

FEBRUARY
2025

MCCRACKEN COUNTY FAMILY AND CONSUMER SCIENCES NEWSLETTER

KENTUCKY  KENTUCKY STATE
UNIVERSITY
COOPERATIVE EXTENSION



Kelly Alsip, FCS Agent

The month of February is filled with new and exciting opportunities at the extension office. Be sure to check out our event calendar, as we have programs for food enthusiasts and crafters alike. Don't miss the monthly Extension Event Calendar for a preview of what's coming up.

As always, please keep an eye out for programs you would like us to offer and think about community members who might be interested in partnering with us. We are open to suggestions ranging from banking to art, skill-building, and various aspects of life planning. Your input and contact information would be greatly appreciated.

I look forward to seeing all homemakers at the Homemaker Valentine's Tea Party on February 7th!

Best wishes,

McCracken
County
Family and
Consumer
Sciences Agent
kelly,alsip@uky.
edu



**Carmela Ballard,
Homemaker President**

A WORD FROM THE PRESIDENT

"IN THE COLDEST FEBRUARY, AS IN EVERY OTHER MONTH IN EVERY OTHER YEAR, THE BEST THING TO HOLD ONTO IN THIS WORLD IS EACH OTHER."

Do the short days of February get you down? What about the cold? the snow? I love snow! Let's take this time to catch up on those things that we have let slip up on us through the holidays, and clean out a closet, a drawer or a cabinet. Start small. Don't let this overwhelm you. Write in your journal. Read that book or article that you put aside for another time. Audio books are great on the go. Get your calendar filled in for 2025. Put YOGA on Wednesdays at 10 am (it's only 45 minutes). Some like to get all birthday cards lined up for the new year.

February is the month of LOVE! Whether it is your spouse, children, grands or friends; wrap your heart around someone and put a little love in your heart! Cherish every moment! See you at the Valentine's Tea Party, Feb. 7th, 1-3pm! Bring your Valentine Box or Bag and Valentines to share with others. It'll be fun!

Counting My Blessings,

CARMELA

BAD WEATHER? SCHOOLS CLOSED?

PLEASE REMEMBER THAT MEETINGS/ EVENTS SPONSORED BY THE MCCRACKEN COUNTY EXTENSION OFFICE WILL BE CANCELLED IF MCCRACKEN COUNTY SCHOOLS ARE CLOSED DUE TO WEATHER.



Events



KENTUCKY COOPERATIVE EXTENSION



DAY Charcuterie

CHARCUTERIE BOARD WORKSHOP

Your choice of a Valentine or Super Bowl Theme




FEBRUARY 8TH
1 PM - 3 PM

COST: \$50
INCLUDES BOARD AND FOOD

Register and pay by the QR code or link below
[HTTPS://SQUARE.LINK/U/ICITFTMD?SRC=SHEET](https://square.link/u/icitftmd?src=sheet)

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 accommodations of disability can 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




KENTUCKY COOPERATIVE EXTENSION

WINDMILL QUILT CLASS

Beginners to Advanced Welcome
Class will meet two times


First Session
February 10th
11 am - 3:30 pm



Learn how to make a beautiful 63" x 63" Windmill Quilt from 5" Charm Squares.

\$25
Pay at door;
cash or Venmo
preferred

**Second Session
if needed**
February 14th
10 am - 3 pm



Participants responsible for bringing (224) 5" pre-cut charm squares. The squares can be bought in packs or cut from yardage. Using stash fabric is fabulous!

Call (270) 554-9520
Registration Required

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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KENTUCKY COOPERATIVE EXTENSION



Join us for some

Cookin' Cajun

ALLIGATOR SAUCE PICQUANTE
SMOTHERED OKRA

AUTHENTIC CAJUN RECIPES
ALONG WITH A BIT OF CAJUN CULTURE

MONDAY, FEBRUARY 3RD
10 AM - 12 PM

or

THURSDAY, MARCH 13TH
5 PM - 7 PM

ALL (270) 554-9520 TO SIGN UP!

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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KENTUCKY COOPERATIVE EXTENSION

Crystal Bead Wire Tree

MAKE A BEAUTIFUL



FRIDAY, FEB 14

**\$6
PAY AT DOOR**

Create your own unique Crystal Bead Wire Tree using multi-colored crystal beads and wire.

Start at
9:30am - Finish

Deadline to sign up 2/12
Call (270) 554-9520

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development

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Events

SIDE SEAM APPLIQUE CLASS

KENTUCKY COOPERATIVE EXTENSION

GET CREATIVE WITH EMBROIDERY AT OUR SIDE SEAM APPLIQUE CLASS

Choose between two fun designs. Bow or Scissors (see the image for design options).

WHAT YOU NEED TO BRING:

- Pre-washed T-Shirt (short or long sleeve) or sweatshirt
- Fabric for your design is you want a specific fabric color or type (around 6 x 8 inches for each bow, multiple colors for scissors).

FRIDAY,
FEBRUARY
28TH

1 PM - 4 PM

NO SEWING EXPERIENCE NECESSARY - JUST BRING YOUR CREATIVITY!



OPTION 1

OPTION 2

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Lexington, KY 40516

KENTUCKY COOPERATIVE EXTENSION



CHAIR YOGA CLASS

EVERY WEDNESDAY

10 AM - 10:45 AM

\$3 PER SESSION (PAY AT DOOR)

ALL EXPERIENCE LEVELS WELCOME

LEAD BY CERTIFIED INSTRUCTOR, SUZI RENAUD

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40516



TECH CLASS: FACEBOOK ADVANCED

LEARN MORE ADVANCED FACEBOOK SETTINGS

- Preferences and settings (Including privacy settings)
- Free class
- Call to sign-up



PATTERN FUSING CLASS

MAKE A VERY SIMPLE WALL HANGING. NEED SOME EXPERIENCE WITH SEWING MACHINE

- Class will meet 3 times
- \$20 Kit Fee
- Registration Required
- Limited class size



Class at McCracken County Extension Office

BETTER THAN EVER

PAINT A CERAMIC PLANTER WITH SPECIALTY GLAZE COMBOS

- Cost: \$20 includes everything for project
- Call (270) 210-9512 or go to link to register:

<https://www.betterthaneverhome.com/product/mar-31-2025-ceramic-planters-with-specialty-glaze-technique/2631?cs=true&cst=custom>

WED, FEBRUARY 12TH

10 AM - 11 AM

MARCH 7, 21 AND APRIL 4

10 AM - 12 PM

MARCH 31ST

10 AM - 12 PM

MEMBER SPOTLIGHT

DARLENE ROGERS

PRESIDENT OF PADUCAH STITCH N QUILT HOMEMAKERS GUILD

My name is Darlene Rogers, and I have been the President of the Paducah Stitch n Quilt Homemakers Guild for almost two years. I grew up in New England, and in 2016, my husband and I visited Paducah on vacation. After returning home, we put our house on the market and moved to Paducah in 2017. Shortly after moving, I joined the Guild.

I have been quilting since 2001, and I also enjoy machine embroidery, reading, and spontaneous travel. My husband and I have been married for 25 years. For most of that time, he traveled for work during the week and was only home on weekends. Occasionally, I would travel with him, so during the first 20 years of our marriage, the longest we spent together at one time was four weeks. John retired in 2020, and with the onset of the pandemic, we found ourselves together 24/7. We made it through!

We have two daughters each, one grandson, and four granddaughters among our four girls. I love being a Meemaw. My youngest daughter has special needs, and when she was younger, I worked for an early intervention program. Today, she lives independently.



UPCOMING HOMEMAKER EVENTS

MCCRACKEN COUNTY CULTURAL ARTS DAY

February 21st

Check in:

9:30 am - 10:30 am

- All registered homemakers are encouraged to enter no matter what type of club you are in or if you are a mailbox member.
- Rules and Categories available at office or on website at <https://mccracken.ca.uky.edu/fcs>

SCRAPBOOKING CROP



JUANITA AMONETT SCHOLARSHIP OPPORTUNITY

TO BE ELIGIBLE FOR THIS SCHOLARSHIP, YOU MUST BE AN ACTIVE MCCRACKEN COUNTY EXTENSION HOMEMAKER MEMBER FOR AT LEAST ONE YEAR, OR BE THE CHILD OR GRANDCHILD OF AN ACTIVE MCCRACKEN COUNTY EXTENSION HOMEMAKER MEMBER.

SCHOLARSHIP FORMS ARE AVAILABLE AT THE OFFICE OR ON THE WEBSITE @ [HTTPS://MCCRACKEN.CA.UKY.EDU/SITES/MCCRACKEN.CA.UKY.EDU/FILES/HMKR.2425.SCHOLARSHIPFORM.PDF](https://mccracken.ca.uky.edu/sites/mccracken.ca.uky.edu/files/hmkr.2425.scholarshipform.pdf)

DEADLINE TO
SUBMIT
SCHOLARSHIP
FORM IS APRIL
30TH



February

2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Cookin' Cajun 10 am - 12 pm	4 Game Day, Come Play! 9 am - 12 pm Adult Sewing 9 am - 12 pm	5 Chair Yoga 10 - 10:45 am FCS Advisory Council 11:30 am - 1:00 pm	6 Needlework Circle 10 am - 12 pm Knitting Row and Crochet Alley 1 pm - 3 pm	7 Homemaker Valentine Tea Party 1 - 3 pm	8 Charcuterie Board Class 1 - 3 pm
9	10 Windmill Quilt Class 11 am - 3:30 pm Reg. Required	11 Adult Sewing 9 am - 12 pm Golden Days 10 am Happy Club 10 am	12 Chair Yoga 10 - 10:45 am Tech Class 10 am	13 Concord Club 11 am	14 Valentine's Day Arts and Crafts 9:30 am Windmill Quilt 10 am - 3 pm Reg required	15
16	17	18 Bags of Love 9 am - 1:30 pm IWG (Library) 12 pm	19 Scrapbooking 9 am - 3 pm Chair Yoga 10 - 10:45	20 Game Day, Come Play! 9 am - 12 pm Needlework Circle 10 am - 12 pm Knitting Row and Crochet Alley 1 pm - 3 pm	21 Homemaker Cultural Arts Day Check In: 9:30 - 10:30 am	22
23	24 Homemaker Garden Club 10 am	25 Adult Sewing 9 am - 12 pm Paducah Stitch n Quilt Homemaker Guild 10 am - 4 pm	26 Chair Yoga 10 - 10:45 am	27 King Cake Class 9 am - 2 pm Reg Required	28 Homemaker Lesson - 10 am Side Seam Applique Class 1 pm 4 pm	



Ratatouille Soup

1 small eggplant, peeled and cubed	1 medium bell pepper, chopped	1 24 ounce jar chunky garden style pasta sauce
2 teaspoons salt	1 medium onion, chopped	2 cups water
1 pound lean ground chuck	1 tablespoon finely minced garlic (about 3 cloves)	1 teaspoon dried basil
1 tablespoon canola oil	1 14.5 ounce can low sodium beef broth	1 cup uncooked whole grain pasta
1 medium zucchini, chopped		

Place the cubed eggplant in a colander. **Toss** with the salt and let set for 20-25 minutes. Thoroughly **rinse** in cold water and press as much water out of the eggplant as possible. Set aside. In a large heavy pot, **brown** the ground beef over medium heat until crumbly and no longer pink. **Drain**. Raise the heat to medium-high. **Add** the canola oil to the same pot. **Return** the beef to the pot. **Add** the zucchini, bell pepper, onion and garlic. **Cook** together for 5-7 minutes, until onion is translucent. **Add** the eggplant to the mixture and continue to **cook** for 5

minutes. **Add** the beef broth, pasta sauce, water and basil. Bring to a **boil**, then reduce heat to medium-low, **cover** and **simmer** for 10 minutes. **Add** the pasta. Raise heat to medium. Bring to a **slow boil** and **cook**, stirring occasionally for 10-12 minutes, or until the pasta is tender.

Yield: 12, 1 cup servings

Nutritional Analysis: 210 calories, 10 g fat, 3 g saturated fat, 35 mg cholesterol, 680 mg sodium, 19 g carbohydrate, 3 g fiber, 8 g sugar, 13 g protein



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

Kentucky Eggplant

SEASON: Late June to October.

NUTRITION FACTS: Eggplant contains small amounts of several important vitamins that are needed daily. It is very low in sodium and calories, with only 15 calories for a half cup serving.

SELECTION: Select firm, heavy eggplant with smooth, shiny, deep purple skin. Choose medium size eggplant, about 3 to 4 inches in diameter.

STORAGE: Store soon after harvest or purchase in the vegetable crisper in the refrigerator. Use within one week.

PREPARATION: Eggplant is a versatile vegetable and can be baked, broiled, grilled, fried, stuffed or used in a variety of casseroles in combination with other vegetables. It works well with tomatoes, garlic, onions, and cheese. One pound equals 3 cups diced. Eggplant should be peeled before

Source: www.fruitsandveggiesmatter.gov

preparation, unless it is very young and tender.

To broil or grill: Cut into three-fourth inch slices and brush with margarine or Italian dressing. Broil or grill for about 5 minutes on each side, until eggplant is tender and browned. Remove from heat and sprinkle with grated Parmesan cheese.

To season: Use marjoram, oregano, allspice, chili powder, curry powder, garlic, basil or rosemary.

KENTUCKY EGGPLANT

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

August 2013

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.uky.ag/fcs

COOPERATIVE
EXTENSION
SERVICE

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College of Agriculture,
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