

OCTOBER 2024

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



Every Monday	10am Crochet Club
October 1	10am Homemaker Lesson- Lead Your Team: Health Literacy for the Win!
October 1	Taste of Graves County tickets go on sale
October 3	1pm Homemaker Book Club at the GC Public Library
October 9	10am TLC club meeting
October 9	1pm Friendship club meeting
October 10	10am Community club meeting
October 10	5:30pm Adult Sewing Group
October 17	10am & 5:30pm Greeting Card make & take
October 22	4:30-6pm Story Walk Trunk or Treat
October 23	9:30am-12pm Hand Embroidery Class
October 27	2pm Pantry Class
October 29	10am Homemaker Lesson- Communication Essentials for Good First Impressions
October 30	5:30pm Halloween Charcuterie Board Class
November 1	11-11:45am & 12-12:45 pm Taste of Graves County
November 11	5:30pm Holiday Sides & Appetizers class
November 14	10am Tatting class

A note from Debbie Smith, Graves County Homemaker President

I know the first day of fall was September 22, but in my mind, October 1 is when fall really begins. October is a month full of fun events and happenings. For example, did you know that October is National Pizza month and it's also National Popcorn month! Sounds like a party to me. Halloween is also in October and is enjoyed by many. We see cooler temperatures in October, but also experience some spectacular warm, sunny afternoons. Don't you just love driving around and seeing the beautiful autumn decorations? I love seeing the mums in all their glory and cornstalks that have been collected, tied together, and making backdrops for all of those pretty pumpkins. And, for the last few years, I've enjoyed driving around and seeing the decorated hay bales in the city and county. Did you realize that Darnell Pumpkins in Graves County has supplied pumpkins for the Louisville Jack O' Lantern Spectacular that celebrated its 12th season last year? Just think, pumpkins from the Cuba/Lynnville area in Graves County are a part of one of the largest pumpkin displays in Kentucky!

Does your cooking change in October? Mine does. All of a sudden, I'm ready for more comfort types of foods. I crave apples and caramel dip, corn bread, and all those other foods we associate with fall. I'm also thrilled to see the canned and frozen foods, we have worked on all summer, just lined up and ready to be used. I may even get out the thicker and warmer throws and blankets that have been stored all summer. How quickly we go from 8pm sunsets to 6pm sunsets and then as the month goes on, sunsets get earlier and earlier.

We celebrate Extension Homemakers and all the programs they are a part of in October. This year, KEHA week is October 13-19 and the theme is "Become an Olympian." I think Graves County Homemakers are already doing Olympic things. Just think of all we have accomplished! We've used our new facilities to host numerous workshops and informational meetings for our entire county. We've fed community members who moved into new housing facilities after the devastating tornado in December 2021. We've been a part of things like Walktober, Trunk or Read, Christmas Farmer's Market kick-off, Fallfest, and many others I'm sure I'm forgetting. WE ARE AN INTEGRAL PART OF OUR COMMUNITY!

Let's go into October with an attitude of "what can I do to make Extension Homemakers an even better organization?" Let's step out of our "comfort zone" and take part in activities that perhaps we haven't participated in before. Invite friends to be a part of Extension Homemakers by telling them how much we learn from our lessons each month, from the speakers we invite, and from each other! Celebrate Extension Homemakers week by telling someone of our accomplishments, our support for each other, and even the fun we have when we are together.

See everyone on November 1 for the Taste of Graves County. Tickets are on sale from October 1 through October 24. All money and unsold tickets MUST be turned into the office on October 26. Happy October!



This training is open to the area. If you attended the training on 9/4 you do not have to attend this one.



Area Homemaker Officer & Chairman Training

**Training will cover
roles within :**

- Area
- County
- Club

**● RSVP by October 9
with your local
Extension Office or Chair**

**October 16
9 - 11 AM**

**Graves County
Extension Office**

**4200 State Route 45 N
Mayfield, KY 42066**

**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 receipt of or realization for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be 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.

Arrive between 3:30 & 4pm to be set up and ready by 4:30pm

Candy will be bought for Extension Groups for one person to hand out per trunk. If you have more people please bring some candy.

STORYWALK

 Cooperative
Extension Service

TRUNK OR TREAT

HOORAY FOR HALLOWEEN



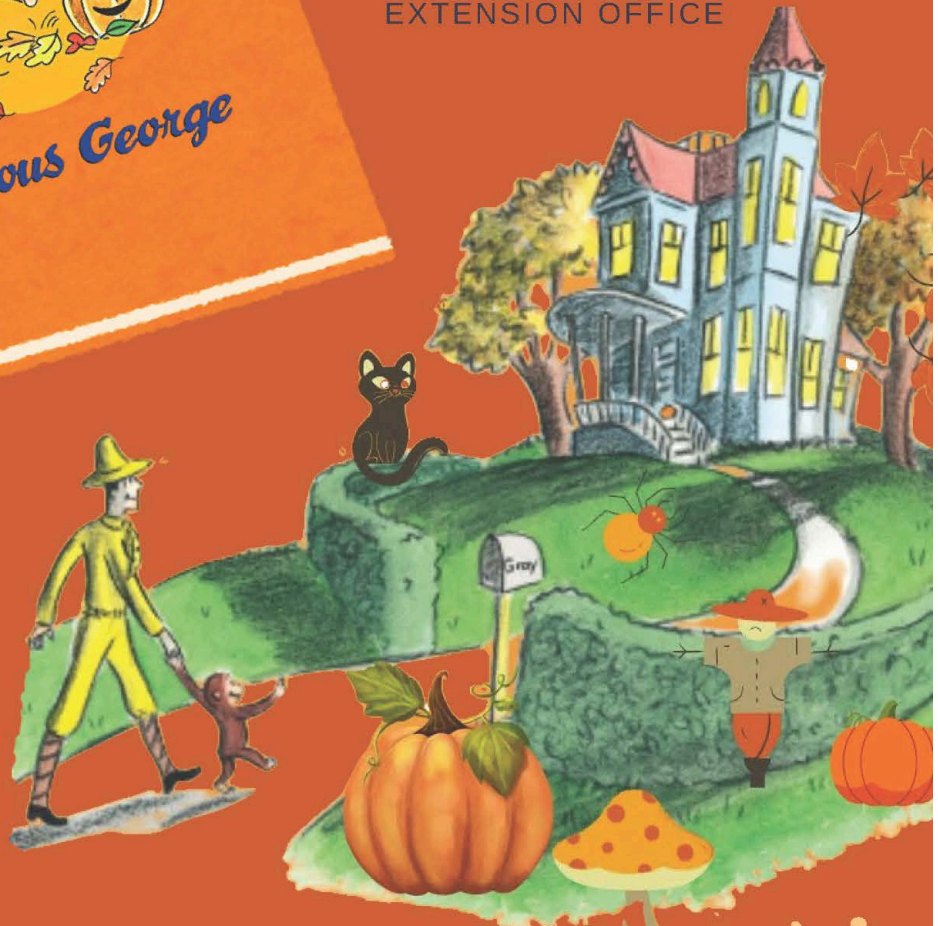
Curious George

OCTOBER 22

4:30-6PM

GRAVES COUNTY
EXTENSION OFFICE

4200 STATE
ROUTE 45 N
MAYFIELD,
KY 42066



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.

taught by Jeanne Grief

 Cooperative
Extension Service

Family & Consumer Sciences

Hand Embroidery Class

October 23
9:30AM - 12PM
Cost: \$4

Class is limited!
bring a 6, 7 or 8 inch
hoop & scissors with you

An Equal Opportunity Organization

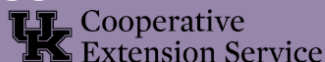
270-247-2334

GRAVES COUNTY EXTENSION OFFICE

www.graves.ca.uky.edu

270-247-2334

taught by Cortney Burgess



PANTRY CLASS



\$50 per person

will be making: 1 qt of preserved lemons,
lebanese 7 spice mixture, aegean hot
pepper mix, garlic cilantro paste & dukkah

Sunday
October 27, 2024
2 - 4PM

Nonrefundable

An Equal Opportunity Organization

Graves County Extension Office

taught by Hannah Day-Day Charcuterie

HALLOWEEN CHARCUTERIE BOARD CLASS

October 30

 Cooperative
Extension Service
Family & Consumer Sciences



5:30 PM
Cost: \$50

CLASS IS LIMITED
CALL TO SIGN UP!
270-247-2334

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 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.



Cooperative
Extension Service

YOU'RE INVITED TO THE

CELEBRATING 15 YEARS

Best OF THE Taste

November 1, 2024

SERVING TIME 1:
11-11:45 AM

SERVING TIME 2:
12-12:45 PM

\$10 PER TICKET

**TICKETS GO
ON SALE
OCTOBER 1**

An Equal Opportunity Organization

CALL 270-247-2334

GRAVES COUNTY EXTENSION OFFICE

www.graves.ca.uky.edu

270-247-2334

taught by Cortney Burgess



HOLIDAY APPETIZERS & SIDES



\$10 per person

apps:

- pork & ricotta meatballs, green goddess dip/dressing & baked feta with honey

sides:

- dellagraciono, taverna salad, green salad with apple vinaigrette & ham + cheese slab quiche

Monday

November 11, 2024

5:30- 8PM

Nonrefundable

An Equal Opportunity Organization

Graves County Extension Office

Upcoming Classes

Adult Crochet Club

EVERY MONDAY AT 10AM

Meat Cutting Demo Class

SEPT 30, 5:30PM

Health Literacy Lesson

OCT 1, 10AM

Adult Sewing

OCT 10 & NOV 14, 5:30PM

Greeting Card Classes

OCT 17 & NOV 21, 10AM & 5:30PM

4 projects for \$10

Karen's Cake Creations Class

OCT 21, 5:30PM

follow her facebook page for more info!

Hand Embroidery Class

OCT 23, 9:30AM-12PM | \$4

registration opens Oct 15

Pantry Class

OCT 27, 2PM | \$50

registration opens Oct 14

Communication Essentials for Good First Impressions Lesson

OCT 29, 10AM

Halloween Charcuterie Board Class

OCT 30, 5:30PM | \$50

registration opens Oct 14

Holiday Sides & Appetizers

NOV 11, 5:30PM | \$10

registration opens Oct 28

Karen's Cake Creations Class

NOV 12, 5:30PM

follow her facebook page for more info!

Tatting Class

NOV 14, 10AM | COST IS TBD

registration opens Oct 28

Tamale Class

NOV 17, 2PM | \$30

registration opens Oct 28

All classes are posted to our Facebook page and website!

call 270-247-2334 to check for availabilities!

All classes are held at the Graves County Extension Office

4200 State Route 45 N Mayfield, KY 42066

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 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.

October 29th, 10am

Communication Essentials for Good Impressions

November Homemaker lesson taught by Sarah Drysdale, FCS agent in Ballard County

Let's learn more about non-verbal communication (body language) and the roles speaking and active listening play in communication.



Walktober Walkers

Reminder to track your daily steps each day in October.

Everyone will receive a t-shirt who submits steps and completes the survey at the end of the challenge. You walk at your own pace, log your steps however you prefer.

Stop by the Graves County Cooperative Extension Service, 4200 State Route 45 N, Mayfield, to give us your total steps for October and pick up your t-shirt November 1st - November 8th. It's that easy!

T-shirts will not be available for pick up after Nov 8th.

Homemaker Book Club

October 3, 1pm

GC Public Library

The Storekeeper's Daughter

by Wanda Brunsstetter.



Graves County
 4200 State Route 45 N
 Mayfield KY 42066

Baked Apples and Sweet Potatoes

5 medium sweet potatoes	1/2 cup margarine	2 tablespoons honey
4 medium apples	1/2 cup brown sugar	1/4 cup hot water
	1/2 teaspoon salt	

- 1. Boil** potatoes in 2 inches of water until almost tender.
- 2. Cool** potatoes, peel and slice. **Peel,** core and slice apples.
- 3. Preheat** the oven to 400°F. **Grease** a casserole dish with a small amount of margarine.
- 4. Layer** potatoes on the bottom of the dish.
- 5. Add** a layer of apple slices.
- 6. Sprinkle** some sugar, salt, and tiny pieces of margarine over the apple layer.
- 7. Repeat** layers of potatoes, apples, sugar, salt and margarine.
- 8. Sprinkle** top with nutmeg.
- 9. Mix** the hot water and honey together.
- 10. Pour** over top of casserole.
- 11. Bake** for 30 minutes. **Yield:** 6, 1 cup servings.

Nutrition Analysis: 300 calories, 8 g fat, 59 g carbohydrate, 0 mg cholesterol, 320 mg sodium.
 Source: USDA Food Stamp Nutrition Connection, Recipe Finder, June, 2008.



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

