Mercer County Family and Consumer Sciences Newsletter

OCTOBER 2023



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



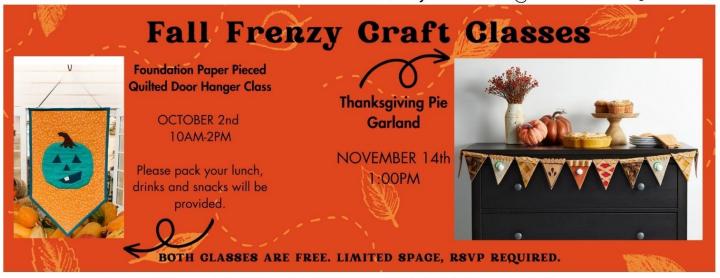
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Happy October, FCS Friends! I had an incredibly busy, but equally successful summer full of programming and am so excited to bring you my fall programming. Fall is my absolute favorite time of year! I want to share my excitement for the upcoming season 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



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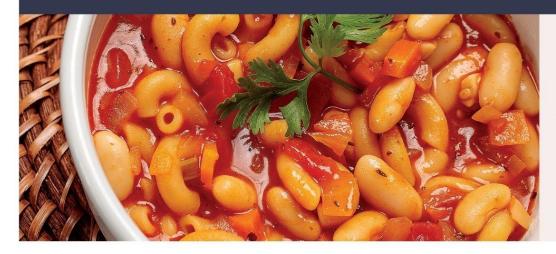








Italian One Pot Pasta and Beans





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-saltadded diced tomatoes
- 1 can (15 ounces) no-saltadded tomato sauce
- 11/2 cups dry elbow macaroni or ditalini pasta
- 2 cans (15 ounces) white beans such as cannellini, undrained
- 1 teaspoon salt
- Parmesan cheese (optional)
- 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; Og trans fat; Omg cholesterol; 420mg sodium; 27g total carbohydrate; 7g dietary fiber; 5g total sugars: Og 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

Cooperative Extension Service

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LEXINGTON, KY 40546







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

OCTOBER 2023



SAT	7	14 • Chair Caning Class 9AM-12	21	28 Heritage Craft Camp @ Boyle County	
FRI	6 Lunch N Learn 12PM	13 Homemakers tip to Bernheim Forest	20	27 • Heritage Craft Camp © Boyle County	
ПНТ	5 • Foundation Paper Pieced Pumpkin Quilled Door Hanger 10AM-2PM	12 Tara out of office at training	19 Homemaker Leader Lesson 10AM Apple Hand Pies @ IPM	26 • Tara out of office at training • Wilderness Trace Quilt Guild 10 AM	
WED	4 Bingocize @ Senior Citizen Center	[18 • Bingootze @ Senior Citizen Center	25	
TUE	S Knit one, Crochet, too ® 2PM,	• Wilderness Trace Quilt Guild @ IPM • Krit one, Crochet, too @ 2PM	17 • Knit one, Crochet, too ® 2PM • Tara out of office at training	24 • Knit one, Crochet, too © 2PM • Tara out of office at training	S1 • Knit one, Crochet, too © 2PM • Homemaker Area Annual Meeting in Boyle County
NOM	2 Genter Citizen Center	9 Bingocize @ Senior Citizen Center Creative Cooking @ 12 PM	16 Bingocize @ Senior Citizen Center Sweet Cider Apple Butter @ 1 PM Backporch Gatherings 6 PM	23 • Bingocize @ Senior Ottizen • Pumpkin Roll @ IPM	30 • Bingocize @ Senior Citizen • Cranberry Apple Preserves ® IPM
NUS	←	Φ	15	22	29



Mercer County 1007 Lexington RD Harrodsburg, KY 40330-9203

RETURN SERVICE REQUESTED

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Apple Cranberry Waldorf Salad

1 cup chopped Granny Smith apple

1 cup chopped Red

1 cup diced celery

1 cup halved seedless green grapes 1 cup halved seedless

1½ cups dried

cranberries

½ cup chopped walnuts 8 ounces non-fat

vanilla yogurt 2 tablespoons honey 1/4 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 cho-lesterol, 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 2 1/2 cups spinach leaves 1 medium red apple.

chopped 1 medium pear, chopped 4 teaspoons lemon juice 1/4 cup dried cranberries 1/4 cup feta cheese crumbles 1/2 cup chopped walnuts

Dressing: 2 1/2 tablespoons olive oil 2 tablespoons balsamic

1 1/2 teaspoons Dijon mustard

2 teaspoons Kentucky

1/2 teaspoon salt

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.



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.

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NOTICE

Public Notification of Procedure for Filing a Complaint The Cooperative Extension Service prohibits discrimination in its programs and employment on the basis of race,

color, age, religion, gender, disability, or national origin.

To initiate a complaint at the college level, contact Tim West in the Business Office at 859-257-3879. At the University level, Terry Allen and Patty Bender in the <u>UK Office of Institutional Equal Opportunity</u> (859-257-8927) may be contacted. Additionally, employee or clientele complaints involving any research or extension sponsored program or activity may be directed to the USDA, Director Office of Civil Rights, Room 326-W Whitten Bidg., 14th & Independence Ave. SW, Washington DC 20250-9410 (202-720-5964).























FRENZY

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





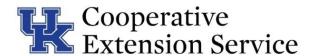












Fort Harrod Area Heritage Craft Camp

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

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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