

AUGUST 2023

# 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
1st & 3rd Mondays	1pm Mahjong
August 11	10am Skillet Pork Chops with Peaches cooking class
August 17	10:30 am & 5:30pm Greeting Card class, the August class is free
August 18	Deadline to register for Purchase Area Annual Day
August 22	9:00am - 3:00pm Barn Quilt Painting Class
August 22	10am Homemaker County Annual Day
August 29	10am Homemaker Officer & Chairman Training
August 30	10am Cosmetics Learning Session
September 19	10:00am Purchase Area Annual Day Ballard County

### A note from Debbie Smith, Graves County Homemaker President

Welcome to August!! This month ends a successful year for Graves County Extension Homemakers. We were busy during 2022-2023. We catered several events which was a new experience for us. The compliments we received were very positive. Not only did this give us chances to work together, it also gave us extra funds for our group. We already have some prospects for catering in 2023-2024! We also worked on one of our most ambitious project—Welcome Home. Our planning, cooking, and delivery of meals was very successful. There is a project ending report at the Extension Office that you are welcome to read. It is also filled with several pictures. The KEHA grant allowed us to help our community when it was in need.

We have already been planning for our next year of Extension homemakers. If there is a topic or class you would like to see, please let Denise or me know and we will see what we can do. When we look at our programs of work, we will see what topics we will need to cover in the new year. That is important in meeting our state goals. We will have officer

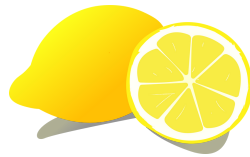
training and educational chairman training on August 29 at 10 am. If you are a club or county officer or a club or county education chairman, this is a great training and learning session. Please make arrangements to attend. I hope to see all of you on August 22 at our Graves County Annual Day festivities. This is where we will honor and congratulate all of our achievements from this past year. Our theme for the day is “When Life Gives You Lemons...” It will be helpful in our planning if you will let your club president know you will be attending.

Have a great August!

# AUGUST

## **GC HOMEMAKER ANNUAL DAY WHEN LIFE GIVES YOU LEMONS**

August 22nd, 10am



## **GC HOMEMAKER OFFICER & CHAIRMAN TRAINING**

August 29th, 10am

## **PURCHASE AREA ANNUAL DAY ROAD TRIP THRU THE PURCHASE**

September 19th, 2023

LaCenter First Baptist Church

10:00am

RSVP by 8/18/23

Cost \$16

## **GREETING CARD CLASSES**

3rd Thursday of Every Month  
starting August 17th

10am-12pm

August class is free

\$10 at the door starting in  
September



**Save  
the  
date**

October 17th

4-5:30pm

Trunk or

Treat

## **COSMETICS LESSON**

**AUGUST 30TH 10AM**



# Farmers Market Squash Sauté

**2 cups** whole grain rotini pasta  
**3** boneless chicken breasts  
**1 tablespoon** olive oil  
**2 medium** zucchini, diced  
**4 medium** carrots, peeled and diced

**2 medium** yellow squash, diced  
**2** garlic cloves, minced  
**2 tablespoons** fresh chopped basil  
**¾ cup** light Alfredo sauce  
**2 tablespoons** shredded Parmesan cheese

**Cook** pasta according to package directions. **Roast** chicken breasts at 400 degrees F to an internal temperature of 165 degrees F, about 25-35 minutes. **Dice** chicken into bite sized pieces. In a large sauté pan, **add** olive oil, zucchini and carrots. **Sauté** until slightly cooked. **Add** yellow squash and garlic and **sauté** until all vegetables are tender. **Remove** from heat and **stir** in basil, diced chicken and pasta. **Add** Alfredo

sauce and **toss** until ingredients are evenly coated. **Reheat** by **tossing** the ingredients in the sauté pan for 3-5 minutes over medium heat. **Sprinkle** with Parmesan cheese and **serve**.

**Yield:** 8, 1 cup servings

**Nutritional Analysis:** 230 calories, 7 g fat, 2.5 g saturated fat, 40 mg cholesterol, 210 mg sodium, 27 g carbohydrate, 4 g sugars, 18 g protein.

# Peachy Breakfast Bake

**3 tablespoons** salted butter  
**3 cups** fresh peaches, peeled and sliced  
**½ cup** packed light brown sugar

**2 tablespoons** white sugar  
**1 teaspoon** cinnamon  
**2** whole eggs  
**2** egg whites  
**1 cup** unsweetened almond milk

**½ teaspoon** vanilla  
**¼ cup** whole wheat flour  
**¼ cup** all-purpose flour  
**¼ teaspoon** salt  
**2 tablespoons** white sugar

**Preheat** oven to 400 degrees F with rack in middle position. **Place** butter in an 8-by-8 inch baking dish and place in oven on the center rack to melt. **Add** peaches and brown sugar to melted butter in baking dish, **stir** to coat. **Mix** together the sugar and cinnamon and **sprinkle** over the top. **Bake** 15 minutes. In a mixing bowl, **beat** eggs and egg whites with a whisk, **add** almond milk and vanilla. **Whisk** together. **Add** remaining dry ingredients and **mix** until blended.

**Remove** peaches from oven, **pour** batter slowly and evenly over baked peaches. **Return** to oven and **bake** 20 minutes, until the center of the batter is firm, puffed up and browned. **Serve** warm with whipped cream.

**Yield:** 9, ½ cup servings

**Nutritional Analysis:** 140 calories, 4.5 g fat, 2.5 g saturated fat, 10 mg cholesterol, 140 mg sodium, 23 g carbohydrate, 1 g fiber, 17 g sugars, 3 g protein.





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