



September
2024

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

Dates to Remember

Cancer Support Group

Open to Everyone

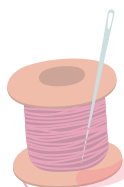


The group meets on the 3rd Monday of each month at 3:00 p.m.

Sewing Classes

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

- 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.

Thank you
so much!
Thank you, Happy
Knitters for making
the Worry Worms
for the youth!



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

Jessica James
County Extension Agent for
Agricultural and Natural Resources

Rohdene Rollins

Rohdene Rollins
FCS Program Assistant



Thought for the Day:

*“Well, it’s all right, even if they say
you’re wrong Well, it’s all right,
sometimes you gotta be strong”*

*End of the Line Traveling
- Wilbury 1989 -*

Roll Call:

*Labor Day is celebrated in
September. What is the first job
you ever had?*

R e m i n d e r s

**September 24th -10 a.m.
Green River Area Homemakers
Annual Day
in Ohio County Extension Office
1337 Clay St. Hartford, KY.**

**Lesson Trainings for 2024-2025
October 15th Lesson
(Daviess County)**

**October 16th Lesson
(Henderson County)**

**November Lesson -10 a.m.
Composition in Photography**

**January Lesson-11 a.m.
Time Well Spent: Organizing
Tips for Increased Productivity**

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 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- 1st Thursday of the month at 6 p.m.
in the Rec Room at Redbanks Pleasant Point.
Members Only.**

“

**September 20th
Cultural Arts items needs to be
turned in.**

**September 20th
items for Green River Area
Annual Day Basket Raffy
Theme is “Lunch on the go”
collecting items like snacks
foods, casserole dish, and bento
boxes.**

Marilyn Watson -President

”

*Please be sure someone from
your
club comes to participate in
the training and pick
up club information.*



Craft & App Class



*Limited
seating
call to reserve
a spot*

*Easy Whisk Dragonfly Craft
learn how to turn a metal whisk
into a cute dragonfly.
Call the office to secure your spot*

When: *September 11, 2024*

Where: *Henderson Co. Extension*

EXPO Building

Time: *5:00 p.m.*

Phone: *(270) 826-8387*





Cooperative
Extension Service

Extension Extravaganza

GAMES & ACTIVITIES
FOR THE WHOLE FAMILY

5:00-7:30 PM



Visit from
**WALLY
CAT**



FREE FOOD



INFLATABLES

FACE PAINTING

&

MORE

DOOR PRIZES

GAMES

INFORMATION BOOTHS ON:
GARDENING 4-H HOMEMAKERS

NUTRITION

12TH of

SEPTEMBER

HENDERSON COUNTY COOPERATIVE EXTENSION

3341 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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Let's Cook Together



When: September 18th, 2024

Time: 11:00 a.m.

*Where: Henderson County Cooperative
Extension EXPO Kitchen
3099 Zion Road
Henderson, KY*

(270)826-8387

**Call the office
to reserve you a
spot**

**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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



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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—March through October

Time: 5:00 pm-6:00 pm

Registration
Not Required!

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

Enter through side door.

Sponsored by:



HENDERSON COUNTY DIABETES COALITION

MEETING DATES FOR 2024

MARCH 21

APRIL 18

MAY 16

JUNE 13

JULY 18

AUGUST 15

SEPTEMBER 19

OCTOBER 17



HEARTLAND OF KENTUCKY QUILT SHOW

Hardin County Extension Office,
Elizabethtown, KY

September 20, 2024 9:00 to 5:00
September 21, 2024 9:00 to 4:00
Admission: \$6.00

QUILTS,
VENDORS,
REFRESHMENTS,
DOOR PRIZES

For Info:
Deb Hancock
276-206-5199

BIG BLUE
BOOK CLUB
presents **SNACK CLUB**

*First episode is Thursday 9/5,
the book is all about the age-old
dilemma of what to feed children.*

*If you haven't already, you can join
the Big Blue Book Club Facebook
group to chat with other readers.
Just search for Big Blue Book Club
in groups on Facebook.*

"What a gift to get such sage and clear counsel to guide
parents and children toward diets that will help them thrive."
—from the foreword by Nancy E. Roman, president and CEO of Partnership for a Healthier America

RAISING A HEALTHY, HAPPY EATER



Avoid Picky Eating, Identify Feeding
Problems, and Inspire Adventurous
Eating, from Birth to School-Age

A PARENT'S HANDBOOK

NIMALI FERNANDO, MD, MPH, and
MELANIE POTOCK, MA, CCC-SLP

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: October 10, 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



2024 Senior Expo Henderson County Cooperative Extension Service

Come join us for information, goodies and entertainment
for Seniors



**Friday, October 4th, 2024
1:00 p.m.-4:00p.m.**

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



 **Cooperative
Extension Service**

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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Summer Garden Lasagna

5 medium zucchini	8 ounces plain Greek yogurt	1 medium yellow onion, diced $\frac{1}{4}$ inch	10 ounces fresh spinach
2 yellow summer squash	2 cups low fat cottage cheese	$\frac{1}{4}$ cup fresh chives, chopped	1 (24 ounce) jar spaghetti sauce
3 tablespoons olive oil	$\frac{1}{2}$ cup chopped fresh basil	2 garlic cloves, pressed	8 ounces shredded mozzarella cheese
2 large eggplants, sliced $\frac{1}{2}$ inch	2 teaspoons salt		Garnish with fresh basil leaves

Thinly **slice** zucchini and summer squash $\frac{1}{4}$ inch thick and **toss** with 1 tablespoon olive oil and 1 teaspoon salt. **Roast** in oven at 400 degrees F for 20 minutes, turn slices after 10 minutes. **Slice** eggplants, **toss** with 1 tablespoon olive oil; **place** on baking sheet. **Roast** in oven at 400 degrees F for 20 minutes, turn slices after 10 minutes. If needed, place under boiler for 5 minutes to reduce excess moisture. **Mix** together yogurt, cottage cheese, fresh basil, 1 teaspoon salt, diced onion and chives. **Sauté** garlic in remaining olive oil until golden. **Add** spinach to pan and **cook** until wilted. **Spoon** half of roasted zucchini,

squash, and sautéed garlic into a greased 9-by-11 inch baking dish. **Coat** evenly with half of the cottage cheese and yogurt mixture. **Place** an even layer of eggplants on cottage cheese mixture. **Spread** a layer of spaghetti sauce on eggplants and sprinkle with mozzarella cheese. **Repeat** process for one more layer. **Bake** at 425 degrees F for 40 to 45 minutes. **Sprinkle** with chopped basil and cheese for garnish. **Yield:** 10, 1 cup servings.

Nutritional Analysis: 240 calories, 10 g fat, 4 g saturated fat, 20 mg cholesterol, 840 mg sodium, 20 g carbohydrate, 6 g fiber, 7 g sugars, 17 g protein.