

Maine Extension Homemakers

December 2023

*Happy December! This Holiday issue of the Maine Extension Homemakers Newsletter is brought to you by your administrative team, **Angela, Heidi and Lisa**. Wishing you all, the happiest of holidays!*



Around the State

The Maine Extension Homemakers Council met for their annual Fall Meeting in Bangor on October 21. The meeting was hosted by Androscoggin County, Cumberland County and Penobscot County. The theme was "Share the Harvest" and guest speaker Kate Garland, from the University of Maine Cooperative Extension, gave a great presentation on gleaning efforts across the State of Maine.

Janet's Jammie's was voted as the state-wide project for the second year in a row. Contact Lisa Fishman if you need patterns, labels, tags, or fabric. We have had lots of fabric donated for the cause, so speak up if you are in need of cotton flannel. The pajamas will be due February 5, 2024 when the board meets.

Members also voted to participate in the **Maine 4-H Days** at Windsor Fairgrounds in 2024, and will continue to provide items for shelter bags.

A hearty lunch of soups and breads was provided by the HOPE group of Penobscot County, and **guest speaker Morgan Tallman**, from the University of Maine Department of Psychology, gave an informative talk on the importance of taking care of your mental health, and how to recognize the signs of depression among seniors. Several county Homemaker groups festooned the meeting space, provided door prizes of apples and potatoes, festive fall décor, as well as raffle basket.

Amy Palmer was installed as Secretary for a second term.

Hello and Goodbye

We said "hello" to Heidi Palmer as advisor to the Androscoggin, Cumberland, Oxford and York clubs, but we had to say "good-bye" to Cathy Gray as she moves on to the UMaine Cooperative Extension Maine Families home visitation program.



Past MEHC Presidents Barbara Hathaway (left) and Pam Dupont (center) installing Amy Palmer (right) as the MEHC Secretary for 2024-2025.

Homemakers to Hold Raffle at Ag Trades Show!

The Maine Extension Homemakers will be holding a raffle at the State of Maine Agriculture Trades Show January 9, 10, and 11, 2024 in Augusta. The proceeds from the raffle will benefit the Maine Extension Homemaker’s Council. We are looking for items with a Maine agriculture theme. We have a few handmade items already donated that would make a nice basket. A quilt would be a wonderful raffle item, and would certainly encourage ticket sales. No home-canned goods, please, due to food safety precautions. If anyone has a quilt, they would like to donate to the raffle or if you would like to help sell raffle tickets during the three-day event, please contact Lisa Fishman at 1.800.287.1421



One of the county homemakers’ display featuring the theme: Share the Harvest.

Save The Dates!

Enrollment forms were due November 30, 2023. If you have not already done so, please complete your information and submit it to your county president and county office.

Dues are Due!

Please send \$3.50 per person for state dues to:
Ellen Kavin, 1402 New Sweden Road, New Sweden, ME 04738

2023 Annual Reports

The 2023 annual reports need to be submitted by January 31, 2024 to county presidents.



Another county homemaker display featuring the theme.

Mark Your Calendars

December 7:
Hanukkah begins at sunset

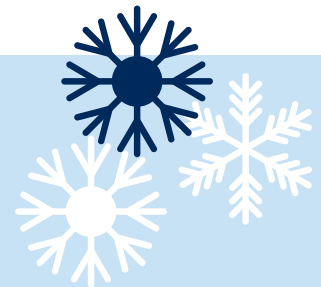
December 7:
Pearl Harbor Remembrance Day

December 15: Wear Your Pearls Day and National Cupcake Day

December 21: Winter Solstice and National Maine Day!

December 25: Christmas

February 5, 2024: Maine Extension Homemakers County (MEHC) Board Meeting, Penobscot Extension office, Bangor



Meet Your Advisory Team

What is your favorite sweet treat during the holidays?

Angela Martin — This time of year, definitely sugar cookies!

Heidi Palmer — Anything chocolate! Milk chocolate! Milk chocolate with orange!

Lisa Fishman — homemade, hand-dipped chocolates! Peppermint patties...and peanut butter balls...and O'Henry balls...and truffles. Good thing they only appear during the holidays!



Lunch prepared and served by members of the Penobscot County Extension Homemakers. One of many raffles!



Share the Harvest.



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extension.umaine.edu/homemakers/

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Recipes

In celebration of Maine Day on December 21, these recipes feature Maine Foods.

Cranberry Applesauce

Yield: 12 servings | Serving size: 1/2 cup

3 1/2 pounds apples, peeled, cored, and roughly chopped (about 7 to 8 medium apples)

1 1/2 cups fresh or frozen cranberries

1/2 teaspoon cinnamon

1/2 teaspoon salt

1/3 cup brown sugar

2 tablespoons lemon juice (optional)

1. In a large (5-quart) saucepan, combine all ingredients with 1 cup water. Bring to a boil then lower heat to simmer. Cover and cook 20 to 30 minutes.
2. Remove from heat and let cool slightly. Use a potato masher or fork to mash mixture to the consistency you want. Serve warm or cold.
3. Refrigerate leftovers within 2 hours.

mainesnap-ed.org/recipes/cranberry-applesauce/



Blueberry Bling

Yield: 4 servings | Serving size: 1/2 cup

3 cups frozen or fresh blueberries

2 teaspoons margarine, softened

1 tablespoon all-purpose flour

1 tablespoon brown sugar

1/2 cup rolled oats

1/2 teaspoon cinnamon

Preheat the oven to 375 degrees F.

1. Place frozen blueberries in a 9-inch pie plate. If using fresh blueberries, wash and drain before placing in a 9-inch pie plate.
2. In a small bowl, use a fork to mix margarine, flour, sugar, oats and cinnamon. Sprinkle oat mixture over the blueberries. Bake for about 25 minutes. Enjoy while warm!

Refrigerate leftovers within 2 hours.

mainesnap-ed.org/recipes/blueberry-bling/