

AUGUST 2023

CUMBERLAND COUNTY HOMEMAKER Newsletter



You are invited to the
County Annual Meeting

August 31st, 2023 ♥ 5pm CT
at the Cumberland County Extension Office

Theme: "Sweetness Overload"

Invite a friend to come along - Let's increase our membership!
Bring an appetizer/dessert with a copy of the recipe to share.

To RSVP, call the Cumberland County Extension Office
at (270) 433-7700.



IN THIS ISSUE

COUNTY ANNUAL MEETING

ADVISORY COUNCIL

DEHYDRATING CLASS

FALL GARDENING

DATES OF IMPORTANCE

CUMBERLAND COUNTY HOMEMAKERS

CUMBERLAND COUNTY HOMEMAKERS

ADVISORY COUNCIL MINUTES
JULY 20, 2023

Members present were: Linda Davis, Jennie Will, Joyce Howlett, Jean Sells, Julie Erdahl, Barbara Booher, Patricia Garner and Debbie Messenger.

The meeting was called to order by Vice President Linda Davis. The main topic of conversation was our upcoming annual meeting. We decided on August 31 at 5:00PM for the date. Our theme this year will be "Sweetness Overload". The Extension Office will take care of decorations and paper products. Club members are asked to bring their favorite finger food and include the recipe to share with everyone. The council members signed up to bring the following foods:

- Jean Sells. Vegetable Pizza
- Linda Davis. Veggie Chips, vegetables and dip, Chex mix
- Jennie Will. Brownies or Cookies and chips
- Joyce Howlett Barbecue Smokies
- Julie Erdahl. Wings and a Charcuterie Board
- Barbara Booher Chicken Salad croissants, Cheese ball
- Linda Brown. Blond Brownies
- Debbie Messenger. Meat balls and cheese cubes
- Patricia Garner Punch

Every club member is encouraged to bring a friend who hopefully will want to join a Homemaker Club.

The membership drives goes from September 1– November 30. Members are encouraged to talk about advantages of being in a club, share information about activities each club is involved in and invite new people to join.

Our first fundraiser will be a yard sale during the Roller Coaster yard sale October 5-6. All club members are encouraged to donate items for this. Items can be brought to the basement of the Extension office after September 5th.

September 7th will be our first workshop. A workshop titled "All About Fall" will be held at 1:00 PM at the Extension office. There will be wreath making, fall food demonstrations and table arrangement making. There will be a charge for this which hasn't been determined.

Monday, November 13th at 10 AM a workshop called "Countdown to Christmas" will be held.

October 16 there will be a day trip to Casey County to see fall foliage, eat at Bread of Life Cafe and do some shopping.

The Christmas Village will be December 15th.

With no further business, Joyce Howlett made the motion to adjourn.

Patricia Garner, Secretary



Cooperative
Extension Service

DEHYDRATING CLASS



AUGUST 21ST ● NOON

at the Cumberland County Extension Office
90 Smith Grove Rd, Burkesville, KY 42717

Free Class!

**To register, call the Cumberland County
Extension Office at (270) 433-7700.**

**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



FALL GARDENING

August 10th, 2023 | 9am-1pm CT
at the Cumberland Co. Extension Office
90 Smith Grove Rd., Burkesville, KY

- 
- ✓ Fall Gardening Planting Dates
 - ✓ Garlic
 - ✓ Cleaning Your Garden Spot
 - ✓ Flavors of Fall: Soup and Apple Nachos
 - ✓ Craft



August brings an opportunity for a second vegetable planting. You can do chores now to prepare your soil for your spring garden as well. This class will teach you tips and tricks of how to go about achieving the garden of your dreams. This class is free, registration is required. Lunch is provided.

**To register, please contact the Cumberland County
Extension Office at (270) 433-7700.**

**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



Homemaker



Dates of Importance

September

DONATIONS

Starting September 5th, 2023

At the Cumberland County Extension Office

Drop off donations in the basement for Roller Coaster Fundraiser for Homemakers.

ALL ABOUT FALL

September 7th, 2023 1:00pm CT

At the Cumberland County Extension Office

More details to come. RSVP by contacting the Extension Office.

October

ROLLER COASTER SET UP

October 4, 2023 9:00am CT

At the Cumberland County Extension Office

Set up for the Roller Coaster.

ROLLER COASTER FUNDRAISER

October 5-7, 2023

At the Cumberland County Extension Office

Proceeds go towards the Homemaker scholarship fund.

DAY TRIP

October 16, 2023 8:00am CT

At the Cumberland County Extension Office

Day trip to Bread of Life Cafe and shopping in Casey County. Meet at the Cumberland County Extension Office at 8am CT to carpool.

November

HOMEMAKER COMMUNITY GIVEAWAY

November 11th, 2023

COUNTDOWN TO CHRISTMAS

November 13th, 2023 10:00am CT

At the Cumberland County Extension Office

More details to come. RSVP by contacting the Extension Office.



APPLE GRILLED CHEESE

- 2 teaspoons butter
- 4 slices whole-wheat bread
- 2 slices American or cheddar cheese
- 1/2 cup spinach
- 1 teaspoon honey
- 1 apple, cored and thinly sliced

1. Place a medium skillet over medium heat. Butter one side of each slice of bread.
2. Place one slice of bread in the skillet, butter side down. Top with two slices of cheese and 3 to 4 pieces of spinach. Drizzle with honey. Place 2 to 3 apple slices on the sandwich.
3. Top the sandwich with the other slice of bread, butter side up. Cook for 2 to 3 minutes, or until golden brown and flip.
4. Repeat for the next sandwich, or if your skillet is large enough, do two at a time.

Servings: 2 Serving size: 1 sandwich

Source: <https://www.planeatmove.com/recipes/recipe/apple-grilled-cheese>

Debbie Messenger

Debbie Messenger
Agent for Family and Consumer Sciences



(270) 433-7700



debbie.messenger@uky.edu

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to

Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.