

FAMILY & CONSUMER SCIENCES



Creating Healthy & Sustainable Families
Madison County Newsletter

UK Cooperative Extension Service

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

September, 2024

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

FARM, HOME, & GARDEN

Expo



Activities for all ages!

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

Free food!

Learn more about Madison County Cooperative Extension through our Farm, Home, & Garden Expo! We will have educational activities, workshops on cooking, beef ribeye cutting demonstration, beekeeping, tending to animals, composting, and more! Free food will be available starting at 11AM 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

Free Event: September 28, 10am-2pm

We have many workshops, speakers, demonstrations and educational booths for you to choose from. Below is a **tentative** list of what we have to offer, and is subject to change:

FARM, HOME, & GARDEN

Expo

Workshops (every 30 mins) on the "This is how we grow stage": Sheep Production Basics; Backyard Fruit; Honey; Beef Ribeye Cutting Demo; Local Beef Producer Panel Q & A; Growing Mushrooms; Local Foods; Backyard Poultry



Interactive Educational Booths: Ag Weather; Mushrooms; Fruit Trees; Local Foods; Composting; Container/Raised Bed Gardening; Garden Smarter Not Harder; Gardening As We Age; Food Preservation; Ask A Farmer; Beekeeping; 4-H Country Ham Samples; Local Farm Raised Beef Q & A; Outdoor Cooking; Forestry; Soil Sampling; Good Bug/Bad Bug; Beneficial Insects; Recipe Demonstrations; Freeze Drying



Petting Zoo with 4-H Youth Livestock:

Meat Goats; Sheep; Beef Calf; Chickens; Dairy Goats; Horse; Ducks; Duck Slide; Alpacas



And Much More!

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



SPECIALTY CLUBS & GROUPS

SEW MUCH OR SEW LITTLE (sew, knit, crochet, or whatever) **2nd and 4th Tuesdays, 9-noon**, Room 3, annex bldg. **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.

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.

MONDAY NIGHT SEWING SALON (sewing) 1st and 3rd Mondays, 5:00-7:30pm, Room 3. Questions call Judy Fields, (859) 623-6032. Anyone wanting to learn to sew is invited! Questions, call Judy Fields, 859-625-4081.

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.

FALLING FOR FUN FOLDS CLASS—September 16.

We'll be making cards that flip, flop, twist and pop. Learn folding techniques to take your card making to the next level. Bring your supply kit and a scoring board if you have one.

10-noon and 5:30-7:30pm. Class fee is \$10. To register, email Evonne evkaykin@yahoo.com. Let her know if you need a supply list..



LEADER LESSON



Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly. This lesson focuses on the health benefits of gardening, using proper motions for repetitive movement, and appropriate tools for the job at hand. If this lesson does not sound exciting at first, maybe it will grow on you! Lesson is free, and held at the Madison County Extension Office (Room B). **Call 859-623-4072 to register.**

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): September 4, 11am -1pm @ the Richmond Library, Room 138. We will be learning from 'MIND in the Making'. Lunch is provided and great fellowship~ Please call Pam to reserve a place and for supplies.

SMALL FRIENDS: September 17, back at the Extension Office in Room 1 from 10:30am-noon. Come for a great time of fun, fellowship, giggles and parenting tips. Please call Pam to reserve a place and for supplies.

PARENT MATTER (Parenting Encouragement): See locations and topics below, **10-11:30am**. These are parent only meetings; new members are welcome; coffee and tea provided.

- **Richmond Library Rm. 136, September 3.** Using a new research-based curriculum: *Parenting Teens*, by Dr. Michael H. Popkin.
- **Berea Library Meeting Rm., September 10.** Our discussions are centered around: *Raising a Strong Daughter in a Toxic Culture* by Dr. Meg Meeker.

KEYS TO GREAT PARENTING (KGP): Keys is an informal FREE 10-week course designed for **any and all** parents, (grands, expecting, caregivers, relatives, teens, singles and fosters). This is an informal gathering of **all** 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 and class information, <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



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:**

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

859-623-4072

AARP[®] 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
Madison County Extension Service
230 Duncannon Lane, Richmond



THE APPLE PATCH By Cheri Stacy, Nutrition Assistant Senior

Ramen Skillet Dinner



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

- 2 teaspoons vegetable oil
 - 1 medium onion, chopped
 - 1 medium carrot, thinly sliced
 - 1 bag (16 ounces) frozen broccoli
 - 2 cups cooked chicken, chopped
 - 1 package (3 ounces) chicken-flavored instant ramen noodles
 - 1 cup water
 - 1/2 teaspoon garlic powder
 - 1/2 teaspoon ground ginger
 - 1/2 teaspoon red pepper flakes
1. Wash hands with warm water and soap for at least 20 seconds.
 2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
 3. Heat oil in a large skillet over medium heat. Add onion, carrot, and broccoli. Cook until vegetables are crisp tender (about 5 minutes).

4. Add the cooked chicken to the skillet. Stir and heat, about 1 to 2 minutes.
5. In a small bowl, combine the contents of the ramen seasoning packet, water, garlic powder, ginger, and red pepper flakes.
6. Pour the water and seasonings into the skillet. Stir and bring to a boil.
7. Break ramen noodles apart and add to skillet. Stir to moisten noodles.
8. Cover the skillet and cook until noodles soften (about 2 minutes). Serve immediately.
9. Refrigerate leftovers within 2 hours.

Makes 4 servings

Serving size: 1 1/2 cups

Cost per recipe: \$7.66

Cost per serving: \$1.92

Nutrition facts

per serving:

280 calories; 8g total fat; 2.5g saturated fat; 0g trans fat; 60mg cholesterol; 360mg sodium; 22g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 26g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium

Source:

Martha Yount, former Nutrition Education 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.

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.**

October 11, 10am-noon, Sock Pumpkins with Gina

Noe. Please bring 1 pr men's dress socks (makes 4 pumpkins), Fall colors (Open Concern); 1 LONG embroidery needle or doll needle. Register with Pam 859-623-4072, by **October 1**. Class is free, seating limited.



November 4, 10am-noon, Welcome Wreath with

Helen Eden. Please bring: 2 yards of each color, 4 colors: 8 yards of each color, one of those colors be ribbon with wire edges, All ribbon be at least 1 1/2" to 2" wide, sign of choice (Welcome, UK Wildcats, etc)



"Welcome" sign; wire wreath frame; scissors, ruler. To reserve your space, **call Pam, 859-623-4072.** Class is free, seating limited.

Not a paid Homemaker member? No problem!

Just stop by the Extension Office anytime to get more info on how to join and get involved! Yearly dues are \$9, and generally paid September-November, but you can join anytime! We'll start our official membership drive in October!

HOMEMAKER REMINDERS:



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 member is welcome to attend.

October 13-19: KEHA Extension Homemakers Week. If you would like to participate, contact Evonne Kincer, evkaykin@yahoo.com.

JOIN US

for **BIG BLUE BOOK CLUB**

presents **SNACK CLUB**

COMING in September





Cooperative
Extension Service
Family and Consumer Sciences



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.



August Recall Digest

Children's Product Recalls

07/01/2024 - 07/31/2024

Below are pictures and details of children's products recalled last month. If you have one of these products, take it away from children and contact the company using the information provided below or view the recall notice for more details at www.recalls.gov.

To get monthly email alerts of recalls and product safety news, sign up at www.KidsInDanger.org. Sign up for email alerts from the Consumer Product Safety Commission at www.cpsc.gov. If you have an incident or injury with any children's product, report it to SaferProducts.gov.



| Product | Hazard | Website | Contact |
|---|-------------|--|--|
| 1. Hatch Baby Power Adapter | Shock | hatch.co | recall@hatch.co |
| 2. Stiger Besrey Twins Strollers | Fall, Choke | cpsc.gov | support@besrey.com |
| 3. Youjiu Victor Electric Folding Soft Bullet Toy Guns | Eye Injury | cpsc.gov | 99452925@qq.com |
| 4. Sassy Baby Manhattan Toy Brilliant Bee Rattles | Choke | manhattantoy.com | help@manhattantoy.com |
| 5. SWOMOG Children's Two-Piece Pajama Sets | Burn | cpsc.gov | swmogservice@163.com |
| 6. Temu.com Children's Pajamas Sets | Burn | cpsc.gov | 327937323@qq.com |
| 7. JUVENNO KIDS Children's Pajama Sets | Burn | cpsc.gov | 603262718@qq.com |
| 8. Lovely Angel Children's Nightgowns | Burn | cpsc.gov | wangmaxime@163.com |
| 9. Claire's and Icing Stores Halloween Witch Hats | Burn | claires.com | NAPProductRecall@claires.com |
| 10. Clark Associates Recalls Lancaster Table & Seating Plastic Restaurant High Chairs | Fall | lancasterableandseating.com | highchairs@lancasterableandseating.com |
| 11. TonGass Pool Drain Covers | Entrapment | cpsc.gov | tongass@126.com |

The CPSC issued warnings for consumers to stop using the following products:



KID is dedicated to protecting children by fighting for product safety. KID's mission is to save lives by enhancing transparency and accountability through safer product development, better education, and stronger advocacy for children.

KID | 116 West Illinois Street, Suite 4E, Chicago, IL 60654 | 312-595-0649 | email@KidsInDanger.org | www.KidsInDanger.org



July Recall Digest

Children's Product Recalls

06/01/2024 - 06/30/2024

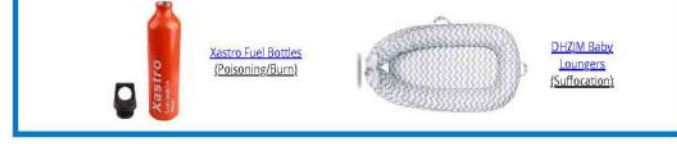
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To get monthly email alerts of recalls and product safety news, sign up at www.KidsInDanger.org. Sign up for email alerts from the Consumer Product Safety Commission at www.cpsc.gov. If you have an incident or injury with any children's product, report it to SaferProducts.gov.



| Product | Hazard | Website | Contact |
|--|----------------------------|--|------------------------|
| 1. MGA Entertainment Miniverse Make It Mini Sets | Poisoning | mgae.com | 800-222-4685 |
| 2. REI Co-op Cydes REV Children's Bicycles with Training Wheels | Injury | rei.com | 800-426-4840 |
| 3. Thousandshores Theefun Kids Gardening Tools Sets | Poisoning | cpsc.gov | support@theefun.com |
| 4. Joybuy Marketplace Express Sling Carrier | Suffocation | cpsc.gov | oversea-service@jd.com |
| 5. Outad Good Life Magnetic Chess Games | Ingestion | cpsc.gov | pdhfnfgj@163.com |
| 6. At Home Procurement Toy Trunk Storage Chests | Entrapment/ Suffocation | athome.com | 888-688-8426 |
| 7. Dania Furniture Hayden Bookcase | Tip-Over/Entrapment | daniafurniture.com | 844-722-6347 |
| 8. Rooms To Go Cedona Natural View Six-Drawer Dressers | Tip-Over/Entrapment | cedonadresserrecall.com | 855-688-0919 |
| 9. SA Consumer Products Sanctuary Quick Access and Sports Afield Biometric Gun Safes | Injury | saproducts.com | 855-215-5822 |

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KID | 116 West Illinois Street, Suite 4E, Chicago, IL 60654 | 312-595-0649 | email@KidsInDanger.org | www.KidsInDanger.org

NEED TO CLEAN UP MADISON COUNTY?

Attention Madison County residents: there are a number of upcoming collection locations and events that you might want to take advantage of. Please see posted **collection items, locations and dates below:**

TOX AWAY DAY

A *FREE* HOUSEHOLD HAZARDOUS WASTE DISPOSAL EVENT FOR MADISON COUNTY RESIDENTS

OCTOBER 5TH, 2024
9:00AM - 3:00PM

MADISON COUNTY ROAD DEPARTMENT SOUTH
208 CLARKSVILLE LANE (OFF US 25/BEREA ROAD)

ITEMS ACCEPTED:

- BATTERIES
- ELECTRONICS
- SPRAY PAINT
- OIL-BASED PAINTS
- SOLVENTS/CLEANERS
- PESTICIDES/FERTILIZERS
- AUTOMOTIVE PRODUCTS
- FLUORESCENT LIGHTBULBS
- EQUIPMENT CONTAINING MERCURY

ITEMS *NOT* ACCEPTED:

- TIRES
- EXPLOSIVES
- LATEX PAINT
- APPLIANCES
- SCRAP METAL
- AMMUNITION
- SMOKE DETECTORS
- RADIOACTIVE MATERIALS
- FOAM INSULATION SYSTEMS



FOR MORE INFORMATION, CONTACT THE SOLID WASTE DEPARTMENT: (859) 624-4709



FUNDED THROUGH A GRANT WITH THE ENERGY AND ENVIRONMENT CABINET DIVISION OF WASTE MANAGEMENT AND KENTUCKY PRIDE FUND.



FREE Tire Collection Event

Madison County Road Department South
208 Clarksville Lane | Richmond, KY (off US25/Berea Road)

OCTOBER 17-19

THURSDAY & FRIDAY | 8AM - 4PM
SATURDAY | 8AM - 12PM

Tires Accepted: Tires on or off rim, farm implement, bicycle, motorcycle, go-cart, ATV, tractor, truck and passenger tires

Tires NOT Accepted: Foam filled, calcium filled, off-road construction, solid tires, rubber tracks, any tire with a bead greater than 1.75 inches

Tires will NOT be accepted from tire retailers, agricultural retailers, scrap dealers, salvage yards or tire recyclers. This event is in partnership with Kentucky Division of Waste Management and is FREE for all Kentucky residents.

E-Waste & Scrap Metal Drop-Off

Visit madisoncountyky.gov/roads to learn more.



Drop-off Location:
325 N. Madison Avenue

Hours:
M - F, 8 am - 4 pm

Accepted Items:

- Electronics
- E-Waste
- Scrap Metal





THIS SERVICE IS **NOT AVAILABLE** FOR COMMERCIAL BUSINESSES, LANDLORDS, OR RESIDENTS WITHIN THE CITY LIMITS OF RICHMOND OR BEREA.

LARGE ITEM DROP-OFF

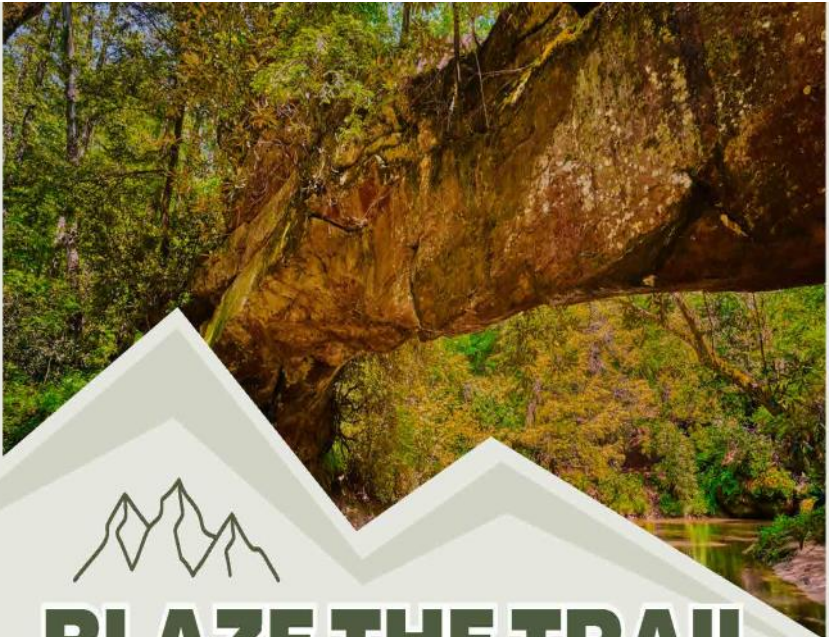
Available during normal business hours, M-F.
Please **check-in** with the **Road Dept.** before completing a drop-off.

Items Accepted:

- mattresses
- box springs
- couches, recliners, kitchen tables, furniture,
- hot tubs (**cut up in at least 4 pieces**),
- water heaters
- basketball goals, refrigerators, deep freezers,
- stoves, washers and dryers, dishwashers,
- rolls of carpet up to 3' long, grills, lawn furniture, large children's toys, and swing sets.



THIS SERVICE IS **NOT AVAILABLE** FOR COMMERCIAL BUSINESSES, LANDLORDS, OR RESIDENTS WITHIN THE CITY LIMITS OF RICHMOND OR BEREA.



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

Menu

Option 1:
Chicken Salad Croissant

Option 2:
Ham and Cheese Croissant

Option 3:
Veggie Wrap

*Each meal includes side, dessert,
and drink.

Cost \$15

For questions, contact: Kendyl Redding at 606-663-6405 or
kendyl.redding@uky.edu

PLEASE JOIN US:

WHEN:

Friday, October 11, 2024

WHERE:

Bowen First Church of God
5555 Campton Rd, Stanton, KY
40380

TIME:

9:30 Am Registration and morning
refreshments
10:00 am call to order

**REGISTRATION DEADLINE:
SEPTEMBER 11, 2024**

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Bluegrass Area Homemaker Annual Meeting Registration

Complete & return by September 11, 2024 to your County Extension Office
with your check payable to Madison County Extension Homemakers

And return to the Madison County Extension Svc., PO BOX 270, Richmond, KY 40476-0270

Name: _____ Phone: _____

Email: _____ Club Name: _____

Mailbox member: _____ Guest: _____

Lunch Selection: Chicken Salad Ham and Cheese
 Vegetarian