

Homemakers F&CS



UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

Gallatin County
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Warsaw, KY 41095
(859) 567-5481
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FAMILY & CONSUMER SCIENCES - EXTENSION HOMEMAKER NEWSLETTER

OCTOBER 2023

Thoughts from Ronda...

It's Fall Y'all!

We have been super busy here at the Extension Office. Our Homemaker Cultural Arts Event and County Annual Meeting was a huge success. Thanks to each of you for entering your Cultural Arts projects and we have several blue ribbons going to the Area Cultural Arts Event on October 18th. Thank you, Brandon Terrell, for a wonderful presentation and for all that you do for our community each day. Thank you, Homemakers, for making the day and evening a success. Check out the photos in the following pages of your newsletter.

Upcoming classes include:

"Meat" Me Here! with Dr. Gregg Rentfrow, Extension Professor—Meat Science, University of KY Animal and Food Science, November 2 at 6:00 p.m.

Grinch Painting Class, November 9th at 1:00 p.m.

Gingerbread Class, December 8th at 1:30 p.m. Registration is required for all classes by calling our office 859-567-5481.

I am looking forward to seeing you at the Extension Office!

Ronda Rex

Co. Extension Agent for Family & Consumer Sciences

Upcoming Dates to Remember

October 5—9 am—4 pm—The Embroidery Club will meet at the Extension Office.

October 10—9 am—4 pm—The Quilt Club will meet at the Extension Office.

October 10— 6:00 pm—The Back to Basics Homemakers will meet at the Extension Office.

October 10—6:00 pm—The Napoleon Homemakers will meet at Zalla Lodge.

October 11—10:30 am—The Cross County Homemakers will meet at the Extension Office.

October 14—11 am—4 pm—Chocolate Crawl—Warsaw

October 16—Noon—Gallatin County Homemaker Council will meet at the Extension Office

October 18—N. Ky. Area Homemakers Annual Meeting—Boone County Enrichment Center. See enclosed flyer.

October 31—Happy Halloween!



Cooperative Extension Service

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

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Disabilities
accommodated
with prior notification.

Correction!

I would like to make a correction to an oversight on my behalf. The Back-to-Basics club members, Bonnie Bond, Charlene Giles, Linda Gullion, Paula Lillard, Patty McCarty, Gracie Scarlotte, Judy Smith, Doris Sullivan, Rose Sullivan, Nancy Volmer and Bonnie Weigel all received the Cultural Arts and Heritage Book Reading Awards. I apologize for any confusion this may have caused. Congratulations Ladies!

Reminder!

Please remember to have your Homemaker Membership Dues to the Extension Office by November 17th.

Dues are \$10.00 for the year. Please help us by reminding others to get their dues in as well.

Or, be bold, and invite others to join us in being a part of a wonderful organization that does so many things for our community.



County Homemaker Officers and Chairs

Marie Allison	President
Louise Hiles	Vice President/President Elect
Sherri Broderick	Secretary
Cindy Sullivan	Treasurer
Ange Morris	Cultural Arts
Vacant	Environmental
Shirley Chipman	Food & Nutrition
Charlene Giles	4-H
Doris Knepper	Family Life
Mary Jane Day	Leadership Development
Bonnie Bond	International
Doris Sullivan	Management & Safety
Tina Wehrle	Past President

Recipe of the Month

Italian One Pot Pasta & Beans

Ingredients:

1 Tbsp. oil
1 medium yellow or white onion, diced
1 large carrot, diced
1 stalk celery, diced
2 minced garlic cloves, or 2 Tbsp. garlic powder
1 Tbsp. Italian seasoning
1 cups low-sodium vegetable broth or water
1 can (15 oz.) no-salt added diced tomatoes
1 can (15 oz.) no-salt added tomato sauce
1 1/2 cups dry elbow macaroni or ditalini pasta
2 cans (15 oz.) white beans, such as cannellini, undrained
1 tsp. salt
Parmesan cheese (optional)

Directions:

1. 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 one 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.
- 10.

Makes 12 servings

Serving Size: 1 cup

Cost per recipe: \$ 6.38

Cost per serving: \$ 0.53

Nutrition facts per serving: 150 calories; 1.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 420mg sodium; 27g total carbohydrate; 7g dietary fiber; 5g total sugars; 0g 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

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.



Annual Meeting Highlights



Fall Flannel Fratics!

Northern Kentucky Area Homemakers 2023 Annual Meeting

Tyler Mullins, Gallatin County Musician, will play his favorite musical selections during the luncheon...



Keynote Speaker:
Melody Stafford
Sharing some of her humorous Life Lessons

Schedule of Events:
 8:30 am—10:00 am
Registration, Cultural Arts Check-in & Silent Auction
 10:00 am—Meeting
Keynote Speaker
Melody Stafford
"Capturing Life's Funny Moments"
Menu
 Salad, Fried Chicken, Meat Loaf, Mashed Potatoes, Green Beans, Rolls, Brownie/ Cookies, Sweet Tea, Unsweet Tea, Lemonade and Coffee

October 18, 2023
Boone County Enrichment Center
 1824 Patrick Dr., Burlington, Ky 41005
10:00 am—2:00 p.m.

Make your check payable to: Gallatin County Homemakers

Mail to: Gallatin County Extension Office, PO Box 805, Warsaw, KY 41095-0805


 If possible, register by county

Reservations due by
October 6, 2023

Cost:
\$20.00

Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone: _____ County: _____

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“MEAT”



Me Here!

**November 2
at 6:00 p.m.**

At the Gallatin Co. Extension Office

Join us as we learn all about meat, cuts of meat and being a savvy consumer of meat, the benefits and recipes using your favorite cuts.

Dr. Gregg Rentfrow, Extension Professor—Meat Science, University of KY Animal and Food Science, will be here at the Gallatin Co. Extension Office to teach this class.



Please call our office at 859-567-5481 for reservations.

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Lexington, KY 40506



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Celebrate with Gingerbread!



December 8, 2023

1:30 p.m

**at the Gallatin County
Extension Office**

Come join us in making a gingerbread house. We will put on some holiday music and celebrate the season with gingerbread. This is a class for adults (ages 18 and up).

Also, if you have a favorite gingerbread recipe, bring it for a recipe exchange. Please bring the recipe only (no food). We want you to devote much of your time building your house, relaxing, and enjoying some social time.

Registration is required by calling our office at 859-567-5481

There is a \$5.00 fee for this class to help cover the costs of supplies.

See you there!

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2023-2024 Enrollment Form for
Gallatin Co. Extension Homemaker Association

Homemaker Dues Total - \$10.00

Make Check Payable to: Gallatin Co. Extension Homemakers
PO Box 805, Warsaw, KY 41095-0805



Date _____
First Name _____ Last Name _____
Mailing Address _____
E-Mail _____

Please check One: _____ New Membership _____ Membership Renewal _____
Race (Circle One) _____ Asian _____ Black _____ White _____ Native American _____ Other _____
Gender _____ Male _____ Female _____
Age Group: _____ 20-24 _____ 25-34 _____ 35-44 _____ 45-64 _____ 65 & Over _____

Club Name (If a member of one of the clubs) _____

Phone Numbers: Home: () _____
Work: () _____
Cell: () _____

I, (Print full name) _____ hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____