

DECEMBER 2024

FCS & HOMEMAKER

newsletter



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

Cooperative Extension Service
Graves County
4200 State Route 45 N
Mayfield KY, 42066
270-247-2334

Every Monday	10am Crochet Club
December 2	6-9pm "Stuff It" cooking class (class is full)
December 4	10am Elements & Principles of Art II lesson
December 5	1pm Homemaker Book Club at the GC Public Library
December 5	5:30pm Holiday Sides & Appetizers class (class is full) taught by Cortney Burgess
December 6	9am-12pm Holiday Hors d'oeuvres with Anita Granier (class is full)
December 9	9am-12pm Ravioli Class with Anita Granier (class spots are available)
December 11	10am TLC club meeting
December 11	1pm Friendship club meeting
December 12	10am Community club meeting
December 12	5:30pm Adult Sewing Group
December 14	8-11am Breakfast with Santa
December 19	10am & 5:30pm Greeting Card make & take (4 projects, \$10)
December 25-Jan 1	office closed for the holidays
January 11	9am Sourdough Class with Kara Rogers
January 19	2-5pm Tamale Class - sign ups begin 12/16

Can you believe it's December?!? Fall came and went with wonderful colors and nice temperatures. Now, ready or not, it's cold weather time. I'm one of the "odd ones out" because I like cold weather. I love seeing snow flurries and get excited at over an inch of snow. As a homemaker, I understand why I'm in the minority with thinking these wintry thoughts. My grandparents milked cows on their small farms, and cold weather was their nemesis. Granddaddy would have his "heavy" coat ready for those cold mornings. He would shed his straw hat for a winter one that had flaps to cover his ears. When he would come in from milking, he looked like an icicle. It wasn't fun for him to see snow flurries or over an inch of snow! My grandmother was a member of extension homemakers and I always wondered at her cooking abilities and how I never heard her complaining about getting up when granddaddy did and would have a breakfast that was similar to a five-course meal ready and waiting for him when he came in the door.

Not many of those small farmers still exist. You don't see metal milk cans sitting at the end of the road for the "milk truck" to come by and pick up to take to the processor. There are few concrete block milk houses left either. Most of those small buildings also had a cooler full of ice-cold water to keep the milk in those cans cool in hot weather. Granddaddy's also held watermelons in hot weather. And, not many of those women are still around, either. But enough reminiscing.

How do we as modern homemakers deal with cold weather? We make sure our homes are warm and cozy. We read to expand our minds and our thoughts. We still contribute to our community in many ways. We attend our meetings and support our other club members. Some of us still work in public jobs and others work from home. We call shut-ins to make sure they are alright and if they need anything. In other words, we keep busy.

Maybe now is the time for us to contact friends who might be homebound in the winter and would love to attend one of our meetings. Let them see what extension homemaking is about these days. We are not our grandmothers' extension homemakers. The topics of our lessons are on up-to-date topics. They teach us things to better enjoy today's lifestyles. They also teach us how to eat better and cook for the new diseases of today. I would dare to say that not many of us cook the breakfasts my grandmother cooked those many years ago.

We may not have to get up at dawn, dress in lots of layers, and brave the cold to feed the animals or milk the cows, but we can still be productive members of our communities. And, just maybe, we might still enjoy a few inches of snow and perhaps even recollect our younger years and build a snowman with a "corn cob pipe and a button nose and two eyes made out of coal."

Happy December, Merry Christmas, and may we always remember the reason for the season.

holiday cooking

with

Anita Granier

spots are limited!

\$45 per person
no refunds

sign up online or
call and pay
through PayPal
@anitagranier

Monday, December 6 6-9PM

- ➔ stuffed artichokes
- ➔ stuffed bell peppers
- ➔ stuffed mushrooms
- ➔ stuffed butternut squash



Friday, December 6 9AM - 12PM

- ➔ deep fried deviled eggs
- ➔ french quarter cheese spread
- ➔ duchess potatoes
- ➔ muffaletta sliders
- ➔ loaded hummus dip



Monday, December 9 9AM - 12PM

- ➔ sweet potato stuffed ravioli with brown butter sauce
- ➔ arugula salad
- ➔ cannoli pie

ravioli night



📍 **Graves County Extension Office**
4200 US HWY 45 N
Mayfield, KY 42066



BREAKFAST WITH *Santa*



A 4-H Fundraiser

Silent Auction
Pancake Breakfast
Reindeer Games
Letters to Santa & more!

Scan the
code to pay
instantly or
pay at the
door!



8-11AM

\$10 entry

14 *Dec*

Graves County Extension Office
4200 State Route 45 N
Mayfield, KY 42066

Meal sponsored by



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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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

GREETING CARD CLASSES

December 19

10AM & 5:30PM

4 projects for \$10

An Equal Opportunity Organization

Graves County Extension Office

Hot and Sweet Frittata

3 tablespoons olive oil, divided
1 ½ cups peeled and cubed sweet potatoes
1 ½ cups diced sweet and hot peppers, or bell peppers

1 pound ground turkey sausage
½ cup shredded mozzarella cheese
12 medium eggs, beaten
¼ teaspoon salt
½ teaspoon black pepper
½ teaspoon crushed red pepper

Preheat oven to 375 degrees F. **Add** 2 tablespoons of olive oil to a large nonstick skillet, and **heat** to medium. **Add** sweet potatoes and diced peppers. **Cook** uncovered until fork tender, about 10 minutes. **Remove** from skillet. **Add** 1 tablespoon of olive oil to skillet. **Add** turkey sausage, and **cook** 5 to 7 minutes until cooked through. **Drain** off fat, if needed. Generously **grease** an 8-by-8-inch baking dish. **Add** the sausage, peppers, and potatoes. **Sprinkle** with

cheese. In a bowl, **crack** eggs and lightly **beat**. **Add** salt, black pepper, and crushed red pepper to egg mixture. **Pour** eggs over peppers and potatoes. **Bake** uncovered for 25 to 30 minutes or until the mixture is set.

Yield: 8 servings

Nutritional Analysis:

290 calories, 18 g fat, 5 g saturated fat, 295 mg cholesterol, 610 mg sodium, 8 g carbohydrate, 1 g fiber, 3 g sugars, 0 g added sugars, 23 g protein.



Plate it up!



TAMALE CLASS



\$30 per person - limited spots

Each person will take home
one dozen pork tamales!

Sunday
Jan 19, 2024
2 - 5PM

Nonrefundable

Registration opens December 16

An Equal Opportunity Organization

Graves County Extension Office

Sourdough Class!

Learn to make sourdough starter
with Kara Rogers

January 11, 9AM

\$20 at the door!

Registration opens December 16



Upcoming Classes

Adult Crochet Club

EVERY MONDAY AT 10AM

Door Swag Workshop 
DEC 2, 10AM + 6PM | \$20

Stuff It! with Anita 
DEC 2, 6PM | \$45

Goat Milk Soap Making 
DEC 3, 10AM + 6PM | \$20

Elements of Art II
DEC 4, 10AM

Holiday Appetizers & Sides 
DEC 5, 5:30PM | \$10

Holiday Hors d'oeuvres with Anita 
DEC 6, 9AM | \$45

Karen's Cake Creations 
DEC 7, 10AM

Ravioli Night with Anita
DEC 9, 9AM | \$45
registration is open!

Karen's Cake Creations 
DEC 10, 5:30PM

Adult Sewing
DEC 12 + JAN 9, 5:30PM

Value-Added Wool
DEC 12, 6PM

Greeting Card Classes

DEC 19 & JAN 16, 10AM + 5:30PM
4 projects for \$10

Karen's Cake Creations 
DEC 20, 5:30PM

All About Sourdough
JAN 11, 9AM | \$20
registration opens Dec 16

Tamale Class
JAN 19, 2PM | \$30
registration opens Dec 16

Exercise for Everyone
JAN 29, 10AM



*we will be closed
Dec 25-Jan 1*

An Equal Opportunity Organization



HOW PREPARED ARE YOU?

SCAN THE QR CODE BELOW TO TAKE A
BRIEF SURVEY ON WEATHER
PREPAREDNESS!



Graves County
4200 State Route 45 N
Mayfield KY 42066

Christmas
MERRY