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UK Cooperative Extension Service



Letter from Lora-

September is a beautiful time of year, filled with the transition from the warmth of summer to the crispness of fall. The days are still long and the Laurel County sunsets are breathtaking, but there's a hint of autumn in the air. September marks the beginning of a new season, a fresh start, and the promise of new adventures. It's a time to reflect on the year so far and to look forward to what's to come.

Lora Davidson
Lora Davidson
Laurel County Extension Agent
For Family & Consumer Sciences



September 2024



Bonnie Sigmon Farmer Feast

We wanted to share about Farmer Feast, held yearly in August. Named in memory of Bonnie Sigmon our prenominal Horticultural Agent, this event features local farmers showcasing their produce and offers a wonderful opportunity to support our local agriculture community. The feast highlights a delicious farm-can boil from locally grown produce, emphasizing the importance of supporting our local farmers and food producers. Along with the ticket sales and cake auction, all proceeds this year are going to the North and South Laurel FFA clubs. It's a fantastic way to raise funds for our future farmers while enjoying some delectable food and desserts made by the talented folks in our community. Every year we really look forward to attending and supporting our community at this meaningful and delicious event!

Family & Consumer Sciences

We aim to improve the quality of individual and family life through education, research, and outreach.

LAUREL COUNTY FAMILY & CONSUMER SCIENCES

September 2024

C.L.A.S.S. Course Catalog



Cook Together, Eat Together

Date(s): Sept. 3rd to Oct 8th (each Tues)
Time(s): 6pm
Cost: Free
Instructor: Robin Davis, Judy Stephens

Join us for this fun cooking event where you won't even have to leave your home! During this series you will:

- Focus on time with your family, as we encourage the entire family to come together to enjoy these classes!
- Get tips that make cooking fast, fun and delicious with special tips on family meals, leftovers and "less mess" cooking
- Share shopping tips for buying healthy food on a budget
- Get the scoop on shopping at farmers markets!

This will be a hybrid series of classes where some will be held in person and some will be held on zoom. Attendance to all classes is required.

Bingocize

Date(s): Sept 2nd through Nov 11th (Mondays and Wednesdays)
Time(s): 10am
Cost: Free
Instructor: Lora Davidson, Robin Davis

Join our upcoming class dedicated to promoting health and wellness through engaging physical activities and practical advice. This program features chair exercises to enhance mobility, fall prevention strategies to ensure safety, and nutrition tips for a balanced diet. To add a fun twist, we've incorporated Bingo into the mix, making it an enjoyable way to learn and stay active. Perfect for all fitness levels, this class aims to improve your overall well-being while having a great time! **Class will be hosted at OPAC.**



Crochet 101: Purse

Date(s): Sept 5th - Sept 26th (Thursdays)
Time(s): 6pm
Cost: \$25
Instructors: Melissa Blankenship & Kayley Garlen

Discover the art of crochet by creating your very own stylish purse in our beginner-friendly class. Learn the basics of crochet, including essential stitches and techniques, while working on a fun and practical project. Our experienced instructors will guide you step-by-step, ensuring you gain the confidence and skills to complete your crochet purse. Perfect for those new to crochet or looking to refresh their skills, this class offers a supportive and creative environment to explore this timeless craft.

All materials provided.



Made by You

Date(s): September 11th

Time(s): 10am to 4pm

Cost: Free

Instructor: Robin Davis

This class offers a dedicated space and time for you to work on your personal crafting projects. Bring your materials and ideas, and enjoy a supportive environment where you can express your creativity while connecting with fellow makers. Whether you knit, paint, or craft in any medium, this is your space to bring your projects to life.



Crafting Calm: Fairy Houses

Date(s): September 19th

Time(s): 1pm & 6pm

Cost: \$10 (\$5 for Laurel Homemakers)

Instructor: Robin Davis, Tina Hefner

Step into a world of tranquility with "Crafting Calm," a stress relief workshop designed to guide you through the therapeutic art of crafting. You will unwind and explore various creative techniques that not only enhance your artistic skills but also provide a soothing escape from the demands of everyday life.

All materials provided.

Ages: 16+

Do you have a class topic that you would like to see at our office?

Call us at (606)864-4167 -or-
email robin.davis@uky.edu

[CLICK HERE to register for a class!](#)

[CLICK HERE to check out the Laurel County Extension's Website](#)

LAUREL COUNTY FAMILY & CONSUMER SCIENCES

October 2024

C.L.A.S.S. Course Catalog



Bingocize

Date(s): Every Monday and Wednesday
Time(s): 10am
Cost: Free
Instructor: Lora Davidson & Robin Davis

Bingocize is a 10-week health promotion program that combines the game of bingo with chair exercises. During the class, participants will learn about exercises that they can incorporate into their own lifestyle and ways they can make accommodations for existing conditions. Come play bingo and meet new people while learning about nutrition, preventing falls, and so much more!

Hosted at Laurel County OPAC



Made by You

Date(s): October 9th
Time(s): 10am-4pm
Cost: Free
Instructor: Robin Davis

This class offers a dedicated space and time for you to work on your personal crafting projects. Bring your materials and ideas, and enjoy a supportive environment where you can express your creativity while connecting with fellow makers. Whether you knit, paint, or craft in any medium, this is your space to bring your projects to life.

***Assistance provided upon request!**



Crafting Calm: Cutting Board Scarecrow

Date(s): October 17th
Time(s): 1pm and 6pm
Cost: \$5
Instructor: Robin Davis

Step into a world of tranquility with "Crafting Calm," a stress relief workshop designed to guide you through the therapeutic art of crafting. You will unwind and explore various creative techniques that not only enhance your artistic skills but also provide a soothing escape from the demands of everyday life.

All materials provided.

Ages: 16+



Holiday Ideas

Date(s): October 24th

Time(s): 1pm and 6pm

Cost: Free

Instructor: Lora Davidson, Robin Davis

Get ready for the holidays without breaking the bank! In this creative and practical class, you'll learn how to make stunning holiday décor using everyday household items and budget-friendly materials. We'll explore a range of crafting opportunities, from homemade ornaments to festive centerpieces, all while sharing valuable financial tips to help you manage your holiday spending. Whether you're looking to add a personal touch to your celebrations or simply want to save money, this class offers inspiration and guidance for a joyful and budget-conscious holiday season.



Other Important Dates:

Homemaker Kickoff - October 1st

Cattleman's Fall Field Day - October 3rd

WTA Homemaker Annual Meeting - October 19th (Bell County)

Do you have a class topic that you would like to see at our office?

Call us at (606)864-4167 -or- email robin.davis@uky.edu

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Disabilities accommodated with prior notification.

[CLICK HERE to register!](#)

[CLICK HERE to check out the Laurel County Extension's Website](#)

MoneyWise

THIS MONTH'S TOPIC: BUILDING AN EMERGENCY KIT ON A BUDGET

Building an emergency kit doesn't have to cause a disaster for your finances. Build it slowly, starting with essential food and water, and then buy other items as your budget allows. Add an extra item to your shopping lists once or twice a month that you can put in the kit to spread out the costs over time.

EMERGENCY KIT BASICS

There are basic items every kit should have in addition to food and water. Download a comprehensive list at <https://ukfcs.net/DisasterKit>. Tailor the list to meet the needs of your family. Start by checking at home for items you may have on-hand. You may have a manual can opener, flashlight, extra phone chargers, batteries, and matches in the back of kitchen drawers. You can also make your own first-aid kit with items you already have like bandages, antiseptic wipes, medications, tweezers, ointment, etc.

SHOP SALES

Make a list of items you don't have and watch for sales. If you're an online shopper, put pricier items (like a multitool or fireproof document bag) in your online cart to be notified when the price drops. Also, stock up during common sales like Back to School, Black Friday, or other annual holidays. Check



with friends or neighbors to see if they have an interest in building a kit. You may be able to combine lists and buy some items in bulk, lowering the cost for everyone.

A weather radio may also be helpful during inclement weather or power outages. Don't let price be the reason to go without. A weather radio doesn't have to be a top-of-the-line model; one that includes the basics will do. Weather radios can be battery operated or powered by a hand crank or solar panels. Check online for reviews and pricing options before buying.

STOCK UP ON NONPERISHABLE FOOD AND CANNED GOODS WHEN YOUR LOCAL GROCERY STORE IS HAVING A SALE



GRAB DOLLAR DEALS

Stock up on nonperishable food and canned goods when your local grocery store is having a sale. Check weekly ads for deals like “10 for \$10,” or shop the day after a holiday when certain items are marked down or put on clearance. Be mindful when buying canned goods and don’t buy leaking, swollen, or deeply dented cans. Also, it is important to buy things that you and your family enjoy. Don’t buy pinto beans because they are on sale if no one in your family will eat them. Consider buying generic or store brand items for your kit, but don’t skimp on nutrition. Buy nutrient-dense foods that are high in protein. Find examples at <https://ukfcs.net/DisasterMenuIdeas>.

WATER IS ESSENTIAL

Water is a necessity. You should have 1 gallon of water per person per day. If buying bottled water is too expensive, you can bottle your own. Use a food-grade container like a 2-liter

soda bottle. Don’t use containers that once held milk or juice, as these containers have residues that are difficult to remove and could provide an environment for bacterial growth. Wash the bottle and cap thoroughly using detergent and warm water. Rinse and sanitize with a solution made from 1 teaspoon unscented liquid bleach and 1 quart water. Shake the sanitizer solution all around the bottle and rinse well. Fill with clean water and add the date to the outside of the bottle. Replace this water every 6 months.

Once your kit is complete, consider making a “grab and go bag” or filling a backpack with essentials in case you must leave your home quickly. Don’t let budget constraints keep you from building an emergency kit. Start today and protect your family and your finances!

RESOURCE:

<https://www.ready.gov/low-and-no-cost>

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[What are you cooking this month?](#)



Pumpkin Apple Muffins

1 ¼ cups all-purpose flour	½ teaspoon ground ginger	1 ½ cups fresh pureed pumpkin
1 ¼ cups whole-wheat flour	½ teaspoon ground nutmeg	½ cup canola oil
1 ¼ teaspoons baking soda	1 ¼ cups honey	2 cups Granny Smith apples, finely chopped
½ teaspoon salt	2 large eggs	
1 ½ teaspoons ground cinnamon		

Preheat oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened. **Fold** in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

Yield: 18 muffins

Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



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

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, free of blemishes or soft spots.

STORAGE: Store winter squash in a cool, dry place and use within one month.

PREPARATION:

To Steam: Wash and remove seeds. Cut squash into 2-inch cubes or quarter, leaving rind on. The rind 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 in a baking dish and cover with plastic wrap. Microwave until tender, using these guidelines:

Source: www.fruitsandveggiesmatter.gov

- 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 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 2013

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questions?**

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concerns!

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