

# FAMILY & CONSUMER SCIENCES

## Anderson County Extension Family & Consumer Sciences Newsletter

### September, 2024 Building Strong Families



**Cooperative Extension Service**  
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### Important Dates:

- September 2**—Extension Office Closed for Labor Day
- September 3**—Quilt Guild, 6 p.m.
- September 5**—EH Project Day
- September 6**—Bingocize, 10 a.m.
- September 7**—Basket Guild, 10—3 p.m.
- September 9**—Bingocize, 10 a.m.  
Little Circle, 12 p.m.  
Friendship Circle, 5 p.m.
- September 13**—Bingocize, 10 a.m.  
Homemaker's Day Out, Maysville
- September 14**—2nd Saturday Sew, 10—4 p.m.
- September 16**—Bingocize, 10 a.m.
- September 20**—Bingocize, 10 a.m.
- September 21**—EH Craft/Bazaar Work Day
- September 23**—Bingocize, 10 a.m.
- September 26**—Council Meeting  
Lunch & Learn, 11:00 a.m.—1 p.m.
- September 27**—Bingocize, 10 a.m.
- September 28**—Quilting Bees, 10—4 p.m.

Hi Homemakers,

My name is Pat Miller and I am the Anderson County Homemaker President. Many of you know me because I have been a member for three years. I am here to support you in any way I can. Feel free to contact me at any time so I can make Anderson County Homemakers the best that I can.

I hope that you came to the Kick-off and had a good time. It was a good way to start our new year. Looking forward to our Bazaar and making all the items for it!

*Pat Miller*  
President



### Lunch & Learn

September 26, 11:00 a.m.—1 p.m.

Call the Extension Office at 839-7271 to register!

**FREE!!**

Join the homemakers as our FCS Agent demonstrates recipes from the 2024 Food and Nutrition Recipe Calendar! He will be sharing "Ramen Skillet Dinner" this month!



### Cooperative Extension Service

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Disabilities  
accommodated  
with prior notification.

# September is National Honey Month

September is National Honey Month. It coincides with honey collection season in the United States, which typically ends in September because bees secure their hives and get ready for colder weather.

Humans have a long history with honey. According to a 2012 archaeological find, the world's oldest honey is believed to be 5,500 years old. Many ancient civilizations used honey for various purposes.

Honey would not be possible without the work of bees and other pollinators. The website, [pollinator.org](http://pollinator.org), reports, "Honeybees alone are responsible for between 1.2 and 5.4 billion dollars in agricultural productivity in the United States." Experts estimate that it takes close to 23,000 bees to fill one jar of honey, but the bee population has been in decline over the last few decades.

To celebrate and promote National Honey Month, try these steps.

1. Have a honey themed party, and try various types of local honey on your favorite food items.
2. Contact your local beekeeper association for a presentation on their work or visit to their hives.
3. Select pollinator friendly plants for your yard and landscaping. You can contact your local Extension office or garden nursery for the best plant recommendations for your area.
4. Avoid pesticides that harm bees and be sure to follow the instructions of when and how to use them.
5. Continue to learn more about the role that bees and other pollinators play in our food supply chain.

## References:

<https://www.agfoundation.org/news/september-is-national-honey-month>  
<https://www.epa.gov/sciencematters/understanding-how-pesticide-exposure-affects-honey-bee-colonies>  
<https://www.pollinator.org/pollinators#:~:text=Birds%2C%20bats%2C%20butterflies%2C%20moths,most%20importantly%2C%20bees%20are%20pollinators.>  
<https://kybees.org/>  
<https://www.unep.org/news-and-stories/story/why-bees-are-essential-people-and-planet>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5424551/>

## Source:

Hardin Stevens, senior Extension associate, University of Kentucky, College of Agriculture, Food and Environment, April 2023



## 2024-25 KEHA HOMEMAKER MEMBERSHIP

It's time to fill out those homemaker enrollment forms for the new homemaker year! Be sure to fill those out and pay your homemaker dues before October 1. Anderson County Extension Homemaker dues are \$10 for the year. (Clubs may have additional club dues.)

If you don't want to attend a club meeting you may become a mailbox member. You will receive the newsletter and lesson material and can participate in all activities!

You can view this newsletter & find a variety of other information & upcoming events on our county website.

Visit us at: <http://anderson.ca.uky.edu>

Follow us on Facebook: <http://www.facebook.com/andersoncountyCES>



Let us know if you have any questions about this newsletter or need additional information.

*Susan Campbell*

Susan Campbell, Anderson County  
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Kennedy Hannah, Anderson County  
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