

**Mercer County** 1007 Lexington RD Harrodsburg, KY 40330-9203

**RETURN SERVICE REQUESTED** 

# **UPCOMING DATES TO REMEMBER**

- February 7th- Lunch N Learn
- February 14th- Fat Quarter Friday

**NON PROFIT ORG US POSTAGE PAID** HARRODSBURG, KY PERMIT #72

# Mercer County Family and Consumer Sciences Newsletter



**Mercer County Office** 1007 Lexington Road Harrodsburg, KY 40330 859-734-4378



# **NOVEMBER/DECEMBER/JANUARY '24-'25**

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Hello Friends! I cannot believe I am already doing a newsletter for the end of the year/begining of 2025. Time certainly flies by when you love what you do. I have had so much fun the last few months. Our Harvest, Home, and Table Fair was such a huge success and we credit that to you! We were going to be satisfied if we had 20 items entered but for the first year we had 28 exhibitors and 89 items shown! Our office looked like a Fall Wonderland with all of the beautiful colors of fall filling up our meeting rooms. Thank you to everyone who participated! We will be expanding and making this a larger event for October 2025. Coming up we have the Shred Truck on November 15th the Holiday Day of fun on December 12th. These are two of our most popular Fall programs and we are looking forward to seeing everyone!





# **LEARN TO MAKE CAKEPOPS!**

Learn the entire process of making cake pops from start to finish. You will leave with cake pops you created! Learn all of my tips and tricks for baking, dipping, decorating, and packaging. No charge, but space is LIMITED!

# January 7th 1PM-4PM

at the Extension Office. Registration REQUIRED. Call 859-734-4378 to register!

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 To 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, or physical or mental disability. University (N.S. Department of Agriculture, and Kentucky Counties, Cooperating. LEXINGTON, KY 40546







# **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.

- 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; Og trans fat: 5mg cholesterol; 570mg sodium; 62g total carbohydrate; 14g dietary fiber: 10g total sugars; Og 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:

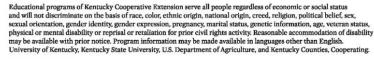
Brooke Jenkins, Extension Specialist. University of Kentucky Cooperative Extension Service

#### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT Cooperative

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development

Community and Economic Development

**Extension Service** 







# Baked Apples and **Sweet Potatoes**



1. Boil potatoes in 2

2. Cool potatoes, pee and slice. Peel, core and slice apples.

3. Preheat the oven to 400°F. Grease a casserole of margarine.

4. Layer potatoes on the oottom of the dish.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

1 teaspoon nutmed 1/2 cup brown sugar 1/4 cup hot water 1/2 teaspoon salt 2 tablespoons honey

5. Add a layer of apple inches of water until

10. Pour over top of 6. Sprinkle some sugar salt, and tiny pieces of 11 Rake for 30 minutes Yield: 6, 1 cup servings.

**Nutrition Analysis: 300** 7. Repeat layers of calories, 8 a fat, 59 a carbo potatoes, apples, sugar, hydrate, 0 mg cholesterol 8. Sprinkle top with 9. Mix the hot water and

1 1/2 teaspoons Dijon

Kentucky Proud.

salt and margarine

# Fall Harvest Salad

5 cups torn leaf lettuce 4 teaspoons lemon juice 2 1/2 cups spinach 1 medium red apple, chopped 1 medium pear

chopped

¼ cup dried cranberries ¼ cup feta cheese crumbles 1/2 cup chopped walnuts 2 1/2 tablespoons olive oil

2 teaspoons Kentucky

Combine leaf lettuce and spinach leaves in a large salad bowl. Mix apple and pears with lemon juice in a small Prepare dressing by whisking together olive oil, balsamic vinegar, Dijor mustard, honey and salt; pour over

Sprinkle salad with cranberries, feta cheese and walnuts. Serve immediately Yield: 8, 1 cup servings

Nutritional Analysis: 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar,



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

# Fall Spiced Pumpkin Bread

1/2 cup all-purpose flour 1¼ cup whole-wheat 1½ teasp

teaspoon baking soda

pumpkin pie spice 1/2 cup melted

leat oven to 350 degrees F. Mix flours, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, whisk together margarine, sugar, honey, pumpkin puree and olive oil. Blend in eggs. Add flour mixture. Stir until dry ingredients are moistened. Spray a 8-by-4 inch loaf pan with non-stick cooking spray. Pour batter into pan; sprinkle walnuts on top of batter.

Bake for 1 hour. Remove from oven

and bake an additional 20 minutes or until toothpick inserted in center comes out clean. Cool for 10 minutes and remove from pan.

2 cups pumpkin puree

1/3 cup olive oil

1/3 cup chopped

Yield: 16 slices

Nutritional Analysis: 220 calories 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars

# Pumpkin Apple Muffins

1 1/4 cups all-purpose flour 1¼ cups whole-wheat flour 1¼ teaspoons baking soda 2 teaspoon salt

1¼ cups honey 2 large eggs

bowl, combine flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened Fold in apples. Fill greased or par lined muffin cups, two-thirds full. Bake for 25 to 30 minutes or until muffins

Preheat oven to 325 degrees F. In a large Note: Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F. Yield: 18 muffins

11/2 cups fresh pureed

**½ cup** canola oil

Smith apples, finely

2 cups Granny

Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



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# Sweet Potato Crisp

1 teaspoon vanilla

3 large fresh sweet potatoes, cooked until 8 ounces reduced fat

1 cup brown sugar, divided

1 tablespoon ground cream cheese, softened chopped

1/2 cup all-purpose flour 2/3 cup quick cooking

> 3 tablespoons butte 1/4 cup chopped pecans

> > topping is golden brown

I. Preheat oven to 350° F. with chopped apples. Lightly spray a 13 x 9 x 2 5. In a small bowl. inch pan with non-stick

and & cup brown suga

Cut in butter until 2. Mash sweet potatoes. Add cream cheese, 3/3 cup brown sugar, vanilla coarse crumbles. Stir in and cinnamon. Mix until 6. Sprinkle mixture over

3. Spread sweet notato mixture evenly into pan.

4. Top sweet potatoes 35-40 minutes or until Buying Kentucky Proud is easy, Look for the label at you grocery store, farmers' market, or roadside stand

Yield: 16, 34 cup servings **Nutritional Analysis:** 240 calories, 6 a fat, 3 a sat sodium, 44 a carbohydrate. 4 a fiber, 20 a suaar,

#### Potato Broccoli Soup

4 cups cubed potatoes 2 heads broccoli. (3-4 cups florets) 2 tablespoons olive oil 4 cup all-purpose flour

smooth.

3 cups 2% milk 1/4 teaspoon salt
1/2 teaspoon peppe 5 ounces cheddar

2 green onions, finely minced, divided 1/2 cup reduced-fat sour cream ¼ cup bacon bits

Preheat oven to 375 degrees F. Place water and bring to a boil. Reduce heat and cook potatoes until tender, about 15 minutes. Cut broccoli heads into small florets and **place** on baking tra Drizzle with olive oil and roast for 15 minutes. **Drain** cooked potatoes i a colander. In the saucepan, comb the flour and melted butter; cook or medium heat for 1 minute. Slowly add milk to the mixture, stirring constantly until thickened. Soup can be thinned by adding an additional

½ cup of milk or water, if desired. Add cheese, half of the green onions and bacon bits. Cook on low until heated. A few minutes before serving, add the sour cream and stir to combine Serve topped with remaining onions

Nutritional Analysis: 390 calories 24 q fat, 13 q saturated fat, ng cholesterol, 370 mg sodium 30 g carbohydrate, 3 g fiber, 9 g sugars, 15 g protein

## Country Ham and Broccoli Grits 2 cloves minced garlic

1 pound fresh broccoli 1/2 cup minced onion 4 teaspoon crushed red

pepper flakes until vegetables

e tender. About 5 minutes.

4 cups 1% milk 1 cup uncooked quick 1 cup 2%, shredded

1. Preheat oven to 375°F. Coat 13x9x2 inch baking dish egg, salt and pepper. Mix with cooking spray. **Heat** olive oil in a frying pan. **Sauté** until well blended. Pour into broccoli, onion, garlic and red 4. Sprinkle with reserved

2. Heat milk to a boil in a large grits. Reduce heat and stir ntinuously until thickened. Reserve 2 tablespoons of the

3. Remove from heat, stir in 1 g fiber, 4 g sugar, 9 g protein.

Yield: 16, 1/2 cup servings. Nutritional Analysis: 120

sodium, 13 g carbohydrate,

30 minutes, or until top is set and lightly puffed.

Look for the

label at your

1 large egg, beater

Salt and pepper to

# **Nutty Sweet Potato Biscuits**

1/4 cup butter, melted

1/2 teaspoon vanilla

1 tablespoon milk

golden brown.

Nutritional Analysis: 4g

fat, 2 g saturated fat, 5 mc

Yield: 18 biscuits

1. In a large mixing

1 cup all-purpose flour

1/3 cup chopped walnuts

1 cup mashed swee 3. Turn out onto a

floured surface; gently baking powder, salt, knead 3 or 4 times. and walnuts. Set aside

2. Combine sweet potatoes, sugar, butter vanilla and milk: add

thickness. Cut with a 2 inch biscuit cutte and place on a lightly greased baking sheet 4. Bake at 450°F for

terol, 210 ma sodiur 14 a carbohydrate, 1 a fiber,

Buying Kentucky Proud is easy, Look for the label at you



# JANUARY PROGRAMS

Lunch N Learn will take place on January 10th at Noon. Please note this is NOT the first friday of the month this month. The program will last around 40 minutes to an hour in length and we will be sampling the January Recipe from the Snap ED Calendar. At the time that I am writing this the 2025 Calendar has not been released yet, but I am certain it will be a good one! I look forward to seeing you at this program.



# **LEARN TO MAKE**

# **CAKEPOPS!**

Learn the entire process of making cake pops from start to finish. You will leave with cake pops you created! Learn all of my tips and tricks for baking, dipping, decorating, and packaging. No charge, but space is LIMITED!

# January 7th 1PM-4PM

at the Extension Office. Registration REQUIRED.

Call 859-734-4378 to register!

Fat quarter Friday will take place on January 17th at 1 PM. We will use two fat quarters for the project. Bring your own or use some of mine! Same goes for your machine, bring your own or use one of ours!



# Festive Snowman Painting

Join us in painting your very own Festive
Snowman! Class is at 6PM on January 14th at the
Extension Office. Call to reserve your spot. All
supplies provided.

**Registration REQUIRED** 



# **MBER 2024**

University of Kentucky College of Agriculture, Food and Environment Cooperative Extension Service



|       |   |   | •  | •   |   |
|-------|---|---|--|---|---|
| N O M |   | 4   | Creative Cooking     @12PM     Homemaker     County Council     6PM      | 18  Backporch Gatherings 6PM Leader Lesson Viewing 10AM | 25  |
| TUE   |   | • Bingocize<br>10AM @<br>Mercer Co<br>Library   | 12<br>• Bingocize 10AM<br>@ Mercer Co<br>Library                         | 19<br>• Bingocize 10AM @<br>Mercer Co Library           | 26<br>• Bingocize 10AM @<br>Mercer Co Library |
| WED   |   | 6<br>• Wits Workout<br>10AM                     | 13<br>Tara out of office   | 20<br>Tara out of office                                | 27  |
| THU   |   | 7<br>• Bingocize 10AM<br>@ Mercer Co<br>Library | 14<br>• Area Homemaker<br>Council Meeting ©<br>Woodford County<br>9:30AM | 21<br>Tara out of office                                | 28<br>Thanksgiving                            |
| FRI   | 1<br>• Lunch N Learn<br>@ 12PM                                | Φ   | 15<br>• Wits Workout<br>@10AM<br>• Fat Quarter<br>Friday @ 1PM           | 22<br>Tara out of office                                | 29  |
| SAT   | 2  • One Stop Shop 9AM-3PM @ the Stable Mercer Co Fairgrounds | 6   | 16   | 23  | 30  |

# NOVEMBER PROGRAMS

Lunch N Learn will take place on November 1st at Noon. The program will last around 40 minutes to an hour in length and we will be sampling the November calendar recipe, The Hearty Harvest Bown, which is located on page 2 of this newsletter. In addition to sampling the monthly recipe I will remake the previous months recipe with your suggestions! As a group we discuss changes we would make to the recipes to encourage you to go home and make this recipe.

Wits Workout will take place on Wednesday November 6th and Friday November 15th at 10AM.

This program consists of puzzles, riddles, rhymes and pop culture questions to target the seven pillars of brain health. This program is great for aging adults but is equally as fun for all adult ages!

Grab a friend and come out to see what this program is all about! I can't wait to challenge your mind!

Make sure to check out the Shred Truck Flyer on page 8! This will give you all the details for the Shred Truck!

# DEGEMBER PROGRAMS

Lunch N Learn will take place on December 6th at Noon. The program will last around 40 minutes to an hour in length and we will be sampling the December Calendar Recipe, Slow Cooker Navy Bean Soup, which is located on page 5 of this newsletter. In addition to sampling the monthly recipe I will remake the previous months recipe with your suggestions! As a group we discuss changes we would make to the recipes to encourage you to go home and make this recipe.

This year our Holiday Day of Fun will take place on December 12th. We will have classes all day. See your inserted flyer for details! Make sure you call ahead to register to reserve your spot!

Wits Workout will take place on Wednesday December 4th and Tuesdsay December 10th. This program consists of puzzles, riddles, rhymes and pop culture questions to target the six pillars of brain health. This program is great for aging adults but is equally as fun for all adult ages! Grab a friend and come out to see what this program is all about! I can't wait to challenge your mind!

|   | 26 |                             | 19 | 12                                  | <b>U</b> I                                 |    | S ⊂ Z               |
|---|----|-----------------------------|----|-------------------------------------|--|----|---------------------|
|   | 27 | <ul> <li>MLK Day</li> </ul> | 20 | 13                                  | 6  |    | <b>S</b> 0 <b>Z</b> |
| <ul> <li>Homemaker         Leader Lesson         10AM     </li> </ul> | 28 |                             | 21 | Festive Snowman Painting Class @6PM | Cakepop Class                              |    | TUE                 |
|   | 29 |                             | 22 | 15                                  | œ  | 1  | WED                 |
| <ul><li>Wits Workout<br/>@10AM</li></ul>                              | 30 |                             | 23 | 16                                  | <ul> <li>Wits Workout<br/>@10AM</li> </ul> |    | THU                 |
|   | 31 |                             | 24 | 17 • Fat Quarter Friday 1PM         | 10 • Lunch N Learn @ 12PM                  |    | FRI                 |
|   |    |                             | 25 | 18                                  | • 4H Sewing                                | 11 | SAI                 |



# **America Recycles Day**

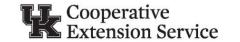
# Friday, November 15 1:00-4:00pm

In observance of America Recycles Day, Mercer County Extension Office will have "The Shred Truck" available for free to you!

Bring your old documents & sensitive papers to be recycled! Paper only. No electronics, paint, etc. Staples do not have to be removed but please take off any paper clips.

1007 Lexington Road Harrodsburg, KY 40330





# **Slow Cooker Navy Bean Soup**

- 1 pound dried navy beans
- 1 smoked ham hock
- 2 medium carrots, diced
- 3 medium stalks celery, diced
- 5 cups low-sodium chicken broth
- 2 tablespoons salt-free garlic and herb seasoning
- 2 bay leaves
- 1 teaspoon salt

#### Soaking:

- **1.** Wash hands with warm water and soap, scrubbing at least 20 seconds.
- 2. Rinse and sort beans, removing dirt, rocks, and other debris that might be present. Choose from the quick soak or overnight soak methods below:

Quick soak: Place the beans in a pot large enough for them to double in size. Add 6 cups of water for every 2 cups of dry beans. Next place the pot on medium-high heat and bring to a boil. Boil beans for 2 to 3 minutes in uncovered pan. Remove from heat. Cover pan and let soak for 1 hour before cooking.

Overnight soak: Place the beans in a pot large enough for them to double in size.
Add enough water to have at least 1 inch over the beans. Cover and refrigerate 8 hours or overnight.

#### Cooking:

- **1.** Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- 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.** Rinse and drain the soaked beans and place them in the bottom of a large (7- to 8-quart) slow cooker. Add the ham hock, carrots, celery, chicken broth, seasoning, and bay leaves.
- **4.** Cover with lid and cook on low for 7 to 9 hours or high for 4 to 5 hours, until the beans are tender. Add salt.
- **5.** Remove ham hock and bay leaves from soup. Separate the meat from the skin and bone of the ham hock. Chop meat and return it to the soup. Discard the bone, skin, and bay leaves.
- 6. Refrigerate leftovers within 2 hours.

**Note:** Substitute ham hock with 2 cups diced ham or a leftover ham bone.

Makes 12 servings Serving size: 1 cup Cost per recipe: \$7.18 Cost per serving: \$0.60



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

# Nutrition facts per serving:

220 calories; 5g total fat; 4.5g saturated fat; 0g trans fat; 25mg cholesterol; 540mg sodium; 28g total carbohydrate; 6g dietary fiber; 2g total sugars; 0g added sugars; 19g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

#### Source:

Jen Robinson, NEP
Area Nutrition
Agent; and Brooke
Jenkins, Extension
Specialist, University of
Kentucky Cooperative
Extension Service

#### 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

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# DECEMBER

| SAT   | 7  | 14  | 21<br>First Day of<br>Winter      | 28 |    |
|-------|--|---|-----------------------------------|----|----|
| FRI   | • Lunch N Learn  | 13  | 20<br>• Fat Quarter Friday<br>1PM | 27 |    |
| THU   | • Bingocize 10AM @<br>Mercer Co Library                      | 12<br>• Holiday Day of<br>Fun                           | 19                                | 26 |    |
| WED   | 4 • Wits Workout 10AM  | 1   | 18                                | 25 |    |
| TUE   | • Bingocize 10AM<br>@Library<br>• Taste of<br>Homemakers 6PM | 10  Wits Workout 10AM  Wilderness Trace Quilt Guild 1PM | 17<br>• Holiday Open<br>House 4PM | 24 | 31 |
| N O M | 2  | • Creative Cooking<br>12PM                              | 16<br>Backporch<br>Gatherings 6PM | 23 | 30 |
| NUS   | <del>-</del>   | Φ   | 15                                | 22 | 29 |

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**DECEMBER 3** 

6:00-7:30PM

COST - \$5.00

Open to the public!

**Mercer County Extension Office** 1007 Lexington Road Harrodsburg, KY 40330

859-734-4378

#### Cooperative **Extension Service**

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Agriculture and Natural Resources Family and Consumer Sciences
4-H Youth Development
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# Save The Date

Mercer County Cooperative Extension

Open House

December 17 4:00—6:30pm



Please join us to learn more about your local Extension Office and check out the available programs we have to offer. Appetizers and refreshments will be provided. Family-friendly event, all ages welcome.

Cooperative Extension Service

Take your picture with Santa!

Mercer County Extension Office 1007 Lexington Road Harrodsburg, KY 40330

