



LOGAN COUNTY
HOMEMAKERS

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Family & Consumer
Sciences Agent for
Logan County



Rachel Hance

Rachel Hance

Logan County Extension
Service
255 John Paul Ave.
Russellville, KY 42276
270-726-6323

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Agriculture and Natural Resources
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LOGAN County HOMEMAKERS

UK Cooperative
Extension Service

OCTOBER
october
2025

Mark Your Calendars!

- Mammoth Cave Area Homemaker Annual Day October 16, 2025.
- Mammoth Cave Area Homemaker Leadership Training October 30, 2025. All county officers/chairmen invited to attend. **New Date!**
- Your annual Homemaker dues of \$12 are due to the Logan County Extension Office by December 1, 2025!
- Logan County Homemaker Council Meeting / Christmas Party is December 9, 2025.

4-H Reality Store

The 4-H Reality Store is scheduled for November 10, 13-14 at the Logan County Extension Office. If you would like to volunteer at that event for any length of time please let me know so I can get your name added to the volunteer list.

Homemaker Leadership Training

The Mammoth Cave Area Homemaker Leadership Training has been scheduled for Thursday, October 30, 2025 at the Warren County Extension Office. This training will begin at 10 AM and will conclude by noon. All county officers and chairmen are encouraged to attend. Please let the Extension Office know whether or not you will be able to attend.

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Homemaker Club Meetings



**FOLLOW THE LOGAN COUNTY
EXTENSION HOMEMAKERS
ON FACEBOOK!**

*Any changes in leader
trainings
will be announced!*

O & H Homemakers
President Donna Washington
270-893-1467
Meets 3rd Monday @ 2:30 PM

South Union
Meets 2nd Wednesday @ NOON

Neighbors
President Emily Hayes
270-542-4287
Meets 4th Tuesday @ 11 AM

Sew Fun Quilting Homemakers
President Sue Jordan
270-542-6403
Meets 3rd Saturday 9 AM—3 PM

Corinth
President Sharon Travis
270-539-4604
Meets 3rd Thursday @ 10 AM

If your club has participated
in an outing, event or activity
that you would like to
highlight in our monthly
newsletter please feel free to
send me information and
pictures!

A LITTLE
PROGRESS EACH
DAY ADDS UP
TO BIG RESULTS

Homemaker Leader Trainings

October Leader Training
“Christmas Decorations from Natural
Resources” Multi-County Lesson
See flyer included in this newsletter

November Leader Training
“Decorative Gift Wrapping”
Multi-County Lesson
See flyer included in this newsletter

No December Leader Training
No leader training

**ATTENTION ALL MEMBERS AT
LARGE AND ALL NEW
MEMBERS:**

**OUR CLUBS WOULD LIKE TO
INVITE YOU TO ATTEND THE
MEETING DAY OF YOUR CHOICE,
WHICHEVER WORKS BETTER FOR
YOUR BUSY SCHEDULE.**



The Logan County Homemakers held their annual meeting in the month of August with a Mexican Fiesta theme! Area treasurer, Amy Alford, installed our new officers and chairmen. Homemakers that attended enjoyed fun and games and made Mexican tissue paper flowers in a bud base!





LOGAN COUNTY CULTURAL ARTS CONTEST

We had a total of 13 blue ribbon entries that qualified to move on to the area contest! Congratulations to all participants!





During their September monthly meeting, Corinth Homemakers took time to do a craft project making button pumpkins!





MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

DATE

Flavors of Fall: Apples

There is nothing better than a bite from a sweet, crisp apple especially if it is picked right off the tree. Farmers markets in Kentucky have fresh apples available from as early as July to as late as November. Most varieties are either green, yellow, or red.

While historians believe the apple originated in Asia, early settlers planted apple trees in the United States in the 1700s. U.S. Apple reports there are more than 100 apple varieties grown commercially, and 90 percent of the production is from 15 popular varieties.



While a fresh apple is best, apples are successfully kept in controlled-atmosphere (CA) storage that regulates the temperature and the atmosphere. CA storage seals the apples in an environment that is around 2 percent oxygen and carefully manages temperature, humidity, nitrogen, and carbon dioxide. Since apples continue to ripen after they are picked, CA storage slows this process, essentially putting the apple to sleep. This allows for extended storage of four to six months, meaning most apples you see at the store out of season have been stored this way.

Which apples should you buy? That depends on what you are using the apples for — cooking, baking, drying, or eating raw. To cook with them, use these measurements: one pound of apples is equal to two large, three medium or four small apples; that one pound of apples yields three cups of diced fruit or two cups of peeled, sliced fruit; and two pounds of apples is enough for a 9-inch pie. Apples recommended for pies and applesauce include Braeburn, Jonagold, Cortland, Winesap, or McIntosh. For baking, try Fuji, Winesap, Granny Smith, and Rome. Gala apples are great for drying.

Look for apples that are free of bruises and firm to touch. To store small amounts of apples for one to four weeks, place in the refrigerator away from strong odors. Apples stored at room temperature will soften about 10 times faster than if refrigerated. For eating, try the varieties of McIntosh, Fuji, Red Delicious, Gala, Crispin, Braeburn, or Honeycrisp. There are many other popular varieties available at your local markets that could become your favorites, if you just try them.

One medium apple with skin counts as a fruit serving according to USDA's MyPlate and contains about 95 calories. An apple supplies 14 percent of your Daily Value (DV) of vitamin A and 11 percent of the DV of vitamin C. Antioxidants, such as vitamins A and C help prevent excessive free radical damage, which research shows reduces the risk of chronic disease.

Since they are rich in pectin and mild acids, apples help digestion, including a healthy dose of prebiotics. Each apple averages four grams of fiber which helps to slow digestion. In a large study reported in JAMA Internal Medicine, participants who ate at least one small apple per day required fewer doctor visits, hospital stays, and prescription medications than those who didn't eat apples. The old adage of an apple a day, keeps the doctor away, may well be true.

Try this recipe for a flavorful fall salad made with apples!



Apple Cranberry Waldorf Salad

1 cup chopped Granny Smith apple	1 cup halved seedless green grapes	½ cup chopped walnuts
1 cup chopped Red Delicious apple	1 cup halved seedless red grapes	8 ounces non-fat vanilla yogurt
1 cup diced celery	1½ cups dried cranberries	2 tablespoons honey
		¼ teaspoon cinnamon

1. Combine chopped apples and diced celery and put in a medium sized bowl. Add grapes, cranberries, and walnuts to the mixture. Stir ingredients together.

2. In a separate bowl, add the yogurt, honey, and cinnamon. Stir together and pour over the fruit mixture. Cover and chill before serving.

Yield: 8, 1 cup servings.

Nutrition Analysis: 210 calories, 5 g fat, 0 mg cholesterol, 35 mg sodium, 41 g carbohydrate, 3 g fiber, 34 g sugar, 3 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



References:

www.usapple.org/the-industry/apple-varieties

<https://www.choosemyplate.gov/eathealthy/fruits>

Davis, M.A., Bynum, J.P.W., Sirovich, B.E. (2015). Association Between Apple Consumption and Physician Visits. *JAMA Internal Medicine*, 175(5), 777-783.

Source: Dr. Sandra Bastin, RDN, LDN, Extension Professor, Foods and Nutrition Specialist

Megan Treadway
Area Extension Agent for Family and Consumer Sciences
400 East Main Avenue, Bowling Green, KY 42101
(270) 282-0982
megan.treadway@kysu.edu



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Cheesy Pumpkin Pasta Bake



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Prep time: 5 minutes

Cook time: 35 minutes

- Nonstick cooking spray
 - 2 cups dry penne pasta (or any short pasta such as bowtie)
 - 1 1/2 tablespoons unsalted butter, divided
 - 1 small, sweet onion, diced
 - 1 can (15 ounces) pumpkin puree (not pumpkin pie filling)
 - 1 cup low-fat milk
 - 1 cup sharp cheddar cheese, shredded
 - 1/2 cup grated parmesan cheese, divided
 - 1 teaspoon dried thyme
 - 3/4 teaspoon salt
 - 1/2 teaspoon ground black pepper
 - 3/4 teaspoon nutmeg (optional)
 - 3/4 cup panko breadcrumbs
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Preheat oven to 350 degrees F.
 3. Spray a 2-quart baking dish with nonstick cooking spray and set aside.
 4. Cook pasta according to package instructions. Drain and set aside.

5. While pasta cooks, in a large skillet over medium heat, melt half of the butter. Add the onion and cook until tender, about 3 to 5 minutes.
6. Reduce heat to low and add the pumpkin puree, milk, cheddar cheese, 1/4 cup parmesan cheese, thyme, salt, pepper, and nutmeg (if using) to the skillet. Stir to combine until cheese is melted and the sauce is smooth. Add the pasta to the sauce and gently combine. Pour into the prepared baking dish.
8. Melt the remaining butter in a small bowl and add panko breadcrumbs. Stir to combine and sprinkle evenly over the pasta.
9. Bake uncovered for 20 to 25 minutes or until heated through.
10. Sprinkle with the remaining 1/4 cup parmesan before serving. Refrigerate leftovers within two hours.

Makes 8 servings

Serving size: 1 cup

Cost per recipe: \$13.09

Cost per serving: \$1.64

Nutrition facts per serving:

240 calories; 9g total fat; 5g saturated fat; 25mg cholesterol; 400mg sodium; 30g total carbohydrate; 3g dietary fiber; 4g total sugars; 0g added sugars; 11g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 10% Daily Value of iron; 2% Daily Value of potassium

Source:

Adapted from Loves Grow Wild, <https://lovegrowswild.com/2014/10/cheesy-pumpkin-pasta-bake>

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Cooperative
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Mammoth Cave Area

Multi-County Homemaking Leader Lessons (for October & November)

Barren County Extension Office: September 30

OR

Warren County Extension Office: October 2

Decorative Gift
Wrapping
9:30 AM

Christmas
Decorations from
Natural Resources
11 AM

Times are the same for both days!

Please send 1 leader from each county club

Must sign up with your agent by
Tuesday, September 9

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Pumpkin Butter is a Great Fall Treat!

Pumpkin butter is a fall favorite. It is similar to apple butter in that pumpkin is slowly cooked down with water or apple juice, white or brown sugar, and some spices. However, there is a big difference between pumpkin butter and apple butter. Apple butter can be safely canned in a boiling water bath canner while pumpkin butter cannot. Pumpkin butter must always be refrigerated or frozen. Fruit jams, jellies, preserves, and butters rely on the acid that is naturally present in the fruit, along with sugar, for safe food preservation. Apples are naturally acidic. Pumpkins are not. Pumpkins are a low-acid vegetable. Without the acid to aid in safe food preservation, you cannot rely on sugar alone to prevent the growth of pathogens.

Research has shown that acidity levels vary considerably even between batches of pumpkin butter made using the same recipe. In addition, there was significant difference in thickness between batches of the same formulation. No single recipe has been found to produce a consistently safe product. At this time, there are no recommendations for canning pumpkin butter and storing at room temperature. Any pumpkin butter recipes you try should be served immediately or stored refrigerated or frozen.

Easy Pumpkin Butter

- 1 can (29 ounces) pumpkin puree
- $\frac{3}{4}$ cup apple juice
- 1 cup brown sugar
- 2 teaspoons ground cinnamon
- 2 teaspoons ground ginger
- 1 teaspoon ground nutmeg
- $\frac{1}{2}$ teaspoon ground cloves



Combine all ingredients in a large pot, and bring to a boil. Reduce heat; simmer 30 minutes or until thickened. Stir frequently. Ladle into clean containers. Serve immediately or store refrigerated.

References: National Center for Home Food Preservation

<https://nchfp.uga.edu/index.html#gsc.tab=0> and

<https://www.pumpkinpatchesandmore.org/pumpkinbutter.php>

Source: Annhall Norris, Extension specialist, Food Preservation and Food Safety

