


FEBRUARY 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

Mondays	10am Crochet Club
February 1	1pm Homemaker Book Club meeting at the Extension Office
February 1	Big Blue Book Club registration begins
February 1	Cultural Arts day registration deadline
February 8	10am Community Club Meeting
February 8	3:30-5pm Welcome Reception for Allison Croslin, 4-H agent
February 14	 A graphic for Valentine's Day featuring the words "HAPPY Valentine's DAY" in a cursive font with a heart symbol above the 'i' in "Valentine's".
February 14	10am TLC Club Meeting
February 14	1pm Friendship Club Meeting
February 15	5:30 Adult Sewing (date change to 3rd Thursday for Feb)
February 15	10am & 5:30pm Greeting Card make & take
February 26	10am Handy to Have: Emergency Health Information Cards
March 1	9am-2pm Area Cultural Arts Day
May 15	Save the Date for Spring Into Green, McCracken Co Ext. Office

Are you tired of spending so much time indoors? If so, just check out Graves County Extension on Facebook to find many interesting things you can do! There is Greeting Card making, Sour Dough Bread instruction, Tamale cooking, and much, much more! We have so many wonderful programs going on at our extension office! If you aren't on Facebook, make sure you look closely at your monthly Newsletter. Your club President should also have a list of happenings at the extension office.

In February, International education area has used this month to promote its program of work. This year, the focus for International is, "Healthy Eating Around the World." The goals are: 1) Promote cultural diversity programs to help KEHA members have a better understanding of people who live in other parts of the world. And 2) Promote cultural diversity programs to help KEHA members have a better understanding of people moving into Kentucky communities from other countries. In the next few months, we will learn about dietary recommendations from other countries. We might even learn about some new foods and ways of eating.

We had a very productive advisory council meeting on January 23. One thing we voted on was participating in a book lending library. The Graves County Conservation District has donated a book barn that we can use. It's a large red barn where we can put books in to lend to our community members. It will be located in the foyer, right inside the outside doors. If you have any books you would like to donate, just drop them off at the extension office. The books can be for all ages. You might even want to take a look to see if there is something in the barn you might want to read! Remember our Reading Awards Program! Details are located in your Yearbook. In the future, we might also include canned goods and even birthday kits in the red barn. We want to thank the GC Conservation District for providing the barn to us.

Don't forget the Cultural Arts Showcase and Contest on March 1. The deadline for paying for lunch or classes is February 1. Please consider entering something in the contest. If you need to see categories of things that can be entered, see your club President or call the extension office. Hope to see you there. I think you will enjoy all of the beautiful displays.

Finally, remember that February is LOVE month! It might be worth your time to set down and make a list of things you love. When the advisory council met, I gave everyone some blank hearts. I asked them to think about the conversation hearts we had all read and eaten at some time or another. Then I asked them to write in their hearts what they thought would be some good "conversations" that could be printed on the hearts. Here are a few we talked about. Be Mindful, Be Present, Be Caring, Be Safe, Be Healthy, Be Supportive, Be Kind-Hearted, Have a Servant's Heart, and Be Loving. I think these are some great conversations we can have with ourself and with each other.

Happy Valentine's to all of You!!

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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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Homemaker Book Club

The homemaker book club will meet February 1st at 1pm at the Extension office.

If you would like join, or have questions about the book club please contact Vi Kibler 217-278-9161 or email gemr9619@gmail.com

**Purchase Area
Cultural Arts Day
Graves County Extension Office
March 1, 2024
9am-2pm**

Registration deadline
February 1st

\$12 lunch catered by Cindy's Kitchen

Craft class #1
Torn paper landscape
cost \$6

Craft class #2
"Home" lighted decor
cost \$12

There is only a cost if you want to purchase a lunch or sign up for a craft. Entering items/exhibits is free!

Registration forms, tags & exhibit categories & rules pages are available for pick up at the Extension office.

PLEASE JOIN US FOR A CELEBRATION



Allison Croslin

OF YOUR NEW 4-H AGENT!

FEBRUARY 8, 2024

3:30 - 5 PM
GRAVES COUNTY
EXTENSION OFFICE

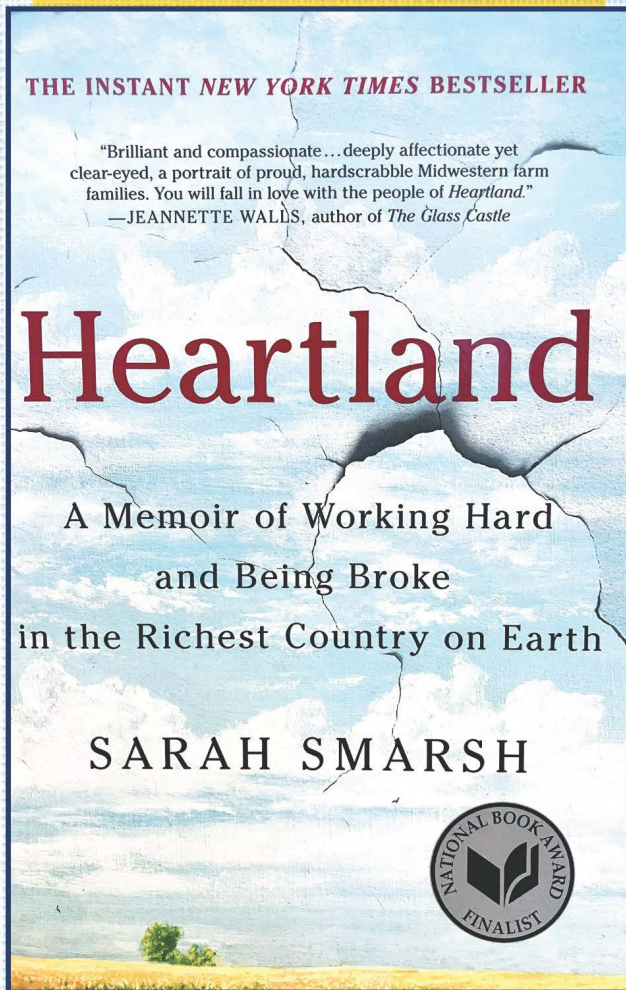


AFTERNOON
REFRESHMENTS
INCLUDE A
POPCORN BAR!

Handy to Have: Emergency Health Information Cards

taught by Calloway County
FCS agent Debbie Hixon
February 26, 10am

An Emergency Health Information (EHI) Card can be a helpful tool to have. If you are ever in an emergency where you need immediate medical treatment, but are not able to communicate with first responders, an EHI Card can tell medical providers important information about how to help you. This lesson focuses on who can benefit from carrying an EHI card, information that should, and should not be included on an EHI Card, and where to put copies of an EHI Card.



WE ARE EXCITED TO
READ WITH
YOU
THIS YEAR!

BIG BLUE BOOK CLUB

Big Blue Book Club is back with *Heartland: A Memoir of Working Hard and Being Broke in the Richest Country* on Earth by Sarah Smarsh. This book is an eye-opening memoir about working-class poverty in America. Our discussions will help participants understand the impact that economic hardship and inequality have on our communities. *Heartland* is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.

The first Big Blue Book Club series for **2024 will be April 11, 18, and 25**. Each Thursday morning session will be presented via Zoom at 11 a.m. EDT. We will record the sessions, so if you aren't available during the day, you are welcome to participate via the recording.

Registration will open at 9 a.m. EST on Feb. 1 at <https://ukfcs.net/BBBC24book1>. The link will not be active until registration opens. The first 200 registered participants will receive a free copy of the book. Pick up your free book at your local Extension office after you receive notification that you are one of the book recipients.



Slow Cooker Fajitas

Servings: 6 Serving Size: 1 fajita Recipe Cost: \$7.90 Cost per Serving: \$1.32



Ingredients:

- 1 pound boneless, skinless chicken breasts, sliced lengthwise into strips
- 1 to 2 teaspoons cumin
- 1 to 2 teaspoons chili powder
- ¼ teaspoon ground black pepper
- ¼ teaspoon garlic powder
- 3 medium bell peppers*, any color or variety
- 1 medium onion*
- 1 (10 ounce) can diced tomatoes and green chilies
- 6 (8-inch) whole-wheat flour tortillas

Directions:

1. Place chicken in a medium-size slow cooker.
2. In a small bowl, combine cumin, chili powder, black pepper and garlic powder. Sprinkle seasoning over chicken.
3. Remove stem and seeds from bell peppers and peel from onion. Slice peppers and onion into ¼ inch strips and add them to slow cooker, covering chicken. Pour tomatoes and green chilies over veggies.
4. Cover slow cooker with lid and cook on high heat for 4 hours or on low for 6 to 8 hours.
5. Remove chicken from the slow cooker and let it cool slightly. Use two forks to shred the chicken. Add shredded chicken back to the slow cooker and mix with the peppers and onions.
6. Serve in tortilla with optional toppings if desired.

Notes

*Two (12 to 14 ounce) bags of frozen fajita mix vegetables may be used in place of fresh bell peppers and onion.

Optional toppings: cheese, cilantro, guacamole, lettuce, salsa, sour cream

Source: Nancy Kelley, Area Nutrition Agent for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service

Nutrition facts per serving: 220 calories; 4.5g total fat; 1.5g saturated fat; 0g trans fat; 50mg cholesterol; 600mg sodium; 26g carbohydrate; 69 fiber; 7g sugar; 23g protein; 10% Daily Value of vitamin A; 100% Daily Value of vitamin C; 2% Daily Value of calcium; 10% Daily Value of iron

*Nutrition facts do not include optional toppings



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