



**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment

# OCTOBER NEWSLETTER FAMILY AND CONSUMER SCIENCES

## HELLO EVERYONE!

I HOPE THIS NEWSLETTER FINDS YOU WELL. I CAN NOT BELIEVE IT IS ALREADY OCTOBER, THIS YEAR IS GOING BY SO FAST!

CALLING ALL CURRENT HOMEMAKERS OR THOSE WHO ARE INTERESTED IN BECOMING A BATH COUNTY HOMEMAKER--

THERE IS A HOMEMAKER MEMEBERSHIP FORM ON THE LAST PAGE, THIS CAN BE FILLED OUT AND TURNED INTO THE EXTENSION OFFICE, WITH THE MEMBERSHIP DUES OF \$10.

ENJOY THE READINGS FOR THIS MONTH.

### Waiting for you inside!

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



*Alex Sallie*  
County Extension Agent for  
Family & Consumer Sciences

Bath County  
Cooperative Extension  
Service  
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An equal opportunity organization

## BATH COUNTY

**How can we serve you?**

Take a ten-minute survey to help us develop programs addressing needs in our community.

[go.uky.edu/serveKY](http://go.uky.edu/serveKY)

KENTUCKY COOPERATIVE EXTENSION

**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.

# BATH COUNTY HOMEMAKERS

## **Bath County Homemaker Council Meeting**

When: October 17th

Time: 5:30 PM

**It is highly encouraged that  
each group has a  
representative**

## **Licking River Area Homemaker Annual Meeting**

Theme: Lets Take a Hike

When: October 19th

Time: 10:30 AM

Where: Mason County Extension  
Office



## **Bath County Homemakers Annual Bazaar**

When: November 18th

Where: Bath Co. AG Center

## **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](mailto:alexandra.sallie@uky.edu)

## **Club Meeting Dates**

**Bethel Nite:** October 12th

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

**Hill N' Dale:** October 16th, 6 pm


**Salt Lick:** October 3rd, 12 pm @  
Bath Co. AG Center

**Sharpsburg:** October 10th, 11  
am @ Irish Hills Resturaunt

# Family and Consumer Sciences Extension Calendar

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






# October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 <b>Project Linus @ 10</b>	4 <b>Paper Hugs @ 10 AM</b> <b>WALKtober Walking Group @ 12 PM</b>	5	6	7
8	9 <b>Sew Day @ 9 AM</b>	10 <b>LRA Skills Days @ 10 AM</b>	11 <b>Savor the Flavor: Cooking Methods @5</b> <b>WALKtober Walking Group @ 12 PM</b>	12 <b>Lady Talk: Breast Cancer Prevention @ 5 PM</b>	13	14
15	16 <b>Master Clothing Volunteers @ 10 Am</b>	17 <b>Homemaker Council Meeting @ 5:30 PM</b>	18 <b>WALKtober Walking Group @ 12 PM</b>	19 <b>LRA Homemaker Annual Meeting @ Mason Co. 10:30 AM</b>	20	21
22	23	24	25 <b>WALKtober Walking Group @ 12 PM</b>	26	27	28
29	30	31 <b>Halloween</b> 				

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## November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Paper Hugs @ 10 AM	2	3 Early Voting	4
5	6 Project Linus @ 10 Election Day 	7	8	9	10	11
12	13 Sew Day @ 9 AM	14	15	16	17	18  Homemaker Bazaar 
19	20 Master Clothing Volunteers @ 10 Am	21	22	23 Thanksgiving: Office Closed 	24 Office Closed 	25
26	27	28	29	30		

**\*\*Project Linus will be meeting at Eileen's house. If you need more information you can contact her. \*\***



# RECIPE CLUB

Expand your menu



## MAILED MONTHLY

Each month you will receive a recipe card in your mailbox

## POST YOUR DISH ON FACEBOOK

Brag about your dish on our Facebook page and share your thoughts for others to try

## COMPLETE A SURVEY

Complete a short survey asking about the monthly recipe



### Fiesta Potatoes

- 8 small to medium russet potatoes, peeled and diced
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 medium onion, chopped
- 1 cup Mexican blend cheese, shredded
- 1/2 cup margarine, melted
- 1/2 cup low-fat milk
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon dried basil, crushed
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

**Preheat** oven to 350 degrees F. Place the potatoes, bell peppers and onion in a medium pan and cover with water. Place over high heat and bring to a boil. **Reduce** heat and simmer 12-15 minutes, or until vegetables are tender. **Drain** the vegetables and place in a mixing bowl. Stir in the cheese, margarine, milk and seasonings until combined. **Spread** the mixture in a

9-by-13-inch baking pan that has been sprayed with a non-stick coating. **Bake** for about 20 minutes or until bubbly. **Yield:** 12, 1/2 cup servings  
**Nutritional Analysis:** 200 calories, 9 g fat, 2 g saturated fat, 5 mg cholesterol, 370 mg sodium, 24 g carbohydrates, 3 g fiber, 3 g sugar, 9 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmer's market, or roadside stand. <http://plateitup.ca.uky.edu>



### Ratatouille Soup

- 1 small eggplant, peeled and cubed
- 2 teaspoons salt
- 1 pound lean ground chuck
- 1 tablespoon canola oil
- 1 medium zucchini, chopped
- 1 medium bell pepper, chopped
- 1 medium onion, chopped
- 1 tablespoon finely minced garlic (about 3 cloves)
- 1 1/2 ounce can low sodium beef broth
- 1 24 ounce jar chunky garden style pasta sauce
- 2 cups water
- 1 teaspoon dried basil
- 1 cup uncooked whole grain pasta

**Place** the cubed eggplant in a colander. **Toss** with the salt and let set for 20-25 minutes. Thoroughly **rinse** in cold water and **press** as much water out of the eggplant as possible. **Set aside.** In a large heavy pot, **brown** the ground beef over medium heat until crumbly and no longer pink. **Drain.** **Raise** the heat to medium-high. **Add** the canola oil to the same pot. **Return** the beef to the pot. **Add** the zucchini, bell pepper, onion and garlic. **Cook** together for 5-7 minutes, until onion is translucent. **Add** the eggplant to the mixture and continue to cook for 5

minutes. **Add** the beef broth, pasta sauce, water and basil. **Bring** to a boil, then **reduce** heat to medium-low, **cover** and **simmer** for 10 minutes. **Add** the pasta. **Raise** heat to medium. **Bring** to a slow boil and **cook,** stirring occasionally for 10-12 minutes, or until the pasta is tender. **Yield:** 12, 1 cup servings  
**Nutritional Analysis:** 210 calories, 10 g fat, 3 g saturated fat, 35 mg cholesterol, 680 mg sodium, 19 g carbohydrates, 3 g fiber, 8 g sugar, 13 g protein.



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### Peach Crisp

- 1/2 cup quick cook oats
- 1/2 cup honey sweetened granola
- 3 tablespoons whole wheat flour
- 1/2 cup packed light brown sugar
- 1/2 cup butter, softened
- 6 cups peaches, peeled and sliced
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground allspice
- 1/4 cup chopped pecans

**Preheat** oven to 375 degrees F. **Combine** the oats, granola, flour and brown sugar in a medium mixing bowl. **Cut** small pieces of softened butter over the top. **Cut** butter into dry ingredients until well combined and crumbly. **Lightly coat** an 8-by-8-inch baking dish with cooking spray, **add** peaches. **Sprinkle** the dry ingredients and butter mixture over the peaches. **Add** spices and chopped nuts evenly

over the top. **Place** on rack in the middle position in oven. **Bake** 25 to 30 minutes, or until topping is golden brown. **Yield:** 9 servings  
**Nutritional Analysis:** 200 calories, 8 g fat, 3.5 g saturated fat, 15 mg cholesterol, 5 mg sodium, 32 g carbohydrate, 2 g fiber, 20 g sugars, 3 g protein.

## INTERESTED?!

Call or email Bath County Extension Office to Sign-Up

606-674-6121 or bath.ca.uky.edu

### COOPERATIVE EXTENSION



# WALKTOBER

OR JUST GET MOVING



**IT'S EASY! A MONTH LONG INITIATIVE THAT ENCOURAGES PEOPLE TO BE ACTIVE. ALL YOU HAVE TO DO IS TRACK YOUR PHYSICAL ACTIVITY TIME FOR THE ENTIRE MONTH.**

**THERE WILL BE A 1ST, 2ND, AND 3RD PLACE WINNER FOR THOSE WHO WERE THE MOST ACTIVE.**

**A WALKING GROUP WILL BE HOSTED EVERY WEDNESDAY AT 12 PM AT THE EXTENSION OFFICE!**

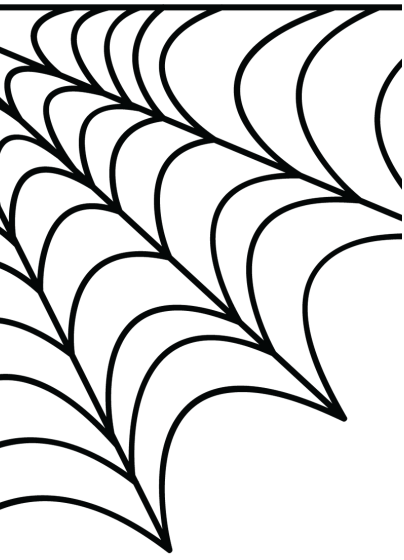
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LEXINGTON, KY 40546



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# TRICK OR TREAT FOR THE HOMELESS

## OCTOBER FOOD DRIVE

**NON-PERISHABLE, READY TO EAT FOODS  
CAN BE DONATED**

**OCTOBER 1ST-OCTOBER 27TH**

**DROP OFF AT: BATH COUNTY COOPERATIVE  
EXTENSION OFFICE  
2914 E. HWY 60 OWINGSVILLE, KY**







# Lady Talk: Breast Cancer Prevention

October is Breast Cancer Awareness Month

Join us for an educational session on Breast Cancer Prevention.

**Date: October 12th**

**Time: 5 PM**

**Bath County Ag Center**







# You are invited!

Bath County Extension Homemakers

## Vendor Fair

Saturday, November 18, 2023

Bath County Extension (Ag) Center

Vendors tables are now available for rent

Contact Jacky Watson

\$30 per table or 2 tables for \$50

*Proceeds will be used for Homemakers projects and scholarships.*

*For more information:*

Contact Kathy Adams @ 606-210-5288

Debbie Highley @ 606-782-0431







# Italian One Pot Pasta and Beans



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

- 1 tablespoon oil
- 1 medium yellow or white onion, diced
- 1 large carrot, diced
- 1 stalk celery, diced
- 2 minced garlic cloves, or 2 tablespoons garlic powder
- 1 tablespoon Italian seasoning
- 4 cups low-sodium vegetable broth or water
- 1 can (15 ounces) no-salt-added diced tomatoes
- 1 can (15 ounces) no-salt-added tomato sauce
- 1 1/2 cups dry elbow macaroni or ditalini pasta
- 2 cans (15 ounces) white beans such as cannellini, undrained
- 1 teaspoon salt
- Parmesan cheese (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds. Rinse produce under cool running water and scrub clean with vegetable brush.

3. Over medium heat, add oil to a large pot. Sauté onion, carrots, and celery until soft.
4. Add garlic and Italian seasoning and stir for 1 minute.
5. Add broth, diced tomatoes, and tomato sauce and bring mixture to a boil.
6. Stir in uncooked pasta. Simmer, stirring from time to time for 7 to 9 minutes until pasta is almost cooked.
7. Stir in beans and salt. Simmer another 5 minutes.
8. Ladle into bowls and top with parmesan cheese, if desired.
9. Store leftovers in the refrigerator within 2 hours.

**Makes 12 servings**  
**Serving size: 1 cup**  
**Cost per recipe: \$6.38**  
**Cost per serving: \$0.53**

**This recipe is adapted**  
from a Pasta Fagioli recipe that came from Italy. In Italian, pasta fagioli means pasta and beans. Most likely ditalini pasta was used in the original recipe. Any white bean can be used in this recipe.

**Nutrition facts per serving:**  
150 calories;  
1.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 420mg sodium; 27g total carbohydrate; 7g dietary fiber; 5g total sugars; 0g added sugars; 6g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

**Source:**  
Cathy Fellows,  
Boone County  
SNAP-Ed Program  
Assistant



Date: \_\_\_\_\_

## Enrollment Form for

\_\_\_\_\_ County Extension Homemakers Association

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Name of Club \_\_\_\_\_

Phone: Home (\_\_\_\_) \_\_\_\_\_ Work (\_\_\_\_) \_\_\_\_\_

Cell (\_\_\_\_) \_\_\_\_\_ Fax (\_\_\_\_) \_\_\_\_\_

Birth year (*Optional*): \_\_\_\_\_

Race (*Optional – circle one*): White Black or African American

Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (*Optional - circle one*): Hispanic Non-Hispanic

Gender (*Optional - circle one*): Female Male

Date joined: \_\_\_\_\_

I, (print full name) \_\_\_\_\_, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

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