



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

Warren County Extension HOMEMAKER HORIZONS

November/December 2024 (ob)



Cooperative Extension Service
Warren County
5162 Russellville Rd.
Bowling Green KY 42101
(270) 842-1681
<http://warren.ca.uky.edu>

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Kristi Shive

Kristi Shive
Warren County Extension
Agent for Family and
Consumer Sciences

Please join us for our
Jingle Mingle

11:00AM | 10:30AM Registration
Friday 13 December
5162 Russellville Road, Bowling Green

Registration Fee: \$15
RSVP & Pay by December 4

Homemaker clubs asked to
bring a \$25 value item for the
silent auction & 1-2 desserts

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

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Area Annual Day Was a Success!



A Special Announcement from Kristi

Dear Warren County Homemakers,

I wanted to share that I have accepted the Area Agent position with the University of Kentucky's Nutrition Education Program.

I have greatly enjoyed my nearly ten years at the Warren County Cooperative Extension Service. I have truly cherished my time with all of you and will always value the friendships and experiences we've shared. I have learned so much from each of you and am proud to say I have worked alongside such a dedicated group. While I will miss our time together, I am excited about this new chapter.

I will begin my new role on November 25th, 2024. Thank you for your support and for the wonderful memories. I look forward to staying in touch!

Kristi Shive



Happy Birthday!!!



Donna Buselmeier	November 4
Ann Pfisterer	November 9
Nancy Larimore	November 10
Connie Pittman	November 15
Betty Stahl	November 15
Chesley Kemp	November 18
Leeanne Brown	November 23
Jane Frost	November 27
Faye Sparks	November 27
Betty Halcomb	November 29
Joyce Sampson	November 30
Romanza Johnson	December 1
Ann Stahl	December 4
Wanda Willoughby	December 5
Linda Johnson	December 6
Sherri Miller	December 8
Alice Sweets	December 13
Mary Jaynes	December 17
Janet Metzger	December 21
Diana Richardson	December 21
Linda Denton	December 24
Aimee Counts	December 29
Paula Davidson	December 30
Carol Lee	December 30

Upcoming Events:

- **November 14th**
Homemaker Area Leadership Training
9:30 AM at the WCEO
- **November 15th**
Turn in Your Club's Lesson Suggestions
Sheet for 2025-26
- **December 4th**
Jingle Mingle Sign-Up & Payment
Deadline
- **December 13th**
Jingle Mingle at the WCEO
11:00 AM | 10:30 AM Registration
- **December 15th**
Dues must be mailed to Area & State
Treasurer
- **December 31st**
County Membership Report due to
Area President and VP

The WCEO will be Closed:

November 28-29
for Thanksgiving

December 25-31
for Christmas

January 1
for New Year's Day

Join Us for Farm & Home!

On WBKO Channel 13-1

Monday - Friday between
5:15 a.m. - 5:30 a.m.



Be sure to like
"Living Well in Warren County"
on Facebook to keep with
all the homemaker events!





MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

Holiday Countdown

There is nothing like being home for the holidays. And there is no reason the holidays have to be stressful. If your home is where everyone gathers for Thanksgiving, Christmas, or other holiday meals, use the countdown below to make a game plan and eliminate the stress before it can start.



4 weeks out

- Send out invitations.
- Take an inventory of tables, chairs, cups, plates, napkins, and silverware. It's OK to use disposable dishes and utensils. Just make sure you have enough of whatever you decide to use.
- Place your order for a fresh turkey, if that's the type of turkey you are cooking.
- Place your order for a fully cooked turkey, ham, or roast, if that's your preferred entree.

3 weeks out

- Plan your menu, including all recipes.
- Make a detailed grocery list.
- Purchase containers for storage of leftovers or take-home favorites.

2 weeks out

- Follow up with guests to confirm the number of attendees.
- Double check your grocery list, and start shopping for shelf-stable items, beverages and anything frozen – this includes the turkey, if necessary.
- Locate your roasting pan and thermometer.
- Gather necessary equipment.

1 week out

- Clear out the fridge. Start using foods that are taking up space in your refrigerator and freezer.
- Make ahead any dishes that can be frozen and warmed up the morning of.
- Set out seasonal decorations.
- Make a holiday playlist for background music.

5 days before

- Check frozen turkey (ham or roast), and determine how long it will take to thaw. Allow 24 hours for every 4 to 5 pounds.
- Clean the house. You can allow two days for this!

4 days before

- Purchase fresh items for the menu.
- Purchase ice or make ice and place in bags in freezer.
- Make a cooking timetable for the morning of to ensure all dishes are cooked thoroughly and ready when needed.

3 days before

- Prepare table linens.
- Make a plan for keeping food warm. Set out warming plates or slow cookers.

2 days before

- Set the table or assemble the buffet.
- Set up a bar for drinks.
- Make cards identifying each dish so guests will know what they are eating and if any allergens are present.
- Thaw frozen dishes in the refrigerator for cooking the morning of.
- Spot clean high traffic areas in the house.

1 day before

- Make any dishes that can be made ahead of time – usually pies and desserts.
- Chop and measure ingredients for dishes that cannot be made ahead of time.
- Place drinks in cooler for icing the next morning.
- Set out fresh flowers.

The morning of

- Place turkey, ham, or roast in the oven.
- Start cooking items according to your timetable.
- Ice the drinks in the cooler.
- Set out fresh towels in the bathroom. Have a roll of paper towels in the bathroom as a backup as well.
- Relax and enjoy the day.

For more information on holiday meals or great recipes, contact your local Extension office.

References:

<https://www.tasteofhome.com/article/holiday-hosting-checklist/>

<https://leisurelydoesit.com/thanksgiving-countdown/>

Source: Annhall Norris, Food Preservation Extension Specialist

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Holiday Turkey Salad



Servings: 6

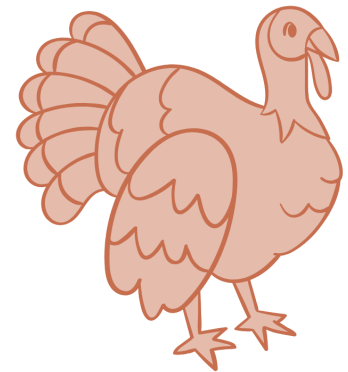
Serving Size: 1
cup

Recipe Cost:
&10.95

Cost per Serving:
\$1.83

Ingredients:

- 1 tablespoon olive oil
- 2 pounds cooked turkey breast, cut into bite-sized pieces
- 1 cup plain nonfat Greek yogurt
- 1 tablespoon honey
- 1 (14 ounce) can pineapple chunks, drained
- 1 cup red grapes, halved
- 3 celery stalks, chopped
- $\frac{2}{3}$ cup pecan halves



Directions

1. Heat oil in large skillet over medium heat. Add turkey pieces and cook until lightly browned. Let turkey cool slightly.
2. In a small bowl, mix together yogurt and honey. Set aside.
3. In a large bowl, mix together pineapple, grapes, celery, and pecans. Add turkey. Add yogurt dressing until desired texture. Refrigerate until well chilled.

Source: Katie Shoultz, Extension Specialist, University of Kentucky Cooperative Extension Service

Find this recipe and more at planeatmove.com

November 2024

Sat

Fri




Thu

Wed

Tue




Mon

Sun

								1 <i>11am Stitches</i>	2 <i>11am Stitches</i>
3	4	5 <i>Election Day</i> 	6	7	8	9			
10	11 <i>6pm Sandhill Veterans Day</i> 	12 <i>10am Cross Country 10am Woodburn 12pm Briarwood</i>	13	14 <i>6pm Oakland 9:30am Area Leadership Training @WCEO</i>	15 <i>Turn in your club's lesson suggestions for 2025-26</i>	16			
17	18	19	20 <i>11:30am Eastside</i>	21 <i>6pm Jack & Jill</i>	22 <i>10:30am Oakview</i>	23			
24	25	26	27	28 <i>Thanksgiving Day</i> 	29	30	WCEO Closed for Thanksgiving		

December 2024

Sun Mon Tue Wed Thu Fri Sat

1				4 <i>Jingle Mingle Sign-Up & Payment Deadline</i>	5	6	7 <i>11am Stitches</i>
8	9 <i>6pm Sandhill</i>	10 <i>10am Cross Country 10am Woodburn 12pm Briarwood</i>	11	12 <i>6pm Oakland</i>	13 <i>Jingle Mingle 11am Registration 10:30 @WCEO</i>		14
15 <i>Dues must be mailed to Area & State Treasurer</i>	16	17	18 <i>11:30am Eastside</i>	19 <i>6pm Jack & Jill</i>	20 <i>10:30am Oakview</i>		21
22	23	24 <i>Christmas Eve</i> 	25 <i>Christmas Day</i> 	26	27		28
29	30	31 <i>New Year's Eve Co. Membership Report due to Area President & VP</i> 	WCEO Closed for Christmas and New Years Break				