

HELLO EVERYONE!

I HOPE YOU ARE ENJOYING THIS HOLIDAY SEASON WITH YOUR LOVED ONES. IT IS HARD TO BELIEVE WE ARE ABOUT TO CLOSE OUT ANOTHER YEAR. JUST A REMINDER THAT IF YOU HAVE NOT, PLEASE FOLLOW THE LINK IN THE BLUE BOX, THIS HELPS US DETERMINE WHAT KIND OF PROGRAMMING YOU WOULD LIKE TO SEE FROM EXTENSION.

WISHING EVERYONE A MERRY CHRISTMAS!!

Waiting for you inside!

- Homemaker News
- Calendars of Events
- Flyers
- Recipe
- Homemaker
 Membership Form



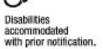
County Extension Agent for Family & Consumer Sciences

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

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BATH COUNTY HOMEMAKERS



REMINDER

Homemaker Enrollment
Forms along with \$10 Dues
are to be turned in to the
Bath County Extension
office by December 1st.

Contact

If you have any questions about the homemakers association please feel free to reach out to me. My contact information is below:

Alex Sallie
606-674-6121
alexandra.sallie@uky.edu





Beginning in March, I will be offering Lunch & Learn
Sessions, where I will teach the monthly Homemaker lesson.

More information will provided closer to date.

Club Meeting Dates

Bethel Nite: 2nd Thursday at 5 PM

Country @ Heart: Second Monday each month @ 5:30 PM

Hill N' Dale: Third Monday @ 6 PM Ramsey Buidling

Salt Lick: First Tuesday each month @ 12 PM

Sharpsburg:

Dec. 12th @ 11 AM Irish Hills (bring \$25 Gift Card)

Family and Consumer Sciences Extension Calendar

All meetings/programs are hosted at the Bath Co. Ag Center unless noted otherwise.

December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	Project Linus @ 10 AM	Paper Hugs @ 10 AM	7	8	9
10	Sewing Day @ 9:30 am	12	13	14	15	16
17	19	19	20	Charcuterie Board Basics @ 12 PM	22	23
24	25	26		Closed	29	30
31						

Sew Day members will be making Cancer Hats



Charcuterie Board Basics

- Learn about different types of cheeses and how to store them.
- Learn about nutritious nuts and seeds that you can incorporate into your diet.
- Learn the easy steps of assembling a charcuterie board while making a take home charcuterie box

Date: December 21st

Time: 12 PM

Location: Bath County Ag Center 2914 US-60 Owingsville, KY 40360 Class is limited! Registration is required!



Cooking Through The Calendar



Join us each month as we learn how to make a new recipe.

Date: January 24th

Time: 3:30 PM

Location: Bath County AG Center

More Information regarding the recipe will be shared closer to the date.

Loaded Beef Stroganoff



- 12 ounces egg noodles (choose whole-wheat if available)
- 1 pound lean ground beef
- 1 large onion, chopped
- 2 tablespoons garlic powder
- 8 ounces sliced white mushrooms
- 1/4 cup all-purpose flour
- 32 ounces (or 4 cups) lowsodium beef broth
- 1 can (14.5 ounces) no-saltadded peas, drained
- 1 can (14.5 ounces) no-saltadded sliced carrots, drained
- 11/2 cups plain nonfat Greek yogurt or light sour cream
- 1 1/2 teaspoons salt
- 1 teaspoon black pepper
- Parmesan cheese (optional)

Wash hands with warm

- **1**water and soap, scrubbing for at least 20 seconds.

 Wash fresh produce under
- **2**cool running water. Cut to prepare for the recipe. Cook egg noodles according
- **3.**to package directions while preparing the other steps. Drain. On the stove, preheat a large pot
- 4. on medium heat. Add the ground beef, onion, and garlic powder. Wash hands after handling raw meat.

LEXINGTON, KY 40546

5.

- **6.** Cook the ground beef mixture, stirring often until the onion is tender and the beef reaches an internal temperature of 165 degrees F as measured by a meat thermometer.
- **7.** Add mushrooms. Cook until mushrooms are tender (about 5 to 8 minutes).
- 8. Stir in flour and cook for 2 minutes.
- **9.** Stir in beef broth, peas, and carrots. Bring to a simmer and cook about 5 minutes, until the mixture thickens. Remove from heat.
- 10. Once the mixture stops simmering, stir in the Greek yogurt, salt, and black pepper. Add cooked egg noodles and combine. If mixture is too thick, add milk or beef stock until reaching the desired consistency.
- **11.** Serve immediately. Sprinkle with parmesan cheese when serving, if desired.
- 12. Refrigerate leftovers within 2 hours.

Note: To reheat leftovers, add a little beef broth or milk before warming.

Makes: 10 servings Serving size: 2 cups Cost per recipe: \$13.87 Cost per serving: \$1.39



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts per serving:

270 calories: 4.5g total fat; 1.5g saturated fat: Oa trans fat: 30mg cholesterol: 610ma sodium; 38g total carbohydrate; 3g dietary fiber: 6a total sugars; Og added sugars; 22g protein; 0% Daily Value of vitamin D: 6% Daily Value of calcium; 15% Daily Value of iron; 10% Daily Value of potassium.

Source:

Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service



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Enrollment Form for

	County Extension Homemakers Association
Address	
Email	
Name of Club	
Phone: Home ()	Work ()
Cell ()	Fax ()
Birth year (<i>Optional</i>):	
Race (Optional – circle one): White	e Black or African American
Asia	n/Pacific Islander American Indian Hawaiian Other
Ethnicity (Optional - circle one): H	ispanic Non-Hispanic
Gender (Optional - circle one): Fer	male Male
Date joined:	
Kentucky Extension Homemakers Associ and/or to supervise any others who may use and/or permit others to use informat	, being eighteen (18) years of age or over, of Kentucky, including its affiliates and subsidiaries, and ation, Inc., to interview, photograph, and/or videotape me; do the interview, photography, and/or videotaping; and/or to ion from the aforementioned interview and/or the and promotional activities and publications without
Signature:	Date:
Witness:	Date:

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