



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
graves.ca.uky.edu



December 2022



A note from Debbie Smith - Graves County Homemaker President

First, thank you to everyone who had any part in our Taste of Graves County. You cooked, you served, you sold tickets, and you were wonderful ambassadors for Graves County Extension Homemakers. Our Taste was a success. We sold almost all our tickets and had a wonderful crowd enjoy their “tastes” in our new accommodations. The food was delicious, and people liked the stories with some of the recipes. I even had one gentleman ask me if we were going to do The Taste again the next week! Everything we did will allow us to award two scholarships in the spring. Once again, Graves County Homemakers will contribute to our community.

December will keep us busy, too. First, on December 5th, Graves County will host the Purchase Area Extension Homemakers Advisory Council. Our own Nancy Smith is President of the council which is made up of county Presidents, Vice-Presidents, and Purchase Area Leadership chairmen. The group has four meetings a year at

Denise Wooley
County Agent for Family & Consumer Sciences

Date	Event
Mondays	10:00am Crochet Club
December 1	10:00am Homemaker Lesson-The Art of Mindful Eating
December 5	1:00pm Mahjong
December 8	10:00am Community Club Meeting
December 12	6:00pm Friendship Club Meeting
December 13	3:00-5:00pm Extension Office Open House & Meet the Staff
December 14	10:00am TLC Club Meeting
December 15	10:00am Laugh & Learn at the library
December 19	1:00pm Mahjong
December 26- Jan 2	Office closed for Christmas & New Year's Day
January 10	5:30pm Adult Sewing Group
February 1, 2, 3	9:00am-3:00pm Beginners Quilt Camp for adults

Cooperative Extension Service
Agriculture and Natural Resources
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4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

UPCOMING EVENTS

A note from Debbie Smith -Graves County Homemaker President cont'd

which time they discuss developments on the state level and make plans for Purchase Area activities such as the Cultural Arts showcase in March. It will be the first major meeting of Purchase Area homemakers in Graves County since we have moved into our new facilities.

December 13th will be an Open House for our Graves County Extension facilities along with a “Meet the Agents” event. The event was scheduled to happen this past January, but in light of the tornado in December, it was decided to postpone. Now, we are ready to show off our new building to the community. There will be a ribbon cutting by the Graves County Chamber of Commerce at 3 PM. At 4 PM, Graves County District Board Chairman, Susie Fenwick, will welcome the community and introduce our three agents—Denise Wooley, Family & Consumer Science, Kelsey Chadwick, 4-H, and Miranda Rudolph, Agriculture and Natural Resources. Graves County Homemakers will provide cookies for the event and the community may also enjoy a Hot Chocolate Bar. Homemakers and others will also act as guides for the visitors. Please come and enjoy the Open House.

2022 has been an exciting time for Graves County Homemakers and 2023 looks as if it will give us many more opportunities to be of service to our community, friends, and our families. Let's approach the new year with positive anticipation. And remember, Bee Kind, Bee Positive, Bee Responsible, Bee Happy, and Bee Merry during this Christmas season.

Merry Christmas and thank you for all you do for Graves County Extension Homemakers.

Ingredients:

- ¼ cup margarine, melted
- ⅓ cup onion, chopped
- ½ teaspoon salt
- ¾ cup low-fat cottage cheese
- 1½ cups fresh or cooked frozen broccoli, finely chopped
- 4 eggs, slightly beaten
- 1 (8.5-ounce) box quick corn muffin mix

Broccoli Cornbread



Directions:

1. Preheat oven to 400 degrees F. In a mixing bowl, blend melted margarine, onion, salt, cheese, broccoli and eggs. Stir in muffin mix.
2. Pour into greased 9-by-13-inch pan.
3. Bake for 20 to 25 minutes, until the top is a golden brown. Cool and cut into squares.

Servings:12 **Serving Size:** 3-inch square

<https://www.planeatmove.com>

YOU'RE INVITED TO OUR

OPEN HOUSE

RIBBON CUTTING 3PM | SUSIE FENWICK 4PM
MEET THE STAFF | GET A TOUR

HOT CHOCOLATE BAR + LIGHT REFRESHMENTS

TUESDAY, DECEMBER 13
3-5PM

GRAVES COUNTY COOPERATIVE EXTENSION
4200 ST RT 45 N
MAYFIELD, KY 42066



Adult Sewing Circle will take a break
in December and will return
January 10th, 5:30pm.

Taste of Graves County
cookbooks would make
great Christmas gifts or
stocking stuffers!
\$5 each for 2022
cookbooks &
2 for \$5 for previous
years



Beginner Quilt Camp

Feb 1st, 2nd, & 3rd, 2023
9:00am – 3:00pm

Day 1- learn the machine, quilting tools & basics

Day 2- cutting and piecing

Day 3- quilting the project and binding

Quilt Design is checkerboard & kits of fabric will be provided.



Supplies to bring to quilt camp:

- Sewing machine in good working order (bring machine manual)
- Sewing supplies (scissors, pins, seam ripper, etc.)
- ¼ inch quilting foot. Recommended to get a ¼ inch quilting foot to fit your machine.



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