



BUILDING STRONG FAMILIES FOR KENTUCKY



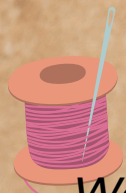
Cooperative
Extension Service

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

Check out our new and improved
website

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

November 2024



Sewing Classes

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

This group is for:

- Those who want to learn to sew
- Those interested in tackling a new project

Feel free to bring your own projects to work on,
or we will provide a supply list for new projects
based on the patterns available at each class.

Cancer Support Group

Open to Everyone

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

Tracie Ettensohn

Tracie Ettensohn
County Extension Agent for
Family and Consumer Sciences

Rohdene Rollins

Rohdene Rollins
FCS Program Assistant



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.

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.

Roll Call:

*"In November, we celebrate
Thanksgiving.*

*How can your Journey lead
to you being a better
person? Or What have you
been most thankful for on
your personal journey?*

Thought for the Day:

*"And we know what we
want And the future is
certain*

*Give us time to work it out"
Road to Nowhere
Ozzy Osbourne 1991*

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, November 20th, at
10:00 a.m. at the Cash Creek Baptist Church.
Audrey Young we be the hostess and lesson
leader.

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

Crafty Cats - November 21th at 6 p.m. at
Redbanks Pleasant Pointe

Reminders

- Remember to bring items for the birthday box for Christian Community Outreach.
- The office will be closed for Election Day, November 5, 2024.
- If you registered for the Big Blue Book Club you may pick up your book at the front desk.



A graphic for the Big Blue Book Club. It features a yellow book titled 'LAUNDRY LOVE' by Patric Richardson. To the right, a clothesline with three items hanging: a white t-shirt that says 'THURSDAY NOVEMBER 7 2024', a white onesie that says 'VIA ZOOM', and a white t-shirt that says '7:00 PM EASTERN / 6:00 PM CENTRAL'. At the bottom, it says 'REGISTER @ <https://ukfcs.net/BBBClaundry>' and includes logos for 'UK Cooperative Extension Service' and 'Family and Consumer Science'.

Let's Cook Together



In this month's class we will be making soups.

When: November 19th, 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
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



Join us
in welcoming

Tracie Ettensohn

Henderson County Extension Agent for
Family & Consumer Sciences

Tuesday, November 12th, 2024
3:30 p.m. to 5:30 p.m.

at the
Henderson County Extension Education
& Expo Center

3099 Zion Road
Henderson, KY 42420



Beginners Quilt Piecing Class

*Basic sewing skills and machine
knowledge required.*

*You may follow monthly group class or
work on your
own projects. String Quilting is one of the
projects we will be working on.*



*When: November 14, 2024 &
December 12, 2024*

*Where: Henderson County
EXPO building in project room.*

Time: 5:30-8:00 p.m.

Phone: 270-826-8387

call the office to reserve a seat

Hemoglobin A1C Tests for the Henderson Community

November 12, 2024

We are celebrating National Diabetes Month!
Get Your FREE Hemoglobin A1C TEST!



Where

**University of Kentucky Cooperative
Extension Education & Expo Center**

3099 Zion Road (located behind Farm Bureau)

Appointments can be scheduled ahead by calling the UK Cooperative Extension Office at **270-826-8387**.

Appointments can be made for that day starting at 7:00 a.m. until 2:45 p.m. A limited number of walk-in slots are available but scheduling a time is the best way to ensure you can get a test. **No fasting is necessary for this test.** If you have had this test within the last 3 months you don't need to have another one yet.

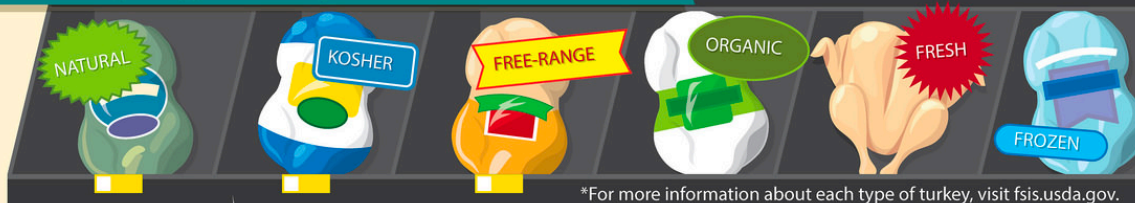




LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:



*For more information about each type of turkey, visit fsis.usda.gov.

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

Refrigerator:

Safe to store the turkey for another 1 – 2 days in the refrigerator.

This is the USDA recommended thawing method.

How to thaw:

Allow approximately 24 hrs. for every 4-5lbs of bird.

Cold water:

Cook immediately after thawing.

How to thaw:

Submerge the bird in cold water & change every 30 mins.

Microwave:

Cook immediately after thawing.

How to thaw:

Use defrost function based on weight

For more information on safe thawing methods, visit fsis.usda.gov

DID YOU KNOW?

It's safe to cook a frozen turkey though cooking time will be 50% longer!

Clean

Wash your hands for 20 seconds with soap and warm water.

Utensils
Plates
Countertops
Cutting boards

SHOULD ALSO BE WASHED

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

SO DON'T WASH YOUR TURKEY!!

SEPARATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.

Thickest part of breast
Innermost part of wing
Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge 3-4 days

Safe frozen, but use within 2-6 months for best quality.

Last day Thanksgiving leftovers are safe from the fridge.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:

Visit foodsafety.gov

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskKaren.gov. Visit PreguntealeaKaren.gov for questions in Spanish.





University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

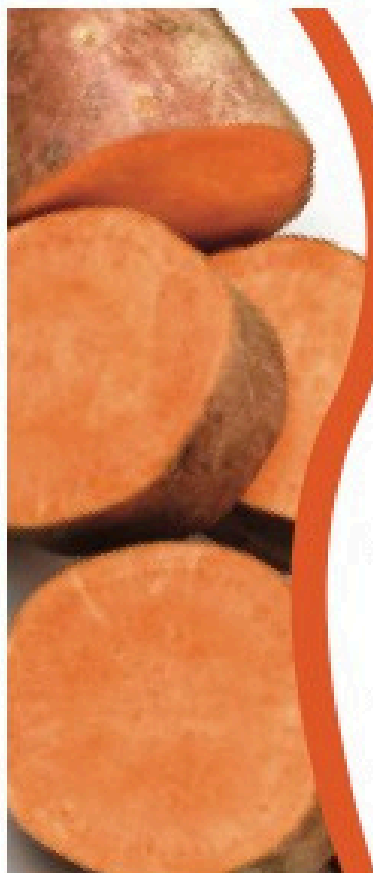
Henderson County
3341 Zion Road
Henderson KY 42420

RETURN SERVICE REQUESTED

NONPROFIT ORG
US POSTAGE PAID
HENDERSON KY
PERMIT 564

Our office will be closed on November 28-29, 2024

*happy
Thanksgiving*



Sweet Potato Crisp

3 large fresh sweet potatoes, cooked until tender.
8 ounces reduced fat cream cheese, softened
1 cup brown sugar, divided

1 teaspoon vanilla
1 tablespoon ground cinnamon
2 medium apples, chopped

$\frac{1}{2}$ cup all-purpose flour
 $\frac{3}{4}$ cup quick cooking oats
3 tablespoons butter
 $\frac{1}{4}$ cup chopped pecans

- 1. Preheat** oven to 350° F. Lightly spray a 13 x 9 x 2 inch pan with non-stick spray.
- 2. Mash** sweet potatoes. Add cream cheese, $\frac{1}{2}$ cup brown sugar, vanilla and cinnamon. Mix until smooth.
- 3. Spread** sweet potato mixture evenly into pan.
- 4. Top** sweet potatoes

- with chopped apples.
- 5. In** a small bowl, **combine** flour, oats, and $\frac{1}{2}$ cup brown sugar. **Cut** in butter until mixture resembles coarse crumbles. **Stir** in pecans.
- 6. Sprinkle** mixture over apples.
- 7. Bake** uncovered for 35-40 minutes or until

topping is golden brown and fruit is tender.

Yield: 16, $\frac{1}{2}$ cup servings.

Nutritional Analysis:

240 calories, 6 g fat, 3 g sat fat, 5 mg cholesterol, 200 mg sodium, 44 g carbohydrate, 4 g fiber, 20 g sugar, 4 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

