

# Homemaker Newsletter

## September 2025

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## Thought of the

### Month:

"The heat of  
autumn is  
different from the  
heat of summer.  
One ripens  
apples, the other  
turns them to  
cider."  
– Jane Hirshfield

## Roll Call:

September is  
the beginning  
of Autumn.  
What is your  
favorite activity  
in the Fall?

## Homemaker Council News



### Mark Your Calendars!

The Russell County Extension Homemakers are kicking off their first county event of the year in a big way! Join us on **Friday, September 12th, at 4:30** PM at the Extension Office for an evening of learning, connection, and sweet treats.

We'll start with a special presentation from Michael Bray, Director of Emergency Management, who will introduce the *Yellow Dot Program*—a community safety initiative designed to help emergency responders quickly identify important health information for individuals in a vehicle.

Afterward, stick around for an old-fashioned Ice Cream Social! Bring a chair, bring a friend, and bring your sweet tooth as we celebrate the start of another exciting year with the Russell County Extension Homemakers.



# Club Meeting Information

## **Homemakers On the Go**

The Homemakers On the Go will meet at the Extension Office on **Thursday, September 11<sup>th</sup>**, at **10 a.m.** Club members will travel to Danville, KY, to visit the Glass Museum (401 and 409 W. Main St., Danville, KY, 40422). They will go for lunch at a local restaurant afterwards. Please call to RSVP by **September 8th**.

## **Magic Circle**

Magic Circle meets every **Tuesday** at **9 a.m.** at the Extension Office to work on crochet projects. They are currently working on a granny square bag. Please contact Connie Mann-Polston for more information.

## **Crafty Bees**

The Crafty Bees will meet on **Tuesday, September 23<sup>rd</sup>**, at **5:30 pm**. Sherri Coffey, FCS Assistant, will be teaching how to make a book pumpkin. Please RSVP by Friday, September 18<sup>th</sup>. Please bring a paperback book for the craft.

## **Sunset Club**

The Sunset Club will meet on **Tuesday, September 9th, 6 p.m.**, at the Extension Office. Please reach out to Susan Adams for more information.

## **Just One More Chapter Book Club**

Just One More Chapter will meet on **September 16th at 1:00 PM** at the Extension Office. Currently, JAC asks members to bring the book they are currently reading. You are welcome to bring finger foods to talk and chat.

## **The Piecemakers Quilt Guild**

The Quilt Guild will meet on **September 22<sup>nd</sup>** from **noon to 4 PM** at the Extension Office. They plan to have Sit & Sew and to work on donation blankets. Please reach out to Cindy Mills if you have any questions.

# Cleaning Your Grill

**SOURCE: SARAH HANKS, SENIOR EXTENSION ASSOCIATE**

Many of us enjoy the wonderful taste of food cooked on a grill, but cleaning the grill — not so much. Regular grill cleaning is important to help extend the grill's life and for food safety purposes. Plus, it makes your food taste better.

The easiest way to remember to clean your grill is to do so immediately after using it. This way, you don't forget about it, and you are not faced with a greasy, caked-on mess the next time you go to grill.

You must have the right tools to properly clean your grill. These include a wire grill brush or other type of scraper, a 5-gallon bucket, durable gloves and disposable sponges and rags. You will also need warm water and dish soap, and/or a paste comprised of 1 cup of baking soda and 2 cups of vinegar. If you have a grill with exterior stainless-steel features, you'll want to add a stainless-steel cleaner or vinegar to your material list.

After cooking, remove the food and allow the grill to continue to burn to remove residue. Once the residue has burned off, turn off the grill. When the grill cools but is still slightly warm, use your wire brush to remove any remaining debris on the grates unless your grates have a nonstick coating. If they do, use either a wood or heat-resistant plastic scraper to clean your grates.

If your grill still has a lot of residue, you may want to soak the grates and other removable parts in either warm water and dish detergent or a mixture of 2 cups vinegar to 1 cup baking soda. If the grill components fit in your sink, they can soak there. If not, use a five-gallon bucket. You can use your wire brush again after the grates have soaked. Allow grill parts to air dry before putting them back on your grill. Remember to wash your brush after each use.

Use a disinfectant to clean surfaces like the grill's side table that may have had exposure to uncooked meat. Keep raw and cooked food separate by using different plates and utensils for each.

Depending on the type of grill you have, you may have additional cleaning considerations. Consult your owner's manual for more information.

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*The University of Kentucky Martin-Gatton College of Agriculture, Food and Environment news and communications team provides monthly Extension Exclusives in the categories of Horticulture, Agriculture and Natural Resources, 4-H and Family & Consumer Sciences. To see more exclusives, visit <https://exclusives.ca.uky.edu>.*



## Chicken Burgers



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

**Prep time: 10 minutes**

**Cook time: 10 minutes**

- 1 pound 98% fat-free, ground chicken breast
- 1/4 cup barbecue sauce
- 1/2 cup green onions, finely chopped
- 1/4 cup celery, diced
- 1 teaspoon garlic powder (or 1 clove of garlic, minced)
- 1/4 teaspoon salt
- Nonstick cooking spray
- 4 whole-wheat hamburger buns
- 2 cups romaine lettuce, torn or shredded
- 1 large tomato, cut into 8 slices

*Optional: 2 tablespoons cheese, such as blue cheese, feta, or shredded cheese*

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a medium bowl, combine chicken, barbecue sauce, green onion, celery, garlic powder, and salt.

3. Using wet hands (to prevent mixture from sticking), form chicken mixture into four 1/2-inch-thick patties. Wash hands with warm water and soap after handling raw poultry.
4. Preheat a large skillet over low to medium heat and spray with nonstick cooking spray.
5. Place burgers in the preheated skillet. Cook until burgers reach an internal temperature of 165 degrees F as measured on a meat thermometer, about 5 minutes per side.
6. To serve, place each burger on a bun. Top each with 1/2 cup shredded lettuce, 2 tomato slices, and optional 1/2 tablespoon of cheese.
7. Refrigerate leftovers within 2 hours.

Makes 4 servings

Serving size: 1 burger on bun with toppings

Cost per recipe: \$8.36

Cost per serving: \$2.09

### Nutrition facts per serving:

300 calories; 3.5g total fat; 0g saturated fat; 0g trans fat; 65mg cholesterol; 500mg sodium; 32g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 27g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium

### Source:

Andrea Wilde,  
NEP Area Nutrition  
Agent, University of  
Kentucky Cooperative  
Extension Service



# September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Magic Circle 9 AM	3	4	5	6
7	8 Dehydration 10 AM Emergency Preparation 5 PM	9 Magic Circle 9 AM Barn Quilt 9 AM Sunset Club 6 PM	10	11 Homemakers On The GO 10 AM	12 Ice Cream Social and Yellow Dot Program 4:30 PM	13
14	15 BBQ Basics 5 PM	16 Just One More Chapter Book Club 1 PM	17	18 BBQ Basics 5 PM	19	20
21	22 Sit & Sew 12-4 PM Homemaker Council MTG 5:00 PM	23 Magic Circle 9 AM Crafty Bees 5:30 PM	24	25 Evolving Leadership Forum 7:30 AM	26	27
28	29 Cooking the Calendar 12 PM	30 Magic Circle 9 AM				





# In the Face of DISASTER

## Are You Prepared?

**When:** Monday, September 8th **Where:** Russell County

**Time:** 5 PM CST

**Public Library**

September is Disaster Preparedness Month, and we want you to be ready for the next natural disaster to hit Russell County.

Kentuckians have experienced firsthand how natural disasters can occur at any time. Disasters take many forms, and most areas of family life feel their effects. While you have little control over disasters, there are steps you can take before a disaster occurs to keep your family safe. Preparing in advance may be especially helpful when disaster comes with little warning.

Join us for a program on how to prepare your family and home for a natural disaster, learn steps to take if/when one occurs, and learn about emergency preparedness home kits.



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**Russell**  
COUNTY PUBLIC LIBRARY



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# EVOLVING LEADERS FORUM

**SEPTEMBER 25, 2025**

Taylor County Extension Office  
1143 S Columbia Ave, Campbellsville

**EASTERN TIME**

9:30-10:00 a.m. Registration  
10:00 a.m. Program Begins  
1:30 p.m. Closing Remarks

- Enhance Your Leadership Skills
- KEHA Leader Lesson Training

**Register with your local Extension Office  
by September 10<sup>th</sup>**



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## COOKING THROUGH THE CALENDAR

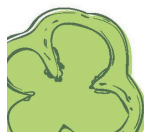
With FCS Agent

*Megan Gullett*

September 29th  
12:00 noon  
at the Russell County  
Extension Office

This month's featured  
recipe is Chicken  
Burgers.

The class is **FREE**  
but please call 270-866-4477 to RSVP  
by September 22nd.



Martin-Gatton  
College of Agriculture,  
Food and Environment



## JOIN US FOR BBQ BASICS

LEARN ABOUT THE BASICS OF  
SEASONING AND SMOKING YOUR  
FAVORITE CUTS OF MEAT FOR  
BARBECUE IN THIS TWO-CLASS  
SERIES AT THE RUSSELL COUNTY  
EXTENSION OFFICE.

**BBQ SEASONINGS:** DISCOVER THE BEST  
SEASONINGS FOR DIFFERENT TYPES OF BBQ AND  
CREATE YOUR OWN DRY RUB.

**MONDAY, SEPTEMBER 15, 5 PM**

**BBQ BASICS:** LEARN THE DIFFERENT CUTS OF MEAT  
FOR BBQ AND HOW TO USE A SMOKER.

**THURSDAY, SEPTEMBER 18, 5 PM**

**CALL THE RUSSELL COUNTY EXTENSION OFFICE AT  
270-866-4477 TO REGISTER BY SEPTEMBER 4TH!**