

Hart County Homemaker Newsletter



Upcoming Events

Healthy Living
Every Monday at 1 pm at the
Extension Office

Bonnieville Club
September 11
October 9

Cub Run Club
September 18
October 16

Outreach Too
September 17
October 15

Quilt Club- Sew & Sew
September 26
October 24

Waterloo
September 12
October 10

Hardyville
September 19
October 17

Mammoth Cave Area
Homemaker Annual Day
October 17, 2024

September - October 2024



A Note from Sonya

It's almost here!!! The Mammoth Cave Area Homemaker Annual Meeting is being held HERE in Hart County at Munfordville Baptist Church on October 17. Please please register by **September 26** and come enjoy the day!!! We want Hart County to shine & we need everyone to be available to help host this event. So much has to be done and we will have a great time. September and October are busy! Check out the newsletter to see everything that is happening this next month!

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Hart Happenings

September and October 2024

HOMEMAKER RECRUITMENT

In September we will be focusing on Homemaker Recruitment. Encourage a friend to join Homemakers by inviting them to a Homemaker Event and showing them what we have to offer. Its a great way to ask a friend to join.

KEHA Homemaker Week

KEHA Homemaker Week is October 13-19. We will be celebrating with Judge Joe Choate signing a proclamation for us. We will meet at the Judge's office at the courthouse on September 23 at 9AM for a picture for the paper. Please make plans to attend!

Homemaker Fundraisers

We will be selling pecans and poinsettias again this fall. Keep this in mind when making holiday plans.

Horse Cave Heritage Festival

Horse Cave Heritage Days are Friday, September 20 and Saturday, September 21. Homemakers are sponsoring the Quilt Show at the Horse Cave Christian Church. Come by and enjoy seeing all the quilts on display on Saturday between 11:30 and 2. If you would like to volunteer to work the event, please contact Sheryl Bailey.

Area Annual Day

The Area Annual Day is being hosted by us on October 17 at 9AM. We will need volunteers! Sign up for the event at the Extension Office by September 26.

**Mammoth Cave
Area Homemaker
Annual Day**

October 17, 2024

9:00 A.M. CST

*Munfordville Baptist Church
501 N West St, Munfordville, KY
42765*



Registration Fee: \$20

**Guest Speaker: Ricky Line
Entertainment: Kendall Ford**

***We will be collecting non-perishable food items for Blessing Boxes in Hart County. Please bring one or two cans per person.**

*Please send one county check to:
Tammy Alford, MCA Treasurer
165 Oak Ridge Road
Morgantown, KY 42261*

Thank You

**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

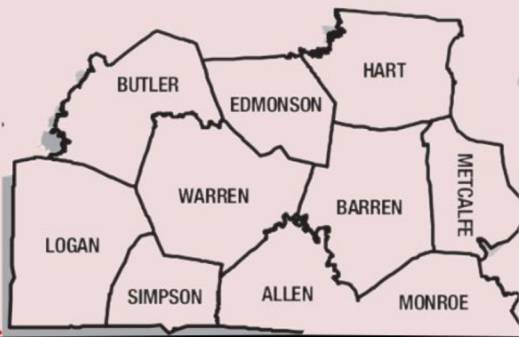
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, 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



Martin-Gatton
College of Agriculture,
Food and Environment

Lunch prepared by
White's Catering

Lunch includes
Chicken Salad on croissant or
Ham & Cheese Wrap
Chips
Fresh Fruit salad
Oatmeal Raisin Cookie
Canned drink or Water



Don't Forget!
***Name Tag Contest due October 1**
E-Mail **one** picture from each county of
____ name tag entry to
Sonya.carter@uky.edu and
millsmb@scrtc.com

Registration Form:

Return this portion, along with your fee, to your County Extension Office

Name: _____

No. Reservations: _____

County Participants numbers are due October 1 to
Hart County Extension Office- P.O. Box 367
Munfordville, KY 42765

One Check is requested for all your county's attending
participants.

November Council Meeting and Leader Lesson Date Change

For our November lesson, we have a conflict. The Mammoth Cave Area Homemaker Leader Training is being held in Warren County on November 7. We will hold our Hart County Leader Lesson and Council Meeting on November 1. Please note the date change in your Homemaker Directory.



The flyer features a central image of a brown tick on a green leaf. The text is arranged in blue and yellow arrow-shaped boxes. At the top right is the UK Cooperative Extension Service logo. The main title 'ALPHA-GAL INFORMATION MEETING' is in large, bold, black letters. Below it, the guest speaker is identified as Heather Shaw, UK Cooperative Extension Area Nutrition Agent. A yellow arrow points to the text 'OPEN TO THE PUBLIC'. The date and time are listed as Tuesday, September 24, 6:00 PM. The location is HCHS Auditorium, 1014 S. Dixie Hwy., Munfordville, KY 42765. Contact information for Sonya Carter (270-524-2451) and Marquita Puryear (270-524-0240) is provided. At the bottom, there are logos for the Cooperative Extension Service and Martin Gattton College of Agriculture, Food and Environment.

UK Cooperative Extension Service

ALPHA-GAL INFORMATION MEETING

Guest Speaker
Heather Shaw, UK Cooperative Extension Area Nutrition Agent

OPEN TO THE PUBLIC

Tuesday
September 24
6:00 PM

Contact Us
Sonya Carter, Hart County Family & Consumer Science Agent
270-524-2451
Marquita Puryear, HCHS 21st Century After School Coordinator
270-524-0240

HCHS Auditorium
1014 S. Dixie Hwy.
Munfordville, KY 42765

Cooperative Extension Service
MARTIN GATTTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Do you know anyone with Alpha-Gal? Please tell them about our Information meeting. This lady has a WEALTH of knowledge!!!

*What Is Alpha-gal Syndrome?
Alpha-gal syndrome (AGS) is a serious, potentially life-threatening allergic condition that can occur after a tick bite. It's named for a molecule, galactose- α -1,3-galactose, that's found in most mammals.*

Symptoms occur after people eat red meat or are exposed to other products made from mammals. Because of this, AGS is also known as red meat allergy or tick bite meat allergy.

A CDC report showed that between 2010 and 2022, more than 110,000 suspected cases of AGS were identified. However, cases of AGS are not nationally notifiable to CDC, so the actual number of AGS cases in the United States is not known. More data and research are needed to understand how many people are affected by this condition.

Source: Center for Disease Control

FREE NUTRITIONAL INFORMATION

Do you or a loved one have Type 2 Diabetes? This is an awesome and FREE program to take advantage of through the extension office and University of Kentucky

RESEARCH PARTICIPANTS
NEEDED FOR DIABETES STUDY

Promoting Intergenerational Health in
Rural Kentuckians with Diabetes (PIHRKD)

Do you have type 2 diabetes?

We want to provide you and your family with the support needed to combat type 2 diabetes and obesity. To do this, we will connect you with a nutritionist who works with you to create low-cost personalized meals that can benefit the health and wellness of your entire family. In addition, we will work to help you reach your goals by providing diabetes education.



PARTICIPATION WILL INCLUDE:

- Creating a personalized health plan with a nutritionist
- Monthly at home check-ins with nutritionist
- Dining with Diabetes Program at your local extension office

YOU MAY BE ELIGIBLE IF:

- 18 years of age or older
- Have diagnosed type 2 diabetes and obesity
- Live in rural Kentucky
- Have more than one person living in your household

FOR MORE INFORMATION, CONTACT US:

✉ Reya.Andrews@uky.edu

☎ 859-562-0757

COOKING WITH KIDS

Chicken and Dumpling Soup

- 2 tablespoons olive oil
- 1 medium yellow onion, chopped
- 2 stalks celery, chopped (including some leaves)
- 4 medium carrots, peeled and chopped
- 2 quarts fat-free, low-sodium chicken broth
- 2 cups chicken breast, cooked and shredded
- 1/2 teaspoon whole black peppercorns
- 2 teaspoons dried thyme leaves
- 2 bay leaves
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 3/4 cup low-fat milk
- 1 egg
- 2 cups coarsely chopped fresh kale leaves (any greens can be used.)

1. In a large soup pot, sauté onions, celery, and carrots in olive oil over medium-low heat about 5 minutes or until tender.
2. Add broth, chicken, peppercorns, thyme, and bay leaves. Reduce heat to low. Simmer partially covered for 20 minutes.
3. Meanwhile, in a small bowl, mix flour, baking powder, milk, and egg until well blended. Roll out with a rolling pin and make strips or simply drop small spoonful of dough into simmering soup.
4. Cover soup and allow dumplings to cook about 20 minutes. They will rise to the top of the soup as they cook.

5. Stir in kale, cover soup and simmer 5 additional minutes. Remove bay leaves and peppercorns before serving soup. Tip: If you'd rather not make dumplings, add egg noodles 8 minutes before serving.

Makes 10 servings
Serving size: 2 cups

Nutrition facts per serving 200 calories, 4.5g total fat, 1g saturated fat, 0g trans fat, 40mg cholesterol, 390mg sodium, 25g carbohydrate, 2g dietary fiber, 4g total sugar, 0g added sugar, 13g protein, 0% Daily Value of vitamin D, 15% Daily Value of calcium, 10% Daily Value of iron, 6% Daily Value of potassium.

Source: University of Kentucky's Nutrition Education Program, Cook Together, Eat Together



RECIPE

Autumn Sweet Potato Chili

- 1 can (15 ounces) sweet potatoes (do not drain)
- 1 tablespoon chili powder
- 1 jar (16 ounces) salsa
- 2 cans (15 ounces) black beans (do not drain)
- Water to achieve desired consistency
- 1/2 cup reduced-fat sour cream
- Sharp cheddar cheese, shredded
- Fresh cilantro, chopped

1. Combine sweet potatoes, chili powder, and salsa in a large saucepan.
2. Bring to a boil, reduce heat to simmer, and cook until heated through, stirring as needed.
3. Add beans with liquid and cook another 3 minutes to blend flavors.

4. Thin with water if needed. Heat through.
5. Serve with sour cream, cheese, and cilantro on the side.

Option: To reduce sodium, use vegetables canned without added salt.

Makes 8 servings
Serving size: 1 cup

Nutrition facts per serving: 160 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 790mg sodium; 32g carbohydrate; 9g fiber; 12g total sugar; 0g added sugars; 7g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 6% Daily Value of potassium.

Source: Jeffrey Hines, former Graphic Artist for Nutrition Education Program, University of Kentucky Cooperative Extension Service

SMART TIPS

Walking for wellness

Adults should get at least 150 minutes of moderate-aerobic activity each week. Children should be active for at least 60 minutes each day. Being active can add to total health and cut the risk of long-term health issues such as heart disease, cancer, or high blood sugar.

Walking is a great way to stay active and in good health. Walking does not call for any special skills. You do not need to go to a gym or use high-priced gear. A single bout of mid-to-brisk walking can help with sleep and memory. Go on a walk today and ask your family to join you.



Flatter to Feel Good – Know Your Season

What we wear and how we look can contribute to positive mental health. Research indicates that if you think you look good, you will feel good. So, it is important to make your clothing work for you—to flatter your best features.

One way to make sure you are using your clothing to flatter, is to know what colors look the best on you. Each person has unique skin, hair, and eye coloring. Clothing and cosmetics that complement an individual’s coloring make a person appear healthier and more attractive.

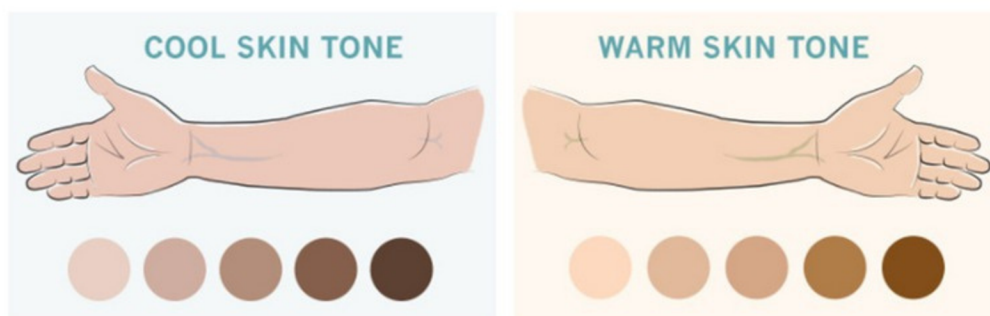


You may have heard of individual color palettes or seasons. This is a collection of colors that look the best on you based on your eye color, hair color, and skin tone—including undertones. Knowing your season can help you choose clothing and cosmetics that make your skin glow and highlight your natural beauty.

Start by Evaluating Your Skin Undertone

Those with ~~cool undertones~~ **cool undertones** normally have veins on the inner wrist that appear blue. Silver jewelry normally looks better on individuals with cool undertones. These individuals fall in either the Summer or Winter color palettes.

Those with ~~warm undertones~~ **warm undertones** normally have veins on the inner wrist that appear green. Gold jewelry normally looks better on individuals with warm undertones. These individuals fall in either the Autumn or Spring color palettes.



The Spring palette looks best on people with delicate golden undertones. Their hair color tends to be golden brown, golden blonde or strawberry blonde. Their eyes are usually blue, green, or golden brown. Their color palette includes: camel, apricot, turquoise, and light yellow.



The Autumn palette looks best on people with golden undertones and brown or green eyes. Autumns tend to be red-haired people or have auburn undertones in their hair. Their color palette includes: dark brown, gold, rust, and olive green.



The Winter palette looks best on people with blue or blue-pink undertones; dark hair, including black or grey hair; and deep colored eyes. Their color palette includes: black, pine green, hot pink, and true red.



The Summer palette looks best on people with blue undertones. Their hair color tends to be blonde or brown with a gray cast. They usually have blue, green, or hazel eyes. Their color palette includes: lavender, aqua, pastel blue, and pastel pink.



By knowing the colors that are most flattering for you, it will help you select clothing to build a wardrobe that will work for you!

References: *Color is Key, FCS 2844, University of Kentucky Cooperative Extension Service*
Self-Care and Self-Pampering KEHA State Support Lesson

Sources: *Jeanne Badgett, University of Kentucky Senior Extension Associate,*
Amy Kostelic, University of Kentucky Extension Specialist for Adult Development and Aging

Megan Treadway
 Area Extension Agent for Family and Consumer Sciences
 400 East Main Avenue, Bowling Green, KY 42101
 (270) 282-0982
 megan.treadway@kysu.edu



KYSU.EDU/AG | [@KYSUAG](https://twitter.com/KYSUAG)

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RETURN SERVICE REQUESTED

42765-0367
Munfordville, KY
P.O. Box 367
Hart County

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



Peanut Butter Oatmeal Bites

Ingredients:

- 1 cup creamy peanut butter
- 2/3 cup unsweetened applesauce or 2 large very ripe bananas (or half of each)
- 1/3 cup brown sugar
- 2 teaspoons vanilla
- 2 teaspoons cinnamon
- 2 cups quick oats
- 3/4 cup dried fruit (cranberries, raisins, apples, dates, etc., or a mixture)
- 1/2 cup chopped nuts, pepitas (pumpkin seeds), or sunflower seeds (or a mixture)

Directions:

1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
2. Preheat the oven to 350 degrees F.
3. Line two large baking sheets with parchment paper and set aside.
4. In a large bowl, mix the peanut butter, applesauce or bananas, brown sugar, vanilla, and cinnamon until smooth. Add the oats, dried fruit, and nuts, stirring until combined.
5. Drop the dough into equal sizes onto the baking sheets, about 2 tablespoons per cookie. Flatten the top with the back of a spoon.
6. Bake 12 to 16 minutes or until the edges are slightly brown and the dough is set, but soft.
7. Remove from oven and cool on the baking sheet for 10 minutes. Transfer to a cooling rack to finish cooling.
8. Store in an airtight container. Use within four days or freeze.