

# HENDERSON COUNTY EXTENSION FCS NEWSLETTER

## November 2025

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# HOMEMAKER HAPPENINGS

## Club Meetings

Town and Country - 3rd Monday of each month at 6:00 p.m. in the Expo Kitchen

Happy Knitters - every Tuesday at 10:00 a.m. in the Expo Conference Room

Niagara - 3rd Wednesday of each month at 10:00 a.m. at Cash Creek Baptist Church

Central - 2nd Thursday of each month at 11:00 a.m. at St. Paul's Episcopal Church

Bonnie's Crafty Cats - 4th Thursday of each month at 4:00 p.m. at Redbanks Pleasant Pointe

### Roll Call:

November is National Gratitude Month. What are you grateful for today?

### Thought for the Day:

"Feeling gratitude and not expressing it is like wrapping a present and not giving it."  
William Arthur Ward

REMINDER

Remember to bring items for the birthday box for Christian Community Outreach.

Boxes should include:

- Recipe
- Cake icing
- 9 x 13 cake pan
- Candles
- Box of cake mix
- Sprinkles
- Regular sized can of soda (12 oz.)





# 2026 KEHA State Meeting Information

May 12-14, 2026

Make plans to attend the 2026 KEHA State Meeting  
Hyatt Regency Lexington  
401 West High Street, Lexington, KY 40507

Lodging information:  
The room blocks are now open for reservations!  
Room rates: \$155 + tax (1-4 people per room)



Online reservations: <https://www.hyatt.com/en-US/group-booking/LEXRL/G-KEH1>  
Phone Reservations: 800-233-1234 (group code G-KEH1 for conference rate)

Make your reservations by April 13, 2026, to secure the conference rate.

## MEDIA INFORMATION

### Continue to Listen:

Radio - The Steve and Ginger  
Show on WSON every Thursday  
morning at 6:45 a.m.



### Continue to Watch:

TV - Lifestyles on News 25  
WEHT on the 2nd Tuesday  
of each month

Check out our new and improved  
website  
<https://henderson.ca.uky.edu/fcs>



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# CLASSES AND GROUPS

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## Beginners Quilt Piecing Class

Date: 2nd Thursday of every month

Time: 5:30-8:00 p.m.

Location: Henderson County Extension Expo Building in the Project Room

Call the office to reserve a seat at 270-826-8387.

- Basic sewing skills and machine knowledge are required.
  - You may choose to follow along with the group project or work independently.
  - String quilting is one of the projects we will complete.
- 

## Sewing Class

This class meets every Thursday at 10:00 a.m. in the Henderson County Extension Expo Building in the Project Room.

This group is for:

- Those who want to learn to sew
- Those interested in tackling a new project

Feel free to bring your own projects to work on, or we will provide a supply list for new projects based on the patterns available at each class.

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## Cancer Support Group

Open to Everyone

The group meets on the 3rd Monday of each month at 3:00 p.m. in the Henderson County Extension Office in the Board Room.

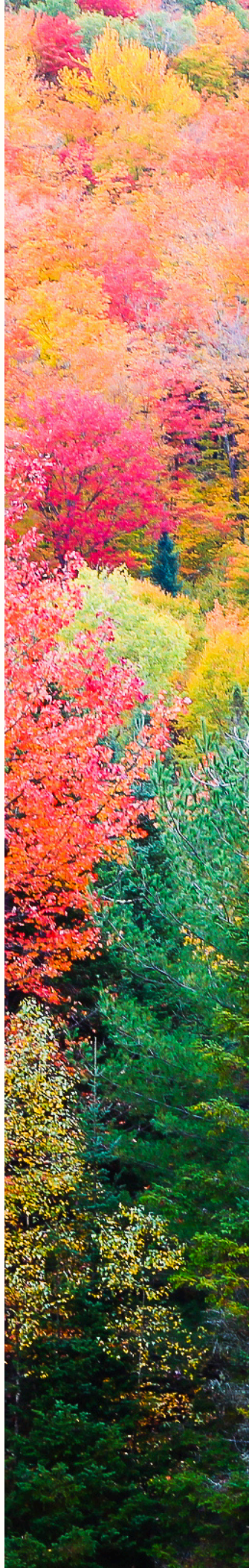
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**Cooperative  
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Community and Economic Development

**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





**Call today to  
reserve your spot  
in these classes!  
270-826-8387**

## Hand Knitted Pumpkin Class

Join us for a fun and cozy crafting session where you'll create your very own hand knitted pumpkin — the perfect addition to your autumn décor. No knitting or crochet skills needed — just bring your creativity and love for all things fall!

**Date:** November 11, 2025

**Time:** 2:00 p.m.

**Location:** Henderson County Extension, Expo Building, Garage

**Cost:** \$6

## Dessert Cooking Class

Add some sweet sparkle to your holiday season! Join us for a festive, hands-on cooking class where you'll learn to make irresistible desserts that are sure to impress family and friends.

**Date:** November 18, 2025

**Time:** 11:00 a.m.

**Location:** Henderson County Extension, Expo Building, Kitchen

**Cost:** Free!

## Glass Etching Class

Join us for a hands-on Glass Etching Class where you'll learn how to turn simple glass items into beautiful, personalized works of art.

**Date:** November 25, 2025

**Time:** 5:00 p.m.

**Location:** Henderson County Extension, Expo Building, Garage

**Cost:** Free!



# LEARNING TO LOVE LEFTOVERS

Learning to love leftover food is all about knowing how to use it! To begin, you can try creative remixing by using leftover ingredients for new dishes. For example, try adding leftover meat and vegetables to a salad, wrapping them in a whole wheat tortilla for an easy wrap, or tossing them together with broth and other ingredients to make a soup or stew. Try some flavor enhancements by experimenting with new sauces or seasonings to give the leftovers a whole new taste. If you made roasted chicken and vegetables, combine the leftovers with a simple sauce and brown rice for an easy stir-fry, or use your favorite taco seasoning to make tacos the next day. Lastly, there are no rules for mixing and matching leftovers. At the end of the week, prepare a "hodge podge" dinner to use up any remaining leftovers.

Here are some examples and ideas for ways to use up leftovers from some of your weekly meals.

## Fried Rice Salad Bowl

- Make your fried rice part of a bowl: heat the rice with a tablespoon of water to prevent drying then assemble a bowl with a combo of your favorite salad greens, fresh chopped vegetables, and some extra chicken for additional protein. Top with a small amount of your favorite dressing.

## Shepherd's Pie Soup

- Transform leftover shepherd's pie into a comforting soup. Dice the cooked potatoes and combine them with leftover filling, some low-sodium beef stock, and canned diced tomatoes.

## Fish Tacos

- Dice leftover tilapia and create fish tacos. Serve topped with lime, diced white onion, and cilantro. Toss any leftover veggies into your next soup or stew.

## Beef and Vegetable Stew

- Turn your hobo stew into real stew by mixing in a can of tomato sauce, a little broth, and any extra fresh vegetables you need to use up. Green beans, peas, or tomatoes would all be delicious.

## Tuna Pattie Sliders

- Make leftover tuna patties into sliders by serving them on small whole wheat slider buns topped with lettuce, tomato, and a squeeze of fresh lemon juice.

## Shredded Chicken Salad

- Shred the meat from leftover chicken legs to add to a salad the next day or try with a cucumber salad as a topping for whole wheat crackers for a simple snack.

## Pasta with Meatballs

- Serve leftover meatballs with whole wheat pasta and your favorite tomato sauce or turn your unstuffed egg roll into a stir fry by adding extra veggies and serving over fried rice.

## BBQ Chicken Sandwich

- Try leftover BBQ chicken over whole wheat buns topped with a low-fat slaw or chop your chicken thighs and veggies to serve over shredded lettuce with your favorite vinaigrette for a simple chopped salad.





# FIRESIDE TURTLE POCKETS

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Servings: 6, Serving Size: 12 ounces of turtle and veggies

## Ingredients:

- 4 large turtle legs, about 2 ½ pounds
- 2 tablespoons dried minced onion
- 1 teaspoon black pepper
- Water to cover
- 4 tablespoons butter
- 4 large potatoes, peeled and diced
- 4 carrots, peeled and cut into 1-inch lengths
- 1 onion, chopped
- ¾ teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon garlic powder

## Directions:

Place turtle legs, dried onion, and black pepper in a slow cooker. Add enough water to cover. Cook on high for 1 hour, reduce heat to low, and cook an additional 8 hours until meat is tender and falls off the bones. Pick out the meat and discard the bones and cartilage. Place a long sheet of heavy-duty foil on a large cookie sheet. The ends of the foil will hang off the pan. Slice butter into pats onto the foil. Place potatoes, carrots, and onions in the center of the foil. Place turtle meat on vegetables and sprinkle with salt, pepper, and garlic powder. Bring ends of foil to the center and fold to seal in juices. Bake at 450 degrees F for 40 minutes or until potatoes are tender.

Nutrition Facts per Serving: 360 calories, 2g total fat, 0.5g saturated fat, 0g trans fat, 95mg cholesterol, 490mg sodium, 42g total carbohydrate, 7g dietary fiber, 7g total sugars, 42g protein, 20% DV calcium, 20% DV iron, 30% DV potassium

Source: Adapted from Clinton Hardy's Sorgho Creek Turtle recipe





# LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:



## 3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

### Refrigerator:

Safe to store the turkey for another 1 – 2 days in the refrigerator.

This is the USDA recommended thawing method.

### How to thaw:

Allow approximately 24 hrs. for every 4-5lbs of bird.

### Cold water:

Cook immediately after thawing.

### How to thaw:

Submerge the bird in cold water & change every 30 mins.



### Microwave:

Cook immediately after thawing.



### How to thaw:

Use defrost function based on weight

For more information on safe thawing methods, visit [fsis.usda.gov](http://fsis.usda.gov)

## DID YOU KNOW?

It's safe to cook a frozen turkey though cooking time will be 50% longer!



## Clean

Wash your hands for 20 seconds with soap and warm water.

Utensils  
Plates  
Countertops  
Cutting boards

SHOULD ALSO BE WASHED

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

### SO DON'T WASH YOUR TURKEY!!

## COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.

Thickest part of breast  
Innermost part of wing  
Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

## SEPA RATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

## CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge 3-4 days

Safe frozen, but use within 2-6 months for best quality.

Last day Thanksgiving leftovers are safe from the fridge.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:

Visit [foodsafety.gov](http://foodsafety.gov)

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit [AskKaren.gov](http://AskKaren.gov). Visit [PregunteleKaren.gov](http://PregunteleKaren.gov) for questions in Spanish.







# QUILT SHOW

SATURDAY, FEBRUARY 7TH, 2026

12-5 PM

FREE QUILT ENTRY

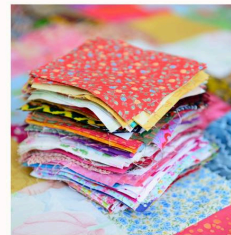
\$5 ADMISSION (CHILDREN 12 AND UNDER FREE)

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**\$100  
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PRIZE**



## HEMOGLOBIN A1C TESTS FOR THE HENDERSON COMMUNITY

Thursday, Nov. 13, 2025

We are celebrating World Diabetes Day!

Get Your FREE Hemoglobin A1C TEST!



### Where:

University of Kentucky Cooperative Extension Education & Expo Center  
3341 Zion Road (behind Farm Bureau)

### Appointments:

Call the UK Cooperative Extension Office at 270-826-8387 to schedule your appointment. Appointments will be available from 7:00 a.m. to 2:45 p.m. on the day of the event. A limited number of walk-in slots will be available, but scheduling ahead is the best way to ensure you get your test.

### Additional Details:

- No fasting is required.
- If you've had this test within the past 3 months, you do not need to repeat it yet.

### Bonus Service:

Free foot screenings will be offered by Chase Witter, DPM, with Owensboro Health, from 8:00 a.m. to Noon.





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

Henderson County  
3341 Zion Road  
Henderson KY 42420

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