

# CUMBERLAND COUNTY *Homemakers*



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## FRIENDS OF BURKESVILLE MANOR

The Extension office is collecting the following items for the Friends of Burkesville Manor program:

- Muffin Mix
- Small Boxes of Microwavable Bacon (NOT the raw, refrigerated bacon)

If you have questions on either item, please call the Extension office. We need to have at least 24 of each item. Please have items to the Cumberland County Extension Office by **December 11th, 2023.**



**Office staff delivered November's bag, full of Thanksgiving food staples, to the residents of Burkesville Manor. Many thanks to all of the Homemakers that made this possible!**

## OFFICE CLOSING DATES

- Christmas Break: December 25th-December 29th, 2023
- New Year's Day: January 1st, 2024
- Martin Luther King Jr. Day: January 15th, 2024

## SAVE THE DATE FOR CULTURAL ARTS

All Extension Homemakers are encouraged to submit original items for competition. Each article must be the work of an Extension Homemaker member and must have been completed during the past 2 years. Blue ribbon and Purple ribbon winners from previous years in each category or subcategory are not eligible for entry in another KEHA cultural arts contest.

### COUNTY CULTURAL ARTS:

- February 28th, 2024

### AREA CULTURAL ARTS:

- March 6th, 2024

A list of categories is included with your newsletter. If you would like to volunteer at these events, please contact the Extension office or Kim Lohr.

❄️ MERRY ❄️  
CHRISTMAS

## CHRISTMAS VILLAGE REMINDER

December 14th, 2023

8am-9:30am

at the Cumberland Extension Office

\*Volunteers MUST have a completed background check.

## COMMUNITY GIVE AWAY

December 7th, 2023 9am-3pm

at the Cumberland County Fairgrounds Ag Building

## LET IT SNOW! LET SNOW! PAINTING CLASS

January 12th, 2024 12:30pm

at the Extension Office

Cost: \$15

\*If you bring a board back, there is no cost.



## *EXCITING NEWS*

With more classes being offered and more meetings being held, the Extension office is looking in to expanding our useable space! The basement remodel has been in the budget plans for several years. We are hoping this year makes it a reality!

All Extension groups are asked to clean out their area of the basement. We currently have a dumpster rented that you may use for this process. Agents and staff will be working on this as well. It is important that everything has a designated space and all items are off the floor. Please meet with office staff to designate an area for supplies. This needs to be completed by the end of January.

We appreciate you and we are thankful for growing programs! We look forward to enjoying this new space that can benefit us all!



## NOT YOUR GRANDMA'S BRUSSEL SPROUTS

### Ingredients

- 1 pound Brussels sprouts, quartered
- 1 tablespoon olive oil
- 2 teaspoons garlic powder
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 tablespoons grated Parmesan cheese

### Directions

1. Preheat oven to 425 degrees F.
2. Lay Brussels sprouts on baking sheet or oven safe skillet and drizzle with olive oil. Season with salt, pepper and garlic powder. Toss to coat.
3. Bake 10 minutes, shake the pan to turn and bake for an additional
4. 8-10 minutes, until crisp and golden.
5. Remove from oven and sprinkle with grated cheese.



Source: Adapted from USDA What's Cooking?

Servings: 2

Serving Size: 1 Cup

100 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 5mg cholesterol; 230mg sodium; 11g carbohydrate; 5g fiber; 3g sugar; 0g added sugar; 5g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

## EXTENSION OFFICE CLASSES & EVENTS

- **Clinton-Cumberland Cattlemen's Meeting:** December 7th, 2023, 6pm CT at the Cumberland Extension Office. Registration required.
- **Bee Keeping Group:** January 9th, 2024, 5pm, at the Cumberland Extension Office. Group will meet monthly on the second Tuesday.
- **Let it Snow! Let it Snow! Paint Class:** January 12th, 2024, 12:30pm, at the Cumberland Extension Office. Paint a winter themed welcome sign! Many designs to pick from. Cost: \$15 (if you bring a board back from a previous class, there is no cost. Registration required.
- **Tick Class:** January 18th, 2024, 5pm, at the Cumberland Extension Office. Instructor: Jonathan Larson
- **Women in Ag Meeting:** January 19th, 2024, 9am, at the Cumberland Extension Office. Informational and planning meeting for 2024. All are invited to attend.
- **Wicking Raised Beds:** February 20th, 2024, 1pm, at the Cumberland Extension Office. Instructor: Steve Higgins

Check out our website to stay informed on upcoming classes and events.

Website: [cumberland.ca.uky.edu/events](http://cumberland.ca.uky.edu/events)



**Debbie Messenger, agent for Family and Consumer Sciences**

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*Debbie Messenger*

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