciences Extension Calendar

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

September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Labor Day: Office closed	5 Project Linus @ 10 AM	6 Paper Hugs @ 10 AM	7 Matter of Balance 5 PM	8	9
10	11	12	13 Veterans Day of Honor & Valor	14 Matter of Balance 5 PM	15	16
17	18	19	20	21 Matter of Balance 5 PM	22	23
24	25	26 Savor the Flavor: Appliances @ 5 PM	27 Medicare Scams Presentation @ 12 PM	28 Matter of Balance 5 PM	29	30

Family and Consumer Sciences Extension Calendar

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unless noted otherwise.

October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Paper Hugs @ 10 AM WALKtober Walking Group @ 12 PM	5	6	7
8	9 Sew Day @ 9 AM	10 LRA Skills Days @ 10 AM	11 WALKtober Walking Group @ 12 PM	12 Lady Talk: Breast Cancer Prevention @ 5 PM	13	14
15	16 Master Clothing Volunteers @ 10 Am	17 Homemaker Council Meeting @ 5:30 PM	18 WALKtober Walking Group @ 12 PM	19 LRA Homemaker Annual Meeting @ Mason Co. 10:30 AM	20	21
22	23	24	25 WALKtober Walking Group @ 12 PM	26	27	28
29	30	31				

RECIPE CLUB

Expand your menu

MAILED MONTHLY

Each month you will receive a recipe card in your mailbox

POST YOUR DISH ON FACEBOOK

Brag about your dish on our Facebook page and share your thoughts for others to try

COMPLETE A SURVEY

Complete a short survey asking about the monthly recipe



Fiesta Potatoes

- 8 small to medium russet potatoes, peeled and diced
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 medium onion, chopped
- 1 cup Mexican blend cheese, shredded
- 1/2 cup margarine, melted
- 1/2 cup low-fat milk
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon dried basil, crushed
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Preheat oven to 350 degrees F. Place the potatoes, bell peppers and onion in a medium pan and cover with water. Place over high heat and bring to a boil. **Reduce** heat and simmer 12-15 minutes, or until vegetables are tender. Drain the vegetables and place in a mixing bowl. Stir in the cheese, margarine, milk and seasonings until combined. **Spread** the mixture in a

9-by-13-inch baking pan that has been sprayed with a non-stick coating. **Bake** for about 20 minutes or until bubbly. **Yield:** 12, 1/2 cup servings
Nutritional Analysis: 200 calories, 9 g fat, 2 g saturated fat, 5 mg cholesterol, 370 mg sodium, 24 g carbohydrates, 3 g fiber, 3 g sugar, 9 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmer's market, or roadside stand. <http://plateitup.ca.uky.edu>



Ratatouille Soup

- 1 small eggplant, peeled and cubed
- 2 teaspoons salt
- 1 pound lean ground chuck
- 1 tablespoon canola oil
- 1 medium zucchini, chopped
- 1 medium bell pepper, chopped
- 1 medium onion, chopped
- 1 tablespoon finely minced garlic (about 3 cloves)
- 1 1/2 ounce can low sodium beef broth
- 1 24 ounce jar chunky garden style pasta sauce
- 2 cups water
- 1 teaspoon dried basil
- 1 cup uncooked whole grain pasta

Place the cubed eggplant in a colander. Toss with the salt and let set for 20-25 minutes. Thoroughly rinse in cold water and press as much water out of the eggplant as possible. Set aside. In a large heavy pot, brown the ground beef over medium heat until crumbly and no longer pink. Drain. Raise the heat to medium-high. Add the canola oil to the same pot. Return the beef to the pot. Add the zucchini, bell pepper, onion and garlic. Cook together for 5-7 minutes, until onion is translucent. Add the eggplant to the mixture and continue to cook for 5

minutes. Add the beef broth, pasta sauce, water and basil. Bring to a boil, then reduce heat to medium-low, cover and simmer for 10 minutes. Add the pasta. Raise heat to medium. Bring to a slow boil and cook, stirring occasionally for 10-12 minutes, or until the pasta is tender. **Yield:** 12, 1 cup servings
Nutritional Analysis: 210 calories, 10 g fat, 3 g saturated fat, 35 mg cholesterol, 680 mg sodium, 19 g carbohydrates, 3 g fiber, 8 g sugar, 13 g protein.



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



Peach Crisp

- 1/2 cup quick cook oats
- 1/2 cup honey sweetened granola
- 3 tablespoons whole wheat flour
- 1/2 cup packed light brown sugar
- 1/2 cup butter, softened
- 6 cups peaches, peeled and sliced
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground allspice
- 1/4 cup chopped pecans

Preheat oven to 375 degrees F. **Combine** the oats, granola, flour and brown sugar in a medium mixing bowl. Cut small pieces of softened butter over the top. Cut butter into dry ingredients until well combined and crumbly. Lightly coat an 8-by-8-inch baking dish with cooking spray, add peaches. Sprinkle the dry ingredients and butter mixture over the peaches. Add spices and chopped nuts evenly

over the top. Place rack in the middle position in oven. **Bake** 25 to 30 minutes, or until topping is golden brown. **Yield:** 9 servings
Nutritional Analysis: 200 calories, 8 g fat, 3.5 g saturated fat, 15 mg cholesterol, 5 mg sodium, 32 g carbohydrate, 2 g fiber, 20 g sugars, 3 g protein.

INTERESTED??

Call or email Bath County Extension Office to Sign-Up

606-674-6121 or bath.ca.uky.edu

COOPERATIVE EXTENSION



DO YOU HAVE CONCERNS ABOUT FALLING?



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

Conducted by the Berkshire Public Health Alliance and supported by a grant from Elder Services of Berkshire County, INC.

You will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home.
- Exercise to increase strength and balance.

Who should attend:

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility, and strength
- Anyone who has fallen in the past.
- Anyone who has restricted activities because of falling concerns

Classes offered every

THURSDAY

5:00pm – 6:00pm

Thursdays

9/7, 9/14, 9/21, 9/28

Held at the

Bath County Extension
Office

2914 East HWY 60

Owingsville, KY 40360

To sign up: You may call Tonya Sanders at (606) 783-2105



COOPERATIVE EXTENSION



WE SALUTE YOU WITH PRIDE
HAPPY

VETERANS' DAY OF VALOR AND HONOR

HONORING ALL WHO SERVED



WEDNESDAY, 13th SEPTEMBER 2023
10 AM TO 2 PM

• SERVICE OFFICERS

- VA MEDICAL CENTER
- VET CENTER
- COMMUNITY PARTNERS
- CLAIMS
- JOBS
- OTHER RESOURCES

FOR VETERANS, THEIR FAMILIES and CAREGIVERS

FOOD WILL BE PROVIDED

Bath County
Extension Office
2914 E Hwy 60
Owingsville, KY 40360

I 64 - EXIT 123

UNDER THE GREEN HOOP

If your organization is interested in having a booth to provide information for Veterans, please contact:

Sassia 859-294-7490

Phyllis 859-806-4297



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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Disabilities accommodated with prior notification.



Savor *the* Flavor



The *Savor the Flavor* program focuses on flavoring techniques and cooking methods that anyone can use. The goal of the program is to help people make home-prepared meals that are flavorful and exciting. Savor the Flavor allows people to build their skills and confidence in the kitchen through interactive recipe demonstrations, tastings, and other engaging activities. You won't want to miss it!

We look forward to seeing you!

Appliances: September 26th

Time: 5 PM

Where: Bath Co. Ag Center

Registration is required.

To register call: 606-674-6121





MEDICARE SCAMS

SEPTEMBER 27TH, 12 PM
BATH COUNTY AG CENTER

FOR ACCOMMODATIONS OF PERSONS WITH SPECIAL NEEDS AT MEETINGS, PLEASE CALL (TTY: 711)606-674-6121

THIS EVENT IS FOR EDUCATIONAL PURPOSES ONLY. NO PLAN OR BENEFIT INFORMATION WILL BE SHARED

TO REGISTER CALL
606-674-6121

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WALKTOBER

OR RUN, BIKE, SWIM



ITS EASY! TRACK YOUR STEPS FOR THE MONTH OF OCTOBER!

TURN THEM IN OCT. 31ST FOR THE CHANCE TO WIN A PRIZE.

**WALKING GROUP WILL BE HOSTED EVERY WEDNESDAY AT 12 PM
AT THE EXTENSION OFFICE!**

**SIGN-UP BY CALLING
606-674-6121**

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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

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 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 foot
- Scissors
- Thread
- Sewing Machine



ROWAN COUNTY

11X14 Canvas Painting

Cost: \$10

Instructor: Brenda Hamm

Class Size: 10



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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One Pan Shrimp and Veggies



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

- Nonstick cooking spray
- 16 ounces frozen uncooked shrimp*, peeled and deveined
- 2 medium zucchini, halved and sliced
- 1/2 pound (8 ounces) mushrooms, sliced
- 1 medium red bell pepper, sliced
- 4 tablespoons sweet chili sauce
- 1 tablespoon oil
- 1 1/2 tablespoons lime juice
- 1 tablespoon low-sodium soy sauce
- 3 green onions, chopped (optional)
- 1/4 cup cilantro, chopped (optional)
- Brown rice (optional)

*Using frozen, precooked shrimp (pink in color) may result in shrimp having a dry texture. Frozen, uncooked shrimp (gray in color) is preferred.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse produce under cool, running water. Follow shrimp's package instructions for proper thawing.

3. Preheat oven to 400 degrees F. Spray a 15-by-10-inch baking pan with nonstick spray. Be sure to use a baking pan with a rim.
4. Place the shrimp, zucchini, mushrooms, and bell pepper on baking pan.
5. Wash your hands after handling raw shrimp.
6. Combine chili sauce, oil, lime juice, and soy sauce in a small bowl and pour over the shrimp and vegetables. Use tongs to toss and combine. Bake 12 to 15 minutes, or until vegetables are tender and shrimp is cooked through and reaches 145 degrees F using a food thermometer. Shrimp will turn pink as it cooks.
7. Top with green onions and cilantro
8. and serve over brown rice, if desired.
9. Store leftovers in the refrigerator within 2 hours.

Makes 5 servings
Serving size: 1 cup
Cost per recipe: \$9.97
Cost per serving:
\$1.99

Nutrition facts per serving:
290 calories;
14g total fat; 2g saturated fat; 0g trans fat; 135mg cholesterol; 650mg sodium; 22g total carbohydrate; 2g dietary fiber; 10g total sugars; 1g added sugars; 17g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

Source:
Margie Hernandez,
Russell County
SNAP-Ed Program
Assistant Senior

