

SEPTEMBER 2023

CUMBERLAND COUNTY HOMEMAKER Newsletter



CUMBERLAND COUNTY EVENT

Blue Grass Festival is right around the corner!

The 2023 Blue Grass Festival will be on September 15 and 16, 2023. This beautiful block competition quilt pictured below, will be raffled off during the festival. The theme this year was, "In My Garden".



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WELCOME TO THE NEW YEAR!

Paying Your Dues!

Our annual membership drive will be September - December. Dues are \$10 per year. Checks can be made payable to the Cumberland County Homemakers. Please turn in the membership form, *included in this newsletter*, when turning in dues. This will help us keep your information up to date.

Let's Grow Homemakers!

- Recruit: Each member is encouraged to get a "plus 1."
- Retain: Value your current members and keep them engaged.
- Repeat: Continue to grow each year!

Carry Out the Homemaker Mission!

Improving the quality of life for families and communities through education, leadership development, and volunteer service.

Mission Accomplished

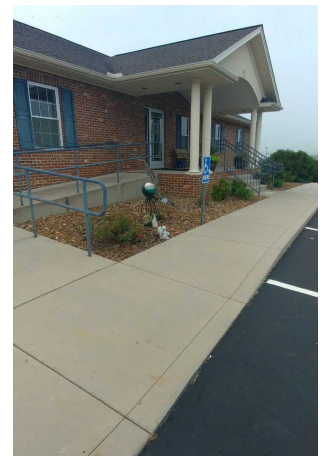
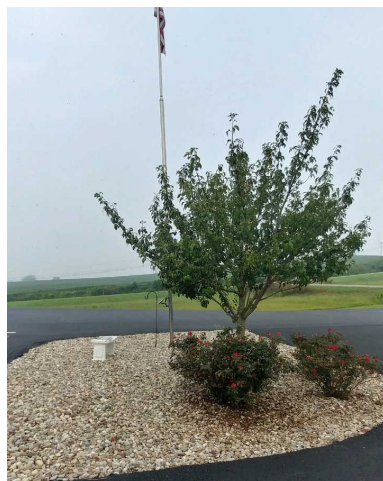
Shout out to some special folks!

What a difference a little bit of care makes. On Monday, August 21, a small, but very efficient group of members from the Garden Group and the Homemakers met to have a pick and pull party.

We were looking a little "over grown" around the building. The work began around 7:45 am and even though the heat was upon them, they finished the mission with smiling faces and glad hearts.

The staff at the Extension Office would like to thank Mike, Ric, Linda, Joyce, Diana, Nancy, Julie and Jeannie for giving up their time to pull weeds and get rid of debris around the extension office.

It looks fabulous!



New News

Homemakers groups that plan to meet at the Cumberland County Extension Office will need to fill out a room request/rental form for the office. There is no charge and this will help reserve your meeting space. Thank you.

Also in the News...

Homemakers you may start bringing your items for the Roller Coaster Yard Sale to the basement of the Extension Office. Please call 270-433-7700, Monday thru Friday 7:30 to 4:00.

More News!

Roller Coaster Yard Sale
is October 5, 6 and 7, 2023.

Set up will be October 4th, 2023 at 9am.

*Please bring baked goods to
sell during the yard sale.*

Also...

Kettle Homemakers will be meeting Thursday, September 7th at 9am to work on flower pots for the Roller Coaster Yard Sale. Meeting will follow at 10am. All Homemakers are welcome to join us for this fun project.



Blueberry Cheese Cake Bars



Directions:

1. Preheat oven to 300 degrees F.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. *Mix graham cracker crumbs, melted butter, and applesauce together in a medium bowl until combined. Evenly press crust into an 8-by-8 baking pan. Using the bottom of a dry measuring cup, firmly press down on the crust to make it more compact.
4. *Bake for 12 minutes. Remove from the oven and set aside.
5. Increase the oven temperature to 350 degrees F.
6. In a large bowl, combine the yogurt, softened cream cheese, cornstarch, salt, sugar, and lemon juice. Fold in the blueberries and the lemon zest (if using).
7. Carefully drop spoonfuls of the topping mixture over the cooled crust and spread to make an even layer.
8. Bake for 35 minutes, or until it does not jiggle. Remove from oven and let cool completely (about 45 minutes). For best results, refrigerate 1 hour before cutting.
9. Store in the refrigerator.

Source: Jean Najor, Program Coordinator II; and Jen Robinson, NEP Area Agent, University of Kentucky Cooperative Extension Service

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110 calories; 5g total fat; 2.5g saturated fat; 0g trans fat; 15mg cholesterol; 95mg sodium; 14g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 2% Daily Value of potassium

Ingredients:

- *1 cup graham cracker crumbs (9-10 graham cracker sheets)
- *3 tablespoons unsalted butter, melted
- *3 tablespoons unsweetened applesauce
- 1 1/2 cups nonfat plain Greek yogurt
- 3.5 ounces cream cheese, softened
- 1 tablespoon cornstarch
- 1/4 teaspoon salt
- 1/3 cup sugar
- 2 tablespoons lemon juice
- 2 cups blueberries
- 1 tablespoon lemon zest (optional)

Why cook at home...

The connection we make with the food we consume can cross social divides. People might stock different ingredients, pass down different family recipes, use different techniques—but the intention is the same: making food for the sake of making food and enjoying the process as much as the final product. “We can go about cooking in culturally unique ways, but we can all share in this activity of cooking at home,” quoted from an article featuring Emmett Shine.

Emmett is the Chief Creative Officer and Co-Founder of Pattern, a family of brands that work together to help people enjoy daily life.

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Disabilities accommodated with prior notification.



75th Annual

STEEL HORSE STAMPEDE

**BENEFIT RIDE
SEPTEMBER 24,
2023**

**Burkesville Christian Church
101 North Main
Burkesville, KY**



*Free
T-Shirts to
the first
500 riders!*

Register or sign up at the Burkesville Christian Church. \$20 for first rider and \$10 for passengers. The 2023 ride will be about 40 miles of scenic winding road ways. Riders will be treated to a wonderful meal, T-shirts, door prizes and more. Come Rain or Shine!

Donations of cookies, cakes, cash, auction items and suitable door prizes would be greatly appreciated. If you would like to donate to this benefit please call Hazel Smith: 270-459-1201

**Need more information:
call Greg Cary 270-406-2923**



IMPORTANT!

FOR MORE ...

If you have any questions about the events featured, please visit our website (cumberland.ca.uky.edu) and click "Events" or call the Extension Office at (270) 433-7700.

Debbie Messenger

Debbie Messenger
Agent for Family and Consumer Sciences



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