



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

Agriculture and Natural Resources

Newsletter

Nov-Dec 2023

David Coffey
Jackson County Cooperative Extension Office
1408 Main Street South
Mckee, KY 40447

11/9 WTA Agents meeting in London 4pm /Holiday Cooking School in London 5pm
11/17-11/18 - Holiday Bazaar at Extension Conference Center - 10am-4pm
11/30 PDL Advisory Council Committee meeting 9-12

12/13 - WTA Agents meeting- Jackson County

12/7 JCCA Meeting at Egypt Church - 6pm

(All meetings and programs will be held at the Extension Conference Center unless otherwise stated)



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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College of Agriculture, Food and Environment



BBQ Venison Meatballs

Servings:6 Serving Size:2 meatballs

Ingredients:

Meatballs

1 pound ground venison (may substitute elk or beef)

$\frac{1}{2}$ cup 2% milk

$\frac{1}{2}$ cup rolled oats

$\frac{1}{2}$ cup minced fresh onion

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon black pepper

Sauce

*1 cup ketchup

* $\frac{1}{2}$ cup water

* $\frac{1}{2}$ cup grated onion

*2 tablespoons vinegar

* $\frac{1}{2}$ cup brown sugar

* $\frac{1}{2}$ teaspoon black pepper

Directions:

Combine venison, milk, oats, onion, salt, and pepper in a large bowl. Use a sturdy spoon or clean hands to mix well. Shape meat mixture into 12 1-inch balls, and place in a shallow 9-by-13-inch baking pan. *Combine all the sauce ingredients in a bowl and stir well. Pour sauce over meatballs. Bake uncovered at 350 degrees F for 1 hour, turning over twice.

Source: Adapted from: "Fish & Game Cookbook" Bonnie Scott. 2013.

Nutrition Facts per Serving: 160 calories, 3g total fat, 1g saturated fat, 0g trans fat, 65mg cholesterol, 220mg sodium, 14g total carbohydrate, 1g dietary fiber, 6g total sugars, 3g added sugars, 20g protein, 0% DV vitamin D, 4% DV calcium, 15% DV iron, 6% DV Potassium



Holiday BAZAAR

**FRIDAY & SATURDAY
NOV 17-18, 2023
10AM - 4PM**

**Shop gifts from local vendors.
Vendors call 606-287-7693 to
secure a space to sell. Vendors fee
is \$10. No weapons, firearms, or
ammo.**

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Disability
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