

FAMILY & CONSUMER SCIENCES



Creating Healthy & Sustainable Families
Madison County Newsletter

 Cooperative Extension Service

Madison County Cooperative Extension
230 Duncannon Lane
Richmond, KY 40475
(859) 623-4072
<https://extension.ca.uky.edu/>

August, 2024

● ● ● Madison County Cooperative Extension Presents: ● ● ●

FARM, HOME, & GARDEN

Expo



*Workshops
*Petting Zoo
*“Ask a Farmer” Station
*And much more!

Activities for all ages!

Free food!

Learn more about Madison County Cooperative Extension through our Farm, Home, & Garden Expo! We will have educational activities, workshops on cooking, beef cutting/butchering, beekeeping, tending to animals, composting, and more! Free food will be available from 11AM-1PM for up to 1000 guests! We hope to see you for a day of family fun and education!

SATURDAY, SEPTEMBER 28TH FROM 10AM-2PM
AT THE MADISON COUNTY FAIRGROUNDS

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.

SPECIALTY CLUBS & GROUPS

SEW MUCH OR SEW LITTLE (sew, knit, crochet, or whatever) **2nd and 4th Tuesdays, 9-noon**, Room 3, annex bldg. (**Note, no meeting on August 27.**) **SMSL September 24, 9-noon: Beginner Sewing Project—PILLOWCASE!**

Join us to sew a simple pillowcase. Please bring 100% cotton fabric as follows: 3/4 yd (27") main fabric, 1/3 yd (12") band, 1/8 yd (2-3") for trim. Also bring your sewing machine, thread, scissors, pins, cutting mats and general sewing supplies. Call Susan Brinkman to reserve your spot, 859-967-9574.



GIFTS FROM THE HEART (sewing; community projects), **2nd and 4th Tuesdays, 12-3pm**, Room 3, annex bldg., following Sew Much or Sew Little. (**No meeting August 27.**)

CREATIVE HANDS (quilting) **1st and 3rd Thursday @ month, 9-noon**, Room 3, annex bldg. Bring your sewing machine and a sandwich and quilt along with us. Questions, call Linda Calico, 859-582-2252.

SOUTHSIDE SLOW STITCHING (knitting, crochet, cross-stitch, English paper-piecing, embroidery or macrame) **1st and 3rd Mondays, 6-8pm**, at Southside Church on Lancaster Road. Questions, call Terri Cooper, 859-866-4380.

GARDENERS OF MADISON COUNTY (gardening) **2nd Wed @ month, 1-3pm**, check with Kathryn Bowers, 859-619-0166.

PAPER KUTZ (paper crafting, cards, etc.) **3rd Thursday @ month, 6-7:45pm, Room B**. Questions, call Connie Lawson, 859-582-5505.

HAPPY SCRAPPERS (scrapbooking, paper crafts, crafting, etc.) **4th Wed @ month from 12-4pm**, Room B, main office bldg. Bring your work in progress and catch up. Questions, call Kathy Langosh, 720-243-0640.

MONDAY NIGHT SEWING SALON (sewing) Will be taking a break so **no meetings until September 16th.**

EVONNE KINCER CARD CLASS — CARD BUFFET, 8/26/24, 10-12 or 5:30-7:30 (Room B)

I will be serving up at least 30 new All Occasion and Holiday themed cards. Choose the cards you want to make and enjoy. August 26—two sessions: 10 – 12 and 5:30-7:30 pm. Class fee is \$15. To register, email Evonne evkaykin@yahoo.com. You will need bring a permanent tape runner or Scor tape.

LEADER LESSON

Savvy Online
Grocery Shopping



You can buy food from a variety of locations – grocery stores, convenience stores, discount stores, and restaurants. A quickly growing option for food shopping is the online marketplace. Although online grocery shopping has been around since the early 2000s, it is gaining momentum with more online options and more technology in our everyday lives. Consumers are interested in or choosing online grocery shopping, but may not understand benefits, drawbacks, or important considerations of buying food this way.

For more information or to reserve your space call: 859-623-4072

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HOMEMAKER REMINDERS:



Madison County Extension Homemaker Clubs Officer & Chair Training, August 19, 5:00pm. If you are a Club officer or Chairperson, please plan to attend. Light dinner will be served.

Bluegrass Area Officer/Chair Training is scheduled for **August 8th**, from 9-12 noon, at Fayette Co. Extension Office.

Madison County Extension Homemaker Board Meeting is scheduled for October 24, 2024, at 10am (Room 1). All County Officers and chairs are requested to attend. Any extension Homemaker may attend as well.

Parent's Place

If you are interested in joining any of our group(s), make reservations, or have any questions, need referrals, or just to talk, call Pam Francis at 859-623-4072, or psfr222@uky.edu.

GAP (Grandparents As Parents) August 7: White Hall Park Pavilion, 11am-1pm. Bring a picnic lunch and drinks for your family and come for a great time outdoors. Please call Pam to reserve a place and for supplies.

SMALL FRIENDS August 20: White Hall Park Pavilion, 10:30am-noon. Please bring a picnic lunch and drinks for your family, and come for a great time of fun, fellowship, and giggles. Please call Pam to reserve a place and for supplies.

PARENT MATTER (Parenting Encouragement):

- **Richmond Library** Room 136, **August 5, 10-11:30am.**
- **Berea Library** Meeting Room, **August 12, 10-11:30am.**

We use research based curriculum: *Active Parenting*, by Michael H. Popkin, PhD. These are parent only meetings; new members are welcome; coffee and tea provided.

KEYS TO GREAT PARENTING (KGP): Keys is an informal a FREE 10-week course designed for all parents, grandparents, to be parents, caregivers, relatives as parents, teen parents, single parents, and foster parents. This is an informal gathering of parents to learn and grow in a supportive and encouraging community. Children do not attend classes and child care is not provided.

Please be sure to visit our facebook page for all the upcoming news, class offerings and cancellations <https://www.facebook.com/MadisonCoFCS/>.

Also, you can visit our webpage to download the latest newsletters <https://madison.ca.uky.edu/>.

Jessica Hunley
 Family & Consumer Sciences Agent,
 Madison County
Hunley.jessica@uky.edu
 (859) 623-4072

Register for this session at ukfcs.net/BBBCsnack We have a limited number of books available. Don't be discouraged if you don't get a copy. With or without a book, we encourage you to follow along with the discussions to give this format of book club a taste! More details (dates/times) to come.

Help make Berea a better place for people of all ages by sharing this QR code with your networks and organizations. Thank you.



To take the survey, scan the QR code or

Complete a paper survey (call 859-985-0099) or

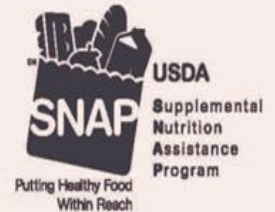
Go to faberea.org

For more information on this survey, visit <https://bereaky.gov/age-friendly-berea-survey/>



THE APPLE PATCH By Cheri Stacy, Nutrition Assistant Senior

Peanut Butter Oatmeal Bites



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- 1 cup creamy peanut butter
- 2/3 cup unsweetened applesauce or 2 large very ripe bananas (or half of each)
- 1/3 cup brown sugar
- 2 teaspoons vanilla
- 2 teaspoons cinnamon
- 2 cups quick oats
- 3/4 cup dried fruit (cranberries, raisins, apples, dates, etc., or a mixture)
- 1/2 cup chopped nuts, pepitas (pumpkin seeds), or sunflower seeds (or a mixture)

1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
2. Preheat the oven to 350 degrees F.
3. Line two large baking sheets with parchment paper and set aside.
4. In a large bowl, mix the peanut butter, applesauce or bananas, brown sugar, vanilla, and cinnamon until smooth. Add the oats, dried fruit, and nuts, stirring until combined.

5. Drop the dough into equal sizes onto the baking sheets, about 2 tablespoons per cookie. Flatten the top with the back of a spoon.
6. Bake 12 to 16 minutes or until the edges are slightly brown and the dough is set, but soft.
7. Remove from oven and cool on the baking sheet for 10 minutes. Transfer to a cooling rack to finish cooling.
8. Store in an airtight container. Use within four days or freeze.

Makes 30 bites

Serving size: 1 bite

Cost per recipe: \$4.44

Cost per serving: \$0.15

Nutrition facts

per serving:

110 calories; 6g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 13g total carbohydrate; 2g dietary fiber; 7g total sugars; 2g added sugars; 3g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source:

Brooke Jenkins,
Extension Specialist,
University of
Kentucky Cooperative
Extension Service



Recipes from the 2024 Food and Nutrition

Recipe Calendar

FOCUS ON CREATIVE ARTS IN MADISON COUNTY

SUMMER DELIGHTS:

Please contact the individuals indicated below to reserve your seat in the class. All classes will be held at the Madison County Extension Service, 230 Duncannon Lane, Richmond.

August 7, 1-3PM: Lucy & Ethel's Candy Factory.



Madison County Public Library staff members Chloe and Megan, (Lucy and Ethel), will guide multiple stations of yummy dessert-making fun! **This is a drop-in program-stop by any time August 7, 1-3PM**, to try your hand at

the different stations - make quick and easy sweets, and take home yummy goodies! **FREE at Extension!**

August 14, 1-3PM. Painting Party at Madison Co. Extension Office. Hosted by Artfully Yours Studio:



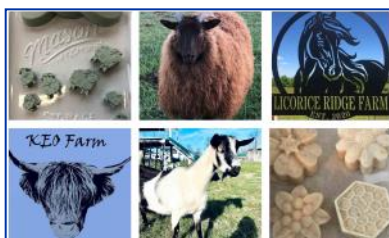
Jonathan Clark, for questions email or call: 859.358.3580 barefootroyals@gmail.com.

All supplies provided | DIY with support, guidance, and templates | \$35 per painter If you need to cancel, PLEASE LET US KNOW since

someone else may be on the waiting list. **Register online: https://docs.google.com/forms/d/e/1FAIpQLSdOos-X8hzP0AsZtqBqMzEdp9WUbwWrJn5_WSqWQBpVhaSCeZw/viewform?usp=sf_link**

September 4, 1-3PM: Homemade Soap Making.

Sara, Licorice Ridge Farm, and Jenna, KEO Farm, will demonstrate 3 ways to make homemade soap: cold



process method using goat milk, hot process method using sheep milk, then you will get a hands-on chance to make your own melt and pour soap bar.

Each participant will leave class with 3 homemade bars of soap. Class cost includes safety goggles and gloves, participants must be 18+. Cost is \$40@. Space is limited. For reservations call 617-240-6031 or email licoriceridgefarm@gmail.com

September 11, 1-3PM: Watercolor Painting Techniques with Pat Banks - \$25, all supplies provided. For registration or questions email patbankswatercolor@gmail.com.

CRAFTING WITH THE BEST:

Class dates/crafts below, taught from 10-noon. Class is free unless otherwise stated. **To reserve space, contact Pam, 859-623-4072.**

August 9, Card Making with Kathy Langosh. Come learn to make cards. Supplies to bring include: **liquid craft glue, double-sided tape, small scissors and bone folder, if you have them**, remainder will be furnished. **Register with Pam 859-623-4072, by August 1.** Questions, call Kathy, 720-243-0640.



October 11, 10am-noon, Sock Pumpkins w/Gina Noe. Bring some men's dress socks or use some of ours. Register with Pam 859-623-4072, by October 1.



November 4, 10am-noon, Welcome Wreath with Helen Eden. Please bring: **15 yards of ribbon (5 yards of ribbon of choice, 1" w/ wire edges); "Welcome" sign; wire wreath frame; scissors, ruler.** To reserve your space, **call Pam, 859-623-4072.** Seating is limited. Class is free.



OUT OF THE ART: THE HEART SPEAKS LECTURE SERIES

Featuring Renee Ray, Photographer &

Technician: 8/28/24 @ 6pm: Renee is a portrait and nature photographer, a freelance journalist and news correspondent and juried artist in the Kentucky Guild of Artists and Craftsman. Renee' founded Silverartimages, LLC, a company in which portrait and nature photography is the essence of expression.



Renee's photography reflects her love of light. The result is images with edge, poignancy and creativity. This presentation is free but seating is limited. Please reserve your seat by calling the Extension Office, 859-623-4072. (Image from <https://Silverartimages.com>)



UK Martin-Gatton
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Food and Environment
University of Kentucky.

BEGINNER CANNING DEMONSTRATION

Water bath and pressure canning

**August 13th
5-7PM**

Madison County Extension Office

Class is designed for beginners: learn the basics and differences of water bath and pressure canning.

SIGN UP NOW!
(859) 623-4072

for more info email Jessica at hunley.jessica@uky.edu



**In the Face of
DISASTER**

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

BLUEGRASS AREA FCS AGENTS PRESENT: ARE YOU PREPARED?

in recognition of National Preparedness Month




9/5/2024 5:00 PM

**MADISON COUNTY
COOPERATIVE EXTENSION
230 Duncannon Lane
Richmond, KY**

**Call to reserve
your space:
859-623-4072**

Cost: FREE
***Limited Emergency Kits
available for \$20@**



September 18, 2024
10am—2:30pm

Driver Safety

Cost: \$20 AARP Member; \$25 non-member. Member must bring DL and AARP Card. Bring a sack lunch. Deadline to register 9/13/24.

Claim your safe driver discount!

When you take the AARP Smart Driver™ course, you could be eligible for a multi-year discount on your auto insurance. * Plus safer driving can save you more than just money (be sure to check with your insurance company for what discounts they offer.) The course teaches proven driving techniques to help keep you and your loved ones safe on the road.

Additionally, you'll learn:

- Important facts about the effects of medication on driving
- How to reduce driver distractions.
- How to maintain the proper following distance behind another car.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- Age-related physical changes and how to adjust your driving to compensate.

Call to register: 859-623-4072
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230 Duncannon Lane, Richmond

**2024 Madison County Fair
Willis Hall Fair Exhibits**

Congratulations to all our Exhibitors! We had 115 Exhibitors, and 394 exhibits for Willis Hall this year. Ribbon count: 102 Blue/First, 88 Red/Second, 59 White/Third, 9 Grand and 1 Best of Show.

Grand Prize Winners:

Heritage Skills: **Paige Hale** (custom burned hat), and Best of Show

Handiwork: **Valerie Arthur** (hand pieced/ Longarm Quilted)

Visual Arts: **Brandon Dean** (color portrait)

Garden: **Gerald Tatum** (garlic)


Horticulture: **Elizabeth Jones** (low arrangement under 12")

Canning: **Eva Hisle** (cherries)

Food: **ROBBIN CAREY** (banana cake with cream cheese frosting)

Honey: **Eddie Wilson** (water white w/o comb)

Egg: **Carlos Lopez** (1/2 dozen brown shell)



You can find the entire list of winners at:
<https://madison.ca.uky.edu/>, more pics at
<https://www.facebook.com/MadisonCoFCS/>



BLAZE THE TRAIL

BLUEGRASS AREA EXTENSION HOMEMAKERS'

ANNUAL MEETING

Highlighting Powell County, Kentucky, home of the beautiful Natural Bridge State Resort Park and a portion of the Red River Gorge.

Guest Speaker: Pete Fingerson, Executive Director
Powell County Tourism Commission

FRIDAY, OCTOBER 11, 2024



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Disabilities accommodated with prior notification.

