

October 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
October 9	6pm Friendship Club Meeting
October 11	10am TLC Club Meeting
October 12	10am Community Club Meeting
October 12	5:30pm Adult Sewing Group
October 13	10am Italian One Pot Pasta & Beans
October 17	4-5:30pm Trunk or Treat Storywalk
October 19	10:00am & 5:30pm Greeting Card class
October 24	10:00am Graves County Homemaker Advisory Council Meeting
October 24	6-8pm Meal Prep Class
October 25	10am Self Care & Self Pampering lesson
November 3	11-11:45 am & 12-12:45pm Taste of Graves County
November 6	6pm Sourdough Bread Class- First Rise
November 7	5:30pm Buttercream Sugar Cookie Class- Karen's Cake Creations

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

I love this time of year. The trees in all their majesty, the cooler temperatures, comfort foods, and fall sports. It's also a busy time for extension homemakers. We've celebrated our homemakers and their achievements with county and area annual days. We've honored June Hart with her being a member of extension homemakers for 65 years! And, we've made goals and plans to achieve them for 2023-2024.

October also brings about Trunk or Read at the Graves County Extension Office. We will have trunks all festive with Halloween decorations while giving out candy and a book to each Trick or Treater about Clifford, the Big Red Dog. Homemakers are also planning their scarecrows for display at the Graves County Library's Scarecrow Walk.

October also brings on the planning for our biggest event of the year, "The Taste of Graves County." This gives the community an opportunity to help us raise money for the scholarships we award each year to a graduating Graves County High School and Mayfield High School senior to help with college expenses. Our "Taste" is going to be held on November 3 at the Graves County Extension Office. Tickets are \$10 and include a taste of twelve different foods. Your ticket also includes a cookbook which has the food you are tasting that day. This year, we will be honoring the fall and winter seasons and bring you food for your fall, Thanksgiving, and Christmas entertaining. Tickets will go on sale October 2 at the Graves County Extension Office. You can also contact any extension homemaker for tickets. There will be two serving times; 11-11:45 and 12-12:45. Carry-outs will also be available.

Extension Homemakers will also be celebrating Extension Homemakers Week from October 8-14. When you see an extension homemaker, thank them for all they do for our county and community.

We are also continuing our membership drive. The dues are \$11 for a year, and you may enroll as a regular or mailbox member. There are three clubs who meet each month and timely and interesting lessons are offered at the meetings. If you decide to be a mailbox member, you will receive the monthly lessons and other pertinent information through mail and/or email. More than that, you will be a part of a group whose friendship and camaraderie are a great benefit. If you are interested in becoming a member, or would like more information, contact the Graves County Extension Office.

Happy October and see you at the "Taste!"

## Taste of Graves County

Friday, November 3rd, 11-11:45am & 12-12:45pm

Tickets will go on sale October 2nd through October 20th.

Purchase at the Extension Office or from a homemaker member.

Cost is \$10 and includes the cookbook.

### Cooperative Extension Service

Agriculture and Natural Resources  
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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# Transform WITH TayFit

EXPLORE 3 TASTY  
RECIPES + TAKE HOME  
RECIPE CARDS

UNDERSTAND MACROS  
AND HOW TO BALANCE  
YOUR MEALS

GET THE HANG OF  
PORTION CONTROL WITH  
EXPERT TIPS

LEARN WHY KEEPING A  
MEAL DIARY MATTERS

LEAVE WITH 4 SERVINGS  
FOR BREAKFAST AND  
4 FOR LUNCH OR DINNER

6:00 - 8:00 PM

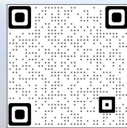
## OCTOBER 24

GC EXTENSION

MEAL PREP CLASS



**\$25**  
SCAN TO  
SIGN UP!



## Walktober

Walking Challenge Participants

Remember to track your steps each day in October!

Turn in your step total on 10/31 to claim a free t-shirt.

## BUTTERCREAM SUGAR COOKIE DECORATING CLASS NOVEMBER 7TH 5:30PM- 7:30PM

Cost \$20

Fall & Christmas themed cookie class is for kids 6-9 years old accompanied by an adult

Class sign-ups will begin October 2nd!

To sign up and pay for this class you must use a link. You will be able to find it on our office Facebook page or on the Karen's Cake Creations page.

## Sourdough Breads Class November 6th, 6pm

**Cost:** \$5 at the door  
class by First Rise

- try a sample
- receive starter
- get a recipe card for sandwich bread

## Trunk or Treat Story Walk

October 17th 4-5:30pm

Have trunk set up and ready by 3:30pm

## GREETING CARD CLASS OCTOBER 19TH

10am-12pm & 5:30-7:30pm

cost is \$10 Please call the office to sign up

## GC Homemaker Advisory Council Meeting

October 24th 10am

Community Club-inspiration

Graves County Extension Office  
4200 State Route 45 N  
Mayfield KY 42066

An equal opportunity organization

# GRAVES COUNTY

**How can we serve you?**

Take a ten-minute survey to help us develop programs addressing needs in our community.



[go.uky.edu/serveKY](https://go.uky.edu/serveKY)

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COOPERATIVE EXTENSION

