

# LINCOLN COUNTY HOMEMAKER HAPPENINGS APRIL 2024

**COUNCIL PRESIDENT: WANDA PATTERSON**  
**COUNCIL VICE PRESIDENT: JANICE SOUTHARD**  
**COUNCIL SECRETARY: ESTHER BAILEY**  
**COUNCIL TREASURER: KATHY DIAZ**

**CULTURE ARTS-PHYLLIS PATTERSON**  
**ENVIRONMENT HOUSING & ENERGY-**  
**LEONI MUNDELIUS**  
**FAMILY & INDIVIDUAL DEVELOPMENT-**  
**KATHY DIAZ**  
**FOOD, NUTRITION & HEALTH: ESTHER**  
**BAILEY**  
**4-H DEVELOPMENT: CHARLENE ARCHER**  
**INTERNATIONAL: JANICE SOUTHARD**  
**LEADERSHIP DEVELOPMENT:**  
**MICHELLE PADGETT**  
**MANAGEMENT & SAFETY: NELL MANNING**

# SAVE THE DATE



**CULTURAL ARTS-CONTACT PHYLLIS PATTERSON  
CONGRATULATIONS TO ALL THE BLUE RIBBON  
WINNERS. WE HAD 10 PARTICIPATE AND A TOTAL OF 50  
BLUE RIBBONS. DO NOT FORGET IF YOU WERE  
AWARDED A BLUE RIBBON TO BRING YOUR BLUE  
RIBBON ITEM TO THE OFFICE BY APRIL 22,2024 SO JODY  
CAN TAKE IT TO THE AREA FOR JUDING.**



**FUNDRAISER TASTING PARTY  
SEPTEMEBER 6, 2024  
TIME: 1PM-7PM  
LINCOLN COUNTY EXTENSION OFFICE  
OPEN HOUSE**

# **NEWS FROM LINCOLN COUNTY HOMEMAKER COUNCIL**

**THE NEXT HOMEMAKER COUNCIL MEETING WILL BE  
HELD AT THE LINCOLN COUNTY EXTENSION OFFICE ON  
APRIL 18,2024 AT 1:15 PM.**

**ALL LINCOLN COUNTY HOMEMAKERS ARE INVITED TO  
ATTEND. ALL CLUB OFFICERS ARE HIGHLY  
ENCOURAGED TO ATTEND.**

**HAVE QUESTIONS GIVE US A CALL AT 606-365-2447**

**COME AND JOIN US FOR THE COUNTY ANNUAL  
HOMEMAKER MEETING. LET'S SHARE A  
DELICIOUS POTLUCK MEAL TOGETHER AND  
ENJOY THE REFRESHING DRINKS PROVIDED BY  
THE COUNCIL. SEE YOU THERE!**

**APRIL 9, 2024**

**TIME: NOON**

**LOCATION: LINCOLN COUNTY EXTENSION OFFICE**

**POTLUCK: BRING A DISH**

**DRINKS PROVIDED ARE TEA, LEMONADE AND  
WATER**

# HOMEMAKERS CLUB INFO



THE PHOTO CLUB WILL BE MEETING ON APRIL 11, 2024. PHOTOGRAPHY CLUB WILL BE TRAVELING TO BEAUTIFUL KEENELAND RACE COURSE FOR A FUN DAY OF HORSES, PEOPLE WATCHING, AND PLENTY OF PHOTO OPPORTUNITIES.

## HAPPY HEARTS

EVERYONE IS WELCOME TO JOIN US AT 10:00 AM ON THE FOURTH THURSDAY OF EVERY MONTH.

PIECEFUL HEART QUILT CLUB MEETS ON THE THIRD MONDAY MONTHLY AT 1PM THEY ARE WORKING ON WINTER WONDERLAND QUILT BLOCKS COME SEW WITH THEM!

## 4 CORNERS

THIS CLUB HOLDS MONTHLY MEETINGS ON THE SECOND WEDNESDAY AT 10:00AM. REGUALR MEETING



OPI  
OUR OIL PAINTING CLASS MEETS ON THE 3RD  
WEDNESDAY OF EACH MONTH AT 10:00AM,  
WORKING ON PAINTINGS USING THE BOB  
ROSS PAINT TECHNIQUES.  
HOPE TO SEE ALL MEMBERS THERE!

SASSY STITCHERS MEET ON THE THIRD FRIDAY OF  
EACH MONTH AT 10AM TO WORK ON A MYSTERY  
QUILT. COME AND ENJOY A SURPRISE AT THE END OF  
YOUR BLOCK-MAKING!

THIS CLUB IS PROUD TO HAVE AN AMERICAN  
SIGN LANGUAGE INTERPRETER PRESENT AT ALL  
MEETINGS, ENSURING THAT EVERY MEMBER  
CAN FULLY PARTICIPATE AND CONTRIBUTE TO  
THE GROUP'S SUCCESS.



MOUNTAIN CRAFTERS  
CHICKEN SCRATCH WILL BE THE CRAFT FOR  
APRIL.  
THIS CLUB HOLDS MONTHLY MEETINGS ON  
THE SECOND MONDAY AT 10:00AM.

# INTERNATIONAL EVENT

- SASSY STITCHERS COVERED CLEAR GLASSES WITH A CANADIAN FLAG AS A SOUVENIR FOR EACH GUEST TO TAKE HOME.
- 4 CORNERS & PIECEFUL HEARTS- MEAT PIES (TOURTIERE)
- TIMELESS TREASURES BEAVER TAIL DESSERT
- MOUNTAIN CRAFTERS VEGETABLE CASSEROLE AND SCALLOPED POTATOES
- HAPPY HEARTS FLATBREAD

**SPECIAL  
SPEAKER  
LINDA RAY**

**HOMEMAKERS WILL START  
DECORATING FOR INTERNATIONAL  
NIGHT ON APRIL 23 @ 1:00 PM.**

**THEME:  
CANADA**

EACH PERSON WILL NEED TO PAY \$8 AT THE DOOR FOR ATTENDING THIS EVENT. THE LINCOLN COUNTY HOMEMAKER COUNCIL VOTED FOR THE MONEY RAISED TO GO TO THE BLESSING BOXES IN LINCOLN COUNTY.

**INTERNATIONAL NIGHT**

**APRIL 23, 2024 @ 6 PM**

**PLEASE CALL (606) 365-2447 TO RSVP BY APRIL**

**16, 2024**

**WE WOULD LOVE TO SEE YOU THERE WITH  
YOUR FRIENDS! LET'S HAVE A GREAT TIME  
CELEBRATING DIVERSITY AND CULTURAL  
EXCHANGE TOGETHER!-**



# LINCOLN COUNTY FCS



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Food and Environment



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Lexington, KY 40506



## Cabbage Jambalaya

<b>1 pound</b> lean ground beef	<b>1</b> (13 ounces) package turkey smoked sausage, sliced	<b>1</b> (14.5 ounces) can diced tomatoes
<b>1 ½ cups</b> chopped celery	<b>1</b> medium head cabbage, chopped (about 10 cups)	<b>2 cups</b> water
<b>1 ½ cups</b> chopped onion		<b>1 cup</b> brown rice
<b>2 cloves</b> garlic, minced		<b>1 teaspoon</b> garlic powder
		<b>1 tablespoon</b> Cajun seasoning

Heat a large stockpot over medium high. Add ground beef, and cook until it starts to brown, about 6 minutes. Add the celery, and cook for 2 minutes. Add onion and garlic, and cook 4 minutes while stirring. Add smoked sausage, and cook an additional 2 to 3 minutes. Stir in cabbage, and cook until it wilts, about 3 minutes. Add tomatoes, water, rice, garlic powder, and Cajun seasoning.

Bring to a boil, and reduce heat to medium. Cover, and simmer for 40 minutes. Serve hot.

**Yield:** 10, 1-cup servings

**Nutritional Analysis:**  
250 calories, 8 g fat, 3 g saturated fat, 60 mg cholesterol, 400 mg sodium, 26 g carbohydrate, 4 g fiber, 6 g sugars, 0 g added sugars, 18 g protein

## Kentucky Cabbage

**SEASON:** June to July and September to November

**NUTRITION FACTS:** Cabbage is low in fat and calories and is rich in vitamin A.

**SELECTION:** Leaves should be crisp and free of insects and decay. Avoid burst heads. Choose firm cabbages that are heavy for their size.

**STORAGE:** Cover loosely and store in refrigerator for up to 2 weeks. Wash just before using.

**PREPARATION:** Discard outer leaves and core.

**To boil:** Do not use aluminum pan. Cut cabbage into quarters and boil in water for 10 to 15 minutes, until tender. Drain and serve hot.

**To steam:** Place cabbage (shredded, wedges, or whole leaves) into a steamer basket. Cook 12 to 15 minutes, until tender. To bring out the natural flavor, add apples, pears, raisins, curry, caraway, dill, or onions.

**To stir-fry:** Shred cabbage, and place in a skillet that has been sprayed with cooking spray or oil. Cook quickly over high heat, stirring constantly.

### CABBAGE

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

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**FAMILY &  
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Disabilities accommodated with prior notification.