



Cooperative Extension Service

McCracken County
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McCracken County

Family and Consumer Sciences

Extension Homemaker Newsletter

November 2022

A Note from President Diane Shrewsberry...

My favorite time of the year. I enjoy Thanksgiving about as much as one of Angie Lloyds Whoopie Pies! It is just a calmer, quieter holiday! I am sure traditions in each family are sometimes established by prior family members that continue with your celebration today. The parade is on, the football game is on, but our family gives thanks for our blessings before eating. I know some families go around the table and say individually what they are grateful for in their lives. There's the usual disagreement over whether Aunt Pearl's dressing tasted better than Granny Jane's. Both long gone from the Thanksgiving table, but the memories linger. There was a Children's book entitled "A Cranberry Thanksgiving" that was around our house for years. I would love to find a copy of it, but I guess I haven't looked hard enough yet. We used to read it on Thanksgiving morning. Memories. How they linger in the corner of our minds! So enjoy your Thanksgiving however you choose to celebrate and be mindful of the blessings you have.

Happy Thanksgiving!!



Sue Cash and Theresa Thurston teach cake decorating skills to a full class of participants. Participants learned how to make borders, roses, and other helpful cake decorating techniques.

Cranberry-Orange White Chocolate Cheesecake

24 square shortbread cookies, finely crushed.

2 Tablespoons melted butter

4 8 oz packages cream cheese

1 cup sugar, divided

2 teaspoons vanilla extract

1 14 oz pkg white chocolate, melted

4 eggs

1 teaspoon corn starch

1 Tablespoon zest plus 1/2 cup of orange juice

1 1/2 cups fresh cranberries

Heat oven to 325* and mix the butter with cookie crumbs. Press in a 9" springform pan. Beat cream cheese with 3/4 of the sugar and vanilla in a bowl with a mixer.

Add melted white chocolate, eggs one at a time and mix on low until blended. Pour onto crust. Bake 1 hour or until the center is nearly set. Run knife around rim to loosen cake, remove and cool. Mix cornstarch and 1 table-spoon orange juice until blended. Bring cranberries, rest of orange juice and remaining sugar in a pan to boiling, and simmer on low about 6 minutes until cranberries are soft. Stir in cornstarch mixture and bring to a boil. Cook until thickened. Remove from heat and stir in orange zest. Cool. Spoon over the cheesecake before serving.

ENJOY!



In the Spotlight



Theresa Thurston is a new homemaker and we are so glad to have her! At our County Annual Day, she was installed as 4-H Development Chairperson for McCracken County. She immediately volunteered to help 4-H with several as well as teaching a 4-H cake decorating class the second Thursday of each month. She has plans to volunteer for more projects in the future and sharing her creative talents. Through homemakers and 4-H, Theresa has met many new friends.

Theresa has many interests! She joined the Scrapbook Club soon after it began and is an avid scrapbooker. She enjoys a variety of crafts and has been a vendor at several craft fairs. In addition to crafts, Theresa also cans an assortment of foods including homemade jams and jellies and has applied for a Cottage license. Theresa has entered many items in the county fair and has won several purple ribbons and many blue ribbons.

Other interests include trying new recipes (and has been told she's a great cook) and tending to her six hens that lay eggs every day and have become her pets. Welcome Theresa!

**ISN'T
THIS
CUTE!**

**YOU TOO
CAN
MAKE THIS!**



Arts and Crafts class will be meeting again on Friday, Nov. 18th at 10 a.m. at the extension office. This month's project is a painted snowman on canvas. Pre-registered participants guaranteed supplies. Please register by Monday, Nov. 14th. The cost of the class is \$7.00. Pre-payment is encouraged but payment can be made at door.



You are invited to attend a Christmas Open House on 12/17 from 1 - 3:30 p.m. Come and go, visit with old and new friends.

Hosted by President Diane Shrewsberry at 450 Lutes Rd, Paducah, KY 42001

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SAVE THE DATE

2022-2023 KEHA

**Cultural Arts Program of Work
ELEMENTS and PRINCIPLES of WORK**

December 7th

Artist Presentation 10 - 11:30 a.m.

Lunch (Provided)

After lunch create a
scrapbook page for

KEHA 2023 Competition at
State Competition in Louisville

Cost: \$20.00

Pre-registration and payment
required by
December 1st (No Walk-Ins)



Several homemakers participated in the first Cultural Art and Heritage Skills Project Day. Linda Kaletch taught the art and history of Pin Weaving. Make sure to sign up for the next class on December 7th.



Leftover Turkey?

Check out this healthy recipe from the 2021 SNAP-ED Calendar

HOLIDAY TURKEY SALAD



- 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 halved red grapes
- 3 chopped celery stalks
- 2/3 cup pecan halves

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.
4. Refrigerate until well chilled.

Makes 6 servings

Serving size: 1 cup

Cost per recipe: \$10.95

Cost per serving: \$1.83

Nutrition facts per serving:

390 calories; 11g total fat; 1.5g saturated fat; 0g trans fat; 125mg cholesterol; 180mg sodium; 21g carbohydrate; 2g fiber; 18g sugar; 3g added sugar; 51g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

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



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

UPCOMING EVENTS

Nov. 5 Homemaker Bazaar 8 am - 3 pm

Adult Sewing—Tuesdays in November @ 9 - 11 am

Nov. 3 & 17 Knitting/Crochet Club, 1 pm

Nov. 3 & 17 Needlework, 10 am

Nov. 8 Golden Days Club, 10 am

Nov. 10 Concord Club, 10 am

Nov. 14 Quilt Club, 10 am

Nov. 15 Bags of Love, 9:30 am

Nov. 16 Scrapbook Club, 9:00 am

Nov. 14 Deadline to register for Arts & Crafts

Nov. 18 Arts & Crafts, 10 am (Pre-register by Nov. 14) \$7.00 Fee

Nov. 24 & 25 Thanksgiving Holiday - Office Closed

Nov. 28 Garden Club 9:30 am (Please call office for meeting place)

Nov. 30 Homemaker Lesson - 10 am The Art of Mindful Eating & Managing Stress Eating

Dec. 1 Deadline to register for Cultural Arts Project Day

Dec. 1 Needlework, 10 am

Dec. 1 Knitting/Crochet, 10 am

Questions?

Call 270-554-9520 or email
Kelly at kelly.alsip@uky.edu
For more information

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