



BUILDING STRONG FAMILIES FOR KENTUCKY

OCTOBER 2022



College of Agriculture, Food and Environment
Cooperative Extension Service

3341 Zion Road
Henderson, KY 42420
270-826-8387

2022 COOKING THRU THE CALENDAR

WE WILL CONTINUE OUR VIRTUAL COOKING CLASSES ON **OCTOBER 20TH 11 A.M.** VIA FACEBOOK LIVE.

THIS COOKING CLASS CAN BE FOUND ON THE HENDERSON COUNTY EXTENSION FAMILY AND CONSUMER SCIENCES **FACEBOOK PAGE.**

STOP BY THE OFFICE IF YOU WANT A HARD COPY OF THE RECIPE!



Cancer Support Group

The monthly cancer support group will meet on October 17th at 4:00 p.m. in the Extension Office Main Building.

Craft and App Class Is Back!

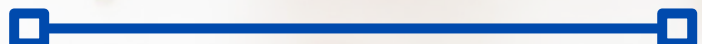
Join us on October 25th at 3:00 for a craft and delicious recipe. Class is free but you must call the office to reserve a space.

Fall Cooking Class

Cooking classes are back. We will be having our first In person cooking class on November 10th at 10:00 a.m and 5:00 p.m. in the Expo Please call the office to reseve space. Class Is Free!

Welcome ♡

October



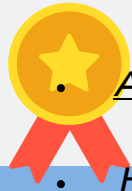
Wild Game Cooking Class

We will be offering a wild game cooking class on October 11th at 5:15 p.m. Come and learn how to prepare easy delicious meals. Cost is free but you must call and reserve your spot.

POSTPONED

Save the Date:

- A1C Screenings November 15th at the Extension Expo.
- Holiday Cooking Class December 6th at 5:30 pm at the Henderson County Library.



More Information to come next month on these!

Amanda L. Hardy

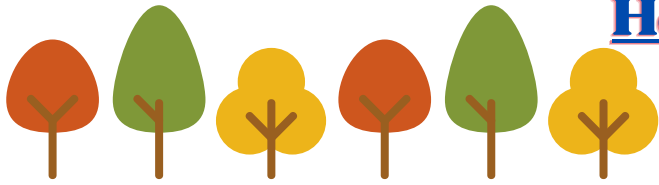
Amanda L. Hardy
County Extension Agent
for Family and Consumer Sciences

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

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification



Homemakers

Club Meetings

Lesson for the Month

Types of Scams

This Is a Management & Safety Lesson

October Thought for the Day

"Beauty Comes In all shapes and sizes. Small, large, circle, square, thin crust, thick crust, stuffed crust, extra toppings.:" - Anonymous

October Roll Call

*October Is National Pizza Month.
Name your favorite pizza topping.*

**Town and Country- Extension Expo
Kitchen on October 17th at 6:00 p.m.**

**Happy Knitters- every Tuesday at 10:00
a.m. in Expo Conference Room.**

**Niagara- Wednesday, October 19th at
10:00 a.m.**

**Central- 2nd Thursday of each month at
11:00 a.m. in Expo Project Room.**

*If you would be interested
in joining a club or starting a new club,
please give our office
a call at 270-826-8387.*



Homemakers:

Please submit recipes
for the Taste of
Homemakers
by October 21st to the
Extension Office or
email them to
angela.melton@uky.edu

This Year's Theme Is "Spread
the Holiday Cheer."

KEHA WEEK

Celebrate KEHA Week October 9-15

Be sure to check out

<http://keha.ca.uky.edu/content/celebrate-keha-week>

*for fun daily themes for the week and more
ways to celebrate.*

**Homemaker Dues must be paid
by October 31st. Mailbox Is \$10
and all Clubs are \$15**



**We will be getting a
Proclamation at the Fiscal
Court Meeting on Oct. 11th
at 9:30 a.m. If you would
like to attend.**



2022 Senior Expo Henderson County Cooperative Extension Service

Come join us for Information, goodies and entertainment for Seniors

October 14, 2022
1:00 p.m.-4:00p.m.

Come and get Information and goodies from local places for seniors
Event will be held at the Henderson County Extension Expo Building
for more Information contact us at 270-826-8387

Event Is Free



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LEXINGTON, KY 40546



Disabilities
accommodated
with proper notification

October

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DIABETES TIPS AND TASTINGS

Do you or a loved one have diabetes? Do you like to sample foods and get tasty recipes? Do you like to meet others who know what it is like to live with diabetes? Do you like to have fun? Then this is the group for you!

Free & Open
To the Public

Meets 3rd Thursday each month April—October

Time: 5:30 pm-6:30 pm

Location: Henderson Co. Cooperative Extension Office, 3341 Zion Rd.

Enter through side door.

Registration
Not Required!

Sponsored by:



MEETING DATES FOR 2022

APRIL 21	JULY 21
MAY 19	AUGUST 18
JUNE 16	SEPTEMBER 15
	OCTOBER 20

Watch, Listen and Follow

Tune Into Lifestyles on News 25 the 2nd Tuesday of each month at 11 a.m. Listen to WSON Thursday mornings at 6:45 a.m. Follow us on Facebook- Henderson County Extension-Family and Consumer Sciences.



Piggy Bank Contest- To creatively celebrate KY SAVES WEEK School Students attending private, public or homeschool located In KY enrolled in K-12th grade can submit an original piggy bank. Due by November 1, 2022 to the Extension Office. For more Information contact the office. Winners will be displayed In the Capitol Rotunda In Frankfort In Feb. 2023.

- \$50 Grand Champion
- \$25 1st Runner Up
- \$15 k-3rd grade Winner
- \$15 4th-5th grade Winner
- \$15-6th-8th grade Winner
- \$15 9th-12th grade Winner

Look for Bingocize Dates starting in November



Happy Holidays!

holiday CHEER



Holiday Chrcuterie Boards
Henderson County Public Library
December 6th at 5:30 p.m.

You must call the library to sign up. Class Is free.

*Henderson County Homemakers
Present
Spread Holiday Cheer
"Taste of Homemakers"*

We will be having "Taste of Homemakers" this year on Saturday, November 5th, starting at 11:30 a.m. Demonstrations and food sampling will take place along with a free cookbook. You can, please make a small donation of \$2.00 to go towards our schoarship fund. Also, we will be collecting non-parishable food items and toiletries.

Winter Squash Offers Lots of Options for Healthy Eating

Looking for some nutrient-dense foods to add to your dinner plate this fall? Even though they are available all year long, cool weather brings on a hardy crop of winter squash in Kentucky. Squashes come in a wide array of varieties, shapes, sizes, and colors. They are members of the vast Cucurbitaceae family of vines and include zucchini, patty pan, crookneck, and spaghetti squash, as well as the winter crop of watermelon, pumpkin, butternut, and cushaw.

Squash are full of fiber and antioxidants. Besides playing a role in cancer prevention, other health benefits may include improved eye health, reduced risk of depression, enhanced skin health, and improved digestive health. Consult USDA's FoodData Central for the nutrients available in your favorite vegetables at <https://fdc.nal.usda.gov/>. But squash is a good source of calcium, iron, magnesium, vitamins A and B-6. For example, one cup of butternut squash served raw contains 63 calories, 1 gram protein, and 3 grams of fiber, not to mention the high beta carotene content.

To store winter squash, place them in a cool, dry place outside of the refrigerator.

Most winter squash will keep best from two to four months, but in the right environment may last from eight to 12 months. So don't be afraid to buy several at your local farmers' market to store or freeze. Once peeled, cut and cooked, place in an airtight container and refrigerate for three to five days. Most winter squash is best if cooked first and then mashed or pureed. In an airtight container, it should be good for up to six months.

Sometimes, squash are hard to cut. Leave the skin on while baking, scoop out the seeds to discard, then use the flesh in a lot of different ways. Or put a few holes in the squash and microwave a few minutes for ease of paring before cubing or slicing. A few easy ways to include squash in your dinner plans include using acorn, cushaw, or red kuri squash to replace the filling for pumpkin pie; make a vegan chili using squash as one of the ingredients; blend butternut squash with milk, cinnamon, and dates to make a smoothie; use spaghetti squash as the noodles in your favorite pasta dish; and roast any type of squash for a great side dish. Try including more squash in your fall diet for a start on eating well.

Source: Sandra Bastin, Extension Food and Nutrition specialist



Henderson County
 3341 Zion Road
 Henderson KY 42420

RETURN SERVICE REQUESTED

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 PERMIT 564



Cushaw Pie

1/2 cup brown sugar	1/2 teaspoon nutmeg
2 eggs	1/4 teaspoon ground cinnamon
1 teaspoon lemon extract	1 9-inch graham cracker pie shell
1/4 cup butter	
1/4 cup sugar	

- To prepare squash:** Wash and remove rind from the squash. Cut flesh into 1 inch squares. **Steam** squash cubes until tender. Drain and mash. **Preheat** oven to 400° F. In a large bowl, mix together the cushaw, butter, and sugars. **Add** eggs, lemon extract, vanilla extract, nutmeg and cinnamon. **Mix** until smooth.
- Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Nutritional Analysis: 250 calories, 13 g fat, 5 g saturated fat, 2.5 g trans fat, 70 mg cholesterol, 140 mg sodium, 33g carbohydrate, 1 g fiber, 3 protein.

Yield: 8 slices

- Pour** mixture into pie shell.
- Bake** 15 minutes at 400° F.
- Reduce** oven temperature to 350° F and bake pie for an additional 45 minutes or until filling sets.

