

# Homemaker Newsletter

## September 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:

"Well, it's all right,  
even if they say  
you're wrong Well, it's  
all right, sometimes  
you gotta be strong"  
*End of the Line*  
Traveling Wilburys  
1989

### Russell County Homemakers Have Kicked Off the Year!

The first Russell County Homemaker Council meeting of the year was held on Monday, August 26th, at 4 p.m. During the meeting, the Homemaker Council determined which fundraisers and service projects they wanted the county to focus on through November. Additionally, the county budget was set and ratified for the fiscal year 24-25.

### Roll Call:

Labor Day is celebrated in September. What is the first job you ever had?

The next council meeting will be held on Monday, **September 23rd** at 5 PM.

Mrs. Edith Lovett, Pulaski County FCS Agent, will discuss self-care on **September 23rd at 4 PM**. Please call to RSVP if you plan to attend.



# Club Meeting Information

## Homemakers on the Go

The Homemakers On the Go will meet on **September 12th**, to travel to Wippoorwill Diner, in Faubush, KY. Those wishing to carpool should plan to meet at the Extension Office at 10 AM. Please call 270-866-4477 to RSVP by September 6th, or reach out to Donna Robertson.

## The Piecemakers Quilt Guild

The Quilt Guild be meeting on **September 9th** and **23th**, starting at noon, for their monthly meeting. Please contact Cindy Mills for more information.

## Sunset Club

The Sunset Club will meet on Tuesday, **September 3rd**, at 5 p.m. to make a picture frame and fellowship. Please reach out to Susan Adams for more information.

## Homemakers by Heart

Homemakers By Heart will meet on September **16th** at 6 p.m. for a beginner crochet class. Please RSVP with Caitlyn Helm or the Extension Office by September 13th. Cost is \$4, supplies are included.

## Crafty Bees

The Crafty Bees will meet on **September 24th** at 5:30 p.m. Please feel free to contact Melonie Eubank for more information.

# Homemaker Projects

## Warm the Children

The Council will sponsor a winter clothing drive for the Russell County School District this year.

Please bring new winter clothing articles for youth to the Russell County Extension Office to help keep our local children warm this winter.

### **Articles to bring:**

- Gloves
- Hoodies
- Hats
- Winter Jackets
- Socks
- Scarves

## Pecan Sales

The Pecan Sales will be another fundraiser offered by Homemakers this year. They will be selling

Pecan pieces for \$12/bag (1 lb. bags)

Pecan halves for \$15/bag (1 lb. bags).

These items should be ready for sale early October.

## Celebrating Our Veterans

The Council has decided to create bags for Veterans at the Nursing Home this Year. Please bring items to fill their bags to the Extension Office by November 4th.

**Bring:** Hats, Gripper Socks, hygiene products, nabs and other shelf-stable snacks, puzzle books, Veteran-themed items

## Rada Online

The Council is continuing the Rada Online fundraiser. To access it,

1. Go to Google Search
2. Enter <https://radafundraising.com>
3. On the top left take drop down and click on support a new fundraiser, or
4. ENTER: Russell County Extension Homemakers
5. Place your order

# September is National Honey Month

**SOURCE: HARDIN STEVENS, SENIOR EXTENSION ASSOCIATE, UNIVERSITY OF KENTUCKY, COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT, APRIL 2023**

September is National Honey Month. It coincides with honey collection season in the United States, which typically ends in September because bees secure their hives and get ready for colder weather.

Humans have a long history with honey. According to a 2012 archaeological find, the world's oldest honey is believed to be 5,500 years old. Many ancient civilizations used honey for various purposes.

Honey would not be possible without the work of bees and other pollinators. The website, [pollinator.org](http://pollinator.org), reports, "Honeybees alone are responsible for between 1.2 and 5.4 billion dollars in agricultural productivity in the United States." Experts estimate that it takes close to 23,000 bees to fill one jar of honey, but the bee population has been in decline over the last few decades.

To celebrate and promote National Honey Month, try these steps.

1. Have a honey-themed party, and try various types of local honey on your favorite food items.
2. Contact your local beekeeper association for a presentation on their work or visit their hives.
3. Select pollinator-friendly plants for your yard and landscaping. You can contact your local Extension office or garden nursery for the best plant recommendations for your area.
4. Avoid pesticides that harm bees and be sure to follow the instructions of when and how to use them.
5. Continue to learn more about the role that bees and other pollinators play in our food supply chain.

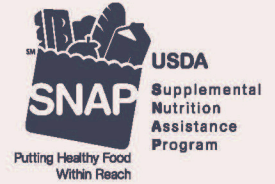
## References:

- <https://www.agfoundation.org/news/september-is-national-honey-month>
- <https://www.epa.gov/sciencematters/understanding-how-pesticide-exposure-affects-honey-bee-colonies>
- <https://www.pollinator.org/pollinators#:~:text=Birds%2C%20bats%2C%20butterflies%2C%20mot%20hs,most%20importantly%2C%20bees%20are%20pollinators.>
- <https://kybees.org/>
- <https://www.unep.org/news-and-stories/story/why-bees-are-essential-people-and-planet>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5424551/>





## Peanut Butter Oatmeal Bites



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

- 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)

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.

**Makes 30 bites**

**Serving size: 1 bite**

**Cost per recipe: \$4.44**

**Cost per serving: \$0.15**

### Nutrition facts per serving:

110 calories; 6g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 13g total carbohydrate; 2g dietary fiber; 7g total sugars; 2g added sugars; 3g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

### Source:

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



# Big Blue Book Club Reminder

**BIG BLUE BOOK CLUB** presents **SNACK CLUB**

register @ [ukfcs.net/BBBCsnack](http://ukfcs.net/BBBCsnack)

Podcasts and videos released every Thursday and Monday in September beginning September 5th.

[ukfcs.net/TalkingFACS](http://ukfcs.net/TalkingFACS)

[ukfcs.net/FACSLearningChannel](http://ukfcs.net/FACSLearningChannel)

**BIG BLUE BOOK CLUB** presents **SNACK CLUB**

Cooperative Extension Service | Family and Consumer Sciences

The next Big Blue Book Club promises to be a fun one! If you feed children or know someone who does, below is the information you need to register and get involved!

Everyone is welcome, whether you feed children every day or just from time to time!

## Sign Up for Text Reminders!

Text '@russellhm' to "81010" to get a reminder from Megan and the Council on your phone! (text and data rates apply)

# September 2024

| Sun | Mon  | Tue   | Wed | Thu                                 | Fri                     | Sat |
|-----|--|---|-----|-------------------------------------|-------------------------|-----|
| 1   | 2<br><b>LABOR DAY-<br/>Office Closed</b>                                     | 3   | 4   | 5                                   | 6<br>Farm Safety<br>Day | 7   |
| 8   | 9<br>Sit & Sew 12- 6 PM  | 10<br>Lunch & Learn 12 PM<br>RCPL<br>Sunset Club 5 PM | 11  | 12<br>Homemakers on<br>the Go 10 AM | 13                      | 14  |
| 15  | 16<br>Cooking the Calendar<br>5 PM<br>Homemakers By<br>Heart 6 PM            | 17  | 18  | 19                                  | 20                      | 21  |
| 22  | 23<br>Sit & Sew 12:30:30 PM<br>HM Leader Lesson 4 PM<br>Council Meeting 5 PM | 24<br>Crafty Bees 5:30<br>PM                          | 25  | 26                                  | 27                      | 28  |
| 29  | 30<br>Beginner Crochet<br>10 AM & 5 PM                                       |   |     |                                     |                         |     |





# Crochet Class

CALL 270-866-4477 TO RSVP!



**FREE Class**

Come learn the basics of crocheting at the Russell County Extension Office! Crochet hooks and yarn will be provided for the class, but feel free to bring your own yarn and hooks.

**SEPTEMBER 30TH  
10:00-12:00 PM**

2688 S. HWY 127, RUSSELL SPRINGS, KY 42642



LUNCH WILL BE PROVIDED ON A FIRST-COME, FIRST-SERVE BASIS!

**Martin-Gatton**  
College of Agriculture,  
Food and Environment  
University of Kentucky.

## LUNCH N' LEARN

AT THE RUSSELL CO. PUBLIC LIBRARY



**TUESDAY, SEPTEMBER 10TH | 12:00 - 1:00 PM**  
**PRESERVE IT: BASIC FOOD DEHYDRATION**

Learn the basics of food dehydration and preservation!



**TUESDAY, OCTOBER 22ND | 12:00 - 1:00 PM**  
**FALL VEGETABLES: PRODUCTION BASICS**

Learn the basics of Fall's favorite vegetables!



**TUESDAY, NOVEMBER 12TH | 12:00 - 1:00 PM**  
**FESTIVE FLAVORS: HOLIDAY SIDE DISHES**

Explore delicious side dishes for the upcoming holiday season!



**TUESDAY, DECEMBER 10TH | 12:00 - 1:00 PM**  
**SPRING-READY GARDEN: WINTER PREP ESSENTIALS**

Learn how to prepare your garden for winter, and the best ways to prepare it for the spring growing season!

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 receipt of retaliation for prior civil rights activity. For a complete 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

### Ramen Skillet Dinner

Free recipe demonstration & sampling

When: September 30, 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 September 23, 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 receipt of 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



## BEGINNER CROCHET CLASS

**SEPTEMBER 30TH,**  
**5:00 - 7:00 PM**  
2688 S. HWY 127  
Russell Springs, KY 42642

**WORKSHOP OUTLINE :**  
Come learn the basics of crocheting at the Russell County Extension Office! Crochet hooks and yarn will be provided for the class, but feel free to bring your own yarn and hooks.

**Call to RSVP  
270-866-4477**

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status