

Homemaker Newsletter

August 2024

RUSSELL COUNTY EXTENSION OFFICE
2688 S. HWY 127
RUSSELL SPRINGS, KY 42642
(270) 866-4477
FAX: (270) 866-8645
RUSSELL.CA.UKY.EDU

Thought of the Month:

"Out along the
edges Always
where I burn to be"

-Danger Zone

Kenny Loggins
1986

Roll Call:

How do you beat
the heat during the
"dog days" of
August?

Russell County Homemakers Want Your Input!

Join the Russell County Homemaker Council on
Monday, **August 26th** at 5 PM, to give your input
on programming and community service projects
this year!

All club and county officers should plan to attend
the officer training following the meeting led by
Mary Lynn Chaudoin.

Looking for some tips on taking "good" photos?
Our lesson on Composition in Photography can
help! This lesson is on August 26th, at 4 PM, and is
being taught by Dylan Gentry, Adair FCS Agent.

Homemakers Due Are Now Being Accepted!

The new fiscal year has started, which means
annual Homemaker dues are due. Annual
homemaker dues are \$12/year and registers you
as a homemaker at the county, area, and state
level. The enrollment form is attached to this
newsletter.



Club Meeting Information

Homemakers on the Go

The Homemakers on the Go will meet on August 8th, at 10 AM at the extension office for their first meeting of the new fiscal year. This meeting is to plan for the rest of the year. Please call 270-866-4477 to RSVP by August 5th, or reach out to Donna Robertson.

Homemakers by Heart

Homemakers by Heart will meet on **August 19** at 6 p.m. for a glass painting. Please make sure to bring your own glass item to paint. RSVP with Caitlyn Helm or the Extension Office by August 12th.

Sunset Club

The Sunset Club will meet on **August 14th** at 6 p.m. for the first meeting of the fiscal year. Please reach out to Susan Adams for more information.

The Piecemakers Quilt Guild

The Quilt Guild be meeting on **August 12th** and **26th**, starting at noon, for their monthly meeting. Please contact Cindy Mills for more information.

Crafty Bees

The Crafty Bees will meet on **August 27th** at 5:30 p.m. Please feel free to contact Melonie Eubank for more information.

Homemaker Program

Making Vanilla Extract

**Taught By Cyndy Humble, Taylor County Extension
Homemaker**

**MONDAY, AUGUST 12, 2:30 P.M. AND 5:30 P.M.
CST
(choose your class)**

**Call 270-866-4477 to RSVP. There is a \$10 fee for
this class.**

Limited Class Size

\$10 Registration Fee Must be paid by August 8th.



Beer Cheese – A Kentucky Favorite

SOURCE: SOURCE: ANNHALL NORRIS, FOOD PRESERVATION AND FOOD SAFETY EXTENSION SPECIALIST

Beer cheese is practically a staple in Kentucky. It is a common item on many menus as an appetizer or sometimes as an entrée. It's said to have originated in Kentucky, and you can always find it at social events, family gatherings, and tailgating.

Beer cheese is a smooth cheese spread made from processed cheese and flavored with a variety of ingredients, one of which is beer. Commercially made beer cheese is usually made from processed cheddar cheese or cold pack cheddar cheese along with various spices and beer. Homemade varieties can be made from any type of cheese, but most commonly cheddar. Additional ingredients include beer and spices. Many homemade versions also include onion, garlic, hot sauce, and horseradish. You can use any type of beer, but it must be flat, otherwise your cheese will be foamy. Beers with a stronger flavor (dark lagers, stouts, or IPAs) will give a more intense flavor.

Beer cheese is typically served cold with crackers or pretzels. It is a favorite on charcuterie boards accompanied by celery, carrots, and other sliced fresh vegetables. You also can make the spread into a soup, serve it hot as a sauce or as a topping on burgers.

Make beer cheese at home by combining your favorite cheese or combination of cheeses, a flat beer, and your favorite spices. No need to measure anything, just be creative until you find a version you like. Use a food processor or mixer to get a smooth consistency and then chill to firm it up. Keep homemade beer cheese in a closed container in the refrigerator. Storage time will depend on the types of cheese you used and can vary between 10 days to 3 weeks.

Citrus Chicken Stir Fry

SERVINGS:4 **SERVING SIZE:1 CUP** **RECIPE COST:\$6.42** **COST PER SERVING:\$1.61**

SOURCE: ADAPTED FROM USDA WHAT'S COOKING?


Ingredients:

- 2 tablespoons olive oil
- 1 pound boneless, skinless chicken thighs
- 2 teaspoons garlic powder
- 2 tablespoons low-sodium soy sauce
- 1/4 cup orange juice
- 1 teaspoon honey
- 1/2 teaspoon black pepper
- 8 ounces sugar snap peas, wash, and string, if needed
- 1 red or orange bell pepper, sliced



Directions:

- Heat oil in a large skillet over medium-high heat.
- Add chicken and sprinkle garlic powder over the pieces. Brown each side for about 2 minutes, flipping chicken occasionally.
- In a small bowl, stir together soy sauce, orange juice, honey and black pepper. Pour over chicken. Add sugar snap peas and bell pepper slices to the pan. Stir to combine.
- Cook for an additional 3-4 minutes, until peas and bell pepper slices soften and chicken has reached 165 degrees F. Serve over rice.

 320 calories; 16g total fat; 3.5g saturated fat; 0g trans fat; 150mg cholesterol; 410mg sodium; 12g carbohydrate; 2g fiber; 5g sugar; 1g added sugar; 31g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 15% Daily Value of iron; 10% Daily Value of potassium.

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: _____

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless 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.

August 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Sausage Making 5 PM	2	3
4	5 Wit's Workout 10 AM	6	7	8 Sourdough 5 PM	9	10
11	12 Vanilla Class 2:30 PM Vanilla Class 5:30	13 Lunch & Learn @ RCPL 12 PM	14	15 Rain Barrels 5 PM	16	17
18	19 Basic Pies 12:00 PM Cooking the Calendar 5 PM	20	21	22 Meat Canning 5 PM	23	24
25	26 Photography 4 PM HM Council 5 PM Office Training 6 PM	27	28	29 Herb Gardening 5 PM	30	31

Join us for



Lunch n' Learn

AT THE RUSSELL COUNTY PUBLIC LIBRARY

TOPIC:

CRYSTAL CLEAR: WATER QUALITY MATTERS!

Learn the signs of poor water quality and how the quality of water for home and garden use can affect your everyday life.

Lunch will be provided on a first-come, first-serve basis.

WHEN: Tuesday, August 13th | 12:00 - 1:00 pm

WHERE: Russell County Public Library
535 N. Main Street
Jamestown, KY 42629

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



UK Cooperative Extension Service

Cooking through the Calendar

Peanut Butter Oatmeal Bites

Free recipe demonstration & sampling

When: August 19, 2024 at 5:00 p.m.

Where: Russell County Extension Office
2688 South Highway 127
Russell Springs, KY 42642

Please RSVP by calling 270-866-4477
by August 12, 2024.

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



WITS WORKOUT

An engaging, interactive, and educational brain health program

When: The 1st Monday of the month, Starting July 1st (8/5, 9/9, 10/7, 11/4, 12/2)

Time: 10 AM CST

Where: 2688 S. HWY 127 Russell Springs, KY 42642

Register: Call 270-866-4477 to RSVP

ILLINOIS Extension COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES

UK Martin-Gatton College of Agriculture, Food and Environment

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, 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



BAKING SERIES:

Easy as Pie: Basic Pie Crust

WHEN: AUGUST 19TH
TIME: 12:00 CST (NOON)
WHERE: 2688 S. HWY 127, RUSSELL SPRINGS, KY 42642
PAYMENT AND A \$5 REGISTRATION FEE ARE DUE BY AUGUST 12TH. PLEASE CALL 270-866-4477 TO RSVP.

Why Attend?

Cost Savings, Skill Development, & Personal Satisfaction



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

