

Bell County Homemaker Newsletter

September/October 2025



Quote of the Month

“Listen! The wind is rising, and the air is wild with leaves, We have had our summer evenings, now for October eves!”

-Humbert Wolfe

Office Closures

Labor Day: September 1, 2025

Homemaker Dues

A new homemaker year is approaching quickly. Dues will be collected until December 12th. Dues are \$10. You will need to fill out attached enrollment form in this newsletter along with your \$10. If you have any questions, feel free to call our office



Recipe of the Month

One-pot Pasta with Fresh Tomato Sauce

12 ounces tri-colored pasta	1 teaspoon dried oregano	6 ounces baby spinach with stems removed
8 medium tomatoes, diced**	1 tablespoon fresh basil, chopped or	Parmesan cheese to top
2 cups low-sodium chicken broth	1 teaspoon dried	Fresh basil for garnish (optional)
1 small yellow onion, sliced	1 teaspoon salt	
4 garlic cloves, minced or 2 tablespoons garlic powder		

Place all of the ingredients except the spinach, parmesan, and additional fresh basil in a large pot. **Cover** pot with lid and **bring** to boil over medium-high heat. **Reduce** heat to medium-low and let **simmer** for 6 minutes or until pasta is slightly al dente, **stir** occasionally. **Remove** from heat. **Stir** in spinach; **cover** and let stand 5 minutes. **Top** with parmesan cheese and basil just before serving.

**Substitute 2, 14-ounce cans low-sodium diced tomatoes when tomatoes are out of season.

Yield: 6, 1 ½ cup servings

Nutritional Analysis:

260 calories, 2g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 460mg sodium, 51g carbohydrate, 3g fiber, 8g total sugars, 0g added sugars, 12g protein





Upcoming Programs & Announcements

PLEASE CALL TO REGISTER FOR EVENTS (606-337-2376)

- SEPT. 8** **WALK YOUR WAY CHALLENGE SIGN UPS** - MEETING ROOM - 5:00PM -
12-WEEK WALK ON YOUR OWN AT YOUR OWN PACE PROGRAM
- SEPT. 15** **LAUGH AND LEARN** - MEETING ROOM - 5:00PM
THIS IS A FREE INTERACTIVE EXPERIENCE DESIGNED FOR KIDS 5 YEARS OF AGE AND UNDER. FROM STORYTIME TO ART AND CRAFTS YOUR LITTLE ONES WILL EXPLORE, CREATE AND GROW IN A NURTURING ENVIRONMENT
- SEPT. 18** **LEARN, LAUGH, AND CRAFT**- MEETING ROOM - 1:00PM
CALL THE OFFICE TO REGISTER FOR A LIST OF MATERIALS NEEDED.
- SEPT. 27** **WTA ANNUAL HOMEMAKERS MEETING** - CLAY COUNTY EXCEL BUILDING-
12:00PM
- SEPT. 29** **WITS WORKOUT** - MEETING ROOM - 1:00PM
COME EXERCISE YOUR BRAIN WITH FUN, INTERACTIVE GAMES
- OCT. 1** **HOMEMAKER COUNCIL MEETING** - MEETING ROOM - 10:00AM
- OCT. 6** **HIKE FOR HEALTH** - MEET AT EXTENSION OFFICE - 10:00AM
- OCT. 13** **LAUGH AND LEARN** - MEETING ROOM - 5:00PM
THIS IS A FREE INTERACTIVE EXPERIENCE DESIGNED FOR KIDS 5 YEARS OF AGE AND UNDER. FROM STORYTIME TO ART AND CRAFTS YOUR LITTLE ONES WILL EXPLORE, CREATE AND GROW IN A NURTURING ENVIRONMENT
- OCT. 20** **HIKE FOR HEALTH** - MEET AT EXTENSION OFFICE - 10:00AM
- OCT. 9,
16, 23** **COOK TOGETHER, EAT TOGETHER**- MEETING ROOM - 5:30PM
LOOKING FOR WAYS TO BRING YOUR FAMILY TOGETHER IN THE KITCHEN? THEN THIS CLASS IS FOR YOU AND THE KIDDOS. WE WILL COOK TASTY, NUTRITIOUS AND AFFORDABLE RECIPES
- OCT. 28** **HOLIDAY IDEAS** - MEETING ROOM - 5:00PM
- NOV. 6** **HOLIDAY COOKING SCHOOL** - LONDON COMMUNITY CENTER -
DOORS OPEN AT 5:00PM - TICKETS ARE \$25



Have you ever cut a potato open and found a weird, brown hollow place? These open cavities in the middle of potatoes is a defect known as hollow heart. here's what you need to know next time you come across one of these strange potatoes.

Hollow Heart

Many gardeners love in growing potatoes in their gardens while others prefer to purchase them from the grocery store, either way some may find something unexpected when fixing their spuds for the dinner table.

When cutting the potatoes, you might notice a cavity or gap in the center, which can appear in a variety of shapes.

Sometimes this cavity is ringed with a brown discoloration, while in other cases, it is simply an empty space surrounded by normal potato flesh. Occasionally, it may present as a small dark spot in the middle of the interior.



The oddest part is that the outside of the potato shows no signs of damage, and the problem isn't visible until the potato is cut open. This condition, known as hollow heart, sounds more like a romantic affliction rather than a horticultural issue. Some gardeners suspect bug or disease damage, but with a closer look reveals there are no blemishes or signs of invasion on the outside. The cavity is, in fact, caused by environmental factors rather than pests or pathogens. This can happen to potatoes grown in the home garden or on large-scale farms. It is commonly associated with environmental stresses or abrupt changes in growing conditions, particularly uneven moisture levels during the potato's growth. A period of drought, followed by excessive watering or rainfall, can disrupt potato development and cause the potato's interior to split and form an internal gap.

Fortunately, hollow heart does not impact the flavor, nutrition or general quality of the potato. However, it can affect its usability in certain applications. For example, potatoes with hollow heart are unsuitable for making potato chips. That said, these potatoes are still perfectly fine for most culinary uses, including making mashed potatoes.

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Trying to figure out what to take to the next family pot
luck? Need something quick, easy and delicious?
I've got you covered!

Bacon and Tomato Dip

1 cup fat free sour cream

1 cup low fat mayonnaise

2 large tomatoes, diced, reserve
excess juice

4 slices bacon, cooked crisp and
crumbled

1 teaspoon garlic powder

- 1. Combine** all ingredients.
- 2. Add** reserved tomato juice until
dip reaches desired consistency.
- 3. Serve** with fresh vegetables or
reduced fat crackers.

Yield: 16, 2 tablespoon servings.

Nutrition Analysis: 50 calories;
3 g fat; 1 g saturated fat; 5 mg
cholesterol; 160 mg sodium; 6 g
carbohydrate; 0 g fiber; 3 g sugar;
1 g protein.

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



BELL COUNTY 4-H NEWSLETTER



4-H CLUB NEWS

Bell County 4-H will continue offering after school clubs each month:

Bell County Cloverbuds (5-8 year olds)

Middlesboro 4-H Club (9-18 year olds)

Follow us on Facebook for more information, dates and times of upcoming club events. If you are interested in leading a club, or for more information, please contact our office.

NEW PROGRAM

Chain Reaction: Crochet Series- This a 4 week beginner friendly series designed to help introduce youth to the art of crochet! Each week participants will learn a new skill, and create a new project. Please call to register your youth as spots are limited.

KENTUCKY STATE FAIR 2025

This year at the Kentucky State Fair, our counties youth participated in Cloverville with their winning county fair entries. We sent 7 youths projects they had completed over the year in the areas of Arts, Wood Science, Photography, and Home Environment to Cloverville. Across all divisions, Bell County brought home 5 Blue ribbons, 9 Red ribbons, and 3 White ribbons. We are extremely proud of the efforts and creativity of our 4-H members.

On August 14, 2025, six Bell County 4-H members proudly represented their county by participating in the Kentucky State Fair's Country Ham Project.

This project began back in January when participants salted their hams to begin the curing process. By March, the hams were placed in ham socks, bagged, and hung in the Bell County 4-H Ham House, where they remained until fair time. In early August, the hams were carefully cleaned and prepped for exhibition at the state fair.

In addition to presenting their hams, participants were required to deliver a three- to five-minute speech about their experiences with the project. This portion not only challenged youth to reflect on their work, but also gave them valuable practice in public speaking before a panel of judges, an experience that helps build confidence and leadership skills.

Our youths hard work and dedication paid off, with members earning 4 Blue ribbons, 1 Red ribbon, and 1 White ribbon.

We are extremely proud of our Bell County youth. They represented their communities with respect, enthusiasm, and determination that truly embodying the spirit of 4-H.



HARPER BISCEGLIA AND ACE MCDONALD

September 2025

FCS, 4-H, and ANR
PROGRAMS AND EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
				Homemaker Kick-Off 3:00-5:00pm		
7	8	9	10	11	12	13
	Walk Your Way Challenge 5:00pm	4-H Chain Reaction 5:00-6:30pm				
14	15	16	17	18	19	20
	Laugh & Learn 5:00pm	4-H Chain Reaction 5:00-6:30pm	Lets Grow Wild 11:00am	Learn, Laugh, & Craft 1:00pm		
21	22	23	24	25	26	27
		4-H Chain Reaction 5:00-6:30pm	Middlesboro 4-H Club 3:30-4:30pm			WTA Annual Homemaker Meeting 10:30am
28	29	30				
	WITS Workout 1:00pm	4-H Chain Reaction 5:00-6:30pm				
	Wilderness Rd Beekeepers 6:00pm	4-H Chain Reaction 5:00-6:30pm				

**FCS, 4-H, and ANR
PROGRAMS AND EVENTS**

October 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Homemaker Council Meeting 10:00am	2	3	4
5	6 Hike for Health 10:00am	7	8	9 Cook Together, Eat Together 5:30pm	10	11
	Bell Co. Cloverbuds 5:30-6:30pm					
12	13 	14	15	16 Cook Together, Eat Together 5:30pm	17	18
	Laugh & Learn 5:00pm					
19	20 Hike for Health 10:00am	21	22	23 Cook Together, Eat Together 5:30pm	24	25
		Pumpkin Palooza 5:00-7:00pm	Middlesboro 4-H Club 3:30-4:30pm			
26	27	28	29	30	31 Halloween	
	Wilderness Rd Beekeepers 6:00pm	Holiday Ideas 5:00pm				

WILDERNESS TRAIL AREA ANNUAL EXTENSION HOMEMAKERS MEETING

SATURDAY, SEPTEMBER 27TH

CLAY COUNTY EXCEL

86 MUDDY GAP RD, MANCHESTER, KY

**\$20 registration fee payable to
your local Extension Office.**

Please register by September 19th.

**Cultural Arts check-in &
registration 9:30 AM**

Meeting starts at 10:30 AM

**Menu: Chicken & Dumplings &
all the fixings - catered by Laura
Garrison**

***A CELEBRATION
OF COUNTIES***



**Dress/
accessorize to
show your
county pride!**

MORE INFORMATION & TO REGISTER:



Contact your local Extension Office

Bell County
10524 US Highway 25E
Pineville, KY 40977-1635

RETURN SERVICE REQUESTED

Bell County Cooperative Extension Newsletter

Bell County Extension Staff:

Rebecca Miller
Family & Consumer Sciences Agent
Rebeccaj.miller@uky.edu

Brian Good
4-H Youth Development Agent
brian.good@uky.edu

Michelle Brock
Agriculture & Natural Resources Agent
michelle.brock@uky.edu



Tanzi Rader
Program Assistant
tanzi.rader@uky.edu

Stacey Huddleston
Staff Assistant
Stacey.huddleston@uky.edu

Christy Blevins
SNAP-Ed Assistant Senior
Christy.blevins@uky.edu

Connect with us:

 606-337-2376  <http://bell.ca.uky.edu>

 Bell County Cooperative Extension Service

*Are you interested in going
paperless? We are now offering our
Bi-Monthly Joint Newsletter via
email! If you're interested in making
the switch, call our office.*

