



Newsletter

Cooperative Extension Service
Butler County
102 Parkway Lane
Morgantown, KY 42261
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March 2023

Dear Homemaker,

Upon Tracy Thornton's retirement, I assumed the role of coordinating the Kentucky Extension Homemaker Program here in Butler County. We anticipate this organizational change to last a couple of years. I grew up in the organization as both my mother and grandmother were members of Butler County Homemakers and I am looking forward to working with you.

Things are looking to change a little over the next few months, so this newsletter will serve to help advise what we've got going on.

Again, I'm looking forward to working with Homemakers and to see what 2023 has in store for us!

Greg Drake II
County Extension Agent
For Agriculture & Natural Resources,
Part-time Family & Consumer Sciences
Butler County

Thank you
for helping us
grow ***



Butler County Homemakers Lessons

Each month, the Extension Family and Consumer Sciences program develops a "club lesson" that is designed for club leaders to "share" or "teach" to their club members. In Butler County, a high percentage of our members are that they don't belong to a particular club and receive materials via mail. We want access to the lesson materials belong to a particular club.



"mailbox members," meaning particular club and receive mailbox members to have the same as members that

Below is a list of the club lessons through June. If you would like to receive an electronic copy of the lesson materials, we can easily email you. If you would like to receive a printed copy, we can print that for you for pick up at the Extension Office. I ask that you contact myself or Alecia Hillard and make your request each month. E-mail is the most efficient way to contact us as this allows us to simply "reply" to your message with the materials you request. Phone calls are also welcomed. You can e-mail me at gdrake@uky.edu or Alecia at ahillard@uky.edu.

Lessons for the Remainder of Fiscal Year 2022-2023

March - Bread Making

April - Succulents and Perennials

May - Entertaining Little Ones

Homemakers Are Online

Don't forget that you can find Homemaker and Extension information online on our county website and Facebook pages.

Sign into Facebook and search for Butler County Cooperative Extension Service and 'LIKE' us.



You will be able to see a listing of Extension happenings, meeting reminders or cancellations, and general postings from the Butler County Extension Community. You can also search for the Butler County Homemakers Association page and like this page for Homemaker happenings.

Our county UK website can be found here: <https://butler.ca.uky.edu/>

Stay up to date with all Extension/Homemaker information!

Homebased Microprocessing Workshop



Thursday, April 13, 2023
9:30 a.m. - 2:30 p.m. Central Time
Butler County Extension Office
102 Parkway Lane Morgantown, KY 42261



For more information & to register:
ukfcs.net/HBM

or call (270)526-1207

Join our workshop!
Homebased microprocessors are farmers who grow and harvest produce to use in their value-added products. Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky.

The cost of the workshop is \$50.00.

Butler County Homemaker's Organizational Meeting

The Butler County Homemaker Council is holding an informational and organizational meeting on Tuesday, March 28th at the Butler County Extension Service at 6:00 p.m. This event is open to current AND potential members! With the changes that are happening, we want EVERYONE to have a voice and know what is happening in Butler County Homemakers!

The Butler County Homemaker organization has been helping develop family and consumer science and leadership skills in our community for generations. The council is holding this informational meeting to help people understand the benefits that the Kentucky Extension Homemaker Association can provide for you and our community. We will have a light dinner, then get down to the work of explaining what the Homemaker organization does and how you can be a part of this important community service organization.

Our Homemaker leadership hopes there will be sufficient interest to start a new club or two that will focus on things that interest you and your family. As in the past, we'll still offer 'Mailbox Membership' for those of you that are more comfortable keeping in the know through email/mail.

There is no cost to attend. RSVP (to help with our meal prep) by calling the Extension Office at 526-3767.

Join Us!

COOPERATIVE EXTENSION



WHO?

Butler County Homemakers AND ANYONE with an interest!

WHEN?

Tuesday, March 28th 6:00 p.m.

WHERE?

Butler County Extension Service 102 Parkway Lane Morgantown, KY (270) 526-3767

WHY?

- ➔ Being a part of Homemakers is a great opportunity to meet others who share in similar interests.
- ➔ Learn more about volunteering your time with Homemakers to support and give back to our community.
- ➔ Grow your knowledge with monthly lessons on a variety of topics like: Green Cleaning, Identity Protection, Swedish Weaving, Growing Herbs, and much more!

LIGHT REFRESHMENTS WILL BE SERVED!

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 40546



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

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Morgantown, KY 42261

RETURN SERVICE REQUESTED



Apple Sage Pork Chops

- 1 tablespoon flour
- 1 teaspoon dried sage
- 2 tablespoons garlic powder
- 1/2 teaspoon ground thyme
- 1 teaspoon salt
- 4 boneless center cut pork chops
- 2 tablespoons oil
- 1/2 large onion, thinly sliced
- 2 thinly sliced red apples
- 1 cup unsweetened apple juice
- 2 tablespoons brown sugar (optional)

Wash hands with soap and warm water, scrubbing for at least 20 seconds. Gently clean all produce under cool running water. Mix flour, sage, garlic, thyme, and salt together in a small bowl. Sprinkle 1 1/2 tablespoons of the mixture over both sides of the pork chops. Remember to wash hands after handling raw meat. Heat oil in a large skillet over medium-high heat. Sear pork chops for 2 to 3 minutes on each side. Pan will smoke a little. Remove pork chops from the pan and set aside. Reduce heat to medium. To the same skillet, add onion and cook for 2 minutes, or until soft. Add apples, and continue cooking until tender, about 2 minutes. Add apple juice, brown sugar, and remaining spice mixture and stir to dissolve. Return pork chops to the skillet by nestling them in the pan. Bring the liquid to a boil, reduce heat to low, and simmer for 5 minutes or until the pork is cooked through and reaches 145 degrees F on a food thermometer. Refrigerate leftovers within 2 hours.

Yield: 4 servings. **Nutrition Analysis:** 310 calories, 10g total fat, 1.5g saturated fat, 7g added sugars, 22g protein, 6% DV vitamin D, 2% DV calcium, 6% DV iron, 50mg cholesterol, 660mg sodium, 35g total carbohydrate, 3g fiber, 25g total sugars, 15% DV potassium.