



McCracken County

Family and Consumer Sciences

Extension Homemaker Newsletter

October 2022



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

Cooperative Extension Service

McCracken County
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Notes from President Diane Shrewsberry

It's Fall Ya'll!

And I personally have a love hate relationship with

this season. I LOVE the smell of wood burning in the neighborhood fireplaces, love the colors, love the cool breezes. BUT I despise dealing with leaves. Especially sycamore leaves. Impossible to mow up as they run out from under the mower. Tough as leather and big as saucers. I have said for years they follow me back in the house!

Taken from Delia Owens book, "Where the Crawdads Sing", "Autumn leaves don't fall, they fly. They take their time and wander on this their only chance to soar." So, with that being said, here we are, and I hope each of you are able to relax some and enjoy the season. Before we know it, Thanksgiving is upon us, and we know how quickly the next season follows along.

I am not a fan of all the pumpkin spice things available this time of the year. Seems like the last time I saw pumpkin spiced popcorn, pumpkin spiced cereal, pumpkin spiced nuts I had to decide it's just too much! Give me a fall candle and a few pumpkins for my porch and I'm good.

Lots of delicious recipes this time of year to warm our hearts and our stomachs. I will share one of my grandmother's favorite fall recipes.

"Oatmeal Cake" BY OKLEY HOOK BONDURANT

1 1/4 cups boiling water and pour over 1 cup of oats and soak about 10 minutes.

Cream a stick of soft butter with a cup of white sugar and a half cup light brown sugar.

Add to the creamed mixture 1 teaspoon cinnamon, 1 teaspoon ginger, 1 teaspoon nutmeg, 1 tablespoon pure vanilla extract. Add oats, mix in 1 1/2 cups plain flour and 1 teaspoon soda. She added raisins but sometimes I omit.

Bake 30 minutes in two greased floured round pans.

ICING

1/2 cup soft butter, 1 cup brown sugar, 1/2 cup evaporated milk, 1 1/2 cup of confection sugar.

Combine ingredients except sugar in saucepan. Heat to boiling and move to a mixing bowl. Stir in sugar, beating quickly. It's a sauce style icing, so it will drip down the sides of your cake. You can use a 9"x13" cake pan as well. I have lowered the sugar amount in this recipe as well.

UPCOMING EVENTS

Adult Sewing—Tuesdays in October @ 9 - 11 am	Oct. 19 Scrapbooking, 9 am
Oct. 6 & 20 Crochet Club, 1 pm	Oct. 21 Arts & Crafts, 10am
Oct. 6 & 20 Needlework, 10 am	Oct. 24 Garden Club 9:30 am
Oct. 10 Quilt Club, 10 am	Oct. 25 Homemaker Board Meeting, 9:30 am
Oct. 11 Purchase Area Annual Day Reg. 9:30/Mtg 10 am	Oct. 28 Story Walk/Truck or Treat, 5 - 7 pm
Oct. 11 Advisory Council Meeting after Area Annual Day	Nov. 1 Charcuterie Boards Lesson, 10 am
Oct. 18 Bags of Love, 9:30 am	

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Disabilities
accommodated
with prior notification.



In the Spotlight



This month spotlight is Suzanne Cumbee. Suzanne is married to George Cumbee and has two daughters, Gretchen, and Laura, 1 grandson and 1 granddaughter. She has been in McCracken County Homemakers for 40 years.

She taught school for 22 years at McNabb Elementary, Reidland Middle, and Heath Elementary.

Suzanne is retired now and enjoying retirement very much. She volunteers at Saint Vincent de Paul and the Carson Center and enjoys reading and gardening and her family.

ARTS & CRAFTS CLASS IS BACK!



Arts and Crafts class will be resuming on Friday, Oct. 21st at 10 am at the extension office. The class is planning on meeting monthly thru December on the third Friday of the month. This months project is a large wooden door plaque similar to the picture. Registration is required along with a fee of \$15 due by October 14th.

Class is limited
Call soon to reserve your spot

ALL ABOARD!

Have you been traveling through Kentucky?

KEHA ARTS
Cultural Arts and Heritage

All aboard...



Travel Kentucky

Don't forget to record your Kentucky experiences and adventures! This includes museums, monuments, gardens, festivals, cover bridges, vineyards, etc.

The county that records the most events wins a prize!

Name _____ Issue Date: _____



VENDORS NEEDED FOR THE

**McCracken County Extension Homemakers
Bazaar and Vendor Fair**

To be held at the
McCracken County Extension Office
2025 New Holt Road
Paducah, KY 42001

**NOVEMBER 5, 2022
8:00 a.m. To 3:00 p.m.**

Registration forms available at:

http://mccracken.ca.uky.edu/files/vendor_registration_2022_0.pdf

OR

For more information contact Elaine Stevens at mesteven@comcast.net

THANK YOU SO MUCH

A big THANK YOU to all club members who have worked very hard to make the Area Annual Day a success!

YOU ARE VERY MUCH APPRECIATED!

Check it out!

What is the Master Food Volunteer Program?

The Master Food Volunteer Program provides a foundation of knowledge to volunteers in the subject areas of food safety, food science, food preparation, and food preservation.

The Extension Master Food Volunteer Program allows people with interests in food, cooking, and nutrition to take their expertise to a higher level while developing new avenues for helping in the community.



**Questions?
Call or email Kelly
For more information**

CALLING ALL HOMEMAKER AND SPECIALTY CLUBS!

McCracken County Homemakers and Specialty Clubs are to be featured in the November Showcase Display at the library. In order to make this an awesome display we need your help. Please submit club info, pictures, examples, etc. to the extension office by Friday, October 21st.

If you have any questions, please contact Brenda Gamblin at (270) 210-8880.



Fall Spiced Pumpkin Bread

½ cup all-purpose flour	2 teaspoons pumpkin pie spice	½ cup honey
1¼ cup whole-wheat flour	½ teaspoon salt	2 cups pumpkin puree
1½ teaspoons baking powder	½ cup melted margarine	2 eggs
1 teaspoon baking soda	½ cup sugar	½ cup chopped walnuts

Heat 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 **cover** with foil. **Return** to oven and **bake** an additional 20 minutes or until toothpick inserted in center comes out clean. **Cool** for 10 minutes and **remove** from pan.

Yield: 16 slices

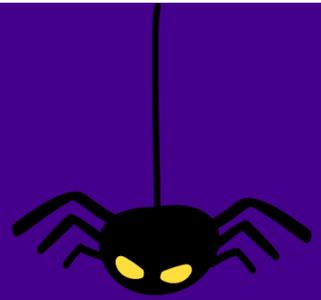
Nutritional Analysis: 220 calories, 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars, 4 g protein.



Kelly Alsip
Kelly Alsip
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**JOIN US
FOR!**

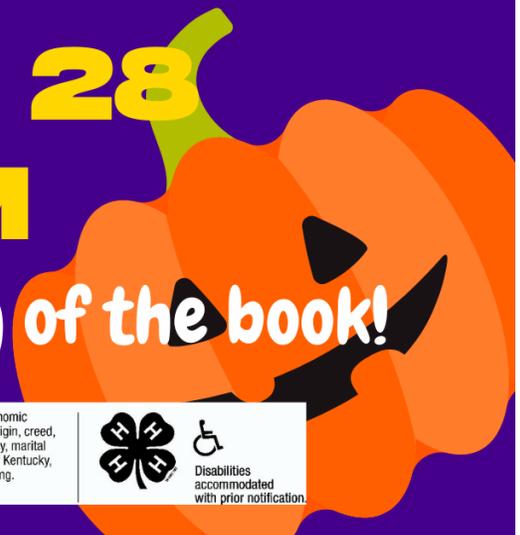


**McCracken County
Cooperative
Extension Service's
STORY WALK
&
TRUNK OR TREAT**

OCTOBER 28

5-7 PM

Families will receive a copy of the book!



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