

Calloway County Family & Consumer Sciences **NOVEMBER 2023 NEWSLETTER**

It's Fall ya'll! November is a big transition month, isn't it? With the weather changing, and our calendar starting to jam up with activities, and starting to plan the first of many family and friends meals, it can get hectic pretty quickly. Do you have family Thanksgiving or Friendsgiving? We tend to do both in our home and it is so important to have both kinds of connections. Some families have the same Thanksgiving meals every year. No deviations! I am to bring my cheesecake every year to my sister's house no matter what.

But at a Friendsgiving, you might have more of a chance to experiment with new recipes, new decorations, try a new game, branch out and try new things. No matter how you celebrate the holidays, have a plan, keep it simple and most of all enjoy the day. Even if your plans don't work out exactly like you had in your head, it's okay.

Just breathe... Happy Thanksgiving everyone, stay safe.

Debbie Huxon



Calendar of Events

- November 1 County Homemaker Council Meeting
9:30 am Cabin 1
- November 2 Potpourri Homemakers Meeting
9:00 am Meeting Hall
- November 5 Daylight Savings Time Ends
- November 7 Cooking Through the Calendar
10:30 am CC Public Library
- November 7 Election Day
- November 7 Cooperative Extension Council Meeting
5:30 pm Meeting Hall
- November 8 Town & Country Homemaker Meeting
11:00 am Pagliai's
- November 11 Second Saturday Sewing Studio
9:00 am Cabin #1
- November 11 Veteran's Day
- November 13 Modern Homesteading Homemakers
6:00 pm Meeting Hall
- November 16 Happy Hearts Homemakers Meeting
11:00 am Meeting Hall
- November 23-24 Thanksgiving
Office Closed
- November 28 Friendship Homemakers Meeting
6:30 pm Jo Ann Harris home
- Nov. 28-Dec. 1 Homemaker Lesson Trainings
10:00 am Area Hubs

November



Fall in Love with Homemakers!

I invite everyone to send in their dues if you have not already done so. Also, invite a friend to join your club or another club. We have so many options of available dates and times, one should fit into anyone's schedule. Reminder, dues are due to the state KEHA by December 1, 2023. The 2023-2024 Homemaker year has started out strong and I hope we continue to gain new members. Alison said to me at the Happy Hearts meeting, "I think we are the best kept secret in the county" and I agree with her. If you want to learn a new skill, socialize, learn some leadership skills or just be a part of the book club, come join us, we would love to have you!

Friendship Club--Tuesday, November 28, 6:30 pm, Jo Ann Harris home, potluck

Happy Hearts--Thursday, November 16, 11:00 am, meeting hall, soup and sandwich potluck. 2 members have volunteered to make soups, all others please bring sandwiches, desserts, or finger food.

Modern Homesteading—Monday, November 13, 6:00 pm, meeting hall. Bring any home canned goods or home prepared food for tasting along with the recipes.

Potpourri--Thursday, November 2, 9:00 am, meeting hall, potluck. Members will be painting, bring paint aprons and white paint if you have extra.

Town and Country—Wednesday, November 8, 11:00 am, Pagliai's Pizza. Bring plastic bottle caps for recycling and canned goods for Needline donation.

A big part of Homemakers are the monthly lessons. There is no formal lesson for the month of December, so November 28, 29, 30 and December 1st lesson training will be presented at the January meeting. The four hubs for the lesson training are the Extension offices of Graves, Hickman, Marshall, and McCracken and all the lesson training begins at 10:00 am. All four dates train the same lesson each month, just pick the date and location which works best for you. Another option is to have the office print the training and you read it on your own. Any copies you might need to do your lesson may be printed by the office, but please give Anna a week's notice. For the new members, here is the lesson training schedule, there is a copy of this in your yearbook as well.

Fall in Love with Homemakers!

PURCHASE LESSON SCHEDULE 2023-2024

	Lesson Hubs	Graves	Hickman	Marshall	McCracken
Lesson	Cosmetics and Skin Care				
SEPT	Sarah Drysdale	8/30	8/29	9/1	8/31
Lesson	Planning Thrifty and Healthy Holiday Meals				
OCT	Kelly Alsip	9/26	9/27	9/28	9/29
Lesson	Self-Care and Self-Pampering				
NOV	Brooke Hogancamp	10/25	10/24	10/27	10/26
Lesson	Time Well Spent: Organizing Tips for Increased Productivity				
JAN	Denise Wooley	12/1	11/28	11/29	11/30
Lesson	Elements and Principles of Art				
FEB	Vicki Wynn	1/30	1/29	2/1	1/31
Lesson	Handy to Have: Emergency Health Information Cards				
MAR	Debbie Hixon	2/26	2/27	2/28	2/29
Lesson	Savor the Flavor: Seasoning with Spices				
APR	Mike Keller	3/26	3/25	3/27	3/29
Lesson	Strong Bones for Life: Prevent Osteoporosis				
MAY	Anna Morgan	5/1	4/30	5/2	5/3
Lesson	Radon: A Silent Killer				
JUNE	Mail Out				

Events

We are introducing a new sewing class called Second Saturday Sewing Studio. The Master Clothing Volunteers wanted to expand the sewing program to include short little “skill” classes where we will teach necessary sewing techniques such as inserting a zipper, buttonholes, hems, etc. These classes will be every 2nd Saturday of the month at 9:00 am in sewing cabin #1, it is the first cabin you will see when you drive straight back instead of turning towards the office. You may sign up for the class by phone or at the sewing class. You will sign up for each class separately, not the series. We are still working out the details, so be patient with us. Hope to see you at the classes.

Second Saturday Sewing Studio

Learn small sewing skills on the 2nd Saturday of each month
Approx. 2 hour class

Fabric & Machine Provided

First Project:
Small Pillow With Zipper
\$5 per person, per class

Contact the Calloway Extension Office at 270-753-1452 to register

limited spots available
Ages 16+ Welcome

Saturday, November 11, 2023
Sewing Cabin 1
@ 9:00 am

Cooperative Extension Service
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
Educational programs of Kentucky Cooperatives. Extension serves 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 and/or 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.
Lexington, KY 40506




CALLOWAY COUNTY EXTENSION OFFICE

WREATH WORKSHOP

Make a live wreath for the holidays!

Cost of the workshop is \$35 (cash or check only)
Live greenery, supplies and light refreshments provided
Join us for a fun-filled time!

To reserve your spot, call the Extension Office at
270-753-1452

REGISTRATION AND PAYMENT DEADLINE IS NOVEMBER 22

SPACE IS LIMITED TO 20 PARTICIPANTS

MONDAY, NOVEMBER 27TH
8:00-6:30 P.M.
EXTENSION OFFICE MEETING HALL
15 EXTENSION WAY
MURRAY, KY 40371

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 Cooperatives. Extension serves 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 and/or 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.
Lexington, KY 40506



Calloway Extension Annual Wreath Workshop is scheduled for November 27th! Supplies will be provided, but feel free to bring your own if you would like!



Recipes

Baked Apples and Sweet Potatoes



5 medium sweet potatoes
4 medium apples

1. Boil potatoes in 2 inches of water until almost tender.
2. Cool potatoes, peel and slice. Peel, core and slice apples.
3. Preheat the oven to 400°F. Grease a casserole dish with a small amount of margarine.
4. Layer potatoes on the bottom of the dish.

½ cup margarine
½ cup brown sugar
½ teaspoon salt

5. Add a layer of apple slices.
6. Sprinkle some sugar, salt, and tiny pieces of margarine over the apple layer.
7. Repeat layers of potatoes, apples, sugar, salt and margarine.
8. Sprinkle top with nutmeg.
9. Mix the hot water and

1 teaspoon nutmeg
¼ cup hot water
2 tablespoons honey

10. Pour over top of casserole.
 11. Bake for 30 minutes.
- Yield: 6, 1 cup servings.
Nutrition Analysis: 300 calories, 8 g fat, 59 g carbohydrate, 0 mg cholesterol, 320 mg sodium.
Source: USDA Food Stamp Nutrition Connection, Recipe finder, June, 2008.

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



and the dead leaves
lie huddled and
still, no longer
blown hither and
thither; the last
lone aster is gone;
the flowers of the
witch-hazel wither

...

-robert frost
(1874-1963)

Wild Turkey & Broccoli Casserole

Servings: 8 Serving Size: 1 slice



Ingredients:

- 2 packages (10 ounces each) frozen broccoli, or 2 bunches fresh broccoli, washed and cut into pieces
- 4 cups cubed, cooked wild turkey meat
- 1 cup light mayonnaise
- 2 cans (10.5 ounces each) low-sodium cream of chicken soup
- 1 teaspoon curry powder or 1 tablespoon prepared mustard
- 1 teaspoon lemon juice
- ½ cup grated cheddar cheese
- ½ cup panko breadcrumbs
- 1 tablespoon melted butter

Directions:

To cook turkey breast, preheat oven to 325 degrees F. Add vegetable oil to roasting pan. Place turkey breast in roasting pan. Season meat lightly with garlic powder and black pepper. Cover with lid or aluminum foil. Cook at 325 degrees F until internal temperature is 165 degrees, about 1 ½ to 3 ½ hours for 4 to 8 pounds of meat. Let meat cool in pan for 5 minutes before cutting into cubes. Steam broccoli until tender. Drain. Grease a 2-quart casserole dish or 9-by-13-inch pan. Place turkey on the bottom and arrange the broccoli over the turkey. Combine mayonnaise, cream of chicken soup, curry powder or mustard, and lemon juice. Combine cheese, breadcrumbs and butter. Sprinkle over casserole. Bake at 350 degrees F for 30 minutes.

Source: Adapted from: "Fish & Game Cookbook" Bonnie Scott. 2013.

Nutrition Facts per Serving: 270 calories, 12g total fat, 3g saturated fat, 0g trans fat, 65mg cholesterol, 660mg sodium, 17g total carbohydrate, 0g dietary fiber, 2g total sugars, 23g protein, 6% DV calcium, 6% DV Iron, 8% DV Potassium

Game

Turkey Trivia

Can you guess the correct answer to all 5 questions?

1. Can all adult turkeys gobble?

2. What is a baby turkey called?

3. How many pounds of turkey will the average American eat a year?

4. Is the turkey native to the country of Turkey?

5. What is the average life span of a wild turkey and of a domesticated turkey?

Answers revealed on a later page

Miscellaneous

Is Cooperative Extension meeting or addressing the needs of our community? Every four years you can help develop programs specific to this community, your voice matters. Take this short survey.

KENTUCKY COOPERATIVE EXTENSION

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

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 receipt or retention 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.
Lexington, KY 40506

Contact your local Extension Office for a paper copy of the survey.

Answers to Turkey trivia

1. only male turkeys gobble
2. poult, chick or turklette
3. about 15 pounds a year
4. wild turkeys are native to Mexico
5. a wild turkey will live 3-4 years, a domesticated turkey is 26 weeks



OFFICE INFORMATION



93 Extension Way
Murray, KY 42071
270-753-1452
8:00am - 4:30pm
calloway.ca.uky.edu

FCS Agent: Debbie Hixon
debra.hixon@uky.edu



Calloway
FCS

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.

