



**Cooperative Extension Service**  
Grayson County  
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graysonext.org

# December



## **Schermer Pecans from Georgia**

**\$12.00/16oz bag (bags are now resealable!)**  
Fancy Mammoth Halves  
Medium Pieces

**WHILE SUPPLIES LAST!**

**We have a limited supply of pecans from Schermer Pecans, 16 oz bags or Medium Pieces or Fancy Mammoth Halves; now in resealable bags!**

**Call to reserve your bags, orders reserved must be paid for and picked up within two days of calling.**

**NO LARGE ORDERS (i.e. No ordering of cases- if we see a good response, we may consider taking pre-orders NEXT year)**

**Call:**

**Grayson County Extension Office at 270-259-3492**

Checks can be made out to the "Grayson County Extension Office".  
Check memo: Pecans

Funds raised will support 4-H Camp Scholarships for Grayson County Youth



### **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.

## COOKING WITH KIDS

# Pancake Art



- 1 1/2 cups whole-wheat flour
- 2 tablespoons light brown sugar
- 2 teaspoons baking powder
- 1 1/2 cups skim milk
- 1 large egg
- 1 teaspoon vanilla
- 2 mashed bananas
- Cooking spray

1. In a large mixing bowl, whisk together the flour, brown sugar, and baking powder.
2. Make a well in the center of the dry ingredients. Add milk, egg, and vanilla. Whisk the liquid ingredients.
3. Incorporate the dry ingredients until well combined. Fold in mashed bananas.
4. Heat a large skillet over medium heat.
5. Spray pan with cooking spray. Ladle about 1/4 cup of pancake batter onto heated skillet.
6. Cook until batter starts to bubble at the top and the bottom is evenly browned. Flip and continue cooking until lightly browned.
7. Serve with maple syrup or fruit, if desired.
8. Garnish with assorted fruit to create fun faces, if desired.
9. Store leftovers in the refrigerator. Reheat in the toaster or microwave.

Makes 8 servings

Serving size: 1 pancake

Nutrition facts per serving: 140 calories; 1.5 g fat; 0 g saturated fat; 0 g trans fat; 25 mg cholesterol; 170 mg sodium; 29 g total carbohydrate; 3 g dietary fiber; 9 g total sugars; 3 g added sugars; 6 g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium

Source: Eat Smart to Play Hard; Jeannie Najor, Nutrition Extension Specialist, University of Kentucky Cooperative Extension Service

## PARENT CORNER

# Make food to make memories

The holidays are filled with food and memories. We often think of a specific dish we ate as a child when we think of certain holidays. We can bring our family closer together by cooking together. Kids can learn a lot in the kitchen, and the holidays are a great time to include them. Not only will kids learn about cooking, they might even learn about family traditions!

Even though the holidays are a busy time of year, take time to include kids in the kitchen. Use the tips below to include kids of all ages:

### Ages 2-3:

- Let them observe and explain what you are doing in the kitchen to help them learn terms like whisk, stir, coat, etc.
- Let them imitate what you are doing without ingredients. For example, if you are stirring ingredients together, let them make the same motion with a wooden spoon and empty bowl.

If your child is capable of tasks like stirring, allow them to help you stir the ingredients. Have kids hand you the ingredients you need.

### Ages 4-6:

- Read recipes to kids.
- Allow kids to help you gather ingredients for a recipe.
- Include them in measuring ingredients. Let them pour measured ingredients into a bowl.
- Allow them to stir foods that are not on the stovetop.
- Let kids press "start" on a timer.
- Let kids help you dry dishes.

### Ages 7 and up:

- Let kids help with cutting foods. For younger kids, use a butter knife to cut soft foods like a banana. For older kids, let them chop zucchini or cucumbers. Watch videos on PlanEatMove.com for guides on how to chop certain foods.
- Let kids read recipes out loud to you.
- Let kids measure ingredients.
- Teach them how to use a can opener and allow them to try it if they are capable.
- Let them help you with food prepared on a stovetop if they are old enough.

Source: Jeannie Najor, MS, RD

# CLUB NEWS

## Dog Club

Dog Club will take a break November and December for the holiday's and pick back up in January on a new night. The third Thursday's following Wild at Art.

## Home School Club

No December meeting.

## Livestock Club

Meeting will be December 3 at 5:00 in Room A of the Extension Office. Please enter at the back of the building.

If anyone has questions or needs assistance, please contact Hope.

## Shooting Sports

Meetings and practices are wrapped up until after Spring Break with the weather turns warmer and days get longer.

No meetings until after Spring Break 2025

## SET Club

No December meeting.

## Wild at Art Club

Next meeting is December 19 at 4:00 in the Project Room of the Extension Office. Please park at the back and enter at the back door of the building.



Don't forget to request to join the Facebook group:

Grayson County Kentucky 4-H

Also follow:

Grayson County 4-H Shooting Sports

Grayson County 4-H Livestock Club

Grayson County KY Cooperative Extension

### Winter Weather Advisory

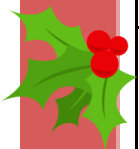
Winter weather is upon us which means school cancellations. If school is cancelled, ALL 4-H meetings will be cancelled for that day. If there are meetings on the weekends and winter weather hits, contact your club leader for meeting information. If school lets out early, club meetings will be cancelled as well. In the event of bad weather after school, for evening meetings, contact your club leader for information.





Kindra Ewing Jones

Grayson County Extension Agent for 4-H Youth Development

# December clubs & programs at a glance



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2	3 • Livestock 5:00	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19 • Wild at Art 4:00	20	21	
22	23	24	25 	26	27	28	
29	30	31 	The Extension Office will be CLOSED Dec 25-Nov 1				