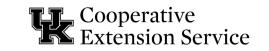
RUSSELL COUNTY EXTENSION OFFICE



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.

Cooperative Extension Service

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development ${\bf MARTIN\text{-}GATTON} \ {\bf COLLEGE} \ {\bf OF} \ {\bf AGRICULTURE}, \ {\bf FOOD} \ {\bf AND} \ {\bf ENVIRONMENT}$

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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.

<u>Homemaker Program</u>

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 Ext	ension Homem	akers Associ	ation
Name					
200 1941 H					
 Email					
Name of Club					
Phone: Home (_)		Work (_)	
Cell ()		Fax ()		
Birth year (Optional	D:				
Race (Optional – cit	rcle one):	White Bl	ack or African An	nerican	
Asian	Pacific Island	er Aı	nerican Indian	Hawaiian	Other
Ethnicity (Optional	- circle one):	Hispanic	Non-Hispanic		
Gender (Optional -	circle one):	Female	Male		
Date joined:		_			
I, (print full name)hereby grant permissi Kentucky Extension I and/or to supervise an use and/or permit other aforementioned image compensation.	Homemakers As y others who m ers to use inform	ssociation, Inc., ay do the inter nation from the	to interview, photo view, photography, aforementioned int	graph, and/or vide and/or videotapin terview and/or the	eotape me; g; and/or to
Signature:			Date):	
Witness:			Date):	

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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

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

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT









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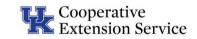












Cooking through the Calendar

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.



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



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