



# TAYLOR COUNTY EXTENSION NEWSLETTER

## October 2025

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## Slow Cooker Safety

Few things are better than coming home at the end of the day to a freshly prepared meal. Slow cookers can help us achieve that dream.

While slow cookers may be synonymous with winter, you can use them any time of the year to safely prepare foods. In fact, using a slow cooker during the summer will help keep your home a little cooler as it keeps you from using a hot oven to prepare dinner.

A slow cooker cooks food at a low temperature over a longer period of time than other cooking methods. The pot's heat, its lengthy cooking time and steam created by the tightly covered lid destroy harmful bacteria, making it safe for food preparation. As with any appliance or food preparation method, safe handling is extremely important when using a slow cooker. Remember these tips when using your slow cooker.

- Always wash your hands before and while preparing foods. Make sure your slow cooker, utensils and work area are clean before using the slow cooker.
- Always thaw meat or poultry in the refrigerator before putting it in the slow cooker. Keep perishable foods refrigerated until preparation time.
- Put vegetables in the slow cooker before meat or poultry because they take longer to cook.
- Only remove the lid to stir your meal or check for doneness.
- Cook foods at the proper settings according to the instructions of your recipe. If you are going to be gone all day, it is safe to cook foods on the low setting for the entire time.

Food will remain safe for consumption in the slow cooker as long as it is working. If a power outage occurs and you are not at home, throw the food away, even if it appears done. If you are home and the power goes out, finish cooking the food in the slow cooker by some other method that does not require electricity such as a gas stove or an outdoor grill.

For more information on food preparation and safety, contact your Taylor County Extension Office.

Source: *Annhall Norris, extension associate, and the USDA Food Safety and Inspection Service*



# TAYLOR COUNTY FAMILY & CONSUMER SCIENCES UPCOMING EVENTS



## Vanilla Extract Workshop

Date: Wednesday, October 1

Time: 5:00 PM

Cost: \$10

Instructor: Cyndy Humble

Vanilla extract is an essential ingredient in baking! Cyndy Humble will teach you how to make vanilla extract at home. Homemade vanilla extract saves money, and even if it didn't, when it comes to taste and flavor, there is just no comparison! Great for gifts too! Spots are limited! You must pay the class fee to register. Stop by the Taylor County Extension Office to register.



## Low Impact Fitness/Move at Noon

Date: Weekly on Thursdays

Time: 1:00 PM

Cost: FREE

Instructor: Group Led

Beat the heat by joining us for an indoor low impact fitness that is catered to your personal needs! The Taylor County Public Library will now be partnering with us for this class while their building is undergoing construction.



## Decluttering & Organizing

Date: Wednesday, October 8

Time: 1:00 PM

Cost: FREE

Instructor: Cindy Williams

We made a start on organizing our homes. It's time to begin organizing the Holidays! This month we will start working on a new holiday planner. Plan now and enjoy a less stressed holiday! While sign ups for this class are not required, they would be appreciated.



### Green County Homemaker Book Drive

Date: Monday, October 6 - Friday, October 10

Time: 8:00 AM - 4:30 PM

Cost: FREE

Leader: Chelle Scott, Green County Homemaker

The Green County Homemakers are collecting books (new or gently used) for children on the Pine Ridge Indian Reservation in South Dakota—one of the poorest communities in the U.S. For many, books offer a vital escape and a chance to explore new worlds. Donations can be dropped off at the Taylor County Extension Office. For more information, call (270) 465-4511.



### Taylor Made Quilters

Date: Tuesday, October 7

Time: 9:00 AM - 3:00 PM

Cost: FREE

Leader: Mary Jane Weddle

Bring your sewing machine and current projects, and spend the day surrounded by the creativity and camaraderie of fellow quilters at the Taylor Made Quilters monthly meetup. Held on the first Tuesday of each month from 9:00 a.m. to 3:00 p.m., this come-and-go-as-you-please gathering offers a welcoming space for quilters of all skill levels to share ideas, work on their craft, and enjoy the fellowship of a supportive community. For more information, contact the Taylor County Extension Office at (270) 465-4511.



### KEHA Week

Date: Sunday, October 12 - Saturday, October 18

Celebrate KEHA Week with us as we follow the theme “Stitched Together: A Plan for the Future.” On Monday – Purpose, we reflect on the reasons behind our Homemaker journey. Tuesday – Planning reminds us that every great project starts with a thoughtful design. On Wednesday – Product, we showcase the results of our efforts. Thursday – Membership celebrates the unique contributions each member brings to our quilt. Friday – The Big Picture looks ahead, stitching today’s dreams into tomorrow’s legacy. And on Saturday, it’s your turn—create your own Sewing Plan and help shape KEHA’s future.



### Blankets of Love

Date: Tuesday, October 21

Time: 1:00 PM

Cost: FREE

Leader: Debbie Holt

The Taylor County Extension Homemakers recently donated nine blankets to the Taylor Regional Cancer Center as part of their ongoing Blankets of Love initiative. They’re currently accepting donations—fleece fabric, monetary contributions, or volunteer time—to help complete more blankets for patients in need. Donations can be made at the Taylor County Extension Office, located at 1143 South Columbia Avenue in Campbellsville, KY.

# Taylor County Extension Homemakers

# Soup Luncheon

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**Tuesday, October 21  
11:00 AM - 2:00 PM**

**Cash or Check Only!**

**\$10 includes:**

**Soup, the Fixins', Dessert & Drink**

**Pinto Beans • Potato Soup • Chili • & More**

**Dine in or take it to go!**

**Funds raised will go towards the Taylor County  
Extension Homemakers Scholarship Program.**

**For more information or to place your to go  
order, please call 270-465-4511.**

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**Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY**

*\*An equal opportunity organization.*





### Quilts of Freedom

Date: Wednesday, October 22

Time: 10:00 AM

Cost: FREE

Leader: Christie Goodhue

Quilts of Freedom honors active service members and living veterans with handmade quilts as a gesture of gratitude and comfort. Created by volunteers, these quilts recognize the sacrifice of those who protect our freedom. The group meets for a monthly business meeting on the fourth Wednesday. All sewing is done at home. For details, contact the Taylor County Extension Office at (270) 465-4511.



### Lunch and Learn

Date: Wednesday, October 22

Time: 11:00 AM

Cost: FREE

Instructor: Cindy Williams

Experience a taste of Scotland this fall with a festive cooking class celebrating traditional Scottish Halloween dishes. This demonstration-style session will guide you through making Rumbledethump, ForFar Birdies, and Chocolate Tiffin—three comforting classics with rich cultural roots. To reserve your spot, call the Taylor County Extension Office at (270) 465-4511.



### Cross Stitch Retreat

Date: Saturday, October 25

Time: 10:00 AM

Cost: FREE

Leader: Vanessa Nunn

Our monthly Cross Stitch Retreat will be meeting on Saturday, October 25 beginning at 10:00 a.m. Bring your projects and enjoy fellowship with other stitchers! Patterns, kits, and materials will be available for purchase. Also, make sure to bring items for the share table and the brag table! No sign up is needed. Beginners are welcome! We hope to see you there!



### Homemaker Bazaar Vendor

Deadline to Register: Friday, November 7

Time:

Cost: \$50 (2 tables), \$75 (3 tables), \$100 (4 tables)

Leader:

Join us for the Taylor County Extension Homemakers Bazaar on Saturday, November 22, 2025, at the Extension Office in Campbellsville. Vendors can rent booth space—\$50 for 2 tables, \$75 for 3, or \$100 for 4—and set up on Friday, November 21, from 10 a.m. to 5 p.m. Applications and payments are due by November 7. Make checks payable to Taylor County Extension Homemakers and mail to 1143 South Columbia Avenue. For details, call (270) 465-4511.



## Homemaker Annual Holiday Bazaar

Date: Saturday, November 22

Time: 9:00 AM - 2:00 PM

Cost: Various Prices for the Hand Crafted Items

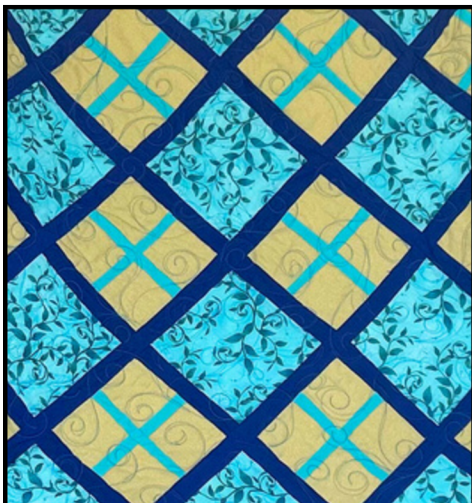
Leader:

The Taylor County Extension Homemakers invite you to their Annual Holiday Bazaar on Saturday, November 22, 2025, from 9 AM to 2 PM at the Extension Office, 1143 South Columbia Avenue, Campbellsville. Enjoy a festive day with vendors, a Sweet Shoppe, soup lunch, and pictures with Santa. For details, call (270) 465-4511.

**KENTUCKY**  
Extension Association of  
Family and Consumer Sciences

# TAYLOR COUNTY FAMILY & CONSUMER SCIENCES

# REMINDERS



## Ovarian Cancer Quilt

Size: Full (96 x 87 inches)

Cost: \$5 Donation

The annual Ovarian Cancer Research Quilt fundraiser is here! This year's quilt is beautiful and would make a great addition to anyone's home! For a \$5 donation, you will get the opportunity to win this extravagant piece! All proceeds from this fundraiser go to Ovarian Cancer Research. Stop by the Taylor County Extension Office to see this quilt on display and to make your donation!



## New Classes

We're looking for new class ideas to support healthier living and cooking habits! Some options we're considering include increasing protein in your diet, boosting plant-based eating with a goal of 30 different plants per week, clean eating, flipping favorite recipes to improve nutrition, and forming a meal prep club. We're also exploring a men's cooking group to build skills and confidence in the kitchen. If any of these interest you—or if you have other ideas—let us know! Contact the Taylor County Extension Office at (270) 465-4511 or email [kimberly.thomas@uky.edu](mailto:kimberly.thomas@uky.edu) for more information or to share your suggestions.

# October 2025

## Calendar of Events

SUN

MON




TUE

WED

THU

FRI

SAT

 		1 Vanilla Extract Class 5 PM	2 Low Impact Fitness 1 PM	3	4
5	6	7 Taylor Made Quilters 9 AM - 3 PM	8 Decluttering & Organizing 1 PM	9 Homemaker Council 10 AM Saloma Road Homemakers 10 AM Low Impact Fitness 1 PM Mansville Homemakers 6 PM	10 11
12	13	14	15	16	17 18
<b>KEHA WEEK 2025</b>					
	Mastering Skills Homemakers 12:30 PM  Modern Day Homemakers 6 PM	Harmony Homemakers 12:30 PM Sidetracked Homemakers 6 PM Circle of Friends 6:30 PM		Low Impact Fitness 1 PM	
19	20	21  Soup Luncheon 11 AM - 2 PM Blankets of Love 1 PM Bunco - RSVP 6 PM	22 Quilts of Freedom 10 AM Lunch & Learn 11 AM	23 Low Impact Fitness 1 PM	24 25 Cross Stitch Retreat 10 AM
26	27	28	29	30 Low Impact Fitness 1 PM	31

## White Chicken Chili

### Ingredients:

- 1 pound boneless skinless, chicken breasts
  - 1 small onion, diced
  - 2 cans (15.5 ounces each) white beans such as cannellini or great northern, drained and rinsed
  - 1 can (4 ounces) diced green chilies
  - 1 cup fresh or frozen corn kernels
  - 1 teaspoon garlic powder
  - 1 teaspoon cumin
  - 1 tablespoon chili powder
  - 1 teaspoon salt
  - 1 box (32 ounces) low-sodium chicken broth or water
- Optional slurry to thicken:
- 2 tablespoons cornstarch
  - 1/4 cup cold nonfat milk

### Directions:

Optional additions: a pinch of dried or minced fresh cilantro, a tablespoon of nonfat yogurt, your favorite salsa, shredded cheese, pumpkin seeds, or sliced jalapenos.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place the chicken in the slow cooker. Wash hands after touching raw poultry.
3. Add onion, beans, chilies, corn, garlic powder, cumin, chili powder, and salt.
4. Carefully, pour broth or water over top to cover all ingredients.
5. Cook on high for 4 hours or on low for 8 hours.
6. When ready to serve, carefully remove chicken breasts from the slow cooker and place on a plate. Shred with two forks and carefully place back in the slow cooker.
7. For a thicker soup, mash some of the beans with a potato masher or a fork.
8. If you want to thicken the soup without mashing any beans, mix cornstarch and cold milk together in a separate bowl. Turn the slow cooker to high, stir the cornstarch slurry into the soup and replace lid. Cook for an additional 20 minutes on high.
9. Ladle into bowls and add desired toppings.
10. Store leftovers in the refrigerator within 2 hours.

