

JANUARY 2025
FCS & HOMEMAKER
newsletter



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

Cooperative Extension Service
 Graves County
 4200 State Route 45 N
 Mayfield KY, 42066
 270-247-2334

January 1	office closed for the holidays
Jan 6, 13, 27	10am Crochet Club
January 2	1pm Homemaker Book Club at the GC Public Library
January 8	10am TLC club meeting
January 8	1pm Friendship club meeting
January 9	10am Community club meeting
January 9	5:30pm Adult Sewing Group
January 11	9am Sourdough Class with Kara Rogers
January 16	10am Writing Workshop with Constance Alexander
January 16	10am & 5:30pm Greeting Card make & take (4 projects, \$10)
January 19	2-5pm Tamale Class - class is full
January 20	office closed for Martin Luther King Dr. Day
January 28	10am Graves County Homemaker Advisory Council meeting
January 29	10am Move Your Way: Exercise for Everyone lesson
February 25	10am Cultural Arts exhibit entry for county competition
March 17	Save the Date for Spring Into Green conference in Marshall County

Happy New Year! I wonder how long it will take me to write 2025 instead of 2024 on my checks!?! Homemakers had a very good 2024 and we should be looking forward to 2025. I know we have some really good lessons and classes for 2025. Classes will be advertised through the Extension Facebook page, so make sure you "like" Graves County Cooperative Extension Service on Facebook.

One class I want to encourage you to participate in is the Creative Writing Class on January 16. Constance Alexander is a wonderful creative writing teacher. Even the most reluctant writers respond to her techniques. I participated in one of her classes and was paired with a lady who really doubted her writing skills. But, with some pre-writing activities and lots of encouragement, she did a wonderful job. I loved being paired with her because I got to see her blossom as a writer. The cost is \$5 for members of GCEH and \$10 for non-members. Hope to see you there that day and hope we have some writings that can be entered into the state writing contests.

I hope you ate your black-eyed peas, cornbread, hog's jowl, or whatever else it is you are supposed to have on New Year's Day. I think they are supposed to give you good luck, money, or whatever else that has been passed down through history. I love to read those old customs and to find out where they originated and why! Maybe you made your resolutions, too. My hope for you all is to have a great 2025 with your family, your friends, and in your positive endeavors.

I'm going to leave you with a quote from Ralph Waldo Emerson, an American author. I think he said best what I want to say to you. "This is my wish for you: Comfort on difficult days, smiles when sadness intrudes, rainbows to follow the clouds, laughter to kiss your lips, sunsets to warm your heart, hugs when spirits sag, beauty for your eyes to see, friendships to brighten your being, faith so that you can believe, confidence for when you doubt, courage to know yourself, patience to accept the truth, Love to complete your life." Ralph Waldo Emerson

Happy 2025!

HAPPY NEW YEAR!

Homemaker Book Club

Our book for the January 2, 2025 book club meeting is Bloodroot by Amy Greene. We will meet at 1pm in the fireplace room at the library.

Homemaker Advisory Council Meeting

January 28, 10am
Friendship Club -devotional

January 29, 10am

Move Your Way: Exercise for Everyone

taught by Kelly Alsip, FCS agent in McCracken County

As we grow older, our bodies age with us. Healthy lifestyle habits, like regular exercise, can slow the aging process. This lesson focuses on non-impact exercises, specifically seated movements, to help improve balance, posture, muscular strength, and ability to perform daily living activities that you can do from the safety of your own chair. Studies suggest that adding exercise to your daily routine will improve joint health, physical function, and emotional well-being.



Reminder

If the Graves County Schools are closed for inclement weather the events at the Extension Office will be cancelled.

JANUARY 16, 2025

Greeting Card Classes

10AM & 5:30PM

4 PROJECTS FOR \$10

An Equal Opportunity Organization

Graves County Extension Office



Country Ham and Broccoli Grits

1 tablespoon olive oil	2 cloves minced garlic	6 ounces country ham, cut into ½ inch pieces
1 pound fresh broccoli florets	4 cups 1% milk	1 large egg, beaten
½ cup minced onion	1 cup uncooked quick grits	Salt and pepper to taste
¾ teaspoon crushed red pepper flakes	1 cup 2%, shredded cheddar cheese	

1. Preheat oven to 375°F. **Coat** 13x9x2 inch baking dish with cooking spray. **Heat** olive oil in a frying pan. **Sauté** broccoli, onion, garlic and red pepper flakes until vegetables are tender. About 5 minutes. **Set aside.**

2. Heat milk to a boil in a large saucepan. Slowly, **whisk** in grits. **Reduce heat** and stir continuously until thickened. **Reserve** 2 tablespoons of the cheese.

3. Remove from heat, stir in

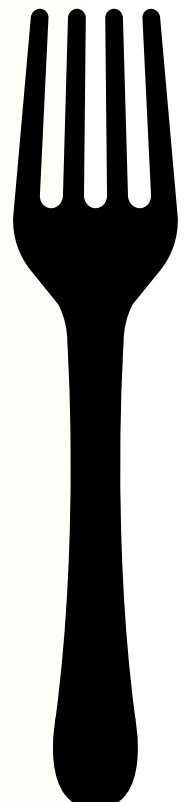
ham, broccoli mixture, cheese, egg, salt and pepper. **Mix** until well blended. **Pour** into prepared baking dish.

4. Sprinkle with reserved cheese. **Bake**, uncovered for 30 minutes, or until top is set and lightly puffed.

Yield: 16, ½ cup servings.

Nutritional Analysis: 120 calories, 3.5 g fat, 1 g saturated fat, 25 mg cholesterol, 370 mg sodium, 13 g carbohydrate, 1 g fiber, 4 g sugar, 9 g protein.

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



CREATIVE WRITING WORKSHOP

 **START
AT
10:00 AM**

*Learn from Constance
Alexander, an award-winning
poet, playwright, newspaper
columnist, independent
producer and civic journalist!*

**THURSDAY
JANUARY
16, 2025**

\$10 fee

deadline to pay is January 9th

Homemaker members pay \$5

*Her writing has been recognized for
excellence by the Kentucky Arts
Council, Kentucky Foundation for
Women, Ragdale Foundation, Robert
Wood Johnson and Benton
Foundations, Newspaper Association
of America, and Kentucky Press
Association, among others.
She is the recipient of the 2014
Governor's Award in the Arts for her
work in the media.*

Sourdough Class!

Learn to make sourdough starter
with Kara Rogers

January 11, 9AM

\$20 at the door!

Registration opens December 16



ADULT SEWING

 Cooperative
Extension Service

Family & Consumer Sciences



5:30 PM
Graves County
Extension Office

JAN 9
FEB 13
MAR 13
APR 10

Cooperative
Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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www.graves.ca.uky.edu

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Happy New Year!