

COOPERATIVE EXTENSION



FAMILY & CONSUMER SCIENCES



Creating Healthy & Sustainable Families

VOL. 2023-02

Cooperative Extension Service

Wayne County

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Extension Family and

Consumer Sciences



<i>What's New</i>
HELLO FROM FCS AGENT, DEBBIE SHEPHERD - PAGE 1
.....
QUILTS FROM EL'S KITCHEN! - PAGE 2
.....
RECIPES - PAGE 3 & 4
.....
PROJECT HELPING HANDS & SIT & SEW - PAGE 5
.....
GET CREATIVE DAYS & ANNUAL INCLUSION STATEMENT- PAGE 6

Hello - Our next In Stitches class has been scheduled for Wednesday, February 15th, 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.

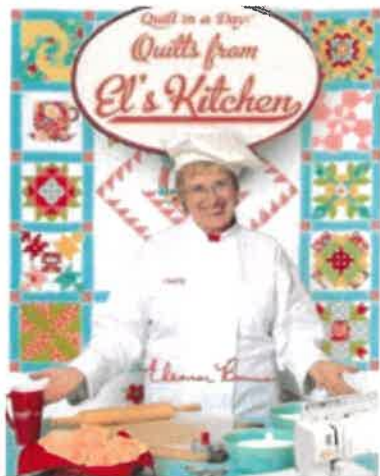
Happy Stitching! Debbie

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Quilts from El's Kitchen!

Wednesday, February 15th @ 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 Sugar Cone and Sugar Loaf 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!**

We will have a potluck lunch. 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.

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!





Old Fashioned Cornbread Dressing

By: Billye Watson

2-3 Tbs. butter

2 c. chopped celery (about 3 ribs)

3 c. chopped onion

2 skillet of white cornbread...full recipe on bag (preferably cooked a day or two ahead)

3-4 slices dry bread...let set out with baked cornbread

1 Tbs. poultry seasoning

1/2-1 tsp. rubbed sage (small tsp)

salt and pepper to taste

1 egg lightly beaten

1 box chicken broth...best if it is homemade. Some like cooked chicken in their dressing.

- After baking the cornbread and cooling, break it into large pieces and let dry overnight.
- Tear bread slices into small pieces. Add to cornbread.
- Chop celery and onion. Heat butter in a skillet and add celery and onion and sauté until soft.
- Crumble cornbread and bread pieces into a large bowl.
- Add sautéed onion and celery with butter on top of bread.
- Sprinkle seasonings over the mixture.
- Spread beaten egg over the mixture.
- Pour over about one half the box of broth.
- Mix the whole mixture as if you are making meatloaf, squeezing between your fingers. Add more broth to the mixture until it is a loose mixture. Not runny, but loose.
- Place in greased pan and place in the refrigerator overnight. The flavors will blend. The next morning, taste a tiny bite to see if you need more spices.
 - **Remember - there is raw egg in it.**
- Preheat the oven to 375 degrees. Cover with foil and bake for 30 minutes. Remove foil and bake for 30 more minutes or until brown on the edges.
- You can bake it the same day mixed, but it tastes better when it has a chance to set.





Simple Sweet Potatoes

By: Billye Watson

- Peel potatoes and cut into chunks and simmer in water for 15 minutes.
- Drain and place into a baking dish with 2 Tbs. melted butter.
- Sprinkle with 1/4 to 1/2 cup brown sugar (depends on how sweet you like it)
- Cover with foil
- Bake 350 degrees until the potatoes are done. Spooning the butter mixture over as it bakes. You may need to remove the foil if it is too watery. You may like to add cinnamon.

Vegetable Casserole

By: Bethe Bryant

Mix together and cook 8 minutes:

- 1-1/2 cups water
- 1 stick butter
- 1 chopped medium onion

Add:

- 1 can cream of celery soup
- 8 oz. Velveeta, cut into chunks
- 1 cup cooked rice

Stir until combined and melted.

- Add 20 oz. California or Normandy frozen vegetable blend (UNCOOKED).
- Mix well.

Pour into greased baking dish.

Sprinkle with 1/2 roll Ritz crackers (crushed) on top.

Bake at 375 degrees for 40-50 minutes until bubbly! ENJOY!





Project Helping Hands

February is the month of **LOVE & KINDNESS!** Reach out to a neighbor, friend, shut-in, local family, someone hurting, etc. Give them a call, send an encouraging card or note, or go for a visit and give them the gift of a listening ear and of your time. Do something this month that is a **Gift from the Heart!**

Project Linus Quilts - We are collecting "Linus Quilts" for children in need in our community. Most everyone knows of Linus (from Peanuts) and his comfort blanket. Everyone enjoys a comforting quilt! Children especially need a source of warmth and comfort. There is no set dimensions for these quilts. They can be from crib/baby size to twin size. Quilts can be tacked, machine or hand quilted (your choice). We will have labels that we will place on the back of the quilts. Please let us know if you have any questions.

Comfort Caps - We are looking for some helping hands to make some comfort caps for cancer patients. We have patterns for comfort caps if you need one. Please let us know if you can help us with this project. Thank you!



Sit & Sew

Friday, March 17, 2023 - 10:00 a.m. - 6:00 p.m.



Bring your unfinished projects or something new, your sewing machine, and supplies and enjoy the fun, food, and fellowship of our Sit & Sew class! Wear comfy clothes (layers for when you get hot or cold). We will have coffee, tea, hot chocolate, water, and sodas. If you have had the safe food handling class, please feel to bring a dish/snack to share. If you haven't, please feel free to bring something pre-packaged/prepared. You are also welcome to bring your own lunch/snacks. Please call to register so we can be prepared for you.



We are looking for anyone willing to share their talents! Enclosed in this newsletter is a "Get Creative Teacher's Form." Please fill it out and return it to the Extension Office, and we will schedule and advertise the classes! Thank you so very much for helping us to broaden the creative experiences and opportunities to our community!

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Wayne County Cooperative Extension Family and Consumer Sciences



Debbie Shepherd

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



Cooperative Extension Service
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Teacher Form



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



Please Print Legibly!

Name: _____ Cell: _____

Address: _____

Email: _____

Class Title: _____

Class Fee per student: _____

Class Description:

Supplies Student Needs to bring to class:

Supplies Instructor Provides:

_____ # Tables (6ft) needed _____ # Chairs

Yes No Electricity Needed

_____ Maximum # of Students _____ Minimum # of Students

_____ Class time requirements, i.e. 1hr., 2hr. 3hr., etc.

Include a quality color photo or bring item to Extension Office for us to take a photo of class project.

Days of week you are willing to teach: *circle all that apply* ~

Monday Tuesday Wednesday Thursday Friday Saturday

Times you would be willing to teach:

___ Mornings ___ Afternoons ___ Evenings

Return this form to the Wayne County Extension Office

Debbie Shepherd, CEA FCS debbie.shepherd@uky.edu (606) 348-8453

Wayne County Extension Office 255 Rolling Hills Blvd. Monticello, KY 42633

We will contact you and coordinate specific dates & times of the classes you want to teach BEFORE anything is advertised. Thanks!



Production Sewing of Chemotherapy Turbans

by Maryen Rogers, Searcy, AR

Here's a turban so simple to make that 15 members of my sewing club completed 191 of them in a single day. Before gathering at our favorite store, I had cut out most of the turbans from leftover donated fabric pieces and from a bolt of baby-blue knit fabric donated by the dealer. We had a great day knowing that so many people would benefit from our efforts.

Afterwards, I packaged each turban in a plastic bag with a printed note tucked inside that stated the size (small, medium, or large) and that they were "Made for a special person". I distributed the turbans to radiation treatment centers and oncologists. We suggest that each chemotherapy patient receive three turbans—one to wear, one to wash, and a spare.

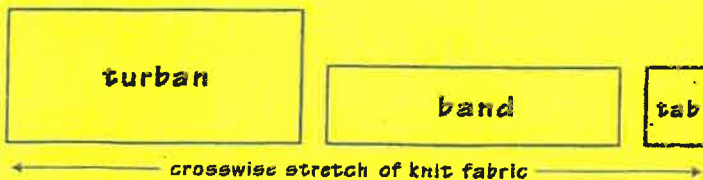
There are lots of turban patterns around but our experiments have streamlined this one so that it can be mass-produced. It doesn't take much fabric or much sewing skill, so encourage everyone you know to join together for this worthy cause.

How-to:

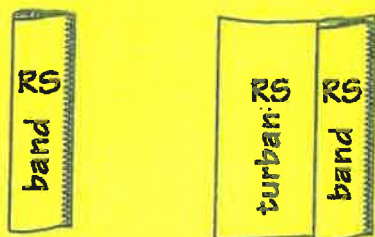
You'll need 3/8 - 1/2 yard of 60"-wide fabric for two turbans, depending on the size. Cut one each of the three pieces (turban, band, and tab) according to the chart. Note that all sizes use the same size tab. You must use stretch knit fabric and cut the pieces using the crosswise grain. You can use a sewing machine zigzag stitch but serging is simplest and quickest. The seam allowance is approximately 1/2".

Cut Size	Turban	Band	Tab
Small	20-1/2" x 8"	20-1/2" x 5"	5" x 4"
Medium	22" x 9"	22" x 5"	5" x 4"
Large	24" x 10"	24" x 5"	5" x 4"

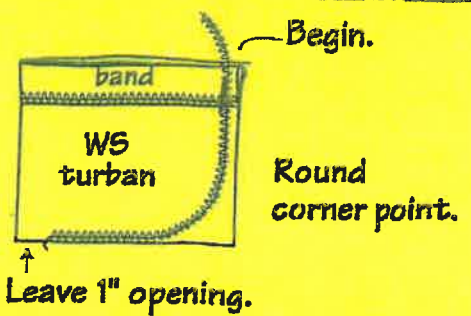
cutting:



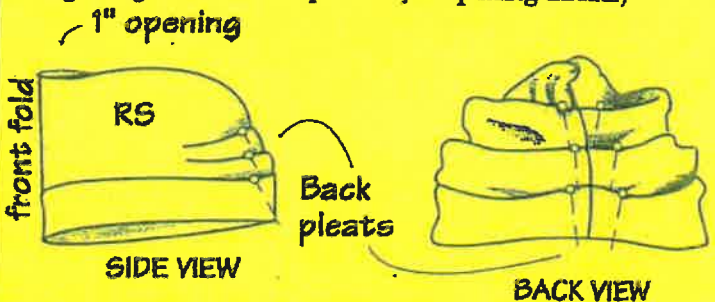
1. Fold the band in half lengthwise, wrong sides together. Serge it to one of the long sides of the turban piece, right sides together.



2. Fold the banded piece in half crosswise, right sides together. Serge, beginning at the banded edge, rounding off the back corner point, and leaving 1" before reaching the front folded edge. The tab will be inserted through this opening later. Secure thread tails and turn the turban right sides out.



3. Perpendicular to the back seam allowance fold up and pin three tucks approximately 3/4" deep. Stitch in the ditch of the seam allowance to secure these tucks. (If the fabric is too thick to stitch on your machine, hand-sew along the seam using a large needle and upholstery or quilting thread.)



4. Fold the tab in half lengthwise, right sides together and serge the seam. Turn the tab right sides out and rotate it so that the seam is centered on the underside. Slip the tab through the opening in the turban seam. Fold up and stack tucks along the front seam from the lower band edge to the opening. (These tucks are similar to those at the back except they're stacked and not secured with stitching in the ditch.) Wrap the tab around the tucks and sew the tab ends by machine, right sides together. Rotate the tab seam allowance underneath the turban and tack it by machine to the center front seam allowance. This connection will prevent any see-through gap between the tab and the turban.



drawings by Mary Ellen Szper

Note: We make mostly the medium size; the small size would fit a young teen. Vary the style with a contrast color band, especially if you're short of fabric. The tab is a natural place for embellishment—fabric rose, pin, button, or bow.

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