

Cumberland County Homemaker Newsletter



Mailbox or Join a Club?

Be a Mailbox Member

Members-at-large enjoy the privileges of regular Extension Homemaker Club membership, but choose to not attend a regularly-scheduled club meeting. Ideal for those who wish to stay connected but have less time to regularly commit.

Join a Club:

- Attend monthly meetings
- Participate in club and county activities
- Educational lesson each meeting
- Receive newsletters and information about programs
- Leadership opportunities
- Awards and recognition
- Community Support

Homemaker Clubs:

- Kettle: Meets first Thursday of the month, 10am, at the Cumberland County Extension Office
- Station 2: Meets second Thursday, 5:30pm, at the Cumberland County Extension Office
- Marrowbone Homemakers: Meets last Monday of the month, 5:30pm, at the Marrowbone Methodist Fellowship Hall
- Quilt Guild: Meets the third Thursday of the month, 9am, at the Cumberland County Extension Office



Cumberland County
Cooperative Extension Service
90 Smith Grove Rd.
Burkesville, KY 42717
(270) 433-7700
Website: cumberland.ca.uky.edu

Debbie Messenger,
Debbie Messenger
Agent for Family &
Consumer Sciences
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 - Homemaker Auction
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 - Porch Leaner Class
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Friends of Burkesville Manor

The Cumberland County Extension Office will be collecting cereal, applesauce, and fruit cups to go in the bags for Burkesville Manor residents. These items are due to the Extension Office by October 11th, 2024. If you would like to help deliver bags, let us know!

Healthy Eating Around the World Class

Date: October 7th, 2024

Time: Noon

Location: Cumberland County Extension Office

We'll take a trip around the globe to learn about dietary recommendations from other countries. Along the way, we'll learn about new foods and ways of eating. As we arrive back in the U.S., we'll reflect on what we learned and see how advice about a healthy diet is remarkably similar, no matter where on Earth we live. All are invited and encouraged to attend!

Girls Day Out

October 11th, 2024

Homemakers will take a trip to the Galilean Home and Bread of Life Cafe. Meet at the Extension Office at 9am to carpool. Reminder: Bring items for Galilean Home.

Registration required! Please call the Cumberland County Extension Office at (270) 433-7700 by October 9th, 2024 at 4pm.

Homemaker Online Auction

The Cumberland County Homemakers will have an online auction in November to raise money for the Homemaker scholarship fund.

- Auction will start:
 - November 22nd, 2024 at 8am
- Auction will end:
 - November 25th, 2024 at 3pm
- Pickup of items:
 - November 26th, 2024 from noon-4pm

Items needed:

- **NEW** items
- Baked goods

New items need to be to Katie by November 18th, 2024 at 3pm.

If you are making a baked item, please have a description and name of baked good to Katie by November 18th, 2024 by 3pm. Baked goods will need to be dropped off at the Extension Office on November 26th, 2024 by 8am.

The Extension Office will need volunteers to work the day of pickup. If you would like to volunteer, please contact the Cumberland County Extension Office at (270) 433-7700.



HOMEMADE VANILLA EXTRACT CLASS

OCTOBER 14TH, 2024 1PM

AT THE CUMBERLAND COUNTY EXTENSION OFFICE
90 SMITH GROVE RD., BURKESVILLE, KY 42717

Learn to make your own quality vanilla extract in just minutes. We all know that a little vanilla elevates the taste of freshly baked cookies, creamy puddings, even that steaming cup of coffee.

Homemade vanilla extract saves money, and even if it didn't, when it comes to taste and flavor, there is just no comparison. Great for gifts too!

\$10 fee for this class. Fee is due the day of class to the instructor. Participants will receive all supplies and make two varieties of Vanilla Extract.

REGISTRATION REQUIRED

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



All Things Holiday

Let's get ready for the holiday season!

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October 18th, 2024

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

Sessions

- Candy Making at 10am
- Holiday Appetizers at Noon
- Bow Making at 1pm
- Wood Slice Ornaments at 2pm
- All Things Pumpkin at 3pm

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COST

Please bring two food items PER SESSION that you attend. The items we are collecting are: canned sweet potatoes, instant potatoes, cranberry sauce, mac n cheese, cake mix, and frosting. Food items will be donated to the local Burkesville Manor residents.

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REGISTER

To register, contact the Cumberland County Extension Office at (270) 433-7700. When registering, please state which sessions you would like to attend.

PORCH LEANER PAINT CLASS



Join one of the paint classes coming up to create your own porch leaner using stencils. Choose from several designs!

CLASS OPPORTUNITIES

October 17th, 2024 5:30pm
at the Cumberland County Extension Office

October 28th, 2024 1pm
at the Cumberland County Extension Office

COST

\$15, includes all materials. Due the day of class to the instructor, Barbara Booher. Cash or check only.

REGISTER

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





Broccoli Cornbread

Why serve regular cornbread when you can serve broccoli cornbread? All the same great taste — but with added nutritional goodness.

Ingredients

- ¼ cup margarine, melted
- ⅓ cup onion, chopped
- ½ teaspoon salt
- ¾ cup low-fat cottage cheese
- 1½ cups fresh or cooked frozen broccoli, finely chopped
- 4 eggs, slightly beaten
- 1 (8.5-ounce) box quick corn muffin mix

Note: For thicker bread bake in a 9-inch round pan and add 5-7 minutes onto the suggested cooking time.

Directions

1. Preheat oven to 400 degrees F. In a mixing bowl, blend melted margarine, onion, salt, cheese, broccoli and eggs. Stir in muffin mix.
2. Pour into greased 9-by-13-inch pan.
3. Bake for 20 to 25 minutes, until the top is a golden brown. Cool and cut into squares.

Servings: 12

Serving Size: 3-inch square

Nutrition facts per serving: 90 calories; 6g total fat; 1.5g saturated fat; 0.5g trans fat; 60mg cholesterol; 240g sodium; 5g carbohydrate; 1g fiber; 2g sugar; 4g protein; 10% Daily Value of vitamin A; 20% Daily Value of vitamin C; 4% Daily Value of calcium; 2% Daily Value of iron

Source: LEAP...for Health: Rosie Allen, Area Nutrition Agent, University of Kentucky Cooperative Extension Service