

SEPTEMBER 2023 NEWSLETTER



Dehydrating Class with Russell County FCS Agent, Megan. She made rehydrated apple pies.



Circle of Friends Homemakers



Summersville Homemakers

Town and Country Homemakers



August Recap

August was a fun month for sure! We had our annual homemakers kickoff which was luau/Hawaiian themed. We had a contest for best dressed according to that theme and our winner was Corrine Slinker (Town and Country Club, second one on the right) in her authentic Hawaiian dress. Thank you to everyone that came and helped decorate, cook, clean up, etc.

Home Preservation is still going on and fellow FCS Agent, Megan Gullett in Russell County led a dehydrating class in which she went over various methods, equipment, process, and participants even got to sample different items!

I participated in other things including cooking from the calendar, back to school bashes, senior center and just family activities where individuals got to make their own trail mix and learn about camping outdoors!

What else has Katelyn done in August?

- Cooking from the Calendar
- Senior Center
- Just Family Adult Day Care
- Green County School's Back to School Bash
- Sewing Practice with Debbie M in Cumberland
- State Fair Judging Assignment
- Arts Council Meetings
- End of Year Reports
- AND SO MUCH MORE



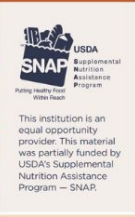
Setting up at the Green County HS Back to School Bash promoting Young Homemakers. (flyer attached if you know someone with interest of high school age)

Sewing table runners with Debbie!



COOKING FROM THE CALENDAR

One Pan Shrimp and Veggies



September 14th, 2023 @ 12pm

Call the Extension Office at
270-932-5311 to register

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

PAINTING PARTY



Join local artist, Karen Roland in a guided painting class on **September 12th** from **12-2pm CST**. All materials will be provided with a fee of **\$10**. You will be choosing from the two paintings above for this class.

To register please stop by the Green County Extension Office or call 270-932-5311

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PASSPORT TRIP



OCTAGON HALL IN FRANKLIN KY

Octagon Hall completed in 1859 was a home to many people and events including use during the Civil War. This building is known not only for its history but its paranormal activity.

September 21st we will be leaving from the Green County Extension Office at 8:40am CST. Spots are limited so be sure to call 270-932-5311 to sign up!



WALKTOBER

OCTOBER 1ST-31ST 2023

GET MOVING

WALKtober is a walking challenge throughout the month of October.

What is required for this challenge?

- Complete online reporting daily
- Set one goal for yourself
- Track those daily steps!!!

People with the most steps in the youth and adult groups at the end of the month receive a prize!



Use QR CODE to register and to complete daily reporting!

FOR MORE INFORMATION CALL THE GREEN COUNTY EXTENSION OFFICE AT 270-932-5311 OR EMAIL [KATELYN.SQUIRES@UKY.EDU](mailto:katelyn.squires@uky.edu)



Kickstart THE HOLIDAYS



Friday, October 27th

Adair County Extension Office
409 Fairground Street, Columbia

Registration begins at 9:00 am CST
Program begins at 9:30 am CST

Join Us to Learn About:

- Creating & Maintaining Family Traditions
- Managing Holiday Finances
- Holiday Floral Arrangements
- Tasty Holiday Treats
- Self-Contained Herb Gardens
- Family Fun for the Holidays
- And more along with Great Fellowship & Sharing!

Registration and \$10 fee due to the
Adair County Extension Office
by October 11th

Cooperative
Extension Service

Agriculture and Natural Resources
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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● YOUNG HOMEMAKERS CLUB ●

Are you interested in learning about a new hobby in a hands-on environment?




Join the Young Homemakers Club to enjoy all kinds of trades such as the ones listed below!


- 
- Sewing
 - Cooking
 - Baking
 - Painting
 - Charcuterie Boards
 - Homemade presents
 - AND SO MUCH MORE

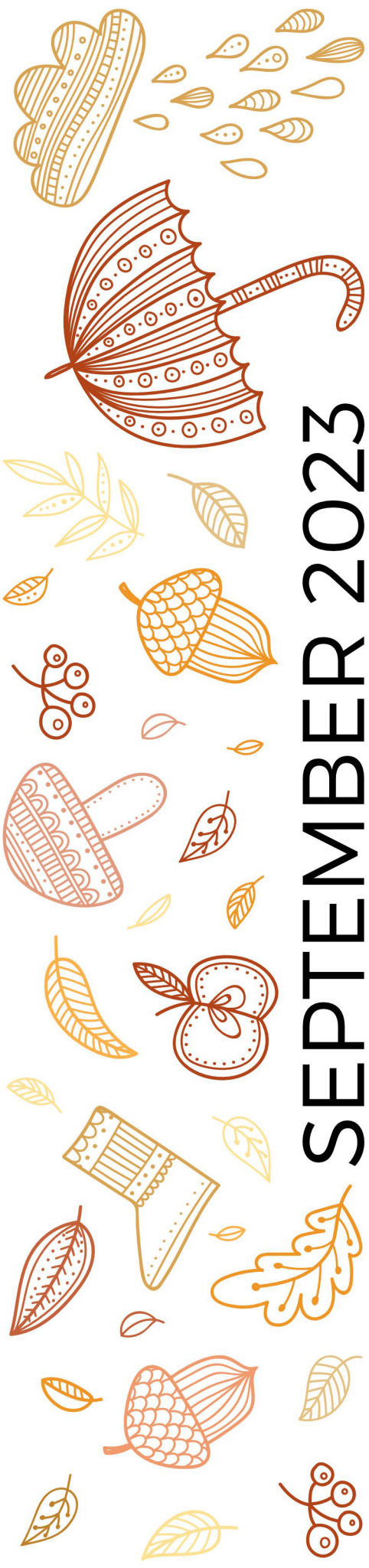


Interested in joining? Call the Green County Extension Office at 270-932-5311 or email katelyn.squires@uky.edu



Be sure to let us know if you have any suggestions as well. I would love to hear your ideas!





SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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Paint Party with Karen Roland 12-2pm
 Summersville 5pm
 Homemaker Council Meeting 4pm
 Town & Country at Brenda Cooks 5pm
 Help Hope Hands 9am
 Cooking from the Calendar 12pm
 Help Hope Hands 9am
 Passport Trip: See Flyer
 Help Hope Hands 9am
 Lesson Leader Training 12p
 Help Hope Hands 9am

Homemade GIFTS MADE EASY

Holidays and Observances: 4: Labor Day

**UK CES Green County
298 Happyville Road
Greensburg KY 42743-9498**

RETURN SERVICE REQUESTED

Apple Sage Pork Chops

- **1 tablespoon** flour
- **1 teaspoon** dried sage
- **2 tablespoons** garlic powder
- **1/2 teaspoon** ground thyme
- **1 teaspoon** salt
- **4** boneless center cut pork chops
- **2 tablespoons** oil
- **1/2** large onion, thinly sliced
- **2** thinly sliced red apples
- **1 cup** unsweetened apple juice
- **2 tablespoons** brown sugar (optional)

Wash hands with soap and warm water, **scrubbing** for at least 20 seconds. **Gently clean** all produce under cool running water. **Mix** flour, sage, garlic, thyme, and salt together in a small bowl. **Sprinkle** 1 1/2 tablespoons of the mixture over both sides of the pork chops. Remember to **wash** hands after handling raw meat. **Heat** oil in a large skillet over medium-high heat. **Sear** pork chops for 2 to 3 minutes on each side. Pan will smoke a little. **Remove** pork chops from the pan and set aside. **Reduce** heat to medium. To the same skillet, **add** onion and **cook** for 2 minutes, or until soft. **Add** apples, and **continue cooking** until tender, about 2 minutes. **Add** apple juice, brown sugar, and remaining spice mixture and stir to dissolve. **Return** pork chops to the skillet by nestling them in the pan. **Bring** the liquid to a boil, **reduce** heat to low, and **simmer** for 5 minutes or until the pork is cooked through and reaches 145 degrees F on a food thermometer. **Refrigerate** leftovers within 2 hours.

Yield: 4 servings. **Nutrition Analysis:** 310 calories, 10g total fat, 1.5g saturated fat, 50mg cholesterol, 660mg sodium, 35g total carbohydrate, 3g fiber, 25g total sugars, 7g added sugars, 22g protein, 6% DV vitamin D, 2% DV calcium, 6% DV iron, 15% DV potassium.

