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.



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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



DEHYDRATING CLASS

AUGUST 21ST 💿 NOON

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

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

L'ree Class,

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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FALL GARDENING

August 10th, 2023 | 9am-1pm CT at the Cumberland Co. Extension Office

90 Smith Grove Rd., Burkesville, KY



- 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.

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

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 Rollerl Coaster.

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

ROLLER COASTER FUNDRAISER

October 5-7, 2023 At the Cumberland County Extension Office Proceeds go towards the Homemaker scholarship fund.

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.

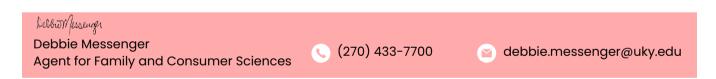
APPLE GRILLED CHEESE



- 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



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