

# Family & Consumer Science November Newsletter

Ohio County Cooperative Extension Office, 1337 Clay St., Hartford, KY 42347 • 270-298-7441

## Upcoming Events/Meetings to Remember!

- **Homemaker Council** will meet at 9:30 a.m. Nov. 6 at the Ohio County Extension Office. Please make sure one representative from your club can attend.
- **Big Blue Book Club Watch Party** - 6 p.m. Nov. 7 at the Ohio County Extension Office. See flier!
- A **Slow Cooker Cooking Class** will be held at 10:30 a.m. and 5:30 p.m. Nov. 12 at the Ohio County Extension Office. Call by Nov. 8 to hold your spot! See flier!
- **Crafters Clan** will meet at 5 p.m. Nov. 19 at the Ohio County Extension Office. We will NOT meet in December. Call to hold your spot! See flier!
- The **45th Annual Homemaker Christmas Bazaar** will be held from 8 a.m. to 2 p.m. on Nov. 23 at the Ohio County Extension Office! Mark your calendars and make plans to attend and help as needed! See flier!
- An **Electric Pressure Cooker** cooking class will be held at 5:30 p.m. Dec. 17 and at 10:30 a.m. Dec. 18 at the Ohio County Extension Office. Call before Dec. 13 to hold your spot!



*Kelly Bland*

**Kelly Bland**

Extension Agent, Family & Consumer Science

**Brandy Garcia**

Program Assistant, Family & Consumer Science



## HOMEMAKER DUES

*Homemaker dues are \$15 and should be paid by November 1. Mail your \$15 check, payable to Ohio County Homemakers, to PO Box 66, Hartford, KY 42347 or drop off check or cash at the Ohio County Extension Office, 1337 Clay St. in Hartford. If you have questions or need more information, please call the office at 270-298-7441.*



# Homemaker Happenings



## KEHA Week 2024



**BECOME AN OLYMPIC  
EXTENSION HOMEMAKER**

Ohio County Homemakers celebrated KEHA Week Oct. 13-19. Judge-Executive David Johnston signed the proclamation declaring it KEHA Week on Oct. 16. This was done during a reception held for our new Family and Consumer Science agent, Kelly Bland, which was well attended by many Homemakers and guests!



### **Fordsville**

President Cathy Green  
270-256-4082

Meets second Tuesday, 10 a.m.,  
Jack & Joan Edge's Community Room

### **Liberty Belles**

President Norma Barrett  
270-256-8044

Meets second Tuesday, 10 a.m.,  
Liberty Church in Beaver Dam

### **Specialty Club: Roadrunners**

President Brenda Renfrow  
270-298-4460

### **Taylorstown**

President Marsha Young  
270-274-2633

Meets third Thursday, 10 a.m.

### **Specialty Club: Beda**

President Regina Hudson  
270-298-3680

Meets second Thursday, 9:30 a.m.

### **Specialty Club: Crafters Clan**

Meets third Tuesday, 5 p.m.  
Ohio County Extension Office



# Give Thanks!



The Ohio County Extension Office will be closed Nov. 28-29 for the Thanksgiving holiday!

*Happy Thanksgiving!*

## Hearty Harvest Bowl

- 2 cups brown rice, cooked
- 1 small head broccoli, cut into bite-size pieces
- 3 medium carrots, peeled and thinly sliced
- 1 medium sweet potato, peeled and diced
- 1 medium onion, diced
- 2 cans (15.5 ounces) chickpeas rinsed, drained, and patted dry
- 2 tablespoons olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/2 cup parmesan cheese, optional

### Dressing

- 3 tablespoons olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 tablespoons lemon juice
- 3/4 teaspoon dried oregano
- 1/4 teaspoon garlic powder

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Preheat oven to 425 degrees F. Line two large baking sheets with aluminum foil or parchment paper. Set aside.
4. Cook rice according to package directions.
5. While rice is cooking, place broccoli, carrots, sweet potato, and onion on one baking sheet and drizzle with 1 tablespoon of olive oil, sprinkle with a pinch of salt and pepper. Spread out into one even layer.



- Don't overcrowd the pan or the veggies will steam instead of roast.
6. Toss chickpeas with the remaining 1 tablespoon of oil, sprinkle with salt and pepper. Spread out into one even layer on the other prepared baking sheet.
  7. Roast vegetables and chickpeas for 20 to 25 minutes, turning the pans and giving them a shake from time to time. Vegetables should be slightly browned and fork tender when done. Chickpeas will be slightly browned and toasted.
  8. While vegetables are roasting, combine Dressing ingredients in a small bowl or cup. Whisk until smooth. Set aside.
  9. Divide ingredients into six servings. Place rice in a bowl, top with roasted vegetables, and chickpeas. Sprinkle with parmesan cheese if using.
  10. Drizzle with dressing before serving.
  11. Refrigerate leftovers within 2 hours.

**Makes 6 servings**  
**Serving size: 1 cup**  
**Cost per recipe: \$7.71**  
**Cost per serving: \$1.29**



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

### Nutrition facts per serving:

460 calories; 17g total fat; 3g saturated fat; 0g trans fat; 5mg cholesterol; 570mg sodium; 62g total carbohydrate; 14g dietary fiber; 10g total sugars; 0g added sugars; 16g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium

### Source:

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

*Looking for new recipe ideas? Check out <https://www.planeatmove.com>*



# HELLO, PUMPKIN!



Crafters Clan met on Oct. 15 at the Ohio County Extension Office. Attendees made faux pumpkin centerpiece displays and as you can see they were very creative as always! Crafters Clan will meet at 5 p.m. Nov. 19 and we will be making wooden tile Christmas ornaments. We will not meet in December!

## Follow us online!

Classes are listed on our county website and our Facebook page!

<https://ohio.ca.uky.edu/>



<https://www.facebook.com/OCExtensionService>

Listen to the UK Family & Consumer Sciences podcast at <https://ukfcsext.podbean.com/>



# Woven Jacket Sewing Class

Wednesday, November 6th  
9:00 a.m.

Daviess County Extension Office  
4800A New Hartford Rd  
Owensboro

Spaces are limited. To register, please call:  
(270) 685-8480

(This class is not for beginners)

## Supplies needed:

- Jean Jacket or other jacket, vest, or blouse
- 3-5 coordinating or contrasting fabrics for weaving; approximately 1/4 yard of each (fat quarters can be used)
- thread to match
- contrasting thread for decorative stitching
- Frixion marking pens (remove with heat)
- Extra straight pins
- rotary cutter, mat, and ruler
- Sewing machine with power cord and foot control



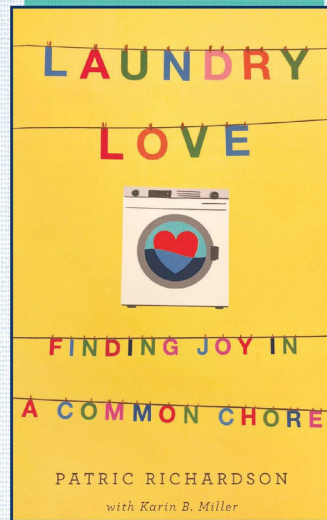
Class is for all Green River Area.  
Brought to you from your Master Clothing Volunteers.

**Martin-Gatton** Cooperative Extension Service  
College of Agriculture, Food and Environment  
University of Kentucky

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University of Kentucky, 1400 Commonwealth Blvd., Lexington, KY 40546



# BIG BLUE BOOK CLUB



"You do laundry for the people you love, including you," says Patric Richardson, the Laundry Evangelist. The tv host and author of *Laundry Love: Finding Joy in a Common Chore* will join us direct from his laundry room for an engaging one-time event for the next session of **Big Blue Book Club!**

**DATE:**  
**November 7, 2024**

**TIME:**  
**7:00 pm Eastern/6:00 pm Central**

**REGISTRATION LINK:**  
<https://ukfcs.net/BBBClaundry>

The first 200 registered participants will receive a free copy of the book.

**YOU DO LAUNDRY FOR THE PEOPLE YOU LOVE, INCLUDING YOU"**

**Join us for a Watch Party!**  
**6 p.m., Nov. 7**

**Ohio County Extension Office**



The Ohio County Extension Office will be closed Nov. 4 for Election Day! **Go Vote!**

TUESDAY, NOVEMBER 12TH 10:30 A.M. OR 5:30 P.M.



# SLOW COOKER COOKING

LET IT DO THE WORK FOR YOU!

Tired of cooking dinner every night? Looking for new ideas for your slow cooker? Come join our FCS Agent, Kelly Bland, and discover how Slow Cookers can simplify meal preparation and save you time, money, and effort in the kitchen.

Class is free! Please call the Ohio County Extension office at (270) 298-7441 by Friday, November 8th to register.

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**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
Community and Economic Development

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# CRAFTERS CLAN

All Ohio County Homemakers are welcome to attend! We are going to make ornaments to sell at the Christmas Bazaar! Call the office at 270-298-7441 to hold your spot!



**5:00 PM - November 19**

**Ohio County Extension Office - 1337 Clay St., Hartford (Building on the Hill)**

**Cooperative Extension Service**  
Agriculture and Natural Resources  
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# 45th Annual Homemaker Christmas Bazaar

8 a.m.-2 p.m. ~ Nov. 23

Ohio County Extension Office  
1337 Clay St., Hartford, KY



FREE photos with Santa  
and Mrs. Claus from 10  
a.m. until Noon!

Homemakers will be selling pecans  
(\$15 per 1 lb. bag) and RADA  
products (some on hand, others can  
be ordered & delivered)!

*Many other vendors  
on site as well!*

Food options for breakfast and lunch will be  
available! Start your holiday shopping early!

FREE admission! For more information, call  
the Ohio County Extension Office  
at 270-298-7441!

