

October

2025

 Cooperative
Extension Service

HENDERSON COUNTY EXTENSION FCS NEWSLETTER

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In This Edition:

- Homemaker Happenings
- Media Information
- Upcoming Extension Classes and Groups
- Senior Expo Information
- Carbon Monoxide and Fire Safety Seminar Date
- Meal Prepping Article

**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 accommodation of disability may 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



Disabilities
accommodated
with prior notification.

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:

October is National Dessert Month.
What is your favorite dessert?

Thought for the Day:

"Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie."
Jim Davis

October Lesson: Indoor Air Quality

Leader Lesson Training: November and January

Date: October 28, 2025

Time(s): 10:00 a.m. and 11:00 a.m.

Location: Daviess County Extension Office and on Youtube at
<https://www.youtube.com/@greenriverareahomemakers9114>



Reminders

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

Boxes should include:

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

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Media Information



Check out our new and improved website

<https://henderson.ca.uky.edu/fcs>

Continue to Listen:

Radio - The Steve and Ginger Show on WSON every Thursday morning at 6:50 a.m.



Henderson County Extension FCS Facebook

Like
and
Follow



Continue to Watch:

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



Classes and Groups

One Pot Meals Cooking Class

Delicious. Easy. Minimal Cleanup.

Tired of washing dishes after every meal?

Learn how to create flavorful, balanced meals using just one pan!

Date: October 21, 2025

Time: 11:00 a.m.

Location: Henderson County Extension Expo Building Kitchen

Cost: Free!

Diabetes Tips and Tastings

Come out and join in the diabetes education and the delicious food. Led by the Henderson County Diabetes Coalition.

Date: The 3rd Thursday of every month, March-October

Time: 5:00 p.m.

Location: Henderson County Extension Office, Board Room



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.



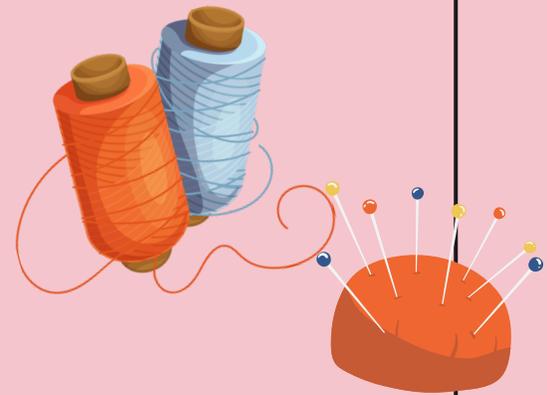
Sewing Class

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.



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.





Senior Expo & Scam Jam

+ DOCUMENT SHREDDING

What to Expect:

- Expert Speakers – Learn valuable tips to protect yourself from scams and stay informed
- Vendors – Explore resources and services designed for seniors
- Snacks & Refreshments – Enjoy light bites while you mingle
- Document Shredding – Safely dispose of sensitive papers
- Door Prizes – Enter to win exciting giveaways!

OCTOBER

3

12:00-4:00 p.m.

**Henderson County
Extension**

In the Expo Building
3341 Zion Road
Henderson, KY 42420

FOR MORE INFO CONTACT US AT 270-826-8387

PREVENT. DETECT. SURVIVE. CARBON MONOXIDE AND FIRE SAFETY SEMINAR

Date: October 9, 2025

Time: 5:30 p.m.

Location: Henderson County Extension
Expo Building (behind the main office)

- Proper use of fire and Carbon Monoxide detectors
- How to prevent carbon monoxide illnesses and deaths
- What to do if your alarm goes off
- Simple steps to keep your family safe



Henderson County Extension Office

3341 Zion Road
Henderson, KY

CALL TO REGISTER TODAY!
270-826-8387

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MEAL PREPPING SAVES TIME, FRUSTRATION AND CALORIES

Deciding what to have for dinner each night can be a daily conundrum for many of us. As a result, we may find ourselves in line at a fast food restaurant more than we care to admit. But it does not have to be this way. By preparing at least portions of our meals in advance, we can have home-cooked, healthy meals on a regular basis.



Research shows people who regularly do advanced meal preparation tend to consume more fruits and vegetables and eat a more balanced diet overall. Meal prepping is extremely popular, as it allows us to live our hectic lives while still providing our families with nutritious food. It saves time because steps in the cooking process are already completed to varying degrees. The process may include simply preparing ingredients or complete dishes that are stored and reheated for a quick meal. Meal prepping also takes some of the stress and frustration out of deciding what to eat each night.

If you have never tried meal prepping before, start small and don't invest a lot of money. At first, aim to prepare two to three meals per week in advance. Find nutritious recipes that your family would enjoy and make a grocery list of the needed ingredients. Allow your family to chime in on the meals or ask them if there is a new food or recipe they would like to try.

It is easier to set aside one day for grocery shopping and meal prepping, as it cuts down on the number of times you need to handle the food and gives you a set time to work meal prepping into your busy schedule. Include your family in the food preparation.

Not only will it help spread out the cooking responsibilities, but it will also teach your family basic cooking skills and healthy eating habits.

Remember food safety when preparing food. When using a cutting board, slice vegetables before cutting meat. Store produce and meat separately to avoid contamination. While most people associate meal prepping with dinnertime, you can also prepare quick breakfasts or use leftovers for lunches. While dinner is cooking, make the most of your time in the kitchen. Chop veggies for a salad the next day or slice some fruit for a quick grab-and-go snack.

After the food is prepared, store it in an airtight container and place it in either the refrigerator or freezer, depending on how soon you plan to eat it. Consume refrigerated meals within five days. Freezing will allow you to store meals for a longer time.

As you become a meal-prepping pro, you can watch for sales to stock up on food staples and increase the number of meals you prepare at home.

Source: Heather Norman-Burgdolf, Assistant Extension Professor

Henderson County
3341 Zion Road
Henderson KY 42420

RETURN SERVICE REQUESTED



Grilled Cauliflower Dippers with Guacamole

Guacamole
1/2 small red onion, chopped
2 avocados
1 Roma tomato, finely diced
1/2 lime, juiced
1 clove garlic, minced
1/4 cup cilantro, finely chopped
1/2 teaspoon salt

Remove outer green leaves from cauliflower. **Slice** into 3/4 inch thick slices, cutting from top of the head to bottom of stalk. In a small bowl **whisk** together olive oil, lime juice, garlic, and honey. In a separate bowl, **mix** together the cilantro, lime zest and paprika. **Brush** the cauliflower slices with the liquid mixture on both sides. **Place** on grill and sprinkle with dry mixture. **Grill** slices on both sides until browned and tender, about 5 minutes on each side.

Nutritional Analysis: 210 calories, 17 g fat, 2.5 g saturated fat, 0 mg cholesterol, 240 mg sodium, 17 g carbohydrate, 7 g fiber, 5 g sugars, 4 g protein.

Yield: 6 servings
serve with grilled cauliflower. **Add** remaining ingredients and avocado. **Place** in a bowl and mash. **Peel** and **seed** dip-sized pieces. **Remove** cauliflower and cut into



1 large head cauliflower
1/4 cup olive oil
1 1/2 limes, zested and juiced
2 cloves garlic, crushed
1 1/2 teaspoons honey
1/4 cup cilantro, finely chopped
2 tablespoons smoked paprika