



# BUILDING STRONG FAMILIES FOR KENTUCKY

## 2022 COOKING THRU THE CALENDAR

WE WILL CONTINUE OUR VIRTUAL COOKING CLASSES ON **SEPTEMBER 15TH AT 11 A.M.** VIA FACEBOOK LIVE.

COOKING CLASS CAN BE FOUND ON THE HENDERSON COUNTY EXTENSION FAMILY AND CONSUMER SCIENCES **FACEBOOK PAGE.**

STOP BY THE OFFICE IF YOU WANT A HARD COPY OF THE RECIPE!

### Walking Club Challenge

Walking Club challenge has ended. Please stop by the office to get your prize. We will offer another challenge soon.

### Watch, Listen and Follow

*Tune Into Lifestyles on News 25 the 2nd Tuesday of each month at 11 a.m. Listen to WSON Thursday mornings at 6:45 a.m. Follow us on Facebook-Henderson County Extension-Family and Consumer Sciences.*

### Cancer Support Group

**The monthly cancer support group will meet on September 19th at 4:00 p.m. in the Extension Office Main Building.**

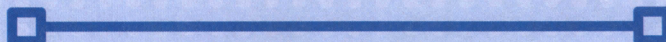
September  
2022



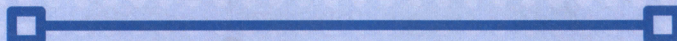
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### Bingocize

*Bingocize will start back again in SEPTEMBER. September 1, 8, 15, 22, and 29 at 10:00 a.m. at the Extension Office. Call to sign up. Class is free!*



*Wild Game Cooking Class  
We will be offering a wild game cooking class on October 11th at 5:15 p.m. Come and learn how to prepare easy delicious meals. Cost is free but you must call and reserve your spot.*



hello  
**SEPTEMBER**

*Amanda L. Hardy*

Amanda L. Hardy  
County Extension Agent  
for Family and Consumer Sciences

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

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification

## Homemakers

September Thought for the Day: "A day without a friend is like a pot without a single drop of honey left inside."

-Winnie-the-Pooh (A.A. Milne)

September Roll Call: September is National Honey Month. Share a favorite honey recipe.

# MEETING

Green River Area Annual Meeting

"Showers of Blessings"  
Tuesday, September 20, 2022

Hawesville Baptist Church  
Registration 10:30 a.m.  
Program 11:00 a.m.  
Hosted by the

Hancock County Extension Homemakers  
\$15.00 and bring a non-perishable item.  
Please stop by the office to get your ticket by Tuesday, September 6th. If you need a ride please let us know.

**County Homemaker Board Meeting**  
**September 22nd at 5:30 p.m. in Main Building Conference Room**

**Please stop by the office and pick up your lessons for September and October.**

### Club Meetings

Town and Country- Extension Expo Kitchen on September 19th at 6:00 p.m.

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

Niagara- Wednesday, September 21st at 10 a.m. at Cash Creek Church

Central- 2nd Thursday of each month at 11:00 a.m. in Expo Project Room.

*If you would be interested in joining a club or starting a new club, please give our office a call at 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!

Meets 3rd Thursday each month April—October

Time: 5:30 pm-6:30 pm

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

Enter through side door.

Free & Open  
To the Public

Registration  
Not Required!

Sponsored by:

**HCDC**  
HENDERSON COUNTY DIABETES COALITION

### MEETING DATES FOR 2022

APRIL 21  
MAY 19  
JUNE 16

JULY 21  
AUGUST 18  
SEPTEMBER 15  
OCTOBER 20



# 2022–2023 HOMEMAKER LESSONS

Trainings will be given at the Daviess County and Henderson County Cooperative Extension Service Offices.

## 10:00 A.M. LESSON TRAINING

## 11:00 A.M. LESSON TRAINING

### SEPTEMBER LESSON HEALTHY OUTDOOR COOKING

August 23 (Daviess)    August 24 (Henderson)

Topics include food safety information, outdoor activities, and healthy & delicious recipes!

★ Food, Nutrition & Health Lesson

### OCTOBER LESSON TYPES OF SCAMS

August 23 (Daviess)    August 24 (Henderson)

Fraud can happen to anyone at any age. Learn how to avoid being a victim by recognizing common scams.

★ Management & Safety Lesson

### NOVEMBER LESSON SAVOR THE FLAVOR: COOKING WITH OILS AND VINEGARS.

October 18 (Daviess)    October 19 (Henderson)

This lesson's goal is to increase knowledge about various types of cooking oils and flavored vinegars and how to incorporate them into their food prep and cooking.

★ Food, Nutrition & Health Lesson

### JANUARY LESSON MOVE YOUR WAY: EXERCISE FOR EVERYONE

October 18 (Daviess)    October 19 (Henderson)

This lesson focuses on non-impact exercises, specifically seated movements, to help improve balance, posture, muscular strength, and ability to perform daily activities.

★ Food, Nutrition & Health Lesson

### FEBRUARY LESSON TRANSFERRING CHERISHED POSSESSIONS: ESTATE PLANNING FOR NON-TITLED PROPERTY

January 17 (Daviess)    January 18 (Henderson)

Learn to distribute treasured heirlooms from closet clutter and determine goals to establish a fair distribution process between heirs.

★ Management & Safety Lesson

### MARCH LESSON ELEMENTS & PRINCIPLES OF ART

January 17 (Daviess)    January 18 (Henderson)

This lesson encourages discussion while outlining concepts used to objectively evaluate a drawing, painting, or photograph.

★ Cultural Arts & Heritage Lesson

### APRIL LESSON SAVORING THE EATING EXPERIENCE: THE ART OF EATING MINDFULLY.

March 21 (Daviess)    March 22 (Henderson)

This lesson covers differences in mindless and mindful eating as well as tips for being more present when you eat.

★ Food, Nutrition & Health Lesson

### MAY LESSON ENTERTAINING LITTLE ONES

March 21 (Daviess)    March 22 (Henderson)

Keeping little ones entertained can be difficult at times. This lesson will focus on 3 simple steps used to identify activities children will enjoy.

★ Family & Individual Development Lesson



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# 2022 Senior Expo Henderson County Cooperative Extension Service

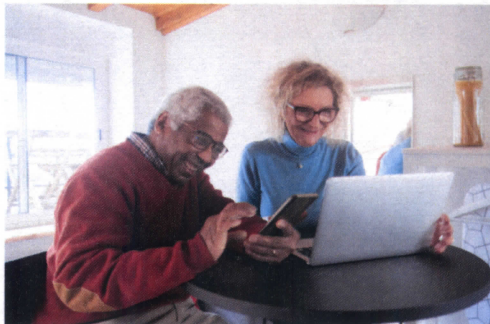
Come join us for Information, goodies and  
entertainment for Seniors

**October 14, 2022**

**1:00 p.m.-4:00p.m.**

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

Event Is Free



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LEXINGTON, KY 40546



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*Save the Date:*  
*A1C Screenings November 15 at the  
Extension Expo  
Holiday Cooking Class at the  
Henderson County Library December 6  
at 5:30*

*More Information to come next month  
on these!*

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### Storing Your Home Canned Food Safely

*Did you preserve anything from your garden or the local farmers' market this year? If so, be sure to store those home-canned foods properly, away from direct sunlight, high heat, or freezing temperatures.*

*First, make sure your canned foods are labeled and dated with the month and year. Use a marker to write on the lid. Second, find a cool, dry, dark place to store them. For best quality, store all home-canned foods between 50 degrees and 70 degrees F. Do not store them at temperatures above 95 degrees F such as in an attic or shed, near hot pipes, a stove, or a furnace. Heat will cause canned food to lose quality within a few weeks or months and may cause it to spoil.*

*Dampness or high humidity may cause metal lids to rust and seals to break, allowing contamination and spoilage. Do not allow jars to freeze. Freezing and thawing of canned foods will not cause it to spoil unless the jars break or become unsealed, but it will change the texture of the food. If freezing is a possibility, wrap jars in newspapers or towels, place them in heavy boxes, and cover with more newspapers and blankets.*

*Eat home-canned foods within one year for best quality and nutrition. Contact your local Extension office for more information on home canning.*

*Reference: National Center for Home Food Preservation [https://nchfp.uga.edu/how/store/store\\_home\\_canned.html](https://nchfp.uga.edu/how/store/store_home_canned.html)*

*Source: Annhall Norris, Extension specialist, Food Preservation and Food Safety*

### Wearing Seasonal Colors

*Often with the change of seasons, comes a change in our wardrobes. Of course, there is nothing wrong with wearing the same thing year-round, but we usually need to adapt our clothing choices to help us feel cooler or warmer, depending on the weather. When autumn arrives, we may reach for sweaters or add layers of clothing to keep us warm. Our fall wardrobe might consist of cozy clothing that usually has some texture or weight. But what about the colors? Have you noticed that clothing worn in fall often resembles the colors of the changing leaves?*

*Wearing clothing in colors like what we observe in nature is common. And research has established a connection between color preference and the seasons. This explains why, in general, we consider colors of the changing leaves (red, orange, yellow, etc.) to be fall wardrobe colors.*

*Whereas we often associate colors like blue, green, or pink with spring and summer clothing.*

*Seasons are also a way to describe our personal coloring characterized by our skin tone, eye color, and hair color. Through color analysis we determine which colors look best with our skin, eyes, and hair – or rather which colors make our skin, eyes, and hair look their best. To figure out which colors help you look your best, look at your inner arm (in natural light):*

*If your inner arm has blue or pink “cool” undertones, that means summer and winter colors.*

*If your inner arm has green or yellow “warm” undertones, that means spring and autumn colors.*

*Most people can wear almost any color; however, it is the tint, tone, or shade of a particular color that makes a difference.*

*Wearing our best colors can increase our confidence.*

*Wearing unflattering colors can make us look like we feel ill.*

*Not sure which seasonal colors are your colors? Take a look in the mirror while wearing the color(s) in question. How do you feel or look? Happy with what you see? You are probably wearing “your” colors!*

*References: Schloss, K., and Heck, I. Seasonal Changes in Color Preference are Linked to Variations in Environmental Colors: A Longitudinal Study of Fall. <https://journals.sagepub.com/doi/full/10.1177/2041669517742177>*

*Jackson, C. (1984). Color me beautiful. Ballantine Books.*

*Source: Jeanne Badgett, senior Extension associate for Clothing, Textiles, and Household Equipment*



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The Henderson County  
Extension Office will be closed  
on September 5 for Labor Day

8 slices of multigrain bread  
4 slices cheese, such as  
Munster

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until both sides are brown and cheese  
has melted.  
**Serves:** 4 sandwiches  
**Nutritional Analysis:**  
250 calories, 15 g fat, 6 g saturated fat,  
20 mg cholesterol, 310 mg sodium,  
23 g carbohydrate, 8 g fiber, 4 g sugar,  
12 g protein

1 1/2 cups fresh blackberries  
12-14 fresh basil leaves, chopped  
2 tablespoons olive oil

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In a large bowl, **mash** blackberries  
and basil with a fork. **Heat** an  
electric griddle or large skillet over  
medium-low heat. **Sprinkle** griddle  
or skillet with olive oil. **Place** bread  
on skillet. **Add** a slice of cheese and  
blackberry mixture. **Place** a second  
piece of bread on top of cheese and  
blackberries. **Cook** 3-5 minutes on  
one side. **Flip. Cook** 3-5 minutes or

# Blackberry Basil Grilled Cheese

