

JUNE 2023

CUMBERLAND COUNTY HOMEMAKER NEWSLETTER



TIME TO VOTE!

The Cumberland County Extension Homemakers had three nominations for the 2023 Homemaker of the Year award. The following were nominated: Kim Lohr, Linda Davis, and Barbara Booher.

Please vote for one of these deserving ladies by June 20th, 2023 for Homemaker of the Year. To vote, contact the Extension office at (270) 433-7700.



Newsletter Highlights

Time to Vote!

Overview of the Homemaker
Council Meeting

Food Preservation

Homemaker Scholarship

Station 2 Fundraiser Highlight

KEHA State Cultural
Arts Exhibit

Important Dates

Recipe

Plant Your Spring Garden

OVERVIEW OF THE HOMEMAKER COUNCIL MEETING

May 22, 2023

The Cumberland County Homemakers Advisory Council met on May 22nd at the Extension office. The meeting was called to order by President Kim Lohr. Those present were: Linda Davis, Vickie Staley, Jennie Will, Wanda Tabeling, Joyce Howlett, Cathy Farlee, Jean Sells, Julie Erdahl, Patricia Garner and Debbie Messenger. Our treasurer Vickie reported that we have \$957.00 in our checking account and \$3058.78 in our savings account.

We established criteria for presenting our annual scholarships. After much discussion we set the following criteria:

1. The applicant must have a parent or grandparent who is a current Homeowner Member.
2. The maximum scholarship per applicant will be \$400.00.
3. The maximum given in any year will be \$2000.00.
4. A student homemaker member can be considered at the discretion of the extension agent.

The following students will receive \$400.00 scholarships this year: Autumn Sells, Matthew Spears, Autumn Hughes, and Maggie Pruitt.

Fundraising events were discussed. Linda Davis will check on applying for a grant from Walmart for our clubs. We discussed having a booth at the First Friday night events for the summer. We will have a yard sale during the Roller Coaster Sale October 5-7. The Kettle Club will take the lead on this but all clubs are encouraged to help. We will have a Taste of Home type Cooking Show during March of 2024. Station 2 club will take the lead on this but all clubs are encouraged to take part.

We were reminded that volunteer hours are due by June 30th. New officers will be installed at our August meeting. Regular club meetings will begin in September. Our next council meeting will be June 26 at 10:00.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Food Preservation

Preserve it now,
and enjoy it later!

June 8th, 2023 | 5 pm CT

AT THE CUMBERLAND COUNTY EXTENSION OFFICE
90 SMITH GROVE RD, BURKESVILLE, KY 42717

To register, contact the Cumberland County
Cooperative Extension Service at (270) 433-7700.

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

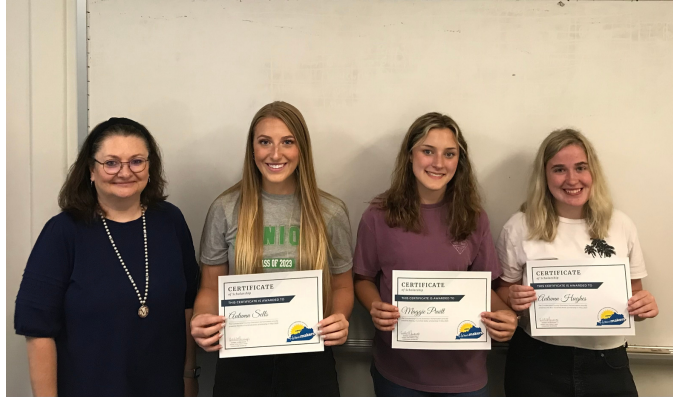
KEHA STATE CULTURAL ARTS EXHIBIT

Congratulations to all of Cumberland County's blue ribbon winners at the KEHA State Cultural Arts Exhibit. We did our county proud and helped the Lake Cumberland area to have the most entries of any area in the entire state! Way to go ladies! Now let's get started on next years entries.

The Viewers Choice was awarded to our very own, Kim Lohr! The exhibit had approximately 700 entries - what an accomplishment! Congrats!



HOMEMAKER SCHOLARSHIP



Congratulations to our 2023 Homemaker Scholarship winners: Maggie Pruitt, Matthew Spears, Autumn Sells, and Autumn Hughes. May your graduation be the beginning of many more wonderful achievements in your life!

STATION 2 FUNDRAISER

Thank you to everyone who supported the breakfast burrito fundraiser for Station 2. It was a great success and we hope they have another one in the near future!



Stay informed on upcoming events at your local Extension office! Visit our website at the link below or by scanning the QR code with your smart device.

Website:
cumberland.ca.uky.edu/



IMPORTANT DATES

for the Cumberland Co. Extension Office

Cooking Through the Calendar

Join Ms. Di as she cooks through the calendar. Each month, Ms. Di will demo a recipe from the Food and Nutrition calendar and share some great cooking and nutrition tips!

June 9th, 2023 | 11am-1pm CT (Drop-in between these times) at the United Methodist Store

Featured Recipe: Blueberry Cheesecake Bars

House Plant Group

Field trip to Sunny Days Nursery on June 8th, 2023. Meet at the Extension office at 8am to carpool.

Cumberland County Gardeners

Meets the 2nd Wednesday of the Month at 10am. Call to check, as trips are being scheduled for the spring and summer.

Table Talk

Tune in to WKYR 107.9 on June 9th and 23rd for Table Talk with Debbie and Di. The program starts at 12:30pm.

Farm to Fork Event

July 21st, 2023 - save the date!

End of Year Items to Turn In:

- Passports by July 10th, 2023 to the Cumberland County Extension Office
- Volunteer Service Units by July 10th, 2023 to the Cumberland County Extension Office





Planting Your Spring Garden



Barbeque Chicken Salad

- 1 head romaine lettuce
- 2 cups cooked shredded chicken
- 2 cups apples, diced
- 1/2 cup thinly sliced red onion
- 1 cup sharp cheddar cheese, shredded
- 1/3 cup reduced-fat ranch dressing
- 1/4 cup barbecue sauce

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a large bowl, tear lettuce into pieces and place in bottom; layer lettuce, chicken, apples, red onion, and cheddar cheese.
3. In a separate small bowl, whisk together ranch dressing and barbecue sauce. If dressing is too thick, thin with a little water.
4. Drizzle salad dressing over salad mixture and toss. Or serve dressing on the side.
5. Serve at once.

Servings: 6

Serving size: 2 cups

Nutritional facts per serving: 360 calories; 12g total fat; 1g saturated fat; 0g trans fat; 90mg cholesterol; 630mg sodium; 27g carbohydrate; 5g fiber; 16g total sugar; 0g added sugar; 30g protein; 0% daily value of vitamin D; 20% daily value of calcium; 15% daily value of iron; 15% daily value of potassium.

Source: Healthy Choices for Every Body Curriculum: Brooke Jenkins-Howard, Nutrition Education Program Curriculum Coordinator, University of Kentucky Cooperative Extension Service

Plant Three Rows of Peas
 Peace of Mind
 Peace of Heart
 Peace of Soul

Plant Four Rows of Squash
 Squash Gossip
 Squash Indifference
 Squash Grumbling
 Squash Selfishness

Plant Four Rows of Lettuce
 Lettuce be Faithful
 Lettuce Be Kind
 Lettuce be Patient
 Lettuce Really Love One Another

No Garden is Complete Without Turnips
 Turnip for Meetings
 Turnip for Service
 Turnip to Help One Another

To Conclude Our Garden We Must Have Thyme
 Thyme for Each Other
 Thyme for Family
 Thyme for Friends

Water freely with patience and cultivate with love. There is much fruit in your garden because you reap what you sow!

Source: Christian Life Ministry

DEBBIE MESSENGER

Debbie Messenger

Agent for Family and Consumer Sciences

(270) 433-7700

debbie.messenger@uky.edu

90 Smith Grove Rd, Burkesville, KY 42717

Cooperative Extension Service
 Agriculture and Natural Resources
 Family and Consumer Sciences
 4-H Youth Development
 Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
 LEXINGTON, KY 40546



Disabilities
 accommodated
 with prior notification.