

Simpson County Homemaker Newsletter

November/December 2023

 Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.



The Kentucky Extension Homemakers Association is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.

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Contact Us:

Simpson County Extension Office
300 N Main St
Franklin, KY 42134
(270) 586-4484
simpson.ca.uky.edu



HOW CAN WE
serve you??

Take our ten-minute survey to help us develop programs addressing needs in your community. Scan the code above or visit go.uky.edu/serveKY

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Disabilities accommodated with prior notification.

Note from the Agent

Hello Homemakers!

I want to wish each of you a very Happy Thanksgiving as well as a wonderful Holiday season through the rest of the year. My hope is that through the hustle and bustle of this season, you will take time to enjoy those around you. I will be out on FMLA for the remainder of the year, but will be back in the office on January 2nd. If you need anything, please contact the office at 270-586-4484 or at simpson.ext@uky.edu.

Nancy Doyle



Extension Agent

for Family and Consumer Sciences Education



Thought of the Month:

"The holiday season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us"
~Terri Marshall

Monthly Lesson



Savor the Favor: Cooking with Oils and Vinegars

Many of us know there are a variety of cooking oils and flavored vinegars out there, but may not be sure how and when to use them. This lesson you will learn about adding flavor to foods and dishes with cooking oils and vinegars. You will learn about some of the most common types of cooking oils and flavored vinegars found in your grocery store~ or they may be already in your cupboard!

Roll Call:

In November we celebrate Thanksgiving. Name one of your blessings this year or how you plan to be a blessing for others.

Mammoth Cave Area Annual Day October 19, 2023



Thirteen members along with Simpson Co. Agent, Nancy Doyle attended the Mammoth Cave Area Annual Day at Tavins Gardens.

Everyone seemed to enjoy the day. Congratulations to our Area Officers:

President, Marie Pitts, Second Vice President, Betty Ruth Ditmore, Leadership Development Chair, Nell Jordan, and Food & Nutrition Chairman, Jewell Burgett.

We have a strong representation for Simpson County!



Cooking through the Calendar

Amy Lawrence, SNAP-Ed Program Assistant, will hold the December recipe demonstration and tasting at the Simpson County Extension Office. Everyone is welcome to come!

Loaded Beef Stroganoff
December 1st - 11 am
Simpson County Extension Office



Holiday Card Drive!!

Simpson County 4-H members, Cameron and Cecilia Huggins, are collecting Christmas cards to be delivered to residents at local nursing homes. They can be handmade or bought from the store. Drop off at the Extension Office by Friday, December 8.

KEHA State News & Notes



2024 State Meeting

Mark your calendars! The next KEHA State Meeting will take place May 7-9, 2024, at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green. The theme is “Blazing the Way with KEHA.” Fort Harrod Area will serve as the host area. The lodging room blocks are now open for reservations at a group rate of \$126/night (1-2 people; scaled pricing for more people per room). Reserve your hotel room now in the KEHA group block! Find details at <https://keha.ca.uky.edu/content/state-meeting-information>.

KEHA Week

Thanks you to all who participated locally and via the KEHA Facebook page. We hope you all enjoyed celebrating how KEHA "plants the seeds" for future growth during Oct. 8-14 and beyond! Kudos to Sharon Fields, KEHA Marketing and Publicity Chair, and Mindy McCulley, Marketing Advisor, for coordinating materials for the week. If you have feedback, please share.

Renew Your Membership – Fall is membership drive time for KEHA. The current membership campaign says the “Keys to Membership” are the three Rs: Recruit – get a plus one, Retain – value members and engage, and Repeat – continue to grow. More information about the campaign and possible prizes is available on the membership campaign webpage.

Gift Membership – Did you know you could give the gift of KEHA membership? A gift certificate card template is available on the website for those who want to cover the dues of a new recruit. Be sure to share how the potential new member could benefit from being a KEHA member – and also let them know why KEHA is important to you!

Nominate a Candidate for KEHA State Board – Be on the lookout for possible state nominees! Encourage candidates to consider applying.

The following KEHA state officer and chairman positions will be open for election in spring of 2024:

President-elect
Second Vice President
Cultural Arts & Heritage Chair
International Chair
Family & Individual Development Chair

These positions will be elected for three-year terms from July 1, 2024, to June 30, 2027, with the exception of president-elect. The president-elect serves a one-year term is from July 1, 2024, to June 30, 2025, at which time she or he will transition to president for a three-year term. Additional details regarding elections will be shared in January 2024.

Nominations Sought for Kentucky Master Farm Homemakers Guild

The Kentucky Master Farm Homemakers Guild is dedicated to honoring farm women and promoting agriculture in Kentucky. The Guild is currently accepting membership nominations from all Extension areas. A person recognized as a Kentucky Master Farm Homemaker:

- Is a member in good standing of the Kentucky Extension Homemakers Association and has been a member at least three years (mailbox members are eligible);
- Is a farm woman who owns a working farm and is included in the labor and/or management of the farm;
- Derives a percentage of the family income from the farm operation;
- Is knowledgeable and supportive of the Cooperative Extension Service;
- Gives unselfish service to her family, community, state, and nation; and
- Is nominated from the club, county and/or district where KEHA membership is held.

The County Info Sheet and details regarding the new member selection process are available on the [Master Farm Homemakers Guild web page](#). County nominees should complete and submit the County Information form by Nov. 15.

Dates to Remember

- Nov. 3 – Deadline for submitting session proposals for the 2024 [KEHA State Meeting](#). Nov. 15 – Due date to nominate new members for the Master Farm Homemakers Guild.
- Nov. 15 – Due date for 990N (e-postcard) or 990 tax return for 501(c)(3) groups with a fiscal year ending June 30.
- Dec. 15 – County dues due to the KEHA State Treasurer and Area Treasurer (use remittance form found in the [KEHA Manual Appendix](#) page 16). Please send remittance to Patsy Kinman, KEHA Treasurer, 310 Falmouth St., Williamstown, KY 41097.

Extension Office Happenings



12th Annual Hometown Holiday Bazaar
 Saturday, December 2, 2023
 10:00 a.m. - 4:00 p.m.

First United Methodist Church on the Square in Downtown Franklin, KY

Vendors with something for everyone...
 Handcrafted Items, Boutique Clothing, Home & Holiday Decor, Woodworking, Primitives, Jewelry, Pottery, Cutlery, Personalization, and much more.

Lunch Served 11:00 a.m. - 2:00 p.m.
 Sponsored by Simpson County 4-H

Questions Call 270-586-4484
 or Email cwebster@uky.edu

The Bazaar is held in conjunction with a Small Town Christmas & The Franklin Christmas Parade

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Hometown Holiday Bazaar

When: Saturday, December 2

FUMC on the Square 10 am - 4pm

Volunteers needed to sell Pecans for Homemakers at the Holiday Bazaar on December 2nd. Afternoon shifts are needed, approximately from 1-4 p.m. Please call the office if you are able to help with this. (270) 586-4484

Blue Jean Jacket Weaving Class



- Items Needed:**
- *Jean Jacket or Vest
 - *1 yd lightweight iron on interfacing
 - *3-5 coordinating fabrics, about 1/4 yard each
 - *basic sewing supplies

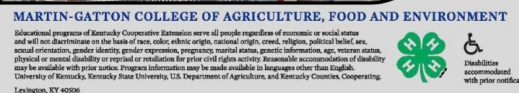
Monday December 4
 1:00 p.m.
 Simpson County Extension Office
 300 N Main St

Call 270-586-4484 to sign up!



Sewing Skills needed Limit 8

Instructed by:
Nell Jordan



Blue Jean Jacket Weaving Class

When: Monday, December 4th

Simpson County Extension Office 1 pm

Must have sewing skills. Limited to 8. Items needed include; jean jacket or vest, 1 yard lightweight iron on interfacing, 3-5 coordinating fabrics, about 1/4 yard each, and basic sewing supplies. Please call the office to sign up. (270) 586-4484

Simpson County

Homemakers

Holiday Party

TUESDAY, DECEMBER 5 AT 6:00 PM



FRANKLIN CHURCH OF CHRIST
700 S MAIN ST

BRING A SIDE DISH, A FRIEND, AND A \$10.00
GIFT TO EXCHANGE (MUST BRING GIFT TO
PARTICIPATE IN EXCHANGE)

RSVP TO 270-586-4484 BY
DECEMBER 1

It's Christmas time!

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.



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HOMEMAKER FUNDRAISER



Pecans have been ordered!!
 We have ordered fresh pecans from this year's crop!
 Announcements will be made as soon as they arrive.
 We anticipate them being available at the Holiday Bazaar.

FOR MORE INFO, CONTACT US!



(270) 586-4484

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 accommodated
 with prior notification.

Dates to Remember

November 20th
Narcan Training
Cornerstone Building 6-7 p.m.

November 23 & 24th
Office Closed ~Thanksgiving

December 1
Cooking Through the Calendar 11:00 a.m.

December 2
Hometown Holiday Bazaar

December 4
Jacket Sewing Class 1:00 p.m.

December 5
Holiday Christmas Party 6:00 p.m.
Franklin Church of Christ

December 25– January 1st
Office Closed

Enrollment Forms

Enrollment Forms are due. Mailbox members should have received one with this newsletter. Dues are \$13.00 for the year. Please return enrollment forms with dues by November 30th. If you are in a club and have not filled one out at a club meeting, please stop by the Extension office to pick one up, or call and we can mail you one.

Autumn Health Concerns

There are many things to love about autumn: The air begins to cool down a bit, leaves change colors, and there are many special foods and fragrances that we associate with this time of year. However, autumn can also bring specific health concerns for some people. You can address your health concerns and still enjoy the season and all it has to offer.

Dry Skin - As the air cools, some people have more dry skin. To prevent cracking and itching, try to stay hydrated by drinking plenty of water, continuing to wear sunscreen when outdoors, and use a lotion or cream skin barrier to help moisturize skin when you get out of the bath or shower.

Decreased Immune Function - You may find yourself getting sick more as the seasons change. Stay up to date on all vaccines, wash your hands, and check with your doctor if allergy or cold symptoms become persistent.

Sleep Disturbances - Even though the days are becoming shorter, you may find that you are getting less sleep at night. This can happen as the season change affects circadian rhythms. Try to establish a consistent bedtime routine, plan to get at least seven to eight hours of sleep per night, and avoid screens once you turn off the lights.

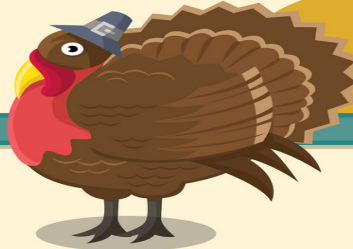
Take advantage of the change in seasons to catch up on needed annual health exams as well. If you have not done so, schedule an annual physical, dental cleaning, and vision check. These strategies combined can help you have an enjoyable autumn and end the year well.

Reference:

<https://www.cdc.gov/chronicdisease/resources/infogaphic/healthy-fall.htm>

Source: Katherine Jury, Extension Specialist for Family Health

Tips for the Upcoming Holidays



LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:



*For more information about each type of turkey, visit fsis.usda.gov.

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

Refrigerator:
Safe to store the turkey for another 1 – 2 days in the refrigerator.

This is the USDA recommended thawing method.

How to thaw:
Allow approximately 24 hrs. for every 4-5lbs of bird.

Cold water:
Cook immediately after thawing.

How to thaw:
Submerge the bird in cold water & change every 30 mins.

Microwave:

Cook immediately after thawing.

How to thaw:
Use defrost function based on weight

For more information on safe thawing methods, visit fsis.usda.gov

DID YOU KNOW?

It's safe to cook a frozen turkey though cooking time will be 50% longer!

Clean

Wash your hands for 20 seconds with soap and warm water.

Utensils
Plates
Countertops
Cutting boards

SHOULD ALSO BE WASHED

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

SO DON'T WASH YOUR TURKEY!!

SEPARATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.

- Thickest part of breast
- Innermost part of wing
- Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge 3-4 days

Safe frozen, but use within 2-6 months for best quality.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:
Visit foodsafety.gov

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskKaren.gov. Visit PregunteleaKaren.gov for questions in Spanish.



Be Ready! Winter Weather

Weatherproof your home to protect against the cold.

- Install a smoke detector and carbon monoxide detector in your home.
- Have your chimney or flue inspected every year.
- Make sure the batteries are working!
- Insulate walls and attic.
- Caulk and weather-strip doors and windows.
- Never leave lit candles or other flames unattended.
- Bring your pets indoors as temperatures drop!

Prepare yourself for exposure to winter weather.

- Dress warmly and limit exposure to the cold to prevent frostbite.
- Avoid getting wet to prevent hypothermia.

Make sure your car is ready for winter travel.

- Check antifreeze level and have radiator system serviced.
- Replace worn tires and check tire air pressure.
- Keep gas tank full to avoid ice in tank and fuel lines.
- Make a winter emergency kit to keep in your car.

If power lines are down, call your local utility and emergency services

If power lines fall on your car, warn people not to touch the car or power lines.

Check out more tips on winter weather indoor safety.



MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

Managing Diabetes During the Holidays

A healthy diet is so important to controlling and minimizing the effects of diabetes, but eating healthy can be a struggle and challenge for some people with diabetes, particularly those who have been recently diagnosed with the disease. The upcoming holidays pose additional challenges and present more temptations.

If you have diabetes and you eat a moderate amount of foods that are high in nutrients and low in fat and calories, then eating during the holidays should be no different from the way you eat every day. If you do not eat this way, then try to create daily, healthy eating habits before the holidays begin. These habits should include consuming a well-balanced breakfast, fruits and vegetables in a variety of colors, whole grains and a variety of lean proteins in the appropriate portion size.



During the holidays, most people have the tendency to go overboard with desserts, because they are at every function and these treats are available in large quantities. Desserts often contain few nutrients and are heavy in carbs and fat that can quickly raise your blood glucose levels. Healthier options include eating fruit for dessert, splitting a dessert with someone, removing high-fat whipped topping and frosting from desserts and eating fewer carbohydrates during the main course so you can have a small dessert.

You can reduce the amount of sugar in many holiday dishes by making healthy adjustments to your recipes. Use vanilla or cinnamon as a sugar substitute in recipes. Unsweetened applesauce or sugar-free syrups can be used in place of regular syrup. You can also try using fresh fruit or fruits canned in their own juices rather than fruits canned in heavy syrup.

Almond Joy Hot Chocolate

Ingredients

- 4 cups unsweetened almond milk
- 1/4 cup almonds (sliced)
- 1/4 cup cocoa powder
- 1/4 cup Splenda Sugar Blend
- 1/2 tsp coconut extract
- 1/2 cup whipped topping (fat-free)



Directions

1. Add almonds to a dry sauté pan over medium-high heat and sauté until lightly toasted. Set aside to cool.
2. Add almond milk, cocoa powder, Splenda, and coconut extract to a blender and blend until incorporated and slightly foamy.
3. Add hot chocolate mixture to a saucepan over medium heat and bring to a simmer.
4. Add one cup of hot chocolate to a coffee mug, top with 2 Tbsps. whipped topping and sprinkle with 1 Tbsp. cooled, toasted almonds.
5. Repeat for three remaining coffee mug

Nutrition Facts	
4 Servings	
Serving Size	1 cup + 2 Tbsps. whipped topping + 1 Tbsp. sliced almonds
Amount per serving	
Calories	105
Total Fat 7g	
Saturated Fat 0.9g	
Cholesterol 0mg	
Sodium 190mg	
Total Carbohydrate 11g	
Dietary Fiber 3g	
Total Sugars 5g	
Protein 3g	
Potassium 320mg	

Source: *Diabetes Food Hub, American Diabetes Association*

Reference: <https://www.diabetesfoodhub.org/recipes/bonus-recipe-almond-joy-hot-chocolate.html>

Megan Treadway
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Happy Holidays Word Search



puzzle-maker.com

- BLESSING
- CHRISTMAS
- FAMILY
- GIFTS
- PIE
- REINDEER
- SANTA
- THANKSGIVING
- TREE
- TURKEY

G S W D J S Y U B I Q F
 P N T I P W E Q L M F E
 Q G I F N F K O E N P C
 H F F V I V R K S Z H I
 D S C A I G U L S R G W
 F O J Q Y G T U I D A N
 F A M I L Y S S N P T V
 D V Z I O D T K G V N V
 T E E E C M G D N P A W
 O I V W A E E R T A S V
 P J D S D A H Y L S H N
 R E I N D E E R B W C T

Fall Spiced Pumpkin Bread

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.

Source: Plate It Up KY Proud, UK Cooperative Extension



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.

Add Physical Activity at Home

Do stretches or exercises while watching television.

Source: planeatmove.com/get-moving/adding-activity-in-daily-life/

