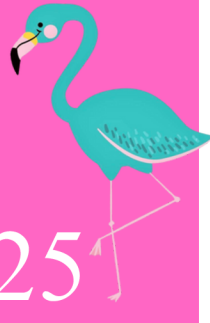
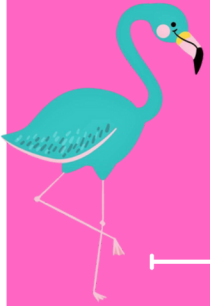


TAYLOR COUNTY EXTENSION NEWSLETTER

September 2025



Index

Upcoming Events	2-5
Reminders	6
Calendar of Events	7
Herbed Pasta With Roasted Cherry Tomatoes Recipe	8



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Cleaning Your Grill

Many of us enjoy the wonderful taste of food cooked on a grill, but cleaning the grill — not so much. Regular grill cleaning is important to help extend the grill's life and for food safety purposes. Plus, it makes your food taste better.

The easiest way to remember to clean your grill is to do so immediately after using it. This way, you don't forget about it, and you are not faced with a greasy, caked-on mess the next time you go to grill.

You must have the right tools to properly clean your grill. These include a wire grill brush or other type of scraper, a 5-gallon bucket, durable gloves and disposable sponges and rags. You will also need warm water and dish soap, and/or a paste comprised of 1 cup of baking soda and 2 cups of vinegar. If you have a grill with exterior stainless-steel features, you'll want to add a stainless-steel cleaner or vinegar to your material list. After cooking, remove the food and allow the grill to continue to burn to remove residue.

Once the residue has burned off, turn off the grill. When the grill cools but is still slightly warm, use your wire brush to remove any remaining debris on the grates unless your grates have a nonstick coating. If they do, use either a wood or heat-resistant plastic scraper to clean your grates.

If your grill still has a lot of residue, you may want to soak the grates and other removable parts in either warm water and dish detergent or a mixture of 2 cups vinegar to 1 cup baking soda. If the grill components fit in your sink, they can soak there. If not, use a five-gallon bucket. You can use your wire brush again after the grates have soaked. Allow grill parts to air dry before putting them back on your grill. Remember to wash your brush after each use.

Use a disinfectant to clean surfaces like the grill's side table that may have had exposure to uncooked meat. Keep raw and cooked food separate by using different plates and utensils for each.

Depending on the type of grill you have, you may have additional cleaning considerations. Consult your owner's manual for more information.

More information related to grilling is available at the Taylor County Extension Office.

Source: Sarah Hanks, Senior Extension Associate



TAYLOR COUNTY FAMILY & CONSUMER SCIENCES UPCOMING EVENTS



Flocking for a Cure

Date: through the month of September

Cost: \$20 donation (10 flamingos)

\$40 donation (20 flamingos)

\$50 donation (30 flamingos)

\$25 donation (anti-flocking)

Any donations accepted!

The flamingos are ready to flock a yard near you! The Taylor County Extension Homemakers are taking orders to flock a yard near you in efforts to raise funds and awareness for Ovarian Cancer Research. This will take place through the month of September. Orders can be made at the Taylor County Extension Office. If you would like to volunteer to flock, please contact the Extension Office at (270) 465-4511.



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.



DASH Diet

Date: Monday, September 8

Time: 11:00 AM

Cost: FREE

Instructor: Sue Dillery

Sue Dillery leads this hands on class, demonstrating recipes that follow the Dietary Approaches for Stop Hypertension (DASH) Eating Plan, while teaching you the health benefits of this dietary plan. Spots are limited. Call the Taylor County Extension Office at (270) 465-4511 to RSVP.



Decluttering & Organizing

Date: Wednesday, September 10

Time: 1:00 PM

Cost: FREE

Instructor: Cindy Williams

We made a start on organizing our homes. As we continue meeting after summer break, we begin organizing our lives. Find a healthier and happier lifestyle that fits you! While sign ups for this class are not required, they would be appreciated.



Sourdough for Beginners

Date: Friday, September 12

Time: 11:00 AM

Cost: FREE

Instructor: Kimberly Thomas, Taylor County FCS Agent

Kimberly Thomas leads you in beginning your sourdough journey! Learn the basics of beginning sourdough starter and how to properly care for it. Spots are limited. Call the Taylor County Extension Office to sign up at (270) 465-4511.



Barn Quilts

Date: Saturday, September 13

Time: 9:00 AM - 3:00 PM

Cost: \$40 (2x2) or \$75 (4x4)

Instructor: Kimberly Thomas, FCS Agent

Join us in creating your personal barn quilt! Spots are limited! You must pay the class fee at the Taylor County Extension Office to reserve your spot.



Blankets of Love

Date: Tuesday, September 16

Time: 1:00 PM

Cost: FREE

Instructor: Debbie Holt

No sewing skills required! The Taylor County Extension Homemakers meet monthly to create Blankets of Love to donate to the Taylor County Cancer and Dialysis Centers for those undergoing treatment. Join us in our outreach by donating your time to help us create these blankets. We are always needing donations of fabric. Blankets are made with 4 yards of fleece - 2 pieces of 2 yards of corresponding fabric. Monetary donations to purchase fleece fabric are also appreciated and can be made at the Taylor County Extension Office.



Beaded Baskets

Date: Thursday, September 18

Time: 9:00 AM - 1:00 PM

Cost: \$35 - Non-refundable and must attend for materials

Instructor: Kay Kass

Learn to create this beaded basket. There will be no kits given out for this class; you must attend the class to receive the materials. This class is also non-refundable. Please sign up by paying the class fee at the Taylor County Extension Office.



Heartland of Kentucky Annual Quilt Show

Date: Friday, September 19

Time: Leave Extension Office at 9:00 AM, return by 2:00 PM

Place: Hardin County Extension Office

Cost: \$6

Join us for the 2025 Heartland of Kentucky Annual Quilt Show, hosted by the Stitchers Quilt Guild! This beloved two day event features:

- Over 200 stunning quilts on display
- Around 30 vendors offering quilting and sewing supplies
- Delicious food
- Raffle Baskets
- A chance to win this year's Opportunity Quilt (raffle tickets \$1.00)

Whether you're a seasoned quilter or just love textile arts, this is a must attend event in the heart of Kentucky. Come for the quilts, stay for the community!



MIND Diet

Date: Monday, September 22

Time: 11:00 AM

Cost: FREE

Instructor: Sue Dillery

Sue Dillery leads this hands on class where you will learn how to follow the MIND Diet. This diet is specifically aimed for brain health and reducing dementia risk. It is a combination of the Mediterranean Diet and the DASH Diet with a focus on adding brain healthy foods. This diet is flexible, easy to follow, well-balanced, approachable, and focuses on healthy eating. You will also learn how to make specific dishes for this diet. Spots are limited. Call the Taylor County Extension Office at (270) 465-4511 to sign up today.



Homemaker Blood Drive

Date: Monday, September 22

Time: 1:00 PM - 6:00 PM

Cost: FREE

Give Blood. Help Save Lives. Join in the Taylor County Extension Homemakers joint mission with the American Red Cross to help save lives by donating blood at our blood drive. You can sign up online or call the Taylor County Extension Office at (270) 465-4511 for any questions or help.



Lunch & Learn

Date: Wednesday, September 24

Time: 11:00 AM

Cost: Free

Instructor: Cindy Williams

After a summer break we are back and this month we are going to be traveling to Hungary, where we will learn about traditional foods and activities. Enjoy this demonstration style class, where you will learn to make delicious Chicken Paprikash and Hungarian Shortbread. To reserve your spot, call the Taylor County Extension Office at (270) 465-4511.



Evolving Leaders Forum

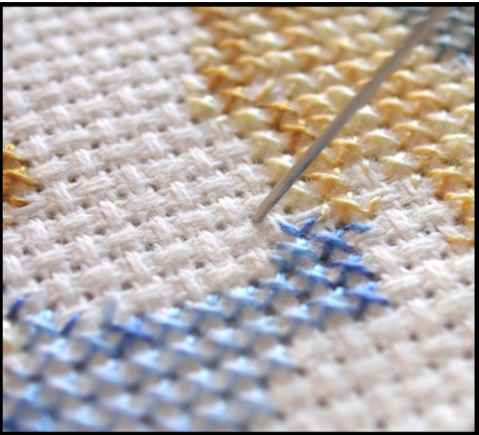
Date: Thursday, September 25

Time: 10:00 AM - 1:30 PM

Cost: FREE

Leader: Area FCS Agents

This year the FCS Agents are doing Homemaker Leader Lessons a little different. Instead of meeting monthly for lessons, we will be combining lessons into longer meetings throughout the year. Our first session will cover 4 topics: Building a Better Bowl, Mastering Mindfulness, Stretching Your Dollar, and What's In Your Leadership Toolbox? Each Taylor County Homemaker Club is encouraged to send a member to this forum, and the public is also invited to attend.



Cross Stitch Retreat

Date: Saturday, September 27

Time: 10:00 AM

Cost: Free

Leader: Vanessa Nunn

Our monthly Cross Stitch Retreat will be meeting on Saturday, September 27 beginning at 9:00 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. We hope to see you there!



Hope Pregnancy Center Community Services Presentation

Date: Monday, September 29

Time: 1:00 PM

Cost: FREE

Presenter: Marcia Gilbert, manager of Hope Pregnancy Center

The Taylor County Extension Homemakers are partnering up with the Hope Pregnancy Center to bring awareness of the services provided to parents in need in Taylor County. Marcia Gilbert will be giving a presentation on information and services that the Hope Pregnancy Center provides. ***The Taylor County Extension Homemakers are also using this opportunity to collect items to donate to the Hope Pregnancy Center for families in need. We are collecting diapers (size 2-7), wipes, new/slightly used fall and winter clothing, blankets, and other new/slightly used baby items. These donations can be dropped off to the Taylor County Extension Office through September 29.***

TAYLOR COUNTY FAMILY & CONSUMER SCIENCES

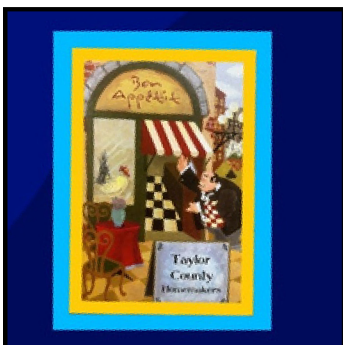
REMINDERS



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!



Homemaker Cookbook Sale

Date: Monday - Friday
Time: 8:00 AM - 4:30 PM
Cost: \$5.00

Stop by the Taylor County Extension Office to pick up a Taylor County Extension Homemaker cookbook for only \$5. These would make a wonderful Christmas gift for a family member, friend, neighbor, etc. But hurry! There are only a few of these left! Our office only accepts cash or check payments.



Taylor County Homemaker Membership

Date: Monday - Friday
Time: 8:00 AM - 4:30 PM
Cost: \$10.00

Just a reminder that the new year for the Taylor County Homemakers started in July. We are now accepting payment for your 2025-2026 membership dues. If you are unsure if yours have been paid, call (270) 465-4511. Stop by the Taylor County Extension Office today. Cash or check only.



Taylor County Extension Homemaker Shirt Fundraiser

Date: Through October 1
Cost: \$25

The Taylor County Extension Homemakers are selling Homemaker T-shirts for \$25 through October 1, 2025. Shirts will have the design shown in the picture on the left, but will be on a Kentucky blue shirt. All shirts are \$25 and all proceeds from this fundraiser will go to the Taylor County Extension Homemakers. Shirt orders can be made at the Taylor County Extension Office.



September 2025



Calendar of Events

SUN

MON

TUE

WED

THU

FRI

SAT

	1 Extension Office Closed	2 Taylor Made Quilters 9 AM - 4 PM	3	4 Homemaker Council 10 AM Low Impact Fitness 1 PM	5	6
7	8 DASH Diet 11 AM Mastering Skills Homemakers 12:30 PM Modern Day Homemakers 6 PM	9 Harmony Homemakers 12:30 PM Sidetracked Homemakers 6 PM Circle of Friends 6:30 PM	10 Decluttering & Organizing 1 PM	11 Saloma Road Homemakers 10 AM Low Impact Fitness 1 PM Mansville Homemakers 6 PM	12 Sourdough for Beginners 11 AM	13 Barn Quilts 9 AM - 3 PM
14	15	16 Blankets of Love 1 PM Bunco 6 PM	17	18 Beaded Baskets 9 AM - 1 PM Low Impact Fitness 1 PM	19 Heartland of Kentucky Annual Quilt Show Passport Trip	20
21	22 MIND Diet 11 AM Homemaker Blood Drive 1 PM - 6 PM	23	24 Quilts of Freedom 10 AM Lunch & Learn 11 AM	25 Evolving Leaders Forum 10 AM - 1:30 PM Low Impact Fitness 1 PM	26	27 Cross Stitch Retreat 10 AM
28	29 Hope Pregnancy Center Community Services Presentation 1 PM	30				



Herbed Pasta with Roasted Cherry Tomatoes

½ pound whole wheat pasta	4 chopped garlic cloves	2 teaspoons dried oregano
3 tablespoons olive oil	1 medium chopped red bell pepper	1 tablespoon chopped fresh parsley
1 pint cherry tomatoes	6 tablespoons chopped fresh basil	½ teaspoon salt
1 medium chopped onion	1 teaspoon dried thyme	1 teaspoon red pepper flakes (optional)

- 1. Cook** pasta according to package.
 - 2. Preheat** oven to 400°F.
 - 3. Score** each of the cherry tomatoes with a small X. **Toss** the tomatoes with 1 tablespoon olive oil and **roast** in oven for 10-15 minutes, until they burst.
 - 4. Sauté** onion in 2 tablespoons olive oil for 5 minutes.
 - 5. Add** garlic and red bell peppers. **Sauté** for an additional 5 minutes.
 - 6. Add** fresh and dried herbs, salt and oven roasted cherry tomatoes.
 - 7. Toss** with drained pasta.
- Yield:** 6, 1 cup servings.
- Nutrition Analysis:** 230 calories, 8 g fat, 1 g saturated fat, 0 mg cholesterol, 210 mg sodium, 35 g carbohydrate, 5 g fiber, 5 g sugar, 6 g protein.

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

