

FEBRUARY 2025

FCS & HOMEMAKER

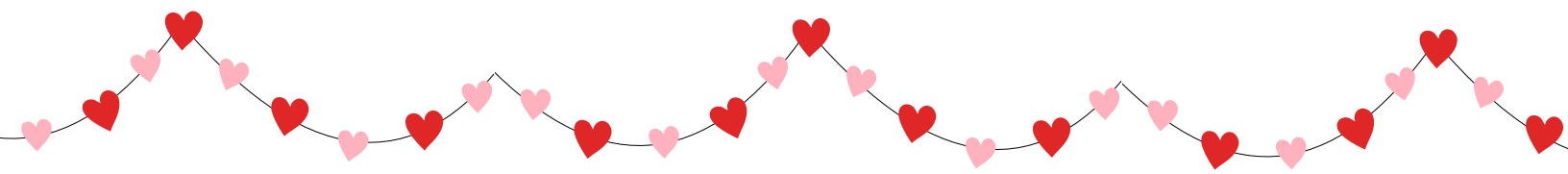
newsletter



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

Feb 3, 10, 17, 24	10am Crochet Club
February 6	1pm Homemaker Book Club
February 12	10am TLC club meeting
February 12	1pm Friendship club meeting
February 13	10am Community club meeting
February 13	5:30pm Adult Sewing Group
February 20	10am & 5:30pm Greeting Card make & take (4 projects, \$10)
February 22	9am Sourdough Class with Kara Rogers
February 25	9am Cultural Arts exhibit entry for county competition
February 26	10am Indoor Air Quality
March 13	12pm Lunch & Learn - Indoor Plants & Air Quality
March 17	Spring Into Green: Sustainable Living - Marshall County



A note from Debbie Smith, Graves County Homemaker President

Welcome to February—the month filled with groundhogs, Presidents, and loving hearts. Homemakers have a February filled with many activities, too. We have a Cultural Arts contest and a lesson on how to make our air quality better along with our regular meetings and offered classes. So, we don't rest in February.

First of all, on February 25, we will have Graves County's Cultural Arts Contest ahead of the Kentucky State Cultural Arts Contest. Homemakers, please have your entries at the Extension Office from 9–10 am on the 25th. They will be judged beginning at 10:30 and at 11:45, the awards will be announced. It will follow the same format as the Purchase Area Cultural Arts contest has followed. Your entry will need to fit into one of the categories listed on the Cultural Arts guidelines which your club president has, or you can look on the KEHA website. Your president will have cards you need to fill out before you bring your entry on the 25th. Winners will be eligible for the KEHA contest during the state meeting in Lexington on May 6–8. If you plan on entering the writing contest, your entry needs to be sent to the person in charge (check KEHA website) by March 1.

On February 26, a lesson on "Indoor Air Quality" will be presented at the Extension Office at 10 am. Anyone may attend this—you do not have to be a member of GCEH, so invite your friends and neighbors. I think we are more aware of the quality of our air during the winter when our heat is running and our houses are more closed. We have a humidifier we use in the winter because our house is so dry. Hopefully, this lesson will teach us how to have a higher quality of air in our homes.

We also have our regular club meetings and our lesson will be about exercising. TLC club meets at the Extension Office on February 12 (second Wednesday) at 10 am. Friendship club meets at Farmington Church of Christ Fellowship Building on February 12 (second Wednesday) at 1 pm. Community club meets on February 13 (second Thursday) at 10 am at Seven Oaks Church of Christ. Visitors are always welcome.

Have a wonderful February!

Homemaker Book Club

February 6th, 1:00pm

Fireplace Room in the GC Public Library

Book- Ash Grove by Wanda Haynes Fries

Cultural Arts Day

February 25th

9am-10am entries accepted

10:30 judging

11:45 awards

Cultural Arts winners from our county will advance to the KEHA contest in May.

KEHA State Meeting

Make plans to attend the 2025 State Meeting
at Hyatt Regency Lexington
401 West High Street, Lexington!
May 6-8, 2025

"Discover KEHA – A Hidden Treasure"
Northeast Area will serve as the host area.



March 13th

12:00pm

Indoor Plants & Air Quality

lunch & learn

free of charge

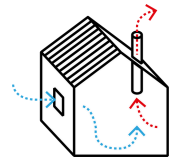
open to the public

RSVP for lunch

come learn from Miranda Rudolph
Graves County Agriculture & Natural
Resources Agent

Indoor Air Quality

February 26th 10am



taught by Mike Keller, FCS in Hickman County

What do you think of when you hear the term "air quality"? Many may think of outdoor air pollution such as vehicle exhaust, smog, and smoke but what about indoor air quality? Have you considered what contributes to indoor air quality?

This lesson seeks to raise awareness and knowledge about indoor air quality, how it can be affected by things in our indoor spaces, how it can affect one's health, and steps for improvement.

This lesson is part of the Environment, Housing and Energy Program of Work for 2022-2024.

The Wild Critter Lurking About
(A True Short Story)

One very dark, early morning around 5:30 a.m., when time to feed my cat, I walked to the storage shed where I kept the cat food bag in a trash can.

When I stepped inside the shed, I noticed the can lid was a bit tilted, but I thought nothing of it. In the dark, I reached my arm into the bin and felt something soft and furry. I innocently started petting the hairy creature and starting talking to it "assuming" it was my cat, Boo. I got very suspicious when the fur ball did not respond to my affections.

I went back to the house, grabbed my flashlight, and I returned to the shed. I slowly lifted the trash can lid and shined the flashlight inside the can. Lo and behold, there was an Opossum on top of the cat food bag! It was still alive but, it was playing "possum" with me. Right then and there, I named it "Opie" like somehow we had bonded and were pals for life! Still in shock, I rushed back to the house and woke my husband. He immediately got dressed and went out to the shed to see Opie up close and personal. Being a hunter, my husband took care of "Opie" for me right away. Of course, there is no need for me to give you details of what happened for you get the picture, right?

You know, I never realized how soft an opossum's fur can feel. I mean it is not every day that someone gets to pet an opossum! You really need to experience the feeling for yourself, if you dare! On a serious note, I was very lucky that "Opie" did not decide to get a wild hair, take a liking to me and show its affection!

Written by Mayra Ildia Diaz Ballard
GCEH TLC Club
01/28/2025

P. S. In writing this story, I learned that "opossum" and "possum" are not the same. "Opossums" are marsupials native to the Americas, with the Virginia opossum being the only species found in the U.S. and Canada. "Possums", on the other hand, refer to various arboreal marsupials native to Australia and nearby regions, belonging to a different order. Source: Wikipedia

3rd Annual Seed Swap

It's that time again!

Grab your seeds and come hang out with your fellow garden enthusiasts for a fun time swapping varieties! We will be having a lesson on Winter Sowing as well.

Make sure all seeds are labeled with the correct varieties. This is a great way to share your bounty with others and try something new in your next garden.



Tuesday, February 4,

2025

6pm

Graves County Extension
Office

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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Disabilities
accommodated
with prior notification.



Egg Roll in a Bowl

Ingredients:

- 1 tablespoon oil
- 1 pound ground turkey or pork
- 2 teaspoons garlic powder
- 1 teaspoon ground ginger
- 1/4 cup low-sodium soy sauce
- 1 bag coleslaw mix (with carrots)
- 1 whole egg

Directions:

- Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- Heat oil in a large skillet over medium heat.
- Add the ground meat to the skillet and break it up until it is cooked through and has reached an internal temperature of 165 degrees F on a food thermometer. Drain any fat from the meat.
- Add garlic, ginger, and soy sauce to the meat, and stir to combine.
- Add coleslaw mix to the cooked meat. Cook until vegetables are tender.
- Push mixture in the skillet to make a hole. Crack the egg in the open area, and scramble it until it is cooked through.
- Stir all ingredients together and serve.
- Store leftovers in the refrigerator within 2 hours.

Source: 2022 KYNEP Food and Nutrition Calendar: Michele Moore, Butler County SNAP-Ed Program Assistant Senior

220 calories; 12g total fat; 3g saturated fat; 0g trans fat; 105mg cholesterol; 480mg sodium; 6g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 23g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium.

Sourdough Class!

Learn to make sourdough starter with Kara Rogers

February 22, 9AM
pay \$20 at the door!

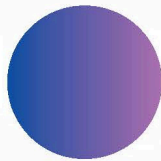
An Equal Opportunity Organization Cooperative Extension Service Graves County Extension Office

INDOOR AIR QUALITY

Sources and Effects on Our Health

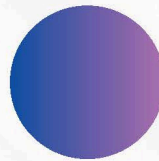


CONTACT YOUR LOCAL EXTENSION OFFICE TO REGISTER



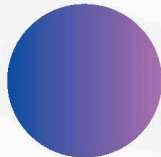
GRAVES COUNTY

Wednesday 2/26 @ 10am
270-247-2334
4200 US-45 Mayfield KY



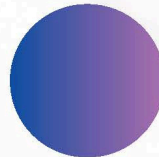
HICKMAN COUNTY

Monday 2/24 @ 10am
270-653-2231
329 James H Phillips Drive Clinton KY



MCCRACKEN COUNTY

Friday 2/28 @ 10am
270-554-9520
2025 New Holt Road Paducah KY



MARSHALL COUNTY

Thursday 2/27 @ 10am
270-527-3285
2081 Mayfield Hwy Benton KY



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LEXINGTON, KY 40546



Disabilities
accommodated
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Upcoming Classes

Adult Crochet Club

EVERY MONDAY AT 10AM

Karen's French Macaron Classes

FEB 1, 10AM & 1PM | \$48

Tamale Class

FEB 2, 2PM | \$35

Karen's Cookie Cake Class

FEB 4, 5:30PM | \$45

3rd Annual Seed Swap

FEB 4, 6PM

Karen's Heart Cake Class

FEB 11, 5:30PM | \$45

Adult Sewing

FEB 13, 5:30PM

Karen's Sweetheart Cake Class

FEB 14, 6PM | \$55

Greeting Card Classes

FEB 20, 10AM + 5:30PM

4 projects for \$10

All About Sourdough

FEB 22, 9AM | \$20

Mediterranean Class

FEB 23, 2PM | \$15

Learn about Indoor Air Quality

FEB 26, 10AM

Adult Sewing

MAR 13, 5:30PM

Instant Pot Class

MAR 20, 5PM | \$10

registration opens Feb 24

Learn to Garden Safely

MAR 25, 10AM

Karen's Cake Class

MAR 25

check Karen's Cake Creations Facebook

Tamale Class

MAR 30, 2PM | \$35

registration opens Mar 10

**All classes are held at the Graves County Extension Office
4200 State Route 45 N Mayfield, KY 42066**

Call 270-247-2334 for more information!

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