

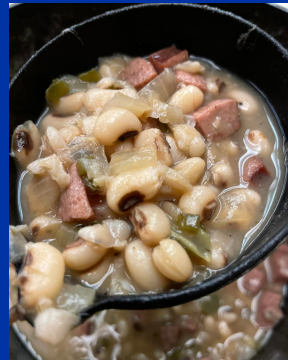


University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
Family and Consumer Sciences

Whitley County  
P.O. Box 328  
4275 N HWY 25 W  
Williamsburg, KY 40769  
(606)549-1430  
whitley.ca.uky.edu

# Whitley County Extension Homemakers Newsletter

*We're Off to a  
Great Start!*



Cooking Through The  
Calendar at  
Corbin Public Library



## Does Your Club Have News or an Event to Share?

If you'd like to share your club news or event in the Whitley County Extension Homemaker newsletter, just let Linda or Reagan know and we will do our best to feature it as soon as possible!

You can call us at **606-549-1430**, or email us at [linda.burgard@uky.edu](mailto:linda.burgard@uky.edu) or [reagan.weedman@uky.edu](mailto:reagan.weedman@uky.edu)  
We'd love to hear about your celebrations, field trips, crafts and more! Photos make a great addition, too!



# Club News



## Spring Lesson Leader Training for March, April & May

**Tuesday, February 28th at 10:00 AM**

Located at the Laurel County Extension Office, 200 County Extension Rd, London, KY 40741.

Please let Linda or Reagan know if you plan on attending.

## Dates for Homemaker Advisory Council Meeting

**Thursday, April 27, 2023 1:00 PM**

Meetings will be held at the Whitley County Extension - Goldbug office located at 4275 N HWY 25 W, Williamsburg, KY unless otherwise announced.

## What's Going On In Extension?

**Mark your calendars! These upcoming events include programming from all of our Extension Program Areas! Registration and locations may vary, give us a call if you'd like more information on any of these events.**

**Feb 20** - Mountain Textiles: Weaving, 5:30 pm at the Community Art Center

**Mar 2** - Gardening 101 for Beginners, 6 pm

**Mar 2, 9, 16, 23** - Learning to Sew Series, 6-8 pm

**Mar 4** - Intro to Beekeeping (Courtesy of Kentucky State University-call for more information)

**Mar 4 & 11**- Pork Processing (two part series, call for more information)

**Mar 17** - Basic Cheese Making Demo/Workshop, 10 am

**March 21** - Cooking for You or Two, two sessions offered: 11 am or 5:30 pm

**March 28** - Raised Garden Bed, 6 pm



*Linda P. Burgard*

**Linda Burgard  
Whitley County**

***Extension Agent for Family and Consumer Sciences***

4275 N. Hwy 25W, Williamsburg, KY 40769

606-549-1430 Fax: 606-549-9029

[linda.burgard@uky.edu](mailto:linda.burgard@uky.edu)



[www.whitley.ca.uky.edu](http://www.whitley.ca.uky.edu)



[www.facebook.com/whitleyfcsc](http://www.facebook.com/whitleyfcsc)

February's  
Recipe is  
Cajun  
Seasoned Fish  
with Rice!

# Cooking Through The Calendar at Corbin Public Library

Love to cook? Looking for healthier meals for your family? Join us as we "Cook through the Calendar!" This is a series of cooking demonstrations that will feature a new recipe each month from the University of Kentucky's 2023 Food and Nutrition Calendar.

## February 7th at 11 AM

All sessions will begin at 11 AM and last about an hour

Call the Whitley Co. Cooperative Extension Service to register!  
606-549-1430



Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Science  
4-H Youth Development  
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we are  
committed  
to you

## 2023 KEHA State Meeting

May 9-11, 2023

Crowne Plaza

Louisville, KY

<https://keha.ca.uky.edu/content/state-meeting-information>



We are planning an exciting state meeting with all the features you know and love! Because of rising prices, we have had to change the pricing structure. We are keeping prices as low as we can to make sure you get the most bang for your buck! Below is a sneak peek at the new pricing structure and all the features it will include. Look for full details and registration information coming this February in your state newsletter!

	Early-Bird Rate (By 4/10/22)	Late Registration (By 4/24/22)
Full Conference Registration	\$140	\$175
2-Day Conference Registration	\$120	\$140

Full Conference Registration Includes:

- Everything!
- Two meals – Tuesday opening luncheon banquet (New!) and Thursday awards luncheon
- All three days of conference activities\*
- Opportunities to register for learning seminars covering a wide variety of interesting topics
- Opportunities to register for hands-on creative classes
- Cultural Arts viewing
- Quilt square viewing and auction
- Trade show vendors and KEHA merchandise store
- Basket raffle and silent auction
- Homemaker showcase
- Business meeting
- Wednesday night choir performance
- Thursday officer trainings and educational chairman workshops – all are welcome to attend. Learn what it means to lead!

2-Day Conference Registration Includes:

- Tuesday/Wednesday registration OR Wednesday/Thursday registration
- One meal (either opening luncheon banquet (New!) or closing awards luncheon)
- 2 days of conference activities\*
- Opportunities to register for learning sessions and hands-on creative classes as available on the days you select

\* NOTE: All sessions and classes require advanced registration and are subject to availability.

Registration is first-come, first-served with payment. Hands-On Creative Classes and paid sessions may include an additional charge.



WHITLEY  
COUNTY 4-H



# Valentine's FUNDRAISER

## \$15 PER DOZEN OR 2 FOR \$25

Support Whitley County 4-H Clubs and 4-H Camp!

To place an order, call the Extension Office at  
606-549-1430, prepay preferred.

Free delivery (to local businesses only)  
and pick up on Monday, February 14th  
from 9AM-2PM

**\*Orders Due Friday,  
February 10th by noon!\***



## Butternut and Acorn Squash Soup

1 butternut squash, halved and seeded	1/2 cup chopped sweet onion	1/2 teaspoon ground black pepper
1 acorn squash, halved and seeded	4 cups chicken broth	3/4 teaspoon ground cinnamon
1 tablespoon olive oil	3 tablespoons peanut butter	1/4 teaspoon nutmeg
	1/2 cup packed brown sugar	Fresh parsley for garnish

Using a vegetable peeler, **remove** the skin from the butternut and acorn squashes and **cut** into 1-inch cubes. In a large soup pot, **heat** the oil on medium high. **Add** the onion, and **cook** 1 to 2 minutes until it starts to become translucent. **Add** cubed squash, and **cook** 4 to 5 minutes. **Add** chicken broth, and bring to a boil. **Lower** heat, and **simmer** 30 to 35 minutes, until the squash is fork tender. Allow to **cool** slightly, then **blend** until smooth in a food processor or

blender. **Return** mixture to the pot, and **heat** to medium low. **Add** peanut butter, brown sugar, pepper, cinnamon, and nutmeg. **Stir** until well blended. **Garnish** with fresh parsley. **Serve** warm.

**Yield:** 7, 1-cup servings

**Nutritional Analysis:**  
200 calories, 6 g fat, 1 g saturated fat, 5 mg cholesterol, 600 mg sodium, 36 g carbohydrate, 4 g fiber, 14 g sugar, 10 g added sugar, 4 g protein.

## Kentucky Winter Squash

**SEASON:** August through October.  
**NUTRITION FACTS:** Winter squash, which includes acorn squash, butternut squash, pumpkin, and other varieties, is low in fat and sodium and an excellent source of vitamin A and fiber.

**SELECTION:** Winter squash should be heavy for its size with a hard, tough rind that is free of blemishes or soft spots.

**STORAGE:** Store in a cool, dry place and use within one month.

**PREPARATION:**

**To steam:** Wash, peel, and remove seeds. Cut squash into 2-inch cubes or quarter, leaving rind on (it will remove easily after cooking). Bring 1 inch of water to a boil in a saucepan and place squash on a rack or basket in the pan. Do not immerse it in water. Cover the pan

tightly and steam the squash 30 to 40 minutes or until tender.

**To microwave:** Wash squash and cut it lengthwise. Remove seeds. Place it in a baking dish and cover with plastic wrap. Microwave until tender, using these guidelines:

- **Acorn squash:** 1/2 squash, 5 to 8 minutes; whole squash, 8 1/2 to 11 1/2 minutes.
- **Butternut squash:** 2 pieces, 3 to 4 1/2 minutes.
- **Pumpkin:** 1 pound piece, 7 to 8 minutes.

**To bake:** Wash squash, and cut it lengthwise. Smaller squash can be cut in half; larger squash should be cut into portions. Remove seeds, and place squash in a baking dish. Bake at 400 degrees F for 1 hour or until tender. Seeds can be toasted at 350 degrees F for 20 minutes.

### WINTER SQUASH

**Kentucky Proud Project**  
County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

**November 2019**

Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand. <http://plateitup.ca.uky.edu>

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**UK** University of Kentucky  
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# February 2023

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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				



## **DATES TO REMEMBER:**

Feb 7 - Cooking Through the Calendar at Corbin Public Library

Feb 28 - Spring Lesson Leader Training at Laurel Co. Extension