



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

LYON COUNTY HOMEMAKERS

SEPTEMBER
2025

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Hello Homemakers,

I am loving these less humid days and they are making me ready for the fall colors and flavors. I hope you have found a way to get out and enjoy the beautiful weather we are having.

It is time to say “Happy New “HOMEMAKER” Year” as we get ready for club meetings to begin again this month. Please take note of the information about paying your dues found on page 5. There will soon be new Homemaker brochures you can pass out to help our community better understand Kentucky Extension Homemakers Association. There is often misconception that Homemakers are just a group who meets to socialize and eat. While that is fun and important, Homemakers is really about leadership development, volunteer service, and education. If you have not taken time to explore the KEHA website, I recommend reading through the information so you have a better understanding of why we do what we do. Visit the site at <https://keha.ca.uky.edu/>.

With the start of a new year, we want to bring focus to our Members-At-Large. Many may not know, but we have more MALs than traditional club members. You, MALs, are a integral part of the Lyon County Homemakers and we want you to feel welcome at every class and event. I look forward to working this year to make sure we maximize the potential of those of you who don't attend traditional clubs. We see you and we want you involved!

-Angie

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US Department of Agriculture, Office of the Assistant Secretary for Civil Rights,
1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

PENNYRILE AREA EXTENSION HOMEMAKER ANNUAL MEETING



A WALK IN THE PARK

Speaker - Ashton Robinson Mahr Park Superintendent

Menu

Herb-Roasted Chicken Breast or Tangy Glazed Pork Loin
Served with Baked Potato and a Mixed Green Salad
Cookies and Brownies

Entertainment - Pennyrile Dulcimer Players



This event will be held on

Friday, October 17th, 2025- Registration at 10:00am

Registration Deadline

Thursday, September 25th, 2025 /Payment to be made at the Lyon County Office

MUST PAY TO HOLD YOUR SPOT



Lyon County Extension Office

(270) 388-2341



**Event Location: 25 Mahr
Park Drive Madisonville,
KY 42431**

**Hopkins County
Cooperative Extension**



\$18.00

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Save the Date: Area Cultural Arts Judging for next year will be on March 27, 2026. Time to start sewing and crafting!



October 6, 2025
1:00 PM Cost: \$10



MUST PAY CLASS FEE TO BE ADDED TO THE REGISTRATION LIST.

October Leader Lesson Information

SORGHUM: SPILLING THE SYRUP ON THIS SWEET KENTUCKY PROUD PRODUCT

**THIS CLASS IS FOR ALL
HOMEMAKERS, CLUB
MEMBERS AND MEMBERS AT
LARGE.**



**THERE WILL BE TASTE TESTING!
COME TRY SOME SORGHUM
PRODUCTS!**

September 25, 2025

In Person Meeting for Lyon County: 2:00 PM

Watch on Zoom: 5:30 PM September 30, 2025

Taught By: Angie York

 Cooperative
Extension Service



Senior Citizen's Nutrition Class



**JOIN ME AT THE LYON COUNTY SENIOR CITIZEN'S CENTER FOR THE MONTHLY NUTRITION LESSON ON
SEPTEMBER 23, 2025. WE PLAY GAMES, TASTE TEST RECIPES, AND GAIN VALUABLE KNOWLEDGE ALONG THE
WAY. NO NEED TO SIGN-UP, JUST COME BY AT 10:30.**

Quilty Pleasures Quilt Retreat

THE ONE
WHERE THERE
WERE NO UFOs.

October 2 and 3, 2025

LAST DAY TO SIGN UP FOR THE RETREAT IS SEPTEMBER 22, 2025. NO LATE SIGN-UPS WILL BE ACCEPTED.

October 2

The No UFO Lap Quilt

October 3

The No UFO Quilted Bag



Classes will be
from 9 AM to 4 PM
daily.



This class has an
additional pattern
fee of \$12.

Lyon County Extension Office

231 Main Street, Eddyville, KY 42038

Lunch is Provided - registration for each day is \$15 - Door Prizes and Fun included in the price.

Reserve your spot by calling 270-388-2341.

Must pay to reserve spot - Supply list will be given upon payment

SASHIKO MACHINE WORKSHOP

The Extension Office has a cool new sewing machine!
Join me in this workshop to learn the basics of Sashiko
stitching and how to use the machine.



OCTOBER 31, 2025 | 10:00 AM

CALL TO REGISTER
270-388-2341

Space is limited. After attending the workshop you
will be eligible to book time in the project room to
"borrow" the machine (machine cannot leave the
building.)

Holiday Baking Series

Brush up on your baking skills to be ready for
the upcoming holidays and get to taste some
delicious treats along the way.

Lyon County Extension Office

5:30 PM- 8:00 PM

November 3, 2025: Cookies

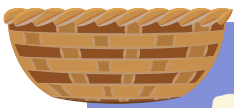
November 10, 2025: Cakes

November 17, 2025: Candy

Must sign up for each night
separately. If you enroll and
see you can't make it, please
let us know as class space is
limited. Call 270-388-2341 to
add your name to the list.



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BASKET WEAVING CLASS

TAUGHT BY: WENDY TALLIS

January 23, 2026

10:00 AM to 3:00 PM

Cost \$50

- All supplies will be provided by the teacher.
- Must have at least 8 sign-up to have the class.
- Max number in the class is 12.
- Must have moderate hand strength to be successful with this project.
- This will be a beginner level class making a hard bottom basket.
- Bring a sack lunch.
- Wendy stays until everyone has finished their project. Please be prepared to stay the entire time and work with her to complete your basket.
- Must pay to hold your spot in the class.



It's Time to Pay Dues



Each Fall we collect dues for your Homemaker membership. It is imperative that we receive your dues by December 1st. If your money comes in after that date, you will be not be eligible for any state or area activities such as Cultural Arts competitions or Area Annual Day.

Members-At-Large: Your dues are payable to the Lyon County Homemakers and must be paid to Stacy at the office. The cost for the year is \$12.

Club Members: Your dues are payable to your club treasurer and amounts may vary. \$12 is due to the county and each club sets an amount beyond that for their own purposes.

Note: If you attend a club meeting each month, but you want to be labeled as a Member-at-Large, your dues must be paid to Stacy at the office. MALs cannot pay to a club treasurer.



Save the Date



Mark your calendars and save the date for **Pretend Store 2025**. This year we will set up the office on **December 2, 2025** and welcome the preschool classes from Lyon County Elementary School on **December 3, 2025**. Exact times and sign-up information are forthcoming.

Fall Harvest Salad

5 cups torn leaf lettuce	4 teaspoons lemon juice	2 tablespoons balsamic vinegar
2 ½ cups spinach leaves	¼ cup dried cranberries	1 ½ teaspoons Dijon mustard
1 medium red apple, chopped	¼ cup feta cheese crumbles	2 teaspoons Kentucky honey
1 medium pear, chopped	½ cup chopped walnuts	½ teaspoon salt
Dressing:		
2 ½ tablespoons olive oil		

Combine leaf lettuce and spinach leaves in a large salad bowl. **Mix** apples and pears with lemon juice in a small bowl and add to lettuce mixture.

Prepare dressing by whisking together the olive oil, balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and **toss** to coat.

Sprinkle salad with cranberries, feta cheese and walnuts. **Serve** immediately.

Yield: 8, 1 cup servings

Nutritional Analysis: 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.



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

Did you know?
Apples are a
Part of the rose
family. There
are more than
7500 known
varieties. **Wow!**



Baked Apples and Sweet Potatoes

5 medium sweet potatoes	½ cup margarine	1 teaspoon nutmeg
4 medium apples	¼ cup brown sugar	¼ cup hot water
	½ teaspoon salt	2 tablespoons honey

- 1. Boil** potatoes in 2 inches of water until almost tender.
- 2. Cool** potatoes, peel and slice. **Peel**, core and slice apples.
- 3. Preheat** the oven to 400°F. **Grease** a casserole dish with a small amount of margarine.
- 4. Layer** potatoes on the bottom of the dish.

- 5. Add** a layer of apple slices.
- 6. Sprinkle** some sugar, salt, and tiny pieces of margarine over the apple layer.
- 7. Repeat** layers of potatoes, apples, sugar, salt and margarine.
- 8. Sprinkle** top with nutmeg.
- 9. Mix** the hot water and

- honey together.
- 10. Pour** over top of casserole.
 - 11. Bake** for 30 minutes.
- Yield:** 6, 1 cup servings.
- Nutrition Analysis:** 300 calories, 8 g fat, 59 g carbohydrate, 0 mg cholesterol, 320 mg sodium.
- Source: USDA Food Stamp Nutrition Connection, Recipe finder. June, 2008.

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

