



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

JACKSON COUNTY FAMILY & CONSUMER SCIENCE

Fall Newsletter (September - November)

I hope the newsletter finds you in autumn weather! This newsletter will hopefully be an overview of the majority of the programs we're going to offer in Fall and Winter of 2024. We sometimes have some programs pop up fast so be sure to always check in with our Facebook Page: <https://www.facebook.com/JacksonCoKYExtensionService>

Fall means getting ready for the holidays! With (hopefully) cooler weather, we want to make sure our homes and families are ready.

In this newsletter, we'll talk about the different events happening this fall.

Some events I want to highlight are our Jackson County Cultural Arts for the Homemakers. This will be a time for the homemakers to display their cultural arts and crafts for judging and to be viewed by the public. It'll take place in October at the Extension Conference Center.

Another event is the Annual Wilderness Trail Area Homemaker Meeting. Every year the counties in the Wilderness Trail Area takes turns hosting and this year Bell County is hosting at Bell Central in Pineville! There will be a lunch provided and a showcase of the Wilderness Trail Area Cultural Arts.



Delaney Eubanks
Jackson County,
Extension Agent for
Family & Consumer
Science

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.

FAMILY & CONSUMER SCIENCE EVENTS

Cooking Through The Calendar

Sept 12, Oct 10, Nov 14 - Second Thursday at 11am

We will do a cooking demonstration through the 2024 Recipe Calendar provided by the Nutrition Education Program (NEP) with samples provided.



Holiday Baking Series**

Nov 12 & 26, 11am

Two baking classes to get us ready for the holidays! We will make brownies and a brownie craft gift and pumpkin rolls.

Holiday Crafts

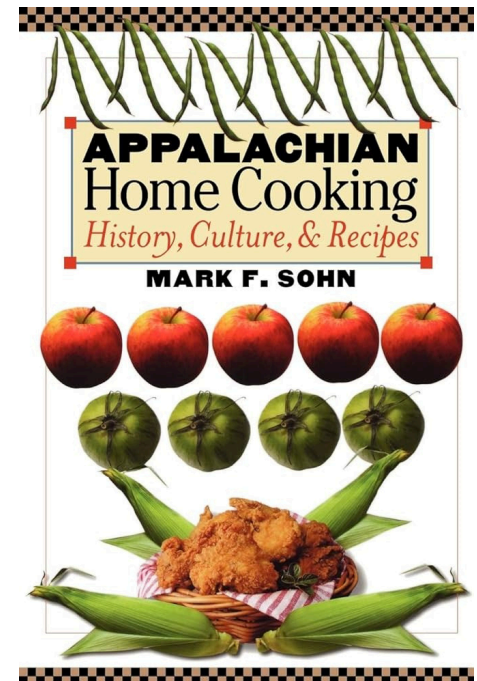
Nov 6, 1pm-3pm

We'll have an afternoon of holiday crafts with all materials provided! For coming you'll get a book of crafts from each county in the Wilderness Trail Area and you can take home any crafts you make!



Holiday Cooking School: Mountain Memories!

November 7th 4:30-7:00
London Community Center



** Please call the Extension Office at 606 - 287 - 7693 to register for the these classes.

JACKSON COUNTY SAVE THE DATES




Crafter Doodles

Jackson Co Homemaker Club

AUG 1ST, SEPT 5TH, OCT 3RD, NOV 13TH & DEC 5TH 2024
@ JACKSON COUNTY EXTENSION CONFERENCE CENTER
(1296 MAIN STREET S, MCKEE KY 40447)
1PM - 3PM



 Cooperative Extension Service

HARVESTING HARMONY

A Sustainable Homesteading Series

Join the Breathitt & Jackson Co. Extension Offices while we pioneer the path to living a more sustainable life through a four part series.



Series 2: Summer Sausage & Waterbath Canning
Jackson County: September 30th, 10a-3p

Meal will be provided. Call to register

606-666-8812

606-287-7693

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Lexington, KY 40506



Recipes from the 2024 Food and Nutrition
Recipe Calendar

 Cooperative Extension Service

Peanut Butter Oatmeal Bites



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

Nutrition facts per serving:
110 calories; 6g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 15g total carbohydrate; 2g dietary fiber; 7g total sugars; 2g added sugars; 5g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

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

- 1 cup creamy peanut butter
 - 2/3 cup unsweetened applesauce or 2 large very ripe bananas (or half of each)
 - 1/3 cup brown sugar
 - 2 teaspoons vanilla
 - 2 teaspoons cinnamon
 - 2 cups quick oats
 - 3/4 cup dried fruit (cranberries, raisins, apples, dates, etc., or a mixture)
 - 1/2 cup chopped nuts, pepitas (pumpkin seeds), or sunflower seeds (or a mixture)
1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
 2. Preheat the oven to 350 degrees F.
 3. Line two large baking sheets with parchment paper and set aside.
 4. In a large bowl, mix the peanut butter, applesauce or bananas, brown sugar, vanilla, and cinnamon until smooth. Add the oats, dried fruit, and nuts, stirring until combined.
 5. Drop the dough into equal sizes onto the baking sheets, about 2 tablespoons per cookie. Flatten the top with the back of a spoon.
 6. Bake 12 to 16 minutes or until the edges are slightly brown and the dough is set, but soft.
 7. Remove from oven and cool on the baking sheet for 10 minutes. Transfer to a cooling rack to finish cooling.
 8. Store in an airtight container. Use within four days or freeze.

Makes 30 bites
Serving size: 1 bite
Cost per recipe: \$4.44
Cost per serving: \$0.15

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Contact us for more info about any events!

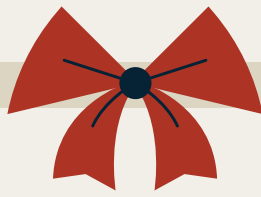
1408 Main Street South
McKee, KY 40447

Phone: (606) 287-7693

Fax: (606) 287-7694

Email: jackson.ext@uky.edu

www.jackson.ca.uky.edu



FRIDAY & SATURDAY NOVEMBER 15 & 16, 2024, 10AM - 4PM
JACKSON COUNTY EXTENSION CONFERENCE CENTER
1296 MAIN STREET SOUTH, MCKEE
606-287-7693

HOLIDAY BAZAAR

SHOP GIFTS FROM LOCAL VENDORS.
VENDORS CALL TO SECURE A BOOTH TO SELL.
VENDORS FEE IS \$10 TO SELL.
NO WEAPONS, FIREARMS, OR AMMO.





Jackson County Homemakers Cultural Arts Showcase

Cultural Arts are a large part of Appalachian culture. Cultural Arts Showcases are an exhibition of heritage crafts made by Kentucky Extension Homemakers in Jackson County.

All Homemakers can enter one piece per subcategory (see attached list of categories and rules) with a max of seven pieces. If anyone not a Homemaker wants to exhibit their items, we invite you to come along! We ask you for a \$10 entry fee which goes to Homemaker dues.

Take Entries: Tue, Oct 1, 10a-2p

Viewing: Wed, Oct 2, 10a-6p

Jackson County Extension Conference Center

2023-2024 CULTURAL ARTS EXHIBIT CATEGORIES

2023-2024 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

Categories and Subcategories

- 1. APPAREL**
 - a. Accessory
 - b. Appliqued
 - c. Basic Sewing
 - d. Quilted
 - e. Specialty
- 2. ART, 3-Dimensional**
 - a. Carving
 - b. Sculpture
- 3. ART, NATURAL**
 - a. Wood
 - b. Other
- 4. ART, RECYCLED (Include a before picture)**
 - a. Clothing
 - b. Household
 - c. Other
- 5. BASKETRY**
 - a. Cane
 - b. Dyed Material
 - c. Miniature (under 4 inch)
 - d. Novelty
 - e. Plain
- 6. BEADING**
 - a. Bead Weaving
 - b. Non-jewelry Item/Wearable
 - c. Miscellaneous
- 7. CERAMICS**
 - a. Hand-formed
 - b. Molded
 - c. Pre-made
- 8. COUNTED CROSS STITCH**
 - a. 14 Count & Under
 - b. 16-22 Count
 - c. Specialty Cloth (linens, etc.)

15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

16. KNITTING (HAND – with knitting needles)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

17. KNITTING (OTHER – machine / loom)

18. NEEDLEPOINT

- a. Cloth Canvas
- b. Plastic

19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

21. PHOTOGRAPHY (mounted or framed) **

- a. Black & White
- b. Color

22. QUILTS***

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)

14. HOLIDAY DECORATIONS

- a. Autumn
- b. Spring
- c. Summer
- d. Winter

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

** Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

***Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

**** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

22. QUILTS*** (continued)

- e. Machine Appliqué (machine quilted)
- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
- i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking****

24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle
- d. Woven

25. WALL or DOOR HANGING

- a. Fabric
- b. Other

26. WEAVING

- a. Hand (macrame, caning)
- b. Loom (includes pin weaving)

27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

Wilderness Trail Area Annual Extension Homemakers Meeting



**Saturday
October 19th, 2024**

**Bell Central School Center
9821 US-25 E, Pineville, KY 40977**

**Cultural Arts check-in and registration - 9:30am
Meeting - 10:30 am**

**Lunch & Dessert Menu: Drinks, Salad, Ham, Mashed Potatoes,
Green Beans, Rolls and Banana Pudding**

Catered by Cater It, LLC

**Registration fee is \$20. To attend, visit your local
Extension Office for event registration and payment.
Please register by September 30th**

*Wear your favorite Derby Hat, UK blue, or accessorize with
anything you think represents our great state of Kentucky!*

