
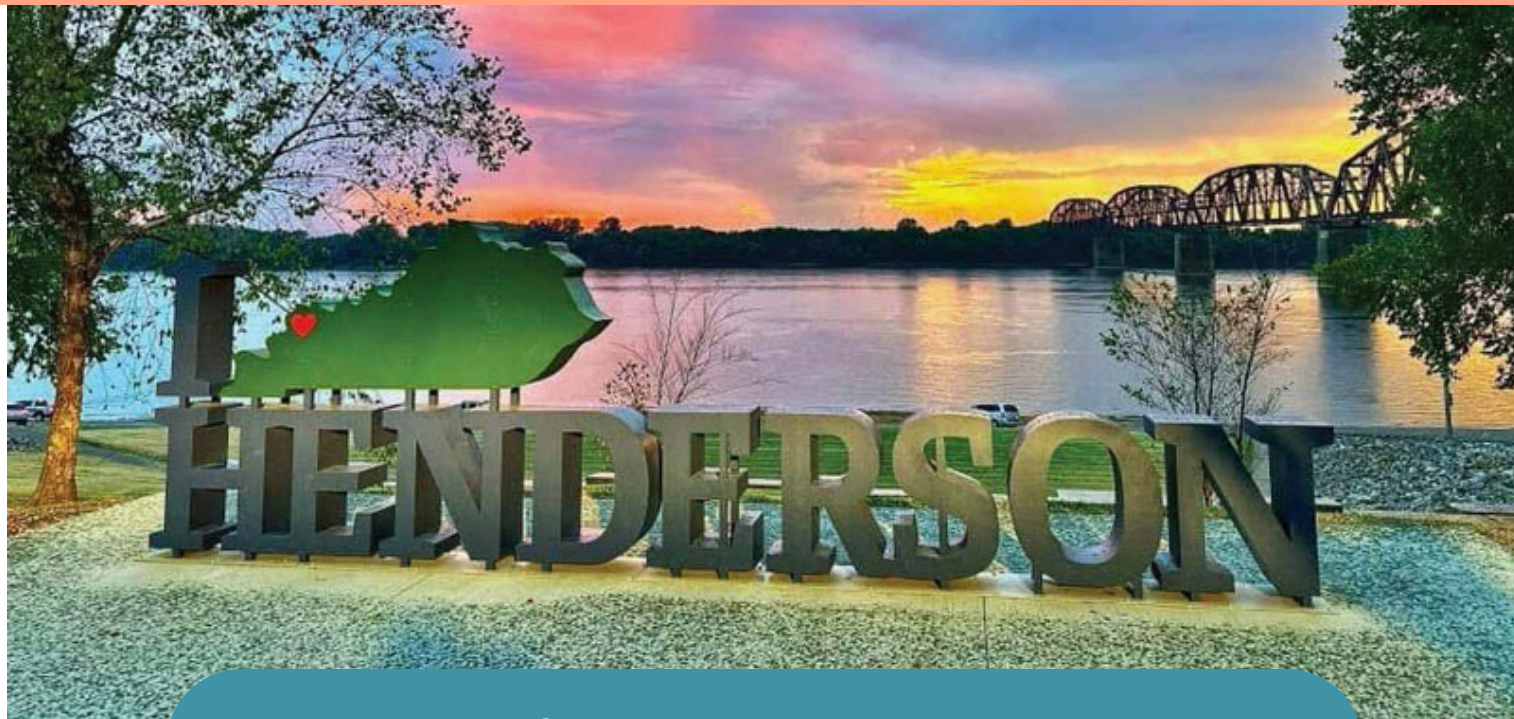


HENDERSON COUNTY EXTENSION FCS NEWSLETTER

 Cooperative
Extension Service



September 2025

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- Heartland of Kentucky Quilt Show Information
- Homemaker Area Annual Day Information
- Media Information
- Upcoming Extension Classes and Groups
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- AARP Driving Course Information
- Healthy Choices Article

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Family and Consumer Sciences
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**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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or 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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.

HOMEMAKER HAPPENINGS

Club Meetings

Town and Country - 3rd Monday of each month at 6:00 p.m. in the Expo Kitchen

Happy Knitters - every Tuesday at 10:00 a.m. in the Expo Conference Room

Niagara - 3rd Wednesday of each month at 10:00 a.m. at Cash Creek Baptist Church

Central - 2nd Thursday of each month at 11:00 a.m. at St. Paul's Episcopal Church

Bonnie's Crafty Cats - 4th Thursday of each month at 4:00 p.m. at Redbanks Pleasant Pointe

Roll Call:

September is the beginning of Autumn, What is your favorite activity in the fall?

Thought for the Day:

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

Reminders

Remember to bring items for the birthday box for Christian Community Outreach.

Boxes should include:

- Recipe
- 9 x 13 cake pan
- Box of cake mix
- Regular sized can of soda (12 oz.)
- Cake icing
- Candles
- Sprinkles



Please bring games, puzzles, popcorn and other game night snacks for the gift basket for the Green River Area Homemaker Day for the silent auction. All items are due to the Extension office by September 9th.

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HEARTLAND OF KENTUCKY QUILT SHOW

Hardin County Extension
Office

111 Opportunity Way
Elizabethtown, KY 42701

Quilts, Refreshments, Door Prizes

For Info: Deb Hancock
276-206-5199 or
htonamie@gmail.com

Presented by the Stitchers
Quilt Guild - Hardin County

September 19, 2025 9:00 to 4:00
September 20, 2025 9:00 to 4:00
Admission: \$6.00

Green River Area Homemaker's Annual Day

"Volunteers Make A Difference One Piece At A Time"

September 16, 2025
St. Ann Parish Hall- 304 S. Church Street
Morganfield, Union County-KY

Doors will open at 9:00 for Cultural Arts Exhibits
Coffee, & muffins will be available.



Registration and Raffle Ticket Sales Start at 10:00 A.M.

Greetings at 11:00 followed by lunch.

*Tickets are available at
the Henderson County

Cost is \$15.00

Extension Office!

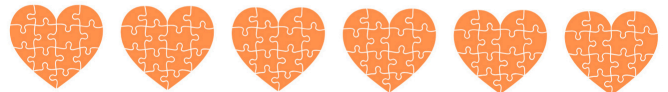
Guest Motivational Speaker

Jason Koger, the first bilateral
upper arm amputee in the world
to be fitted with two multi-
articulating bionic hands

Menu choices are:

Cranberry Pork Loin or Parmesan
Chicken with Green Beans,
Roasted Baby Potatoes, House
Salad, Dessert.

*(Request your choice of entrée
when making reservations)*



Registration deadline is September 8th to the Union County Extension Office at 270-389-1400.

Media Information



Check out our new and improved
website

<https://henderson.ca.uky.edu/fcs>

Continue to Listen:

Radio - The Steve and Ginger Show on WSON
every Thursday morning at 6:50 a.m.



Henderson County Extension FCS Facebook



Like
and
Follow



Continue to Watch:

TV - Lifestyles on News 25 WEHT on
the 2nd Tuesday of each month



Classes and Groups

Cancer Support Group

Open to Everyone

The group meets on the 3rd Monday of each month at 3:00 p.m.



Sewing Class

We will meet every Thursday at 10:00 a.m.

This group is for:

- Those who want to learn to sew
- Those interested in tackling a new project

Feel free to bring your own projects to work on, or we will provide a supply list for new projects based on the patterns available at each class.

Beginners Quilt Piecing Class

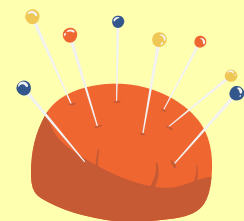
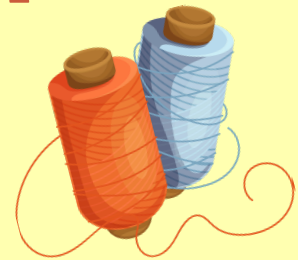
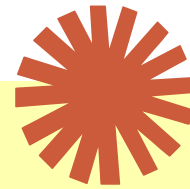
- Basic sewing skills and machine knowledge are required.
- You may choose to follow along with the group project or work independently.
- String quilting is one of the projects we will complete.

When: 2nd Thursday of every month

Where: Henderson County Extension Expo Building in the project room

Time: 5:30-8:00 p.m.

Call the office to reserve a seat at 270-826-8387.



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Beeswax Craft Class

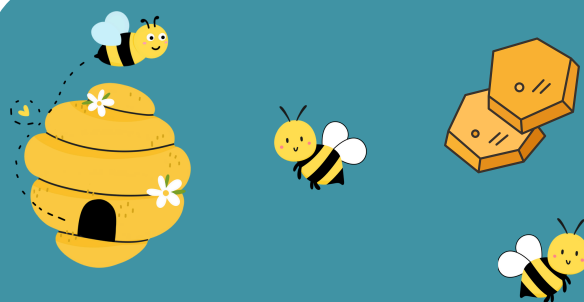
Date: September 17, 2025

Time: 11:00 a.m.

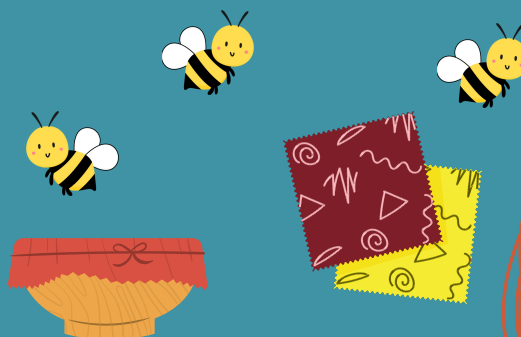
Location: Henderson County Extension Expo Building (behind the main office)

Cost: FREE

**Call today to register at
270-826-8387**



Come get crafty at our Beeswax Class and discover how to make soothing lotion bars and reusable beeswax wraps!



Air Fryer Cooking Class

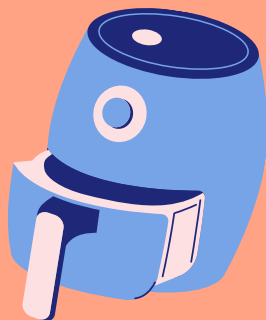
Date: September 23, 2025

Time: 5:00 p.m.

Location: Henderson County Extension Expo Building (behind the main office)

Cost: FREE

**Call the Extension Office at
270-826-8387 to register today!**



Come join us for a fun and tasty Air Fryer Class where you'll learn tips, tricks, and recipes to make the most of your air fryer!



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Disabilities accommodated with prior notification.

HENDERSON COUNTY MASTER GARDENER 2025 MUM SALE

4 Colors



Demi Pink

Beverly Gold



Beverly Orange

Mila Red



\$12 Each or 3 for \$30

Cash or Check accepted for payment

WHEN AND WHERE?

HENDERSON FARMERS MARKET

Located at the Henderson County Fairgrounds
123 Sam Ball Way, Henderson, KY 42420

**SAT 9/6
8:30 TO
NOON**

**SAT
9/13
8:30 TO
NOON**

**SAT
9/20
8:30 TO
NOON**

NEED MORE INFORMATION?

OR

WOULD YOU LIKE TO ARRANGE AN INDIVIDUAL
SALE THROUGH A MASTER GARDENER?



For Phone :

- Call the Henderson Cooperative Extension Office at 270-826-8387 and let them know you need to contact a Master Gardener for the Mum Sale.
- You will provide your name and a phone number.
- A Master Gardener will give you a call to answer any questions you have or take your order and arrange a pickup or delivery.

Email Contact: Hendersonmastergardener@gmail.com



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REFRESH YOUR DRIVING SKILLS

Take the AARP Smart Driver™ classroom course and you could save money on your auto insurance!*

- » Learn techniques for handling left turns, right-of-way and roundabouts.
- » Understand how to reduce traffic violations, crashes and the risk of injury.
- » Discover proven driving methods to help keep you and your loved ones safe on the road.

THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

Date & Time:

Friday, September 12, 2025
Registration at 8:30 AM
Course from 9:00 AM until 1:30 PM
A box lunch will be served.

Location:

Henderson County Cooperative Extension
Service (Back Expo Building)
3099 Zion Rd
Henderson KY 42420

Register Now:

270.827.3505
or online at www.gov Vaughn.com/driversafety

CLASSROOM COURSE

\$20 for AARP members
\$25 for non-members

FOR MORE INFORMATION

Call: 1-888-773-7160
Visit: www.aarp.org/driving36

*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

Shift from solid fats to oils

You may already know the average American diet is high in fat, but did you know there is a type of fat we aren't eating enough? The average diet is high in solid fats but lower-than-recommended in oils. The Dietary Guidelines for Americans recommends replacing solid fats in our diet with oils.

Solid fats are typically solid at room temperature like butter, margarine, shortening, and lard. Solid fats are high in saturated fat and low in heart-healthy fats like monounsaturated and polyunsaturated fats. Saturated fat has been proven to raise LDL cholesterol levels, often referred to as "bad" cholesterol because it can lead to clogged arteries and increase the risk for heart disease. Solid fats are also found naturally in foods or added to them. Some examples of foods high in solid fats include desserts and baked goods; many cheeses and foods containing cheese; processed meats like sausages, hot dogs, bacon, and ribs; ice cream and other dairy desserts; fried potatoes like French fries if fried in a solid fat or hydrogenated oil; regular ground beef and cuts of meat with marbling or visible fat; fried chicken and other chicken dishes with the skin.

Oils provide essential fatty acids and vitamin E. They are found in different plants such as soybeans, olives, corn, canola, avocados, sunflowers, and peanuts. Choosing unsaturated oils instead of saturated fat can help you



maintain a healthy eating style. A few plant oils, including coconut and palm oil, are higher in saturated fat and should be eaten less often.

Choose foods higher in unsaturated fat and lower in saturated fat as part of your healthy eating style. Here are some simple shifts you can make to decrease solid fats and increase heart-healthy oils in your diet:

- Use oil-based dressings and spreads on foods instead of

butter, stick margarine, or cream cheese.

- Drink fat-free (skim) or low-fat (1%) milk instead of reduced-fat (2%) or whole milk.
- Buy lean cuts of meat instead of fatty meats, or choose these foods less often.
- Add low-fat cheese to homemade pizza, pasta, and mixed dishes.
- In recipes, use low-fat plain yogurt instead of cream or sour cream.



Basic Budget Bites

Fall in love with leftovers

A tried and true way to start saving money is to eat leftovers and pack your own meals when eating outside the home. It's easy to think of excuses: "It takes too much time in the morning" or "I get bored eating the same thing," so here are some tips for sticking with it:

- After dinner when you are already putting leftovers away, take time to portion and put them into your to-go containers. Then in the morning it is a quick grab-and-go. Don't forget to throw an ice pack into your lunch bag to keep foods cold and safe.
- Skip a day before enjoying leftovers. Instead of eating the same things for lunch the next day, skip a day and pack it for lunch the day after that. This will break up your meals and keep you from getting bored.
- Repurpose your leftovers. Get creative with your leftovers, and eat them differently for lunch. If you ate grilled chicken for dinner, mix it with low-fat plain yogurt and celery to make a healthy chicken salad sandwich on whole wheat bread, or make a whole grain wrap loaded with cheese and the vegetables of your choice.

Parent's Pow-Wow

Water is a smart choice for kids

Water is a great drink choice for kids because it doesn't contain added sugars or caffeine. Water helps to hydrate your child's body. Drinking tap water with fluoride (also known as fluoridated tap water) can help prevent cavities. Drinking water between meals and snacks can help rinse food from teeth.

Preschoolers need extra water when they are physically active or when it is hot outside to stay hydrated. It is important to have regular water breaks before and during active play.

Tips for getting your kids to drink more water:

- Offer water between meals and snacks.
- Encourage your child to drink water by being a role model and drinking water yourself.
- Keep child-sized cups by the sink where your child can reach them.



Food Facts

Potassium

Potassium is a mineral found in many foods. Your body needs potassium for almost everything it does, including proper kidney and heart function, muscle contraction, and nerve transmission. The amount of potassium you need each day depends on your age and sex. Most adult women need 2,600 mg a day, and most men need 3,400 mg a day. Potassium is found in many foods. You can get recommended amounts of potassium by eating a variety of foods, including fruits, such as dried apricots, prunes, raisins, watermelon, orange juice, and bananas; vegetables, such as acorn squash, potatoes, spinach, tomatoes, and broccoli; lentils, kidney beans, soybeans, and nuts; milk and yogurt; meats, poultry, and fish. The diets of many people in the United States provide less-than-recommended amounts of potassium. Getting too little potassium can increase blood pressure, deplete calcium in bones, and increase the risk of kidney stones.

Source: National Institutes of Health





Henderson County
3341 Zion Road
Henderson KY 42420

RETURN SERVICE REQUESTED



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

Preheat the oven to 350 degrees F. Grease a 9x13-inch baking pan. Bring a large pot of lightly salted water to a rolling boil. Cook the lasagna noodles until tender, but still slightly firm (approximately 10 minutes); drain and set aside. Heat the oil in a large skillet and sauté the onion and garlic until golden. Add chopped eggplant to skillet and cook until very soft and tender. Add chopped spinach to the skillet and cook until wilted. Stir in the tomatoes, marinara, basil, oregano, crushed red pepper flakes, salt and pepper; simmer for 5 minutes. Remove from heat. Layer 3 noodles on bottom of pan, spread 1 lb protein

Nutritional Analysis: 260 calories, 11 g fat, 5 g saturated fat, 30 mg cholesterol, 600 mg sodium, 25 g carbohydrate, 6 g fiber, 8 g sugar, 18 g protein

Yield: 12 servings

one-third of the ricotta cheese on top of noodles, spoon one-third of sauce on top, and sprinkle with one-third mozzarella and cheddar cheese. Repeat, layering with remaining ingredients, ending with a layer of cheese. Bake 35 minutes or until cheese on top is melted and golden brown. Let casserole rest 10 minutes before cutting.

9 whole grain lasagnanoodles
1 1/4 ounce canitalianflavored
tomatoes
1 24 ounce jar low-sodium
marinara sauce
1/2 teaspoon dried basil
1/2 teaspoon crushed red
pepper flakes
3 cups chopped raw spinach
chopped
1 eggplant, peeled and finely
medium onion, chopped
2 cloves garlic, chopped
1/2 teaspoon vegetable oil
9 whole grain lasagnanoodles
1 1/4 ounce canitalianflavored
tomatoes
1 24 ounce jar low-sodium
marinara sauce
1/2 teaspoon dried basil
1/2 teaspoon crushed red
pepper flakes
3 cups chopped raw spinach
chopped
1 eggplant, peeled and finely
medium onion, chopped
2 cloves garlic, chopped
1/2 teaspoon vegetable oil



Eggplant Lasagna