

# Newsletter

## September 2011

Cooperative Extension Service  
Jackson County  
P O Box 188  
McKee, KY 40447  
Pho: 606-287-7693 Fax: 606-287-7694  
<http://ces.ca.uky.edu/jackson>

### Dates to Remember:

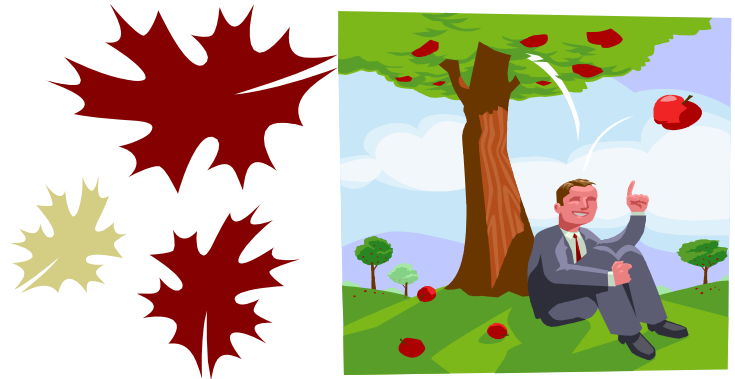
**September 14-**  
**"Knead a Little Dough"**  
-Make some homemade, whole grain breads for your family  
**10:00 a.m. - 12:00 Noon**

**September 29 –**  
**"Mix it Up 1-2-3"**  
-Time Saving Kitchen Tips for People on the Go  
**11:00 a.m. - 12:00 Noon**

**October 14-**  
**15<sup>th</sup> Annual Mountain Fest Health Fair**  
-Jackson County Ministries Gym in Annville 10:00 a.m. - 2:00 p.m.

**October 20-**  
**"Soup's On"**  
-As the weather cools, grab a pot and create a delicious bowl of hot soup **11:00 a.m. - 12:00 Noon**

**November 1 –**  
**"Let's Talk Turkey"**  
-Make this a healthy holiday for your family  
**11:00 a.m. - 12:00 Noon**



## Fall is on its Way

Now is the time to prepare for this colorful change of seasons.

- \*Check your smoke detector batteries
- \*Make arrangements to fill propane tanks
- \*Caulk around drafty windows and doors
- \*Clean patio furniture
- \*October and November are the best times to get your flu vaccine
- \*Clean your garage
- \*Plant grass seed in bare or brown spots
- \*Trim tree branches that hang too close to the house or electrical wires
- \*Check roof for loose shingles
- \*DECORATE! Show off your fall style.



## Fresh Peach Cake

- 4 or 5 fresh, ripe peaches
- 1 cup + ¼ cup brown sugar
- 2 cups flour
- 1 teaspoon baking soda
- 1 cup fat-free sour cream
- 1 teaspoon vanilla

1. Grease a 9 X 11 inch baking dish.
2. Peel and slice peaches. Arrange to cover the bottom of the baking dish.
3. Sprinkle ¼ cup brown sugar over the peaches.
4. Whisk together 1 cup brown sugar, flour, and soda.
5. Mix in sour cream and vanilla.
6. Spread batter over peaches.
7. Bake in 350°F oven for 40 minutes, until golden.
8. Cool slightly before cutting into twelve pieces.
9. Serve with whipped topping, if desired

*NUTRITION FACTS PER SERVING: 220 calories; 0 g total fat; 0 g saturated fat; 0 g trans fat; 5 mg cholesterol; 130 mg sodium; 51 g carbohydrate; 2 g fiber; 4 g protein; 8% Daily Value of vitamin A; 10% Daily Value of vitamin C; 6% Daily Value of calcium; 8% Daily Value of iron*

2011 FOOD AND NUTRITION CALENDAR



## Autumn Sweet Potato Chili

- 1 can (15-ounce) sweet potatoes (do not drain)
  - 1 tablespoon chili powder
  - 1 jar (16-ounce) salsa
  - 2 cans (15-ounce) black beans (do not drain)
- Water to achieve desired consistency
- 1/2 cup reduced-fat sour cream (optional)
  - Shredded sharp cheddar cheese to garnish (optional)
  - Dried or fresh chopped cilantro for garnish (optional)
1. Combine sweet potatoes with liquid, chili powder, and salsa in a large saucepan.
  2. Bring to a boil, reduce heat to simmer, and cook until thoroughly hot, stirring as needed.
  3. Add beans with liquid and cook another 3 minutes to blend flavors.
  4. Thin with water if needed. Heat through.
  5. Serve with sour cream, cheese, and cilantro on the side.

*Makes 8 servings*

*Serving size: 1 cup*

*Nutrition Facts per serving: 220 calories; 2 g total fat; 0 g saturated fat; 0 g trans fat; 0 mg cholesterol; 760 mg sodium; 42 g carbohydrate; 8 g fiber; 8 g sugar; 9 g protein, 200% Daily Value of Vitamin A, 50% Daily Value Vitamin C, 20% Daily Value iron.*

*Source: Jeffrey Hines, Graphic Artist for Nutrition Education Programs  
University of Kentucky Cooperative Extension Service*

## Are you Registered?

After looking over the dates to remember make sure you call us at 287-7693 to register for any of the classes that you would like to attend. Sometimes class space is limited, and we want to make sure that we have enough supplies for all participants. **THANKS!**



**Jeff Henderson**  
County Extension Agent  
for Agriculture and Natural Resources

## What's In Season?

Broccoli                      Apples  
Cabbage                      Carrots  
                                 Cauliflower  
Greens--bok choy, collards, kale, spinach  
                                 Green beans  
                                 Green peppers  
                                 Winter squash  
Pears, Plums, Watermelon

Find us on 

[www.facebook.com/JacksonCoExtensionService](http://www.facebook.com/JacksonCoExtensionService)

The Cooperative Extension Service prohibits discrimination in its programs and employment on the basis of race, color, age, sex, religion, disability or national origin.

To file a complaint of discrimination, contact Rosemary Veach, UK College of Agriculture, Lexington, KY 40546, or Terry Allen, Associate Vice President of Institutional Equity, Lexington, KY 40546, or the Secretary of Agriculture, USDA Director, Office of Civil Rights, Room 326-W Whitten Bldg., 14<sup>th</sup> and Independence Ave. SW, Washington, D.C. 20250.