

# MUHLENBERG COUNTY

## FCS NEWS & NOTES

— NOVEMBER 2022 —



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

Cooperative Extension Service  
**Muhlenberg County**  
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extension.ca.uky.edu

### UPCOMING EVENTS

- October 28—Fall Area Meeting at the Christian County Extension Office. Those attending will meet at the Muhlenberg County Extension Office at 8:15 AM and carpool. Don't forget your Participant Information Form.
- October 28—Homemakers hosting Bingo at 6 PM at the Extension Office. Bring a friend and have fun!
- October 28—Walktober Challenge ends. If you have been participating on paper, please return your step log and survey to the Extension Office.
- November 1—4-H Sewing at 5:30 PM at the Extension Office.
- November 3—Tips for Managing Stress Eating Homemaker Lesson at 2 PM at the Extension Office. Zoom option on November 2 at 10 AM. Contact the Extension Office if you would like the Zoom link emailed to you.
- November 4—Sewing Class on sewing pumpkin coasters at 5:30 PM at the Extension Office. Supply list on page 3. Please sign up in advance. Class size limited. Class is free, but you must bring your own supplies.
- November 6—Daylight Savings Time ends. Don't forget to set your clocks back one hour.
- November 9—Honeysuckle & Pepper Club meeting; bring your Christmas ideas.
- November 10-11—Rescheduled Travel Group overnight trip to Berea. The group will meet at 9 AM at the Extension Office parking lot and return at 6 PM on the 11th. Bring your Passport Booklet and walking shoes!
- November 10—Block of the Month Quilting Group meeting at 9 AM at the Extension Office.
- November 10—Material Girls Club meeting at 5:30 PM at the Extension Office.
- November 11—Sewing Class on sewing a reading pillow at 5:30 PM at the Extension Office. Supply list on page 3. Please sign up in advance. Class size limited. Class is free, but you must bring your own supplies.
- **November 14—Deadline to pay your Homemaker dues! Dues are \$10 this year.**
- November 15—Imitation Club meeting at 11 AM at the Extension Office.
- November 15—Neighborhood Club meeting at 1 PM.
- November 15—4-H Sewing at 5:30 PM at the Extension Office.
- November 16—Forever Young Club meeting at 10 AM at the Extension Office.
- November 17—Homemaker Council meeting at **9 AM** at the Extension Office.

### FAMILY AND CONSUMER SCIENCES



**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

## UPCOMING EVENTS CONTINUED

- November 17—Ag Day at the Ag Center. Eight to 10 volunteers are needed. If you would like to volunteer to hand out snacks and bottled water at the event, please be at the Ag Center by 10 AM. We will also be wrapping about 70 hamburgers for the presenters and workers and handing out lunches provided by the school.
- November 17—Sewing & Such: Hand Sewing Basics class from 1 to 3 PM at the Extension Office.
- **November 18—Deadline to order your 4-H poinsettia.** Poinsettias are \$8 each and will be ready for pick up at the Extension Office on Saturday, December 3 from 9 AM to 12:30 PM.
- November 21—Library Club meeting at 11 AM at Catfish Dock. Bring used children's books for Christmas baskets.
- **November 24 & 25—Office Closed: Happy Thanksgiving!**
- November 29—4-H Sewing at 5:30 PM at the Extension Office.
- December 1—Travel Group trip to Patti's for lunch and Badgett Playhouse for a Variety Christmas Extravaganza. Trip is full, contact us if you'd like to be put on the wait list in case someone drops out.

## TIPS: TURKEY LEFTOVERS

It's never too early to start thinking about all those wonderful turkey leftovers. Be sure to follow good food safety practices when preparing your turkey and storing it for those favorite recipes over the next several days.

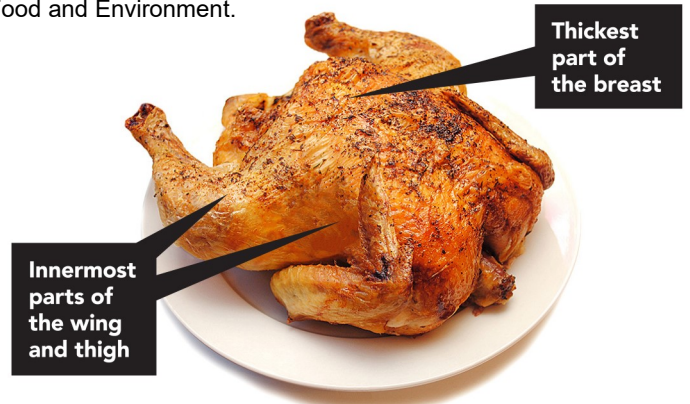
First, you'll need to start with a properly cooked turkey. Turkey should be cooked to an internal temperature of 165 degrees F. You can't rely on color to tell if a turkey is done. Always use a meat thermometer to check for doneness. Check the temperature at the thickest part of the breast and the innermost portions of the wings and thighs.

After dinner, don't let food sit out on the table. Leftovers should be refrigerated within two hours. It is best to go ahead and remove all of the meat from the turkey. Legs and wings may be left whole, if desired. Place the sliced meat in shallow containers or small zipper bags and store in the refrigerator if you think it will be eaten within the next 3 to 4 days. If you're not sure, it's best to freeze the meat. Once frozen, the meat will be safe forever, as long as the freezer stays

below 0 degrees F. But for best quality, use the meat within 6 months. If you have gravy or stuffing leftover, store those separately. Remember to reheat the stuffing to 165 degrees F and bring the gravy to a full boil before eating again.

Start planning your leftover recipes now. Stock up on noodles, broth, and beans for creative soup and chili recipes. You may even want to try some specialty sandwich bread and relishes or salad dressings to give turkey sandwiches a new twist.

**Source:** Annhall Norris, Extension Associate for Food Safety and Preservation; University of Kentucky, College of Agriculture, Food and Environment.



# DEADLINE

## HAVE YOU PAID YOUR HOMEMAKER DUES?

The deadline for all Homemaker dues to be turned in at the Extension Office is **NO LATER THAN Monday, November 14.** Dues are **\$10** per member this year. Checks should be made payable to Muhlenberg County Homemakers.

If you are a member of a Homemaker club, please turn in your dues to your club leader as soon as possible so they may get them to the Extension Office by the deadline. If you are a mailbox member, please turn in your dues at the Extension Office as soon as possible.

You may mail your dues to:  
Muhlenberg County Cooperative Extension  
ATTN: Homemakers  
3690 State Route 1380  
Central City, KY 42330

## SEWING CLASSES FOR BEGINNERS



### November 4—5:30 PM

We will be sewing pumpkin coasters (shown to the left). These are very easy and perfect for beginners! Supplies needed are: assorted fall color Homespun Fabric Scraps (make sure it's

homespun so it ravel correctly) or fat quarters, thin (low loft) quilt batting scraps and brown felt scraps.

### November 11—5:30 PM

We will be sewing a reading pillow (shown to the right). Supplies needed are: 1/2 yard or 1 fat quarter of fabric for pillow front, 1/2 yard or 1 fat quarter of fabric for pillow pocket, 1/2 yard of 1 fat quarter of fabric for pillow pocket lining, 1/2 yard fabric for pillow back, 1 yard of 40" wide fusible fleece, 1/2 yard 1" wide ribbon and an 18" pillow form.



Classes are free, but you must bring your own supplies. A limited number of sewing machines are available, please bring your own if you have one. Contact the Extension Office at 270-338-3124 to sign up.

## RUSTIC HONEY CAKE

*Makes 12 servings; Submitted by Laura Buchanan, International Chair*

1/2 cup butter, softened  
1 cup honey  
2 large eggs, room temperature  
1/2 cup plain yogurt  
1 tsp. vanilla extract  
2 cups all-purpose flour  
2 tsps. baking powder  
1/2 tsp. salt  
Assorted fresh fruit and honey  
Chopped pistachios, optional

Preheat oven to 350 degrees. Grease a 9 in. cast iron skillet. In a bowl, beat butter and honey until blended. Add eggs, one at a time, beating well after each addition. Beat in yogurt and vanilla. In another bowl, whisk flour, baking powder and salt; add to butter mixture. Transfer batter to prepared skillet. Bake until a toothpick inserted in center of cake comes out clean, 30-35 minutes. Cool completely in pan on a wire rack. Serve with fruit, and additional honey and, if desired, chopped pistachios.

## 4-H SELLING CHRISTMAS POINSETTIAS



Muhlenberg County 4-Hers are once again selling poinsettias for the upcoming holidays. Poinsettias are available in red, white, and pink. **Orders must be placed by Friday, November 18. Poinsettias must be picked up from the Extension Office on Saturday, December 3 between the hours of 9 AM and 12:30 PM.** Poinsettias are \$8 each and money is due when orders are placed. Cash or check made payable to Muhlenberg County 4-H.

## 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:

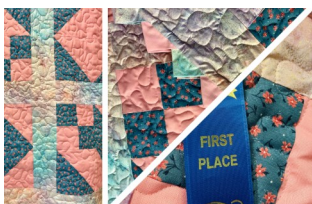
- Is a member in good standing of the Kentucky Extension Homemakers Association and has been a member at least three years (mailbox members are eligible);
- Is a farm woman who owns a working farm and is included in the labor and/or management of the farm;
- Derives a percentage of the family income 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](#) of the KEHA website (keha.ca.uky.edu). County nominees should **complete and submit the County Information form by Nov. 15.**

## THANK YOU TO THOSE WHO PARTICIPATED IN THIS YEAR'S BEAN SUPPER

It could just be me, but excited and anxious are two words that come to mind the day of the Bean Supper. Two more words that come to mind at the conclusion of the Bean Supper are tired and thankful. Like so many of you that volunteered to work, I was tired but thankful at the end of the day. I was and am very thankful to and for each of you that volunteered, sold tickets, bought tickets, baked cornbread or did whatever you could do to make the Bean Supper a success. You did it! I am truly blessed to get to work with such a great group.

Thank you,  
Darrell



MUHLENBERG COUNTY  
EXTENSION  
HOMEMAKERS

## QUILT RAFFLE

ALL PROCEEDS DONATED TO  
OVARIAN CANCER RESEARCH AT  
THE UNIVERSITY OF KENTUCKY.

**QUILT SIZE: QUEEN**

QUILT MADE BY MUHLENBERG COUNTY HOMEMAKERS  
BETTY JOHNSON, PAULETTE POWELL, AND FRED A TOOMEY.



### Over 300 Bean Supper tickets were sold this year!

So far, Muhlenberg County Homemakers will be donating over \$2,000 to ovarian cancer research! And, we still have a few outstanding Quilt Raffle tickets to be sold!

Remember that the Quilt Raffle Drawing

will be November 30! Stop by the Extension Office to purchase a ticket or see the quilt on display.

## TAKE CARE OF YOUR SKIN

Our skin is a big deal! Literally, it is the largest organ in the body and the most visible reflection of what is going on with our health. Healthy skin is about more than just good looks; it is essential to our survival. To lower your risk of skin cancer and to take care of your skin you should take action:

- Apply SPF 30 sunscreen every day. Even on rainy winter days.
- Use a sun blocking lip balm every day.
- Be a morning (or evening) person. The risk of skin damage is highest between 10 a.m. and 4 p.m. Scheduling your outdoor time at 9 a.m. or 5 p.m. instead of noon can significantly lessen skin damage over time.
- Take time to appreciate your partner's skin. While doing so, look out for changes in their moles. People often notice skin cancer because of a spot that does not look quite right. Be familiar with your own moles and get a screening if you notice suspicious changes in shape, texture, color, or size.

Source: Dr. Natalie Jones, Family Health Extension Specialist

## NEXT HOMEMAKER LESSON

Tips for Managing Stress Eating

November 3—2:00 PM

Muhlenberg County  
Extension Office

This lesson covers reasons stress makes it harder to make healthy choices, whether comfort foods are actually comforting, and strategies to manage stress eating.

Zoom option: November 2 at 10 AM.  
Contact the Extension Office for the Zoom link.

Handouts for this lesson are included with this newsletter for mailbox members.

### QUOTE OF THE MONTH

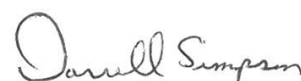
"We must find time to stop and thank the people who make a difference in our lives."  
—John F. Kennedy

Happy  
Thanksgiving!

## HOSTING HOLIDAY GET-TOGETHERS ON A BUDGET

Hosting family or friends for the holiday season can be fun. But it can also be very costly. Follow these tips to save money and time:

1. Make it a potluck. You provide the main dish and ask guests to bring side dishes, desserts, or drinks.
2. Host a holiday brunch instead of dinner. Brunch foods made with eggs can be less costly and still healthy choices.
3. Bite-size options. Make bite-size appetizers instead of a full meal.



Darrell Simpson, County Extension  
Agent for Agriculture & Natural  
Resources Education