

November 2023
NEWSLETTER



Homemaker Passport Trip to Bernheim Forest to visit the Forest Giants

Salsa Canning class with High School Intro to Greenhouse and Plant Science Students



October Recap

October was a fun and sometimes cold month! I had the opportunity to present and host the Green County High School Intro to Greenhouse and Plant Science students for a hands on salsa canning demonstration. We spoke about food safety in canning, canning procedures, proper equipment, and so much more!

Homemakers took a passport trip to Bernheim Forest this month! We got to explore the forest, visit the three forest giants, hike various trails and so much more! We had a picnic style lunch on the property and on the way home stopped by Abe Lincoln's Homeplace!

"Kickstart the Holidays" in Adair County had a great turn out! Everyone got to learn all about the holidays ranging from finance to family traditions! We had a wonderful catered lunch of Burgoo and Potato Soup. Thank you to everyone that participated!

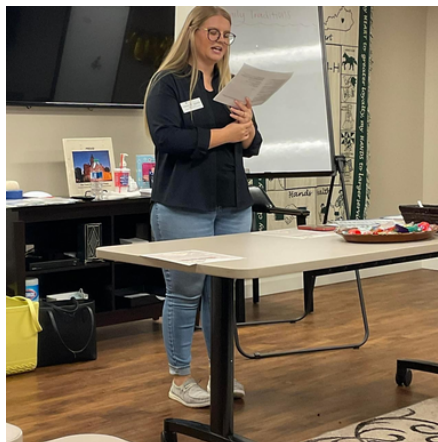
Sincerely, *Katelyn Squires*

What else has Katelyn done in October?

- Cooking from the Calendar
- Senior Center
- Just Family Adult Day Care
- LEAP with Head Start and Little Lambs
- Arts Council Meetings
- Kickstart the Holidays in Adair County
- Trainings



Spider Bites with Senior Center and Just Family for Halloween



*Kickstart the Holidays in Adair County :
Creating and Maintaining Family Traditions with a holiday "Christmas Crackers" craft.*

Martin-Gatton
College of Agriculture,
Food and Environment

PLANNING HOLIDAY MEALS ON A THRIFTY BUDGET

NOVEMBER 21ST • 12PM • GREEN COUNTY EXTENSION OFFICE

LEARN ABOUT BUDGETING FOR LARGER HOLIDAY GATHERINGS AND SAMPLE SOME HOLIDAY APPROVED RECIPES!

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Save the Date



Its time for dues again! Homemakers be sure to get those dues in! If you attended the Homemaker Kickoff, your dues are covered but be sure to turn that enrollment form into me!

Martin-Gatton
College of Agriculture,
Food and Environment

COOKING FROM THE CALENDAR

Slow Cooker Buffalo Chicken Stuffed Sweet Potatoes

November 30th, 2023 @ 12pm

Call the Extension Office at 270-932-5311 to register

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HOLIDAY BAZAAR

CRAFTS, FOOD, JEWELRY, HOME DECOR, CLOTHES, SANTA & ELF, PHOTOGRAPHER AND SO MUCH MORE!

9 a.m. - 2 p.m. CST
November 11th
Green County Extension Office
298 Happyville Rd Greensburg KY

GET MORE INFORMATION
CALL 270-932-5311

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please join us in a

Cookie Baking Contest

Wednesday

29

November

11am-1pm CST

Contest with various age groups and categories!

- Youth (5-12)
- Teens (13-19)
- Adult (20+)
- Chocolate Chip
- No Bake
- Nut
- Other

Green County Extension Office
298 Happyville Rd Greensburg KY
For more information call 270-932-5311





NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2

			Help Hope Hands 9am			
			Help Hope Hands 9am			HOLIDAY BAZAAR 9AM-2PM
	Homemaker Council Meeting 4pm	Summersville 5pm		Help Hope Hands 9am		
		12p- Planning Holiday Meals on a Thrifty Budget		OFFICE CLOSED	OFFICE CLOSED	
	Town & Country at Mary Despains 5pm	Circle of Friends 5pm	Cookie Baking Contest 11a-1p	Help Hope Hands 9am Cooking from the Calendar 12pm		

Homemaker

Holidays and Observances: 7: Election Day, 10: Veterans Day, 11: Veterans Day off, 23: Thanksgiving Day, 24: Black Friday

YOUTH

HEALTH BULLETIN



NOVEMBER 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

AN ATTITUDE OF GRATITUDE

You may have heard before that it is important to be grateful for something. You might have wondered what that means or why it matters.

Gratitude is when you feel thankful for the good things in your life. This could be the things people often take for granted, like having food, clean water, a place to live, friends, and family. Gratitude is taking time to think about how lucky you are when something good happens, big or small. Gratitude is telling others when they have a part in those things.

Gratitude can start by thinking about the things in our life that we love: special people, places, and things. For example, you may love your grandparents, your neighborhood playground, or your favorite toy or game. When we show gratitude for things we love, we show that we appreciate



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Each day, pay attention to things that make you happy, and that you are glad to have in your life.

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the time, effort, or resource that someone has put into us getting to experience those things. We show gratitude for our grandparents when we thank them for spending time with us. We show gratitude for our playground when we pick up trash around it and thank our parents for taking us there to play. We show gratitude for our favorite toys by thanking the people who gave them to us or gave us the opportunity to get them.

It is important to be grateful and show it to others. Being grateful feels good and is good for you. Making it a habit to have an attitude of gratitude can:

- Make it easier to learn and make smart decisions.
- Help you feel happier and less stressed by focusing on what you have, instead of what you don't.
- Lead to caring actions. When you are grateful for someone's kindness, you are more likely to be nice in return.
- Help you build better relationships. When you feel and express gratitude and respect to people in your life, it creates loving bonds. It also builds trust and helps you feel closer.



When you make gratitude a regular part of your life, you become more aware of good things as they happen. Sometimes feelings of gratitude happen on their own. You can also make them by looking for things around you that you appreciate. Each day, pay attention to things that make you happy, and that you are glad to have in your life.

Try to think of one of each of these things every day: a person you love, a place you are happy to be, and something you are glad that you have.

You might not always feel positive or want to practice gratitude, but if you're feeling down, that is exactly the right time to be grateful and feel the effects.

REFERENCE:

<https://kidshealth.org/en/teens/gratitude.html>

ADULT HEALTH BULLETIN

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Chris Ware (© University of Kentucky School of Human Environmental Sciences)



UK CES Green County
298 Happyville Road
Greensburg KY 42743-9498

RETURN SERVICE REQUESTED



Pumpkin Apple Muffins

1 ¼ cups all-purpose flour	½ teaspoon ground ginger	1 ½ cups fresh pureed pumpkin
1 ¼ cups whole-wheat flour	½ teaspoon ground nutmeg	½ cup canola oil
1 ¼ teaspoons baking soda	1 ¼ cups honey	2 cups Granny Smith apples, finely chopped
½ teaspoon salt	2 large eggs	
1 ½ teaspoons ground cinnamon		

Preheat oven to 325 degrees F. In a large 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 paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

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

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



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