



Bell County Homemaker Newsletter

November/December '25



Quote of the Month

"There is always, always something to be thankful for."
-unknown.

Office Closures

November: 27th & 28th.

December: 24th-31st.

January: 1st & 2nd

We will return to the office on January 5th with regular schedule hours.

Homemaker Updates

Our council will meet Wednesday, December 3rd at 11:00 am in the meeting room.
Please call to RSVP.

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



Nutty Sweet Potato Biscuits

1 cup all-purpose flour	1/2 teaspoon ground cinnamon	potatoes
1/2 cup whole wheat flour	1/2 teaspoon ground nutmeg	6 tablespoons sugar
1 1/2 teaspoons baking powder	1/2 cup chopped walnuts	1/2 cup butter, melted
1/2 teaspoon salt	1 cup mashed sweet potatoes	1/2 teaspoon vanilla
		1 tablespoon milk

1. In a large mixing bowl, **combine** flours, baking powder, salt, cinnamon, nutmeg and walnuts. **Set aside**.

2. **Combine** sweet potatoes, sugar, butter, vanilla and milk; **add** to flour mixture and mix well.

3. **Turn out** onto a floured surface; gently **knead** 3 or 4 times. **Roll** dough into 1/2 inch thickness. **Cut** with a 2 inch biscuit cutter and **place** on a lightly greased baking sheet.

4. **Bake** at 450°F for 12 minutes or until

golden brown.

Yield: 18 biscuits
Nutritional Analysis: 4g fat, 2g saturated fat, 5mg cholesterol, 210mg sodium, 14g carbohydrate, 1g fiber, 4g sugar, 2g protein



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

Kentucky Sweet Potato

SEASON: All year—peak season is October through March.

NUTRITION FACTS: Sweet Potatoes are a good source of fiber, complex carbohydrates and vitamins A and C.

SELECTION: Two varieties of sweet potatoes are grown in Kentucky. The pale sweet potato has a light yellow skin and pale yellow flesh that is dry and crumbly. The darker variety has a dark skin and orange sweet flesh that cooks up moist. Choose small to medium-sized ones with smooth, unbruised skin.

STORAGE: Store unwrapped in a cool (50 degree) dry, dark place with good ventilation for up to 2 months or at room temperature for 2 weeks.

PREPARATION: Scrub well. Leave whole or peel, then slice, dice or shred.

Baking: Pierce skin in several places and rub with

margarine if desired. Arrange in a single layer and bake uncovered in a 375°F oven until soft when squeezed (45-60 minutes.)

Boiling: In a 3-quart pan, boil 4 whole medium-size potatoes, covered in 2 inches water until tender when pierced. Drain.

Microwaving: Pierce skin, place on a paper towel in microwave. If cooking more than 2 at a time, arrange like spokes. Microwave on high, turning halfway through cooking time. Allow 4-5 minutes for one potato.

SWEET POTATO IS
Kentucky Proud Project

County Extension Agent for Family and Consumer Sciences
University of Kentucky, Horticulture and Food Science students

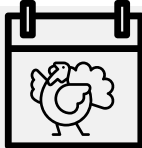
OCTOBER 2012

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KENTUCKY
College of Agriculture,
Food and Environment

So source: www.fruitsandveggiessmart.org



Upcoming Programs & Announcements

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

NOV 10.

LAUGH AND LEARN - MEETING ROOM - 11:00AM

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

NOV. 6

HOLIDAY COOKING SCHOOL - LONDON COMMUNITY CENTER - 5:00PM

TICKETS CAN BE PURCHASED FOR \$25 AT YOUR EXTENSION OFFICE. **TICKETS WILL NOT BE SOLD AT THE DOOR.**

NOV. 13

CENTERPIECE DEMO/BOW MAKING CLASS- MEETING ROOM - 10:00AM

MARILOU JOHNSON (PIDDLER) WILL DEMONSTRATE HOW TO MAKE A FLORAL CENTERPIECE FOR THE HOLIDAYS AND TEACH EVERYONE HOW TO MAKE A BOW. CALL THE OFFICE TO REGISTER.

NOV. 17

FROSTING WITH THE FAMILY - MEETING ROOM- 5:00PM

FUN AND UNIQUE CUPCAKE DECORATING CLASS



NOV 18.

WITS WORKOUT - MEETING ROOM - 1:00PM

COME EXERCISE YOUR BRAIN WITH FUN, INTERACTIVE GAMES



DEC. 2

WALK YOUR WAY CHALLENGE CLOSING - MEETING ROOM - 5:00PM

IF YOU PARTICIPATED IN OUR CHALLENGE THE FINAL MEETING CELEBRATION

DEC. 3

HOMEMAKER COUNCIL MEETING - MEETING ROOM - 11:00AM

DEC. 8

LAUGH AND LEARN - MEETING ROOM - 11:00AM

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DEC. 11

APPETIZER DELIGHT - MEETING ROOM - 1:00PM

BRING YOUR FAVORITE APPETIZER TO SAMPLE AND SHARE THE RECIPE WITH OTHERS FOR THE HOLIDAYS

DEC. 15

COOKIES WITH SANTA - MEETING ROOM - 5:30PM

COME SING CAROLS, READ STORIES AND GET YOUR PICTURE WITH SANTA.



DEC. 16

WITS WORKOUT - MEETING ROOM - 1:00PM

COME EXERCISE YOUR BRAIN WITH FUN, INTERACTIVE GAMES



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.

COUNTRY HAMS CLUB

Bell County 4-H will continue its annual tradition of participating in the Kentucky Country Ham Project.

This hands-on program gives youth the opportunity to learn about food preservation, agriculture, and public speaking. Last year, six Bell County 4-H members submitted their cured hams for judging and presented speeches and demonstrations about their projects. The experience helps youth build confidence, develop new skills, and gain a greater appreciation for Kentucky's agricultural heritage. This year, several of last year's participants are returning to compete again, demonstrating their continued interest and growth in the program. The Country Ham Project is one of the most hands-on learning experiences Bell County 4-H offers each year, giving youth a deeper understanding of where their food comes from and the work involved in producing it. The deadline to register is December 13, 2025; the project begins in January and culminates in August at the Kentucky State Fair

SCHOOL CLUB OPPORTUNITIES

Several schools have established their own after-school 4-H Clubs, which meet for about an hour each month. These clubs incorporate leadership development, communication skill-building, and community service while offering engaging activities such as art projects, natural resource education, photography and presentations from local guest speakers. If your school is interested in starting a monthly after-school 4-H Club, please contact the Bell County Extension Office at 606-337-2376.

Combating the Spread of Fire Ants

We know that fire ants have been in the state since 2000. They have typically been an invasive species only in Western Kentucky; however, earlier this year, Kentuckians discovered them in the eastern part of the state. These ants can pose a risk to human, animal, and crop health. While the U.S. Department of Agriculture doesn't currently list Kentucky as an "invaded" state, you should still know how to prevent, spot, report and treat fire ants in case you do encounter them.

So far fire ants have been confirmed in southeastern counties like McCreary and Whitley counties along the Tennessee border, but the survey is ongoing to determine the boundaries of the infested area. If you are in or around an area where fire ants have been reported, it is important to report suspected fire ant mounds. Fire ants can spread to new areas of the state through the movement of certain agricultural products. For example, fire ants can infest round bales stored in the field or on the ground, so be wary of purchasing these types of bales.

Fire ants are known for their mound-like nests. These nests vary in size but can be as large as 18 to 24 inches tall, and the mound has a **fluffy soil appearance**. You'll typically find these mounds in open sunny areas on level ground or on a southern-facing slope, and you won't usually find them in wooded area.



If you suspect fire ants on your property, do not approach the mound as fire ants are very aggressive and may sting if you disturb the mound. To report a mound, contact Bell County Extension Office at 606-337-2376 or submit a report to ReportAPest@uky.edu including a photo or video and address.

If fire ants are identified on your property, you may use fire ant baits such as Advion, Amdro, and Extinguish to eliminate the ants. Read and follow the directions on the product label. Do not use gasoline, diesel, or other flammable products as a control tactic.

Source: Joe Collins, Kentucky Deputy State Entomologist



November 2025

SUN	MON	TUES	WED	THURS	FRI	SAT
26	27	28	29	30	31	1
2	3 Bell Co. Cloverbuds 5:30-6:30pm	4	5	6 Holiday Cooking School 5:00pm	7	8
9	10 Laugh & Learn 11:00am	11	12	13 Centerpiece Classs 10:00am	14	15
16	17 Frosting with the Family 5:00pm	18 WITS Workout 1:00pm	19 Middlesboro 4-H Club 3:30-4:30pm	20	21	22
23 30	24	25	26	27 CLOSED	28 CLOSED	29

FCS, 4-H, and ANR

PROGRAMS AND EVENTS

December 2025

SUN	MON	TUE	WED	THU	FRI	SAT
30	1 Bell Co. Cloverbuds 5:30-6:30pm	2 Walk Your Way Challenge Closing 5:00pm	3 Homemaker Council Meeting 11:00am Middlesboro 4-H Club 3:30-4:30pm	4	5	6
7	8 Laugh & Learn 11:00am	9	10	11 Appetizer Delight 1:00pm	12	13
14	15 Cookies with Santa 5:00pm	16 WITS Workout 1:00pm	17	18	19	20
21	22	23	24 CLOSED	25 CLOSED	26 CLOSED	27
28	29 CLOSED	30 CLOSED	31 CLOSED	1 CLOSED	2 CLOSED	3

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
NEP Assistant
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.***

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.