

Harlan County Family & Consumer Sciences Extension Homemakers Newsletter November/December 2023



Cooperative Extension Service
Harlan County
519 South Main Street
Harlan, KY 40831-1911
(606) 573-4464
Fax: (606) 573-4468
harlan.ca.uky.edu

**Note: All meetings are at the Harlan Extension Depot unless otherwise noted.
Remember to call the office at 573-4464 to sign up!**

**The Extension Office will be closed
November 23th-24th for Thanksgiving
and
December 25 through January 1, 2024 for
the Christmas and New Years Holidays**

Cooking Demonstration

Monday, November 6 (10 am)

Rebecca Miller, FCS Agent for Bell County will be doing a cooking demonstration. Come join her for a Fall Harvest Salad recipe.

Holiday Cooking School

Thursday, November 9 (5 pm-7 pm)

London Community Center

Ticket Price: \$25

See enclosed flier for more information

Homemakers Holiday Bazaar

Saturday, November 11 (10 am—3 pm)

Come out to the Extension Depot for the Holiday Bazaar. Vendors will selling a large variety of items. Refreshments will be sold by Harlan County Homemakers Council.

Homemaker Dues

Annual Homemaker Dues should be paid no later than November 30th for 2024. Dues are \$10.00 for the year. A registration form is enclosed.

Make-It-Monday

November 13 (10 am)

Make a decorative towel to hang on your stove door. Kits will be furnished. Class will be taught by Pat Duncan.



Make-It-Monday

November 20 (10 am)

Join us for a beaded key chain workshop taught by Pat Duncan. Cost is \$5.00 and space is limited.



Bracelet Workshop

Thursday, November 30 (10 am)

Bangle bracelet workshop using an assortment of beads, taught by Polly McLain. Cost is \$5.00 and space is limited.



Jeremy N. Williams
County Extension Agent
For Agriculture/Natural Resources

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.

Congratulations!

2023 Cultural Arts Winners



Polly McLain: Blue Ribbon for Art, Natural—Other
Blue Ribbon for Ceramics—Pre-made
Blue Ribbon for Holiday Decorations—Autumn
Blue Ribbon for Holiday Decorations—Spring
Blue Ribbon for Holiday Decorations—Summer
Blue Ribbon for Jewelry—Mixed Media
Blue Ribbon for Jewelry—Beaded
Blue Ribbon for Painting, Art—Acrylic
Blue Ribbon for Painting, Art—Water Color
Blue Ribbon for Painting, Decorative—Wood
Blue Ribbon for Paper Crafting—Card Making
Blue Ribbon for Paper Crafting—Scrapbooking

Patty Davis: Blue Ribbon for Photography—Color (mounted and framed)
Blue Ribbon for Quilts—Machine Applique (machine quilted)
Blue Ribbon for Quilts—Machine Pieced (machine quilted)

Melody Fultz: Blue Ribbon for Holiday Decorations—Winter

Kara Overbee: Blue Ribbon for Drawing—Pencil, Color
Blue Ribbon for Painting, Art—Oil

Riley Witt: Blue Ribbon for Beading—Miscellaneous
Blue Ribbon for Ceramics—Molded
Blue Ribbon for Doll/Toy Making—Handmade Toy
Blue Ribbon for Jewelry—Original Design
Blue Ribbon for Painting, Decorative—Other
Blue Ribbon for Miscellaneous

Congratulations!

Harper Farmer

winner of the
Eating Over the Rainbow drawing

Holiday Cooking School

"Winter wishes, snowflake kisses"

November 9th 5-7 PM
London Community Center

Ticket Price: \$25
Purchase Tickets at Local Extension Office

Price includes

- Magnolia Table cookbook by Joanna Gaines
- Recipe Samples
- Demonstrations on Cooking with Flavor, and Food Safety



Fall Spiced Pumpkin Bread

½ cup all-purpose flour	2 teaspoons pumpkin pie spice	½ cup honey
1¼ cup whole-wheat flour	½ teaspoon salt	2 cups pumpkin puree
1½ teaspoons baking powder	½ cup melted margarine	⅓ cup olive oil
1 teaspoon baking soda	½ cup sugar	2 eggs
		⅓ cup chopped walnuts

Heat oven to 350 degrees F. **Mix** flours, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, **whisk** together margarine, sugar, honey, pumpkin puree and olive oil. **Blend** in eggs. **Add** flour mixture. **Stir** until dry ingredients are moistened. **Spray** a 8-by-4 inch loaf pan with non-stick cooking spray. **Pour** batter into pan; **sprinkle** walnuts on top of batter. **Bake** for 1 hour. **Remove** from oven

and **cover** with foil. **Return** to oven and **bake** an additional 20 minutes or until toothpick inserted in center comes out clean. **Cool** for 10 minutes and **remove** from pan.

Yield: 16 slices

Nutritional Analysis: 220 calories, 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars, 4 g protein.

Kentucky Winter Squash

SEASON: August through October.

NUTRITION FACTS: Winter squash, which includes acorn squash, butternut squash, pumpkin and other varieties, is low in fat and sodium and an excellent source of vitamin A and fiber.

SELECTION: Winter squash should be heavy for its size with a hard, tough rind that is free of blemishes or soft spots.

STORAGE: Store in a cool, dry place and use within 1 month.

PREPARATION:

To Steam: Wash, peel and remove seeds. Cut squash into 2-inch cubes or quarter, leaving rind on (it will remove easily after cooking). Bring 1 inch of water to a boil in a saucepan and place squash on a rack or basket in the pan. Do not immerse it in water. Cover the pan

tightly and steam the squash 30-40 minutes or until tender.

To Microwave: Wash squash and cut it lengthwise. Place it in a baking dish and cover with plastic wrap. Microwave until tender, using these guidelines:

- Acorn squash: ½ squash, 5-8 minutes, 1 squash, 8½-11½ minutes.
- Butternut squash: 2 pieces, 3-4½ minutes.
- Pumpkin: 1 pound piece, 7-8 minutes.

To Bake: Wash squash and cut it lengthwise. Smaller squash can be cut in half; larger squash should be cut into portions. Remove seeds and place squash in a baking dish. Bake at 400 degrees F for 1 hour or until tender. Seeds can be toasted at 350 degrees F for 20 minutes.

KENTUCKY WINTER SQUASH

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

September 2017

Source: www.fruitsandveggiesmatter.gov

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

<http://plateitup.ca.uky.edu>



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

2023-2024 Enrollment Form for Harlan 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

First Year of KEHA Membership: _____ Total years of membership: _____

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: _____

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary. Appendix 11 June 2020

Dues: \$10.00 per Year Payable to: Harlan County Homemakers



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Harlan County Homemaker Clubs

Creative Cutters—2nd Tuesday of each month at 10:00 am

Jr. Homemakers—2nd Tuesday of each month at 3:30 pm

Material Girls—4th Tuesday of each month at 12:30 pm

Nifty Needles—4th Tuesday of each month at 10:00 am

Scrapmakers—1st & 3rd Tuesday of each month at 4:00 pm