

Newsletter

September 2025

Notes From Your FCS Agent

Hello Friends,

I hope this note finds you well and you are soaking up the last days of summer. It's been a whirlwind season for me—full of energy, purpose, and a whole lot of activity!

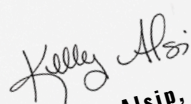
This summer, I've been keeping busy with speaking engagements and sharing my love of food by teaching outdoor cooking classes at 4-H camp. It's always a joy to see young people light up when they learn something new in the kitchen. Between events and camp, the calendar has been packed, but it's been incredibly rewarding.

We kicked off the new Homemaker year with a fantastic event that welcomed familiar faces and some wonderful new ones. It was a great reminder of the strength and spirit of our community. Looking ahead, I'm excited to invite you to the Purchase Area Annual Day on September 23rd in Carlisle County at Beulah Baptist Church. It promises to be a day full of learning, laughter, and connection—I truly hope to see you there!

On a personal note, life at home has been just as full. I'm the proud mom of a high school senior this year, and as many of you know, these moments are precious. Time flies, and I'm soaking up every bit of it before they spread their wings. My younger son, Kyler, is in 8th grade and keeps us on the move with travel ball. Summer has been a blur of ballparks and road trips, but I'm hoping to slow down a bit this fall and take it all in.

Wishing you all a season of reflection, renewal, and perhaps a little rest as well.

Warmly,



Kelly Alsip,
Family and Consumer Science Agent



“Want to learn more about what Extension can do for you? Contact us!”

Check out
What's
Coming
Your Way in
September



2025 New Holt Rd
Paducah, KY 42001
(270) 554-9520
kelly.alsip@uky.edu

Homemaker Kickoff Event 2025-2026



Brenda Gamblin,
Overall Winner



“Delicious
food, fun
times, and
new friends ---
that’s
Homemakers .
Come Join Us!

DEADLINE TO
SUBMIT
2025-2026
HOMEMAKER
ENROLLMENT FORMS
AND DUES IS
NOVEMBER 21

PLEASE JOIN US FOR
MCCRACKEN COUNTY EXTENSION
HOMEMAKERS ANNUAL

HOLIDAY BAZAAR AND VENDOR FAIR

1

NOVEMBER

8:00 AM- 3:00 PM

2025 NEW HOLT ROAD
PADUCAH KY 42001
(270) 554-9520

CARLISLE COUNTY EXTENSION HOMEMAKERS
INVITE YOU TO CELEBRATE

**PURCHASE AREA
EXTENSION HOMEMAKERS
AREA ANNUAL MEETING**

**TUESDAY,
SEPTEMBER 23, 2025**

COST \$15 FOOD, FUN, FELLOWSHIP
AND FUNDRAISING

*The Hidden Gems of the
Purchase Area* WITH GUEST SPEAKER
LT BLACK

MENU: MIXED GREEN SALAD, CREAMY CHICKEN TORTELLINI, GLAZED PORK
TENDERLOIN, SEASONED GREEN BEANS, ROASTED POTATOES, FALL SQUASH
CASSEROLE, CORNBREAD MUFFINS AND ROLLS

THE FELLOWSHIP HALL OF
BEULAH BAPTIST CHURCH
8039 STATE ROUTE 307
FANCY FARM, KY 42039

REGISTRATION 9:30 MEETING 10:00
LIGHT BREAKFAST WILL BE AVAILABLE DURING REGISTRATION
RSVP TO YOUR LOCAL EXTENSION OFFICE BY FRIDAY, SEPTEMBER 12

**AREA CULTURAL ARTS JUDGING MONDAY, SEPT 22,
SEE SEPARATE REGISTRATION FOR DETAILS**

Cooperative Extension Service
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status
and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex,
sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status,
physical or mental disability or receipt of public benefits for prior civil rights activity. Reasonable accommodation of disability
may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating

**Disabilities
accommodated
with prior notification.**

Monthly Events:



Cooperative Extension Service

AN EQUAL OPPORTUNITY EMPLOYER

JOIN US AS WE DISCOVER THE EASY ART OF PICKLING!

Pickle This

Hands-On Pickling Class

Pickling is big business these days! Vinegar has so many health benefits and is the star of the show in every pickling recipe. Join us as we discover the art of pickling.

Wednesday, September 3rd

10 am - 12 pm OR 4 pm - 6 pm

Scan the QR code below to register:



10 AM - 12 PM 4 PM - 6 PM

2025 NEW HOLT RD. PADUCAH, KY 42001 270-554-9520



Cooperative Extension Service

an equal opportunity organization

SAVE THE DATE

October 27
November 3
November 10
November 17

@1:30 pm ET/12:30 pm CT via Zoom



Registration opens **September 2, 2025**. Visit the website, ukfcs.net/BigBlueBookClub, to register.



ARTS & CRAFTS

FAUX-STAINED-GLASS

SEPTEMBER 12

9:30-NOON

SCAN THE QR CODE OR CALL TO REGISTER

\$6.00 PAY AT THE DOOR!





CREATE A BEAUTIFUL FAUX-STAINED-GLASS FRAMED PICTURE. THERE WILL BE SEVERAL DESIGNS TO SELECT FROM

2025 NEW HOLT ROAD PADUCAH, KY 42001

(270) 554-9520

MORE INFO AT: MCCRACKEN@UKY.EDU

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

Education programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and all race/ethnicities on the basis of race, color, ethnic origin, national origin, creed, religion, political beliefs, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or receipt of services for prior military service. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.

University of Kentucky, Kentucky State University, UK Department of Agriculture, and Kentucky Counties Cooperative Extension, KY 40306





An Equal Opportunity Organization



September 8th & 11th
5:00-7:00 PM
McCracken County Cooperative Extension Office

DISASTERS: BEING PREPARED BEFORE AND AFTER THE STORM

Join us for 2 nights filled with disaster preparedness and prevention for homeowners and families. We will dive into topics related to all-hazards prevention and response for people and their property. Both sessions are not required but encouraged.

Scan the barcode(s) below to register for one or both nights!



The 1st 50 people will receive a Disaster Preparedness Starter Kit!



Program Topics:

Monday, September 8th:	Thursday, September 11th:
Basic Disasters and General Awareness	Post Disaster Safety and Recovery
Disaster Preparedness: Make a Plan, Make a Kit	Home Property and Animal Recon
Fire Safety and Prevention	Mental Health and Situational Awareness

2025 New Holt Rd. Paducah, KY 42001 270-554-9520

Monthly Events:

CREATIVE WRITERS' CRITIQUE GROUP

BRING YOUR WORK IN PROGRESS TO SHARE – A SHORT STORY, ESSAY, MEMOIR, OR CHAPTER FROM A NOVEL.

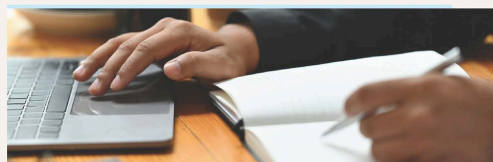


SUSAN LYNN ZENKER, AUTHOR

OF LITTLE BLUE BIRD INKS

HIGHLIGHTS

- Feedback from peers and writing tips
- Improve your writing craft
- Reach your writing goals



WORKSHOP DETAILS

SEPTEMBER 11TH & 25TH
11 am - 1 pm

REGISTRATION REQUIRED – SCAN THE QR CODE OR CALL 270-554-9520 TO REGISTER



SCAN QR CODE TO REGISTER

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



REGISTER NOW FOR

LETTUCE SHOW

LETTUCE SHOW YOU HOW TO CLEAN AND PRESERVE SALAD GREENS THAT LAST UP TO TWO WEEKS IN YOUR REFRIGERATOR.

SEPTEMBER 19th

TWO TIME OPTIONS

REGISTER BY SCANNING THE QR CODE OR BY GOING TO THE LINK BELOW:



10 - 11:30 AM



2 - 3:30 PM

MCCRACKEN.CA.UKY.EDU/EVENTS

WHAT YOU WILL LEARN:

- CLEAN AND PRESERVE SALAD GREENS
- CREATE HOMEMADE DRESSINGS
- ENJOY A FRESH, CRISP, AND HEALTHY SALAD
- FREE CLASS
- FOR ADULTS 18+



2025 NEW HOLT RD

HTTPS://MCCRACKEN.CA.UKY.EDU/

270-554-9520

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Lexington, KY 40506



TECH CLASS AI BASICS WEDNESDAY, SEPTEMBER 10TH

This class will demonstrate the use of two or three different online AI platforms. You can see how the AI works onscreen and learn how to write a good prompt. We will discuss the various applications of AI and examine some of the pros and cons of AI use. Call the office to register at 270-554-9520

Cooperative Extension Service

26 & 29 SEPTEMBER
10 AM-4 PM

CHARM GELLO GENESIS QUILT

BY: PAT ARNOTT

8 Colors, 11 Charm Squares (5 inch squares) of each color.
This will result in a quilt 36x42 inches



PERFECT FOR BEGINNERS AND EXPERIENCED QUILTERS

FEE: \$25 PER PERSON 2025 NEW HOLT ROAD
PADUCAH, KY 42001

MORE INFO:
MCCRACKEN.EXT@UKY.EDU
OR CALL (270)554-9520

For an additional \$25.00 per person, required pre-cut fabric will be provided. Students that provide their own fabric will not be charged the additional \$25.00

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Apple Spinach Salad

5 ounces fresh spinach
4 large Gala apples
2 ounces sharp white cheddar cheese, shredded
½ cup slivered almonds, toasted (see directions below)

½ cup golden raisins

Dressing:
2 tablespoons honey

1 tablespoon olive oil
1 tablespoon cider vinegar
¼ teaspoon dry mustard
½ teaspoon ground cinnamon
¼ teaspoon finely chopped garlic

Wash and dry fresh spinach. **Tear** into small pieces. **Core and chop** apples into bite sized pieces. Do not peel. **Mix** together spinach, apples, cheese, almonds and raisins. In a small bowl, **stir** together dressing ingredients and pour over salad mixture. **Toss and serve.** **To toast almonds:** **Spread** almonds evenly in a small saute pan, over medium high heat for about 30 seconds, **stir.** Continue to **heat** almonds for an additional

3-5 minutes, **stirring** often for even browning. **Remove** from heat when almonds are fragrant and turning golden brown around the edges. Immediately **pour** almonds into a dish to cool.

Yield: 10, 1 cup servings.

Nutritional Analysis: 150 calories, 6 g fat, 1.5 g saturated fat, 5 mg cholesterol, 50 mg sodium, 22 g carbohydrate, 3 g fiber, 17 g sugar, 3 g protein.



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

Kentucky Apples

SEASON: Early summer through December

NUTRITION FACTS: A medium size apple, about 2- 2½ inches round, has about 75 calories and provides bulk in the diet, which helps the body digest food. The apple is low in sodium and high in potassium, making it a great natural snack.

SELECTION: Look for firm, crisp, well-colored fruit. Avoid those with shriveled skins, bruises, worm holes and decayed spots. Always handle apples gently to avoid causing bruises, blemishes or other defects.

STORAGE: Use those with bruises or skin breaks as soon as possible to avoid decayed spots. Slightly under-ripe apples should be stored in a cool place, to ripen. Once ripe, apples will keep best for a week or longer stored in the refrigerator in the vegetable drawer or in a plastic bag.

Source: www.fruitsandveggiesmatter.gov

PREPARATION: Raw apples will darken when the cut surface is exposed to the air. Protect cut or peeled apples from darkening by mixing with ascorbic acid or fruit juice such as lemon or orange. Only work with about five apples at a time to prevent darkening. Mix 1 teaspoon ascorbic acid with 3 tablespoons water, toss gently with apple slices.

PRESERVING: Apples may be preserved by several methods: freezing, drying or canning.

KENTUCKY APPLES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
 University of Kentucky, Dietetics and Human Nutrition students

September 2015

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.uky.ag/fcs

COOPERATIVE
 EXTENSION
 SERVICE

UK
 UNIVERSITY OF
 KENTUCKY
 College of Agriculture,
 Food and Environment

REMINDER

DISASTERS:
BEING
PREPARED
BEFORE
AND AFTER
THE STORM
5:00-7:00
PM

PATHWAYS TO SEWING
TUESDAYS | SEPTEMBER
2, 9, 23 | 9:00-11:00 AM

NEEDLEWORK CIRCLE
THURSDAY | SEPTEMBER 4
& 18 | 10:00 AM -12:00 PM

CROCHET ALLEY AND
KNIT ROW THURSDAY |
SEPTEMBER 4 & 18 | 1:00-
3:00 PM

CHARM GELLO GENESIS
QUILT FRIDAY & MONDAY
| SEPTEMBER 26 & 29 |
10:00 AM-4:00 PM COST:
\$25

CHAIR YOGA
WEDNESDAYS |
SEPTEMBER 3,
10, 17, 24 | 10:00
- 10:45 AM
COST: \$3.00

GAME DAY,
COME PLAY!
TUESDAY &
THURSDAY |
SEPTEMBER 2 &
18 | 9:00 AM
-12:00 PM

ARTS AND CRAFTS:
FAUX STAINED GLASS
PROJECT FRIDAY |
SEPTEMBER 12 |
9:30 AM-12:00 PM
COST: \$6

REGISTER NOW FOR LETTUCE SHOW

LETTUCE SHOW YOU HOW TO CLEAN
AND PRESERVE SALAD GREENS THAT
LAST UP TO TWO WEEKS IN YOUR
REFRIGERATOR.

SEPTEMBER 19th

TWO TIME OPTIONS

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OR BY GOING TO THE LINK BELOW:

10 - 11:30 AM

2 - 3:30 PM

MCCracken.CA.UKY.EDU/EVENTS

WHAT YOU WILL LEARN:

- CLEAN AND PRESERVE
SALAD GREENS
- CREATE HOMEMADE
DRESSINGS
- ENJOY A FRESH, CRISP, AND
HEALTHY SALAD
- FREE CLASS
- FOR ADULTS
18+



CREATIVE
WRITERS
CRITIQUE GROUP
THURSDAY |
SEPTEMBER 11 &
25 | 11:00 AM-
1:00 PM

LET US REMIND YOU TO REGISTER SOON!

LETTUCE SHOW

SEPTEMBER 19TH 2025

10:00 AM-11:30 AM

2:00 PM - 3:30 PM



WE ARE NOW USING ONLINE
REGISTRATION. IF YOU SEE A
QR CODE LIKE THIS ONE BE
SURE TO CLICK IT WITH YOUR
PHONE CAMERA TO REGISTER

SCAN ME



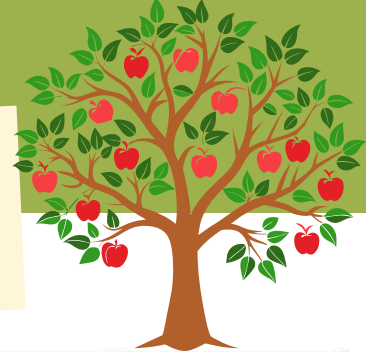
"TELEPHONE
REGISTRATION
IS STILL
AVAILABLE-
JUST GIVE US A
CALL!"



LOOK FOR UPCOMING EVENTS ON OUR WEBSITE [MCCRACKEN.CA.UKY.EDU](https://mccracken.ca.uky.edu)
OR FOLLOW US ON FACEBOOK

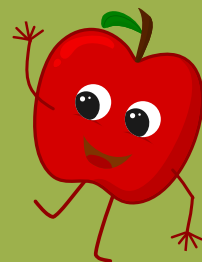


Hello SEPTEMBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CLOSED 1 	2 PATHWAYS TO SEWING 9:00-11:00 GAME DAY, COME PLAY! 9:00 AM 12:00 PM BB BOOK CLUB OPENS	3 CHAIR YOGA 10:00 - 10:45 AM PICKLE THIS 10:00 AM-12:00 PM OR 4:00-6:00 PM	4 NEEDLEWORK CIRCLE 10:00 AM 12:00 PM CROCHET ALLEY AND KNIT ROW 1:00-3:00 PM	5	6
7	8 DISASTERS: BEING PREPARED BEFORE AND AFTER THE STORM 5:00-7:00 PM	9 PATHWAYS TO SEWING 9:00 AM-11:00 AM	10 CHAIR YOGA 10:00 -10:45 TECH CLASS AI BASICS 11:00 AM-12:00 PM	11 CREATIVE WRITERS CRITIQUE 11:00 AM- 1:00 PM DISASTERS: BEING PREPARED BEFORE AND AFTER THE STORM 5:00-7:00 PM	12 ARTS AND CRAFTS: FAUX STAINED GLASS PROJECT 9:30 AM-12:00 PM	13
14	15 CREATIVE WRITERS CRITIQUE 11:00 AM-1:00 PM	16 BAGS OF LOVE  TUESDAY 9:30 AM-1:30 PM	17 CHAIR YOGA 10:00 -10:45 SCRAP-BOOKING 9:00 AM TO 3:00 PM	18 NEEDLEWORK CIRCLE 10:00 AM 12:00 PM CROCHET ALLEY AND KNIT ROW 1:00-3:00 PM GAME DAY, COME PLAY! 9:00 AM 12:00 PM	19 LETTUCE SHOW FRIDAY 10:00-11:30 AM OR 2:00-3:30 PM	20
21	22	23 PATHWAYS TO SEWING 9:00 AM-11:00 AM 	24 CHAIR YOGA 10:00 TO 10:45	25 CREATIVE WRITERS CRITIQUE 11:00 AM-1:00 PM	26 CHARM-GELLO GENESIS QUILT 10:00 AM-4:00 PM	27
28	29 CHARM-GELLO GENESIS QUILT 10:00 AM-4:00 PM	30				

“BE SURE TO PRE- REGISTER FOR CLASSES TO SECURE YOUR SPOT.”
BY CALLING: (270) 554-9520 OR ONLINE AT MCCRACKEN.CA.UKY.EDU



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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Lexington, KY 40506



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with prior notificat