

MARCH 2023

CUMBERLAND COUNTY HOMEMAKER NEWSLETTER



COUNTY CULTURAL ARTS COMPETITION

First, I would like to thank everyone who helped make the Cumberland County Cultural Arts competition a huge success. I apologize for my absence, however I am so thankful for the wonderful volunteers who filled in to make it a success. See the winners on the next page and a video on the Cumberland County Homemaker Facebook page.

Blue ribbon winners will advance to the area cultural arts competition. The area competition will be in Taylor County on March 16th, 2023.

Beautiful work ladies and congratulations!

Newsletter
Highlights

Cultural Arts

Cultural Arts List

Lake Cumberland Area
Extension Homemaker
Annual Meeting

Grow Your Garden
Grow Your Mind

Upcoming Events

Recipe for Vegetarian
Taco Soup

CUMBERLAND COUNTY HOMEMAKER CULTURAL ARTS COMPETITION

Apparel, Accessory

Blue: Kim Lohr

Apparel, Appliqued

Blue: Kim Lohr

Apparel, Basic Sewing

Blue: Kim Lohr

Apparel, Specialty

Blue: Kim Lohr

Art, Natural, Wood

Blue: Joyce Howlett

Art, Recycled, Clothing

Blue: Kim Lohr

Art, Recycled, Household

Blue: Joyce Howlett

Art, Recycled, Other

Blue: Kim Lohr

Basketry, Cane

Blue: Kay Kass

Basketry, Dyed Material

Blue: Kay Kass

Basketry, Miniature

Blue: Kay Kass

Basketry, Novelty

Blue: Kay Kass

Basketry, Plain

Blue: Kay Kass

Beading, Non-jewelry Item/ Wearable

Blue: Kim Lohr

Beading, Miscellaneous

Blue: Joyce Howlett

Crochet, Home Décor and Afghans

Blue: Joyce Howlett

Crochet, Thread

Blue: Mildred Brown

Doll & Toy Making, Cloth

Blue: Joyce Howlett

Red: Kim Lohr

Embroidery, Basic

Blue: Laura McLaughlin

Red: Mandi Walker

Embroidery, Machine

Blue: Kim Lohr

Felting, Needle Method

Blue: Kim Lohr

Felting, Wet Method

Blue: Kim Lohr

Holiday Decorations, Autumn

Blue: Mandi Walker

Red: Joyce Howlett

Holiday Decorations, Spring

Blue: Laura McLaughlin

Red: Jacey Walker

White: Mandi Walker

Joyce Howlett

Holiday Decorations, Summer

Blue: Mandi Walker

Holiday Decorations, Winter

Blue: Kim Lohr

Red: Mandi Walker

White: Joyce Howlett

Knitting, Other

Blue: Kim Lohr

Needlepoint, Plastic

Blue: Mandi Walker

Painting, Decorative, Wood

Blue: Rhonda Leak

Red: Jean Sells

White: Mandi Walker

Photography, Black & White

Blue: Kay Kass

Red: Kim Lohr

White: Sharon Pickens

Photography, Color

Blue: Kim Lohr

Red: Kay Kass

White: Jean Sells

Sharon Pickens

Quilts, Novelty

Blue: Kim Lohr

Paper Crafting, Card Making

Blue: Mandi Walker

Wall or Door Hanging, Fabric

Blue: Kim Lohr

Red: Joyce Howlett

Wall or Door Hanging, Other

Blue: Laura McLaughlin

Weaving, Loom

Blue: Kim Lohr

Miscellaneous

Blue: Linda Sonntag

Red: Joyce Howlett

White: Mandi Walker

Jean Sells

Congratulations
& THANK YOU!



-YOU ARE INVITED TO THE-

Lake Cumberland Area Extension Homemaker Annual Meeting



April 17th, 2023

Registration begins 5:30pm EST
(program will begin at 6pm est prompt)

at the Aspire Center
90 Airport Road
Monticello, KY 42633

Meal:

Savory Stuffed Pork Tenderloin, Sumptuous Stuffed, Turkey Breast,
Smashed Potatoes, Gravy, Home Garden Buttered Corn, Country Seasoned
Green Beans, Sweet Baby Carrots, Spring Garden Salad, Rolls, Delectable
Desserts, and Drinks

Entertainment:

Chautauqua Speaker from KY Humanities Council
Grandpa Jones : Country Music & Comic
Portrayed by: David Hurt

Door Prizes!

Registration Deadline: April 19th, 2023

Registration Fee: \$15

To register, call the Cumberland County Extension Office at (270) 433-7700.





GROW YOUR GARDEN, GROW YOUR MIND

April 5, 2023
10:00 am-2:00 pm EST
Registration begins 9:30 am EST

Wayne County Extension Office
255 Rolling Hills Blvd, Monticello



Lessons & Take Home Ideas for

Raised Bed Gardens

Flower Pressing

Succulents

Stake Out Your Garden

Rock Gardens

Keeping Yourself in Berries All Year

Recipe Demonstration & Sampling

\$10 Registration Fee

includes lunch & take home educational materials

**Register with your local County Extension Office
& pay registration fee by March 31st**



UPCOMING EVENTS

for the Cumberland County 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!

Friday, March 17th, 2023
11am-1pm CT
at the United Methodist Store

House Plant Group

The House Plants group meet monthly and discusses a variety of topics.

Monday, March 6th, 2023
10am CT
at the Cumberland County Extension Office

Cumberland County Gardeners

The Cumberland County Gardeners group meet monthly and discusses a variety of topics.

Monday, March 8th, 2023
10am CT
at the Cumberland County Extension Office

A Night of Hope

In celebration of people in recovery. In support of people struggling with substance use. In memory of people who lost their life because of alcohol or drugs.

All are invited and encouraged to attend.

Thursday, March 9th, 2023
6pm CT
at the Courtyard of the Justice Center

Cake Ball Class

Monday, March 20th, 2023
5pm CT
at the Cumberland County Extension Office

Table Talk

Tune in to WKYR 107.9 on March 10th and 24th for Table Talk with Debbie and Di. The program starts at 12:30pm.

Recipes for Life

Volunteers needed to work with 5th grade students at the Extension Office on March 29th, 30th, and 31st. Please contact Debbie or Katie at the Extension Office.

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/



Vegetarian Taco Soup

Ingredients:

- 2 tablespoons olive oil
- 1 large onion, diced
- 1 can (46 ounces) no-salt added tomato juice
- 2 cans (15 ounces) pinto beans, drained and rinsed
- 1 can (15 ounces) black beans, drained and rinsed
- 1 can (15 ounces) no-salt added corn, drained
- 1 can (15 ounces) no-salt added diced tomatoes
- 3/4 cup dry brown rice
- 1 packet reduced-sodium taco seasoning mix
- 2 tablespoons garlic powder
- 1/2 tablespoon cumin
- 4 cups water
- Optional toppings: cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat olive oil in a large pot on the stovetop over medium heat.
3. Add diced onion and stir well.
4. Cook and stir for 4 to 5 minutes or until the onion starts to turn clear.
5. Add remaining ingredients and bring to a boil.
6. Reduce heat to low. Cover and simmer for 40 minutes, or until rice is tender.
7. Just as you would a taco, top each bowl of soup with ingredients like cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado.
8. Refrigerate leftovers within 2 hours.

Makes 14 cups

Serving size: 1 cup

Nutrition facts per serving: 220 calories; 3.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 340mg sodium; 40g total carbohydrate; 5g dietary fiber; 6g total sugars; 0g added sugars; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

Source: Andrea Wilde, Staff Support, Northern KY; and Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension



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