

Mercer County Family and Consumer Sciences Newsletter OCTOBER 2023

UK Martin-Gatton
College of Agriculture,
Food and Environment

Mercer County Office
1007 Lexington Road
Harrodsburg, KY 40330
859-734-4378



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Happy October, FCS Friends! I had an incredibly busy, but equally successful summer full of programming and am so excited to bring you my fall programming. Fall is my absolute favorite time of year! I want to share my excitement for the upcoming season with each of you by hosting a Fall Frenzy. This programming will cover three of my most popular class topics: Food Preservation, Baking, and Crafts. Throughout October and November I will be teaching Fall-themed classes on these topics. I will be offering Food Preservation classes on fresh Cranberry Sauce, Sweet Cider Apple Butter, and Cranberry-Apple Preserves, Baking classes on Apple Hand Pies, Pumpkin Rolls, and Cornbread Cookies, and two Craft Classes. The two Craft Classes will be a Foundation Paper Pieced Quilted Pumpkin Door Hanger and a "Thanksgiving pie" themed felt garland. I am so excited for these classes and I can't wait for our first Fall Frenzy together. Each of these classes will be offered at no cost and require an RSVP so please call 859-734-4378 or email tara.duty@Uky.edu to reserve your spot! Due to Heritage Craft Camp at the end of October, there will be no Crafternoon this month.

Family and Consumer Sciences Agent, *Tara Duty*
Tara Duty

Fall Frenzy Craft Classes



Foundation Paper Pieced Quilted Door Hanger Class

OCTOBER 2nd
10AM-2PM

Please pack your lunch, drinks and snacks will be provided.



Thanksgiving Pie Garland

NOVEMBER 14th
1:00PM

BOTH CLASSES ARE FREE. LIMITED SPACE, RSVP REQUIRED.

Cooperative Extension Service
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LEXINGTON, KY 40546

 
Disabilities accommodated with prior notification.



Italian One Pot Pasta and Beans



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

- 1 tablespoon oil
- 1 medium yellow or white onion, diced
- 1 large carrot, diced
- 1 stalk celery, diced
- 2 minced garlic cloves, or 2 tablespoons garlic powder
- 1 tablespoon Italian seasoning
- 4 cups low-sodium vegetable broth or water
- 1 can (15 ounces) no-salt-added diced tomatoes
- 1 can (15 ounces) no-salt-added tomato sauce
- 1 1/2 cups dry elbow macaroni or ditalini pasta
- 2 cans (15 ounces) white beans such as cannellini, undrained
- 1 teaspoon salt
- Parmesan cheese (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse produce under cool running water and scrub clean with vegetable brush.

3. Over medium heat, add oil to a large pot. Sauté onion, carrots, and celery until soft.
4. Add garlic and Italian seasoning and stir for 1 minute.
5. Add broth, diced tomatoes, and tomato sauce and bring mixture to a boil.
6. Stir in uncooked pasta. Simmer, stirring from time to time for 7 to 9 minutes until pasta is almost cooked.
7. Stir in beans and salt. Simmer another 5 minutes.
8. Ladle into bowls and top with parmesan cheese, if desired.
9. Store leftovers in the refrigerator within 2 hours.

Makes 12 servings
Serving size: 1 cup
Cost per recipe: \$6.38
Cost per serving: \$0.53

This recipe is adapted from a Pasta Fagioli recipe that came from Italy. In Italian, pasta fagioli means pasta and beans. Most likely ditalini pasta was used in the original recipe. Any white bean can be used in this recipe.

Nutrition facts per serving:

150 calories;
1.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 420mg sodium; 27g total carbohydrate; 7g dietary fiber; 5g total sugars; 0g added sugars; 6g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

Source:

Cathy Fellows,
Boone County
SNAP-Ed Program
Assistant





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



OCTOBER 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
	<ul style="list-style-type: none"> Bingocize @ Senior Citizen Center 	<ul style="list-style-type: none"> Knit one, Crochet, too @ 2PM 	<ul style="list-style-type: none"> Bingocize @ Senior Citizen Center 	<ul style="list-style-type: none"> Foundation Paper Pieced Pumpkin Quilted Door Hanger 10AM-2PM 	<ul style="list-style-type: none"> Lunch N Learn 12PM 	
8	9	10	11	12	13	14
	<ul style="list-style-type: none"> Bingocize @ Senior Citizen Center Creative Cooking @ 12 PM 	<ul style="list-style-type: none"> Wilderness Trace Quilt Guild @ 1PM Knit one, Crochet, too @ 2PM 		<ul style="list-style-type: none"> Tara out of office at training 	<ul style="list-style-type: none"> Homemakers trip to Bernheim Forest 	<ul style="list-style-type: none"> Chair Caning Class 9AM-12
15	16	17	18	19	20	21
	<ul style="list-style-type: none"> Bingocize @ Senior Citizen Center Sweet Cider/Apple Butter @ 1PM Backporch Gatherings 6 PM 	<ul style="list-style-type: none"> Knit one, Crochet, too @ 2PM Tara out of office at training 	<ul style="list-style-type: none"> Bingocize @ Senior Citizen Center 	<ul style="list-style-type: none"> Homemaker Leader Lesson 10AM Apple Hand Pies @ 1PM 	<ul style="list-style-type: none"> Pumpkin Days 6-7:30PM 	
22	23	24	25	26	27	28
	<ul style="list-style-type: none"> Bingocize @ Senior Citizen Center Pumpkin Roll @ 1PM 	<ul style="list-style-type: none"> Knit one, Crochet, too @ 2PM Tara out of office at training 	<ul style="list-style-type: none"> Tara out of office at training 	<ul style="list-style-type: none"> Tara out of office at training Wilderness Trace Quilt Guild 10AM 	<ul style="list-style-type: none"> Heritage Craft Camp @ Boyle County 	<ul style="list-style-type: none"> Heritage Craft Camp @ Boyle County
29	30	31				
	<ul style="list-style-type: none"> Bingocize @ Senior Citizen Center Cranberry Apple Preserves @ 1PM 	<ul style="list-style-type: none"> Knit one, Crochet, too @ 2PM Homemaker Area Annual Meeting in Boyle County 				

**Mercer County
1007 Lexington RD
Harrodsburg, KY 40330-9203**

RETURN SERVICE REQUESTED



Apple Cranberry Waldorf Salad

- 1 cup** chopped Granny Smith apple
- 1 cup** chopped Red Delicious apple
- 1 cup** diced celery
- 1 cup** halved seedless green grapes
- 1 cup** halved seedless red grapes
- 1½ cups** dried cranberries
- ½ cup** chopped walnuts
- 8 ounces** non-fat vanilla yogurt
- 2 tablespoons** honey
- ¼ teaspoon** cinnamon

- 1. Combine** chopped apples and diced celery and put in a medium sized bowl. Add grapes, cranberries, and walnuts to the mixture. Stir ingredients together.
 - 2. In a separate bowl,** add the yogurt, honey, and cinnamon. Stir together and pour over the fruit mixture. Cover and chill before serving.
- Yield:** 8, 1 cup servings.
- Nutrition Analysis:** 210 calories, 5 g fat, 0 mg cholesterol, 35 mg sodium, 41 g carbohydrate, 3 g fiber, 34 g sugar, 3 g protein.

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



Fall Harvest Salad

- 5 cups** torn leaf lettuce leaves
- 2 ½ cups** spinach
- 1 medium** red apple, chopped
- 1 medium** pear, chopped
- 4 teaspoons** lemon juice
- ¼ cup** dried cranberries
- ¼ cup** feta cheese crumbles
- ½ cup** chopped walnuts
- Dressing:**
- 2 ½ tablespoons** olive oil
- 2 tablespoons** balsamic vinegar
- 1 ½ teaspoons** Dijon mustard
- 2 teaspoons** Kentucky honey
- ½ teaspoon** salt

- Combine** leaf lettuce and spinach leaves in a large salad bowl. **Mix** apples and pears with lemon juice in a small bowl and add to lettuce mixture. **Prepare** dressing by whisking together the olive oil, balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and **toss** to coat.
- Sprinkle** salad with cranberries, feta cheese and walnuts. **Serve** immediately.
- Yield:** 8, 1 cup servings
- Nutritional Analysis:** 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.



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NOTICE

Public Notification of Procedure for Filing a Complaint:
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GET READY FOR

FALL

OCTOBER-NOVEMBER
2023

FRENZY

AT THE EXTENSION
OFFICE



Food Preservation



- **Sweet Cider Apple Butter: 10/16/2023 at 1:00PM**
- **Cranberry Apple Preserves: 10/30/2023 at 1:00PM**
- **Cranberry Sauce: 11/7/2023 at 10:00AM**

Crafts



- **Foundation Paper Pieced Quilted Door Banner: 10/5/2023 10AM-2PM Pack a lunch, Drinks provided**
- **Thanksgiving Pie Garland: 11/14/2023 at 1:00PM**

Desserts



- **Pumpkin Roll: 10/23/2023 at 1:00PM**
- **Apple Hand Pies: 10/19/2023 at 1:00PM**
- **Cornbread Cookies: 11/22/2023 at 10:00AM**

ALL CLASSES ARE RSVP ONLY! Call 859-734-4378 to RSVP

*Quilted Door Banner Class REQUIRES Paper Piecing Experience





UK Cooperative
Extension Service

Fort Harrod Area Heritage Craft Camp

October 27-28, 2023

Boyle County Extension Office
99 Corporate Dr.
Danville, Kentucky

Rocking Down Memory Lane



To register visit: <https://franklin.ca.uky.edu>

Or scan the QR code



Cooperative Extension Service

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.