

Farm and Home

FCS CALENDAR

WITS WORKOUT Friday, Sept. 18, 3 pm at LaRue County Public Library.	ADULTING SERIES Monday, Sept. 21, 5 pm at LaRue County Extension Service. This month's topic is focusing on mental health and stress management. Register by calling 270-358-3401.	Bring your favorite piece of cast iron!	FRIENDS & FAMILY HOMEMAKERS Thursday, October 1, 1 pm at LaRue County Extension Service	10-11 am. Winners announced on Main Stage at noon. Youth (ages 6-17) & Adult (ages 18+) categories. Rules: submit (3-5) baked cookies using King Arthur Flour & an original recipe. Include your recipe with entry, preferably typed. Contact the Extension Office at 270-358-3401 or marla.stillwell@uky.edu.
THIRD THURSDAY WITH THE LARUE COUNTY EXTENSION HOMEMAKERS Thursday, Sept. 17, 10-11:30 am at the LaRue County Senior Citizen Center. Call 270-358-4235 to reserve lunch.	HOMEMAKER LEADER LESSON – CAST IRON BASICS Wednesday, Sept. 23, 10 am at LaRue County Extension Service.	CULTURAL ARTS EXHIBITS Due to the Extension Office by 4:30 pm on September 24th, 2026.	KING ARTHUR COOKIE BAKING CONTEST AT LINCOLN DAYS Saturday, October 3, Cookie Drop off from 9-9:45 am at Vibe Coffee, Hodgenville. Judging from	
		OPEN SEW DAY Monday, Sept. 28 (10 am – 2 pm) at LaRue County Extension Service		

HOMEMADE APPLESAUCE

A Fall Favorite

Making applesauce is easier and healthier than you think. It's simply cooking down apples with water. You don't even need to add sugar or honey to make it taste sweet unless you want to. Apples are naturally sweet and vary in sweetness depending on the variety and how late in the season they are picked.

Personally, I like to blend a mixture of sweet and tart apples for that perfect flavor. I also like to add a little cinnamon or allspice on occasion for just a hint of additional flavor.

There are numerous recipes for applesauce. As a general rule, use about half a cup of water for every 3 pounds of your favorite apples. Prepare the apples by washing, peeling, coring, and slicing. You can leave the peel on if you like; it will add a little more color and fiber to your sauce. Next place the apples in a large saucepan. Add the water and cook over medium heat until tender, stirring occasionally to prevent sticking. This could take between five and 20 minutes depending on the age of the apples, the variety, and your personal preference. Add any of your favorite spices during the cooking process.

Once cooked, you can mash the apples with a potato masher for a chunky sauce or press through a food mill for a smoother consistency. If you left the peel on dur-

ing cooking, pressing through a food mill will remove it. An immersion blender or food processor could also be used to make a smooth sauce.

And don't forget about your electric pressure cooker. It will make applesauce in less than 10 minutes.

Applesauce can be eaten immediately while it's warm or cooled

and stored in the refrigerator. It can also be frozen or canned in a boiling water bath canner for long-term storage. If you plan on freezing or canning the applesauce, choose a recipe that includes lemon juice or ascorbic acid. These are optional ingredients and are not needed for the safety of the product, but they do prevent browning of the apples.

Enjoy your applesauce by itself as a snack or low calorie dessert. Add it to oatmeal and smoothies, or use it as a substitute for fat, like butter and oil, when baking. Applesauce is also great with pork entrees. Try cooking your pork loin with applesauce in the slow cooker.

Source: Annhall Norris, Extension Associate

For more information on apples or fall recipes, please contact the LaRue County Extension Office at 270-358-3401.

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Provider.



MARLA STILLWELL

Two local 4-H members earned division champion awards at the Kentucky State Fair. Division Champion



MISTY WILMOTH

honor was awarded to only the top entry in each division. Cyrus Bivens was awarded the Crops Division Champion with his ear corn. Scarlett Shaw was awarded the Foods Division Champion with her decorated cake.

Six local 4-H members earned class champion honors with their 4-H projects at the Kentucky State Fair. Each year, counties have local fairs or competitions to determine class champions to advance to the Kentucky State Fair. Many youth work year-round on their projects and may have



Cyrus Bivens with his class champion and division corn crop at the Kentucky State Fair.

several entries. At the Kentucky State Fair, county class champions come together to compete. 4-H projects were on display in the South Wing area which is known as

Cloverville. Scarlett Shaw earned class champion honors and division champion in cake decorating in the foods division. Lilly Aubrey won the largest

pumpkin class in the horticulture and plant science division. Cyrus Bivens is the class champion and crops division champion in the current year corn. Harper Gardner was awarded class champion in cheese muffins in the foods division. Jace Detre won the major home improvement class champion. Emma Stillwell was the class champion of the healthy lifestyle photography class.

The 4-H projects are judged on the Danish system which awards a blue, red, or white ribbon to each project. The blue ribbon in this case does not signify a first place project, however it is judged based on a standard and signifies excellent quality work. The red ribbon indicates good quality and the white ribbon is for fair quality projects. The purple designation is for class champions which are

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Widowhood

Widowhood is so much more than dealing with the sadness and heartbreak of losing a spouse. When a marriage partner dies, the entire foundation of the surviving spouse's life is completely shaken. Every aspect of their life is affected: emotionally, mentally, physically, socially, and spiritually.

Grief is different for everyone and there's no timetable or checklist of how or when to recover. The process is different for everyone. Depending on life circumstances and other various factors will determine how long it takes to find more secure footing and the ability to function in a more stable fashion.

Grief cannot be rushed or bypassed. It's a much more complicated journey that is only fully understood by those who have experienced it personally. That's why is so vitally

important for widows to connect with others who are walking that same journey.

Even more than the initial grief is the ongoing process of living a life totally different than the one experienced with their spouse. No longer being part of a couple, no longer having their primary supporter to help with everyday decisions, not having a companion to do life with...so many changes to deal with that don't go away no matter how long it's been. Life is totally different and most people don't understand the extent or total impact of these changes for a widow.

That is why I am facilitating a new ministry to widows called Widow's Walk. This ministry is focused on connecting with widows to develop a sense of community where they can find understanding, encouragement, support and hope as they find purpose beyond loss.

There is an upcoming opportunity for widows

in our area to come together for a time of connection: Tuesday, September 22 at 7 p.m. at Park-

way Baptist Church (325 Old Sonora Road,

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4H CALENDAR

NOW ENROLL IN 4-H
Open enrollment for the 2026-2027 program year is now open! To enroll or reenroll in 4-H visit <https://v2.4honline.com/#/user/sign-in>.

CLOVERBUDS
Thursday, Sept. 17, 5:30 pm at LaRue County Extension Service. Cloverbuds is for youth ages 5-8.

SHOOTING SPORTS
Thursday, Sept. 17, 6:30 pm at New Haven Gun Club

FISHING CLUB
Thursday, Sept. 24, 5:30 pm. Location TBD. Follow LaRue County 4-H for the latest updates!

4-H LINCOLN DAYS FLOAT BUILDING
Friday, Sept. 25, 5 pm at LaRue County Extension Service. Open to all 4-H members to participate! We will be making props and decorations for the float.

4-H FALL FEST
Monday, Sept. 28, 5:30-7:30 pm at Crawford Farms Pumpkin Patch located at 3999 Hodgenville Rd., Elizabethtown. Free entrance for LaRue County 4-H families.

AWARDS POINTS
Due Sept. 30, 2026. Awards Points need to be turned

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PUBLIC NOTICE

Public Meeting and Open House

Magnolia Solar and Storage LLC, a subsidiary of Doral Renewables LLC, is proposing to construct and operate up to an approximately 63 MW photovoltaic solar energy electric generating and battery storage project ("Project") in LaRue County, Kentucky. It will connect to an existing onsite transmission line owned by East Kentucky Power Co-op. The Project site is planned to be located near the community of Mount Sherman, primarily between Mt. Sherman Road to the south and along J.E. Jones Road to the north. A second Public Meeting, in a meet and greet format, to discuss the Project, address community interests and answer questions will be hosted by Magnolia Solar to be held on **September 28, 2026 between 4:15 p.m. and 5:00 p.m. in the Community Room of the LaRue County Public Library located at 215 Lincoln Drive, Hodgenville, KY**. Project experts will be in attendance to address questions and discuss the Project. The proposed Project will consist of solar photovoltaic panels and associated racking structures, electrical equipment, a project substation and transformer, utility switching station and battery energy storage system within a fenced area of approximately 515 acres and covers approximately 840 leased acres. The electric power generated by the Project will be connected to the electric transmission grid via the existing East Kentucky Power Co-op transmission line crossing the site by an onsite substation. Anyone with questions about the Project can request information by emailing MagnoliaSolarOutreach@gmail.com or call (270)218-9258. The website includes a FAQ for typical questions and can be found at magnolia-solar.com. Please also email us with any questions.

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