



BUILDING STRONG FAMILIES FOR KENTUCKY

August 2024

 Cooperative Extension Service

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

Check out our new and improved website

<https://henderson.ca.uky.edu/fcs>

Cancer Support Group

Open to Everyone

If you are a cancer survivor or have a family member or friend with cancer then come out and support each other.

The group meets on the 3rd Monday of each month at 3:00 p.m.



Sewing Classes

We will meet every Thursday at 10:00 a.m.

YOU MUST LET US KNOW IF YOU WILL BE ATTENDING

by the Wednesday before the class by calling the office.

We will be offering sewing classes

- to those who want to learn to sew and/or
- to those who want to learn a new project

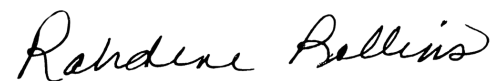


You can bring projects to work on or we will provide you with a supply list at each class for new projects that we have patterns for.

Continue to watch and listen to TV-Lifestyles on News25 every second Tuesday of each month!
Radio- every Thursday morning on WSON at 6:50 a.m.



Jessica James
County Extension Agent for Agricultural and Natural Resources



Rohdene Rollins
FCS Program Assistant

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

HAPPY LABOR DAY!
USA

Reminders

August 1st

Culture Arts Items due

August 20th (see below)*

Homemaker Leader Lesson trainings at 10 a.m. in Daviess County Office

August 21st (see below)*

Homemakers Leader Lesson trainings at 10 a.m. in Henderson County Office

August 27th

RSVP date for Green River Area

Homemaker Meeting

September Leader Lesson*

10 a.m.

“All About Succulents”

October Leader Lesson*

11 a.m.

“Indoor Air Quality ”presented by Hardin Stevens, UK Senior Associate.

Please be sure someone from your club comes to training and to pick up materials.

Homemakers Club Meetings

Town and Country- 3rd Monday of each month at 6 p.m. in Expo Building.

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

Niagara- Wednesday, September 18th, at 10:00 a.m. at Cash Creek Baptist Church.

Central- 2nd Thursdays at 11 a.m. at St. Paul's Episcopal Church, 5 South Green Street, Henderson, KY.

Crafty Cats- 2nd Tuesday of the month at 10:30 a.m. in the Multipurpose Room at Redbanks Pleasant Point. Members Only.

THANK
YOU

4-H

Camp

Thank you Henderson County Homemakers for donating the snacks to Henderson County 4-H youth group. They enjoyed all the snacks in their cabins during camp!

Let's Cook Thru The Calendar



*Call the
office to hold
you a spot.*

When: August 14, 2024

Time: 11:00 a.m.

Where: Henderson County Cooperative Extension

EXPO Kitchen

3099 Zion Road

Henderson, KY

(270)826-8387

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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Lexington, KY 40506



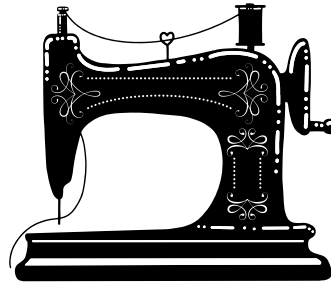
Disabilities
accommodated
with prior notification.

*Want or Need a New Apron?
Come out and join us in
making one*



indigo junction
by Amy Barickman

*August 17, 2024
9 a.m.-1 p.m.
at the Henderson County
EXPO Building
3099 Zion Rd. Henderson, KY
(270) 826-8387*



*Call the Extension
Office to hold
you a spot.*

Supplies you will need to bring:

- 1 1/2 yds cotton woven fabric*
 - Matching thread*
 - 6 1/2 yds (2 in wide) Bias tape*
- If you want to make your own Bias
tape you will need to buy a total of 2
yds of fabric.*

*August 23, 2024
10 a.m. -2 p.m.
at the Henderson County
EXPO Building
3099 Zion Rd. Henderson KY
(270) 826-8387*





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

Registration
Not Required!

Meets 3rd Thursday each month—March through October

Time: 5:00 pm-6:00 pm

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

Enter through side door.

Sponsored by:

HCDC

HENDERSON COUNTY DIABETES COALITION

MEETING DATES FOR 2024

MARCH 21	JULY 18
APRIL 18	AUGUST 15
MAY 16	SEPTEMBER 19
JUNE 13	OCTOBER 17



Henderson County
 3341 Zion Road
 Henderson KY 42420

RETURN SERVICE REQUESTED



Our office will be closed on Monday September 2, 2024

1 (6 ounce box) wild rice with herbs and seasoning
1 tablespoon olive oil
1 medium eggplant, peeled and diced
2 yellow squash, cut lengthwise, sliced crosswise
1 green pepper, chopped
1 medium onion, chopped
6 cloves garlic, minced
3-5 tomatoes, coarsely chopped
1/2 cup coarsely chopped fresh basil
2 teaspoons salt
1 teaspoon pepper
1 cup low fat shredded Italian cheese blend

that has been coated with cooking spray. **Top** with cheese and **cover** with aluminum foil. **Bake** 35 minutes or until bubbly. **Uncover** and **bake** an additional 5 minutes.
Yield: 16
Serving Size: 1/2 cup
Nutritional Analysis:
 90 calories, 2.5 g fat, 1 g saturated fat, 5 mg cholesterol, 469 mg sodium, 13 g carbohydrate, 2 g fiber, 3 g sugars, 4 g protein.

Summer Veggie & Wild Rice Bake

