



Cooperative Extension Service
Fayette County Extension
1140 Harry Sykes Way
Lexington, KY 40504-1383
Phone (859) 257-5582
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<http://fayette.ca.uky.edu/>

Family and Consumer Sciences Programs

Diana Doggett

Liz Kingsland

2018 Schedule

We are happy to offer you the following opportunities. Many of the classes/events have limited enrollment so register **early** to assure a spot in the classes/events you wish to attend. All classes/events, including the “Free” ones, are “PRE-REGISTRATION” only. For classes/events with a fee, registration and fee (cash or check) must be submitted to reserve a space. Fee listed is per person.

Classes are designed for adult level learners.

* *List will be updated as new classes/events are added. Please check back.* *

NOTE: Photos for items made in the creative classes will be available at

<http://fayette.ca.uky.edu/content/family-consumer-sciences>

under Upcoming Classes\Events.

Cooking Through the Calendar: Fruit Treat ~ Wednesday, July 18th, 12:00-1:00 p.m.: Class will include a cooking demonstration and taste test. Learn the techniques used in the recipe along with helpful and healthy kitchen tips. Door prizes will be given. **Cost: Free, but must register in advance.**

“Harvest” Basket ~ Thursday, July 19th, 10:00 a.m.-4:00 p.m.: Functional small seasonal basket with braided rim and outside trim. Basket is 10” x 3”, 9 inch wood base and 3 inch push-in handle. Supplies YOU must provide: water container (bucket/bowl), small towel, scissors (garden type preferable), small flat head screwdriver, 2 dozen snap type clothespins, tape measure, pencil, pocket knife (good sized), sandpaper, weights (unopened soup cans work) and a small spray bottle. Materials for making the actual basket (reed, etc.) will be provided. *Please Note:* Supplies are specifically cut for each basket two days prior to class. If you need to cancel, you MUST call 72 hours prior to class. **SKILL LEVEL:** Advanced Beginner.

Cost: \$38.00 for homemaker members or \$46.00 for others.

NOTE: Baskets for fall will be announced at a later date.

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Kentucky Proud Evening: Deirdre A. Scaggs - *The Historic Kentucky Kitchen: Traditional Recipes for Today's Cook* by Deirdre A. Scaggs and Andrew W. McGraw ~ Monday, July 23rd at 6:00 p.m.: *The Historic Kentucky Kitchen* assembles more than one hundred dishes from nineteenth- and twentieth-century Kentucky cooks collected from handwritten books, diaries, scrapbook clippings, and out-of-print cookbooks from the University of Kentucky Libraries Special Collections. The authors, who carefully tested each dish, provide recipe modifications and substitutions for rare and hard-to-find ingredients. **Cost: Free, but must register in advance.**

Yeast Bread Basics II ~ Tuesday, July 24th, 1:00-3:30 p.m.: More in-depth bread making techniques will be taught, including sourdough, English muffin and salt rising breads. **Cost: \$10.00**

Fermented Foods (Pickling Class) ~ Tuesday, August 7th, 1:00-3:30 p.m. OR 6:00-8:30 p.m.: Class will teach the ins and outs of pickling and making fermented foods. Hands-on component will make bread and butter pickles plus a quick refrigerator pickle recipe. **Cost: \$10.00**
Please Note: Select 1:00-3:30 p.m. **OR** 6:00-8:30 p.m.

Kentucky Proud Evening: Bob Thompson - *Hitchhiker: Stories from the Kentucky Homefront* ~ Monday, August 13th at 6:00 p.m.: Thompson offers readers homegrown tales that interweave ghosts of the past with real and imagined worlds. The stories progress from his Tom Sawyer-esque childhood in Western Kentucky through his various incarnations as everything from an incense-burning flower-child hitchhiker to an unrepentant adventurer following the footsteps of Hemingway and the Lost Generation across Europe. **Cost: Free, but must register in advance.**

Old Skillet Learn New Tricks ~ Thursday, August 23rd, 6:00-8:00 p.m.: From searing steaks to baking crispy cornbread, a well-seasoned skillet is a cook's best friend. Cast iron is awesome for charring vegetables, roasting and baking. It is the perfect environment to cook with consistent heat. Keeping the tradition and heritage of Southern comfort food alive is the mission of this class. **Cost: \$10.00 for homemaker members or \$12.00 for others.**

Christmas in July! Make a Present Quilt ~ Friday, August 24th, 9:30 a.m.-4:00 p.m.: Simple quilt that is fun to make and fun to give. Supply list provided with registration. **Cost: \$5.00.**

Quick Breads ~ Tuesday, August 28th, 1:00-3:30 p.m.: No time to bake quick breads? This class features techniques and recipes that even the busiest person can manage. Sweet breads from banana to zucchini and savory such as cheddar olive and bacon blue cheese. **Cost: \$10.00**

Be a Bag Lady: Organizer Bucket ~ Thursday, August 30th, 10:00 a.m.-3:00 p.m.: Make this fun cover for a bucket using vinyl mesh. Great for a sewing organizer or other stuff you want to carry around! Mesh and bucket will be provided. You will bring fabric. A supply list will be sent after registering for the class. **Cost: \$10.00**

Cooking Through the Calendar: Game Day Sloppy Joes ~ Wednesday, September 5th, 12:00-1:00 p.m.: Class will include a cooking demonstration and taste test. Learn the techniques used in the recipe along with helpful and healthy kitchen tips. Door prizes will be given. **Cost: Free, but must register in advance.**

Cooking for One or Two ~ Thursday, September 6th, 6:00-8:00 p.m.: Cooking for two "or just you" can be as challenging as preparing meals for a larger family. This session will discuss planning and preparing meals, shopping for groceries, and downsizing favorite recipes. The class even involves food tasting, what can be better than that? **Cost: \$10.00 for homemaker members or \$12.00 for others.**

Be a Bag Lady: Crossbody Bag Purse ~ Friday, September 7th, 10:00 a.m.-3:00 p.m.: Small purse with cross body strap skills - using pockets, zippers, D rings and swivel clasps with purse making. A supply list will be sent after registering for the class. **Cost: \$10.00**

Kentucky Proud Evening: Tammy Horn Potter - Bees in America: How the Honey Bee Shaped a Nation ~ Wednesday, September 12th at 6:00 p.m.: Potter, Kentucky's State Apiarist, presents a cultural history of bees and beekeeping in the United States. She offers a social and technological history from the colonial period to the present and examines bees as a powerful symbol, a source of income, and a metaphor for America's place at the center of global advances in information and technology. **Cost: Free, but must register in advance.**

NEW DATE: Cookies and Bars ~ Tuesday, September 18th, 1:00-3:30 p.m.: As we think about the upcoming holidays, always fun to pair new recipes with our favorites. Homemade is best! Several types of cookies and a book of recipes will go home with everyone! **Cost: \$10.00**

Cooking Through the Calendar: Autumn Sweet Potato Chili ~ Wednesday, October 3rd, 12:00-1:00 p.m.: Class will include a cooking demonstration and taste test. Learn the techniques used in the recipe along with helpful and healthy kitchen tips. Door prizes will be given. **Cost: Free, but must register in advance.**

NEW DATE: Cooking with "New" Appliances ~ Thursday, October 11th, 6:00-7:30 p.m.: Everyone owns a slow cooker, but today there is a new generation of appliances in the marketplace that enhances food preparation. Do you have an air firer, or have your heard about sous vide (pronounced sue-veed)? How about cooking with your food processor or a pressure cooker? Come learn more about these appliances and techniques. This class will be your user guide for new appliance and techniques and will provide recipes and samples. **Cost: Free, but must register in advance.**

Be a Bag Lady: Treat Bags ~ Friday, October 12th, 10:00 a.m.-3:00 p.m.: Cute quick treat bags - can be sized to larger bags. Using interfacing and embellishments will also be included in the class. **Cost: Free, but must register in advance. A supply list will be sent after registering for the class.**

Winter Veggies ~ Thursday, October 25th, 6:00-8:00 p.m.: Do you often wonder what do with kale, celeriac, kohlrabi, winter squashes or other late season vegetables? This class will delve into what is available in the fall/winter and how to prepare and serve these tasty and nutritional vegetables. Taste testing and recipes galore! **Cost: \$10.00 for homemaker members or \$12.00 for others.**

Kentucky Proud Evening: Macy Wyatt - Ghosts of the Bluegrass by James McCormick and Macy Wyatt ~ Monday, October 29th at 6:00 p.m.: *Ghosts of the Bluegrass* presents stories of Kentucky ghosts past and present. From the haunted house on Broadway in downtown Lexington to a building on the University of Kentucky campus where Adolph Rupp is said to have conversed with deceased biology professor Dr. Funkhouser, this volume contains chapters on haunted places, poltergeists, communication with the dead, ghosts who linger to resolve unfinished business, and more. **Cost: Free, but must register in advance.**

Thanksgiving Basics ~ Tuesday, November 6th, 6:00-8:00 p.m.: Have you ever cooked a turkey? What about side dishes and pies? How can you get it all ready at the same time? What about the table decorations and arranging flowers? This class has it all! Feel confident as you prepare your fabulous Thanksgiving meal for a few or a crowd! **Cost: \$10.00 for homemaker members or \$12.00 for others.**

Cooking Through the Calendar: Roasted Veggie Potatoes ~ Wednesday, November 7th, 12:00-1:00 p.m.:

Class will include a cooking demonstration and taste test. Learn the techniques used in the recipe along with helpful and healthy kitchen tips. Door prizes will be given. **Cost: Free, but must register in advance.**

Be a Bag Lady: Phoebe Bag ~ Thursday, November 8th, 10:00 a.m.-3:00 p.m.: Simple, stylish but elegant purse - great for a gift for the holidays. A supply list will be sent after registering for the class. **Cost: \$10.00**

Holiday Baking Tips & Tricks ~ Tuesday, November 13th, 1:00-3:30 p.m.: Let's party! Join us for new recipes, baking tips and fun. Holiday baking of all types – cookies, breads, cakes, pies and more for your holiday baking. **Cost: \$10.00**

Kentucky Proud Evening: Milt Toby - Taking Shergar: Thoroughbred Racing's Most Famous Cold Case ~ Wednesday, November 14th at 6:00 p.m.: Award-winning author Milton Toby tells the infamous story of the theft of the renowned Irish Thoroughbred stallion, Shergar, through conspiracy theories, possible suspects, and other details from the unsolved case. **Cost: Free, but must register in advance.**

Kentucky Proud Evening: Terri Blom Crocker - The Christmas Truce ~ Thursday, December 6th at 6:00 p.m.: Crocker's work analyzes and contextualizes the historiography and memory of the 1914 Christmas Truce, which consisted of a series of unofficial ceasefires on Christmas Eve during World War I between British and German troops. **Cost: Free, but must register in advance.**

PLEASE NOTE: Minimum enrollment is required on all classes/events and is determined by class/event type. If possible, classes/events that do not meet the minimum enrollment number will be rescheduled one time.

Last Update: 07/17/2018

2018 FCS - REGISTRATION FORM

Name: _____ Phone: _____ E-Mail: _____

Address: _____ City: _____ State: _____ Zip: _____

TOTAL Amount Enclosed \$ _____

IMPORTANT REMINDERS!

- *Classes are designed for adult level learners.*
- *Sign up early for classes to avoid being turned away because class is full.*
- *Please place a checkmark by the classes/events you are registering for.*
- *ALL classes/events, including the “Free” ones are “PRE-REGISTRATION” only. Must register and pay the fee, if required, to reserve your space. Fee listed is per person.*
- *Accepted forms of payment are exact cash or check.*
- *If you need to cancel, you must do so one week prior to the class/event time to receive a refund or credit for a different class.*
- *Minimum enrollment is required on all classes/events and is determined by class/event type. If possible, classes/events that do not meet the minimum enrollment will be reschedule one time.*

Please Make Check Payable To: *Community FCS Program*

Mail Payment and Completed Registration Form To:

FCS Registration ~ Fayette County Extension Office ~ 1140 Harry Sykes Way ~ Lexington, KY 40504

For more information, call (859) 257-5582

~ 2018 Food, Creativity and Solutions Schedule ~			
✓	Class and Cost	✓	Class and Cost
	Wednesday, 7/18: Cooking Through the Calendar: Fruit Treat ~ Cost: Free		Thursday, 7/19: “Harvest” Basket ~ Cost: \$38.00 for homemaker members or \$46.00 for others
	Monday, 7/23: Kentucky Proud Evening: Author Deirdre A. Scaggs ~ Cost: Free		Tuesday, 7/24: Yeast Bread Basics II ~ Cost: \$10.00
	Tuesday, 8/7, 1:00-3:30 p.m. : Fermented Foods (Pickling Class) ~ Cost: \$10.00		Tuesday, 8/7, 6:00-8:30 p.m. : Fermented Foods (Pickling Class) ~ Cost: \$10.00
	Monday, 8/13: Kentucky Proud Evening: Author Bob Thompson ~ Cost: Free		Thursday, 8/23: Old Skillet Learn New Tricks ~ Cost: \$10.00 for homemaker members or \$12.00 for others
	Friday, 8/24: Christmas in July! Making a Present Quilt ~ Cost: \$5.00		Tuesday, 8/28: Quick Breads ~ Cost: \$10.00
	Thursday, 8/30: Be a Bag Lady: Organizer Bucket ~ Cost: \$10.00		Wednesday, 9/5: Cooking Through the Calendar: Game Day Sloppy Joes ~ Cost: Free
	Thursday, 9/6: Cooking for One or Two ~ Cost: \$10.00 for homemaker members or \$12.00 for others		Friday, 9/7: Be a Bag Lady: Crossbody Bag Purse ~ Cost: \$10.00

OVER

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✓	Class and Time	✓	Class and Time
	Wednesday, 9/12: Kentucky Proud Evening: Author Tammy Horn Potter ~ Cost: Free		New Date: Tuesday, 9/18: Cookies and Bars ~ Cost: \$10.00
	Wednesday, 10/3: Cooking Through the Calendar: Autumn Sweet Potato Chili ~ Cost: Free		New Date: Thursday, 10/11: Cooking with "New" Appliances ~ Cost: Free
	Friday, 10/12: Be a Bag Lady: Treat Bags ~ Cost: Free, supply list will be provided		Thursday, 10/25: Winter Veggies ~ Cost: \$10.00 for homemaker members or \$12.00 for others
	Monday, 10/29: Kentucky Proud Evening: Author Macy Wyatt ~ Cost: Free		Tuesday, 11/6: Thanksgiving Basics ~ Cost: \$10.00 for homemaker members or \$12.00 for others
	Wednesday, 11/7: Cooking Through the Calendar: Roasted Veggie Potatoes ~ Cost: Free		Thursday, 11/8: Be a Bag Lady: Phoebe Bag ~ Cost: \$10.00
	Tuesday, 11/13: Holiday Baking Tips & Tricks ~ Cost \$10.00		Wednesday, 11/14: Kentucky Proud Evening: Author Milt Toby ~ Cost: Free
	Thursday, 12/6: Kentucky Proud Evening: Author Terri Blom Crocker ~ Cost: Free		

SAMPLES OF ITEMS TO BE MADE IN CREATIVE CLASSES:



“Harvest” Basket
Thursday, July 19th



Christmas in July!
Making a Present Quilt
Friday, August 24th



Be a Bag Lady:
“Organizer Bucket”
Thursday, August 30th



Be a Bag Lady:
“Crossbody Bag Purse”
Friday, September 7th



Be a Bag Lady:
“Treat Bags”
Friday, October 12th



Be a Bag Lady:
“Phoebe Bag”
Thursday, November 8th

Winter Weather Policy

When Fayette County Schools are closed, call the
Fayette County Extension Office, 859 257-5582, to verify if class will be meeting.



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

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 1140 Harry Sykes Way
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RETURN SERVICE REQUESTED

Diana Doggett *Liz Kingsland*

Diana Doggett Liz Kingsland
 County Extension Agents for Family and Consumer Sciences

Fayette County Extension Service
 1140 Harry Sykes Way
 Lexington, KY 40504
 (859) 257-5582

Office Hours: 8:00am - 4:30pm - Monday-Friday

UNIVERSITY OF KENTUCKY, KENTUCKY STATE
 UNIVERSITY, U.S. DEPARTMENT OF AGRICULTURE, AND
 KENTUCKY COUNTIES, COOPERATING

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Fayette County Extension

*Food,
 Creativity &
 Solutions*

2018 Schedule

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

To file a complaint of discrimination, contact Tim West, UK College of Agriculture, 859-257-3879; Terry Allen or Patty Bender, UK Office of Institutional Equity and Equal Opportunity, 859-257-8927; or the USDA, Director Office of Civil Rights, Room 326-W Whitten Bldg., 14th & Independence Ave. SW, Washington, DC 20250-9410 (202-720-5964).