

COOPERATIVE EXTENSION



Cooperative Extension Service

Wayne County

Debbie Shepherd, CEA FCS

255 Rolling Hills Blvd.

Monticello, KY 42633

Phone: (606) 348-8453

Fax: (606) 348-8460

extension.ca.uky.edu

debbie.shepherd@uky.edu

Facebook: Wayne County Cooperative

Extension Family and

Consumer Sciences

FAMILY & CONSUMER SCIENCES



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Creating Healthy & Sustainable Families



What's New

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Hello - Our April In-Stitches quilt class has been scheduled for Wednesday, April 19th, at 10 a.m. Please let us know if you will be attending. We have a new phone system. You should be able to leave a message on our voicemail now. You can also email Joy, Vicki, or me.

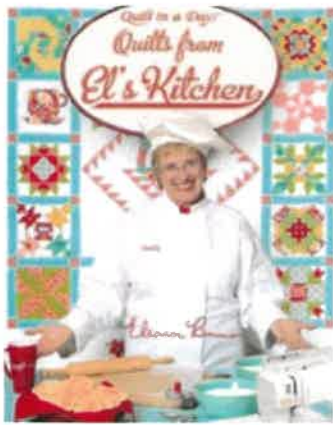
Happy Stitching! Debbie

Debbie.Shepherd@uky.edu

Joy.McGinnis@uky.edu

Vicki.McDonald@uky.edu





Quilts from El's Kitchen!

Wednesday, April 19th @ 10:00 a.m.

Wayne County Extension Office

Downstairs Meeting Room

**Please arrive by 9:30 a.m. to start setting up
your sewing station.**

Class will begin at 10:00 a.m. prompt!

We will be doing the Crab Apple & Memory Fruit blocks. We will also be available for those who may still need some assistance or have questions from last month's blocks.

Reminder: If you do not particularly care for a block, ANY 12-1/2 inch unfinished (12 inch finished) block can be used. **Don't forget your items for Show & Tell!**

You can jump into this project at anytime during the year. If this is not the project for you, please feel free to bring something you enjoy or are currently working on and spend the day with us!

If you have had the safe food handling class, please feel free to bring a dish to share. If you haven't, please feel free to bring something pre-packaged or prepared. You are also very welcome to bring your own lunch. We will provide drinks.

For those who would like to have the SAFE FOOD Handling Class, we will have it at 9:30 a.m. on April 19th.

Recipes: If you have the recipe for the dish you bring, please bring it with you and give it to Debbie, Joy, or Vicki so we can share in our newsletter.

Please register so we can be prepared for you. Thank you!



Spring Sit & Sew Event



Fun-Fabulous-Fabric-Folded Star

Instructor: Ruby McFarland

May 25, 2023 @ 2:00 p.m.

Cost \$4.00

REGISTRATION IS REQUIRED!

Class Size Limited

Did I mention that there is NO SEWING!? This awesome little star is made by simple folding, ironing, tucking, and gluing. Make it big or make it little. Use it as a Christmas ornament, broach, magnet, bookmark, earrings, etc. Combine them for garlands, fill a bowl with them, etc. You will go home with finished stars and the tools needed to make more!

Supplies Student needs to bring: Sharp scissors, small if possible.

Supplies Instructor will provide:

- Cotton fabric
- Glue
- Mini clip (student takes home)
- Forceps (student takes home)
- Printed instructions & list of online resources



Brown Sugar Loaf

By: El's Kitchen



INGREDIENTS

- 1/2 cup butter - softened
- 2 cups dark brown sugar
- 3 eggs
- 2 2/3 cups flour
- 1 cup milk
- 3 tsp. baking powder
- 1 tsp. cinnamon
- 1/2 tsp. cloves
- 1 tsp. vanilla
- 1 cup chopped walnuts

DIRECTIONS

- Cream butter and sugar together
- Add eggs and beat well.
- Sift dry ingredients together and add milk.
- Stir in vanilla and nuts.
- Pour into greased loaf pan.
- Bake 1 hour in 350-degree oven.
- Serve with a slice of fresh, cold melon.
- ENJOY!

Eleanor Burns Crockpot Cherry Cobbler

By: El's Kitchen



INGREDIENTS

- 1 can (21 oz.) cherry pie filling
- 1 3/4 cup yellow cake mix (only half of box mix)
- 1/4 cup butter (1/2 stick), melted
- 2/3 cup chopped walnuts
- 2 tsp. vanilla

DIRECTIONS

- Spread cherry pie filling in bottom of crockpot.
- Mix cake mix, butter, and vanilla in bowl.
- Crumble cake mixture over cherries.
- Sprinkle with walnuts.
- Cover and cook on HIGH 2 hours or LOW 3-4 hours.

4-Ingredient Chocolate Cake

Submitted By: Bethe Bryant



INGREDIENTS

- 1 box chocolate cake mix
- 1 small package instant chocolate pudding mix
- 2 cups semi-sweet chocolate chips
- 2 cups 2% milk

DIRECTIONS

- Preheat oven to 350 degrees.
- Grease 9x13 pan.
- Layer ingredients evenly:
 - Dry cake mix.
 - Dry chocolate pudding mix.
 - Top with 1 3/4 cup chocolate chips.
- Drizzle milk over top. Gently stir to combine everything.
- Mix. Will look thick and lumpy.
- Top with rest of chocolate chips.
- Bake until top looks set and edges pull away from dish 35-40 minutes.
- Let cool slightly and serve warm.

Mama's Pie

From: Pinterest
Submitted by: Bethe Bryant



INGREDIENTS

- 2 (9") deep dish pie crusts
- 1/2 stick unsalted butter
- 1 c. flaked coconut, toasted
- 1 c. pecans, roughly chopped
- 8 oz. cream cheese, softened
- 14 oz. can sweetened condensed milk
- 16 oz. Cool Whip
- 14 oz. caramel ice cream topping
- Makes 2 pies.

DIRECTIONS

- Preheat oven to 400 degrees. Bake pie shells according to package instructions. Let cool.
- In mixer, cream can of sweetened condensed milk & cream cheese. Gently fold in Cool Whip.
- In pan with butter, toast pecans and coconut. Allow to cool.
- To Fill Both Pie Shells:
 - 1/4 cream mix
 - 1/4 caramel
 - 1/4 cream mix
 - 1/2 coconut & pecans
- Freeze Repeat evenly between both pie shells.
- Thaw 15 minutes prior to serving.

Project Helping Hands

Quilts can be dropped off at the Wayne County Extension Office by Wednesday, May 3rd, and we will deliver them to the KEHA State Meeting.



Calling All Quilters!
**WE NEED
100 NEW
QUILTS**
For Our Courageous Kids

Size: Twin Bed
Dimensions: 64" x 86"
Accepting: Homemade or
Store Bought

Drop Off at The Center for Courageous Kids:
1501 Burnley Rd., Scottsville, KY

-or-

Bring them to the Kentucky Homemaker State
Meeting in Louisville

Any Questions: contact Joanie O'Bryan
jobryan@courageouskids.org
270-618-2900



EVENTS

Bingocize - Session II begins March 30th @ 10:00 a.m. This session will focus on Fall Prevention. Bingocize is a multi-week program. Registration is required. Open to everyone and there will be free prizes.

Yard Sale Extravaganza - Saturday, April 1st from 7:00 a.m.-3:00 p.m.
Yard sale items, food/bake sale items, and special children's activities.

Grow Your Garden, Grow Your Mind - April 5th from 10:00 a.m.-2:00 p.m.
Registration required by March 31st. Registration fee is \$10.00. You will receive lessons and take home ideas for raised bed gardens, flower pressing, and rock gardens along with recipe demonstration and sampling.

Mountain Quilt Fest Trip - Pigeon Forge, TN - June 6, 2023 - See enclosed information sheet for more details.

"Quilters. Artists who paint masterpieces with fabric and write symphonies with stitches." - Unknown



Debbie Shepherd
Wayne County Extension Agent
for Family & Consumer Sciences
DS/vm



Website:
wayne.ca.uky.edu



Wayne County Cooperative Extension
Family and Consumer Sciences



Cooperative Extension Service
Agriculture and Natural Resources
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4-H Youth Development
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Mountain Quilt Fest Trip
Pigeon Forge, Tennessee

Who: Active In-Stitches Members.

(Active members have first choice until April 1st. After April 1st, if there are vacant seats, registration will expand and be opened to the Contented Heart Quilt Guild members.

When: June 6, 2023

Cost \$25 per person (Your seat will not be held until your registration fee is paid.)

Seating is limited! So, register today!!

NO refunds. If you cannot attend, it is your responsibility to find someone to take your place and they will pay you directly.

Meals will be on your own (Lunch & Dinner). Breakfast to go will be provided at the Wayne County Extension Office. Any shopping/ purchases you wish to make are on your own.

We will be leaving the Wayne County Extension Office at 6:30 am EST PROMPT! You must arrive at the Extension Office NO LATER than 6:15 am EST. Doors to the Extension Office will open at 6:00 am EST. There is mandatory sign in and Risk Management paperwork to fill out. Please make sure you have contact information ready for an emergency contact person. You will be given a schedule and more details for the day. We will be taking a charter bus with Miller Transportation.

Please dress for comfort as well as bring a sweater or jacket for inclement weather. Please wear Good SUPPORTIVE walking shoes. At the Quilt Show, a limited number of scooters will be available to rent, first come first serve. You are also welcome and encouraged to bring a tote with beverages/water and personal snacks. It is also recommended so you can easily carry purchased items.

There is a restroom on the bus, however we will be making scheduled restroom stops.

When we arrive, you will be on your own to explore the Quilt Show and Trade Show. We highly recommend the buddy system, or groups of two or more. You will be on your own for lunch. There is a food court at the Quilt Fest as well as shuttle services (for a fee??) that are available to take you to certain local eateries.

DINNER: Specific details to follow.

We will return to the Wayne County Extension Office around 9:00 - 9:30 pm EST.

If you have any questions, please let me know.

SOOOO excited we can offer this trip!