

# CUMBERLAND COUNTY HOMEMAKER NEWSLETTER



A wonderful group of ladies traveled to Clinton County for the Lake Cumberland Area Homemaker Meeting on May 15th. It was a great time and the Clinton County Homemakers sure did put on a good meeting. Cumberland County was recognized for contributing to the Ovarian Cancer Research fund and for being 2nd in state for the Passport contest. Well done, ladies!

Just a reminder, Cumberland County will host the Area meeting NEXT year! Please be thinking of how we can razzle and dazzle the Lake Cumberland Area next May. As always, I appreciate all that each of you do to represent Cumberland County Homemakers!



Cumberland County  
Cooperative Extension Service  
90 Smith Grove Rd.  
Burkesville, KY 42717  
(270) 433-7700  
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Debbie Messenger,  
*Debbie Messenger*  
Agent for Family &  
Consumer Sciences  
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In this newsletter  
you can expect:

Area Meeting

Flag Day

Longest Day of  
Play

Barn Quilt Class

Quilting Skill  
Seminar

Floral Hall

Recipe:  
Crispy Oven  
Zucchini Fries

The VFW Post #5419 Proudly Presents

— THE THIRD ANNUAL —

# Flag Day

Join the Cumberland County Cooperative Extension Service and the VFW Post 5419 for a flag day presentation! This event promises to be a meaningful gathering filled with patriotism and respect.

Whether you're a veteran, a family member, or a community supporter, your presence will add to the significance of the day. Let's come together as a community to celebrate our shared values and the emblem that represents them.

## June 13<sup>th</sup>, 2025

10:00am | at the Cumberland County Extension Office  
90 Smith Grove Rd., Burkesville, KY 42717







June  
20th  
2025



# LONGEST DAY OF PLAY



fun & creative  
outdoor activities  
FOR ALL AGES!



DROP-IN  
BETWEEN  
10AM &  
NOON

  
Veterans  
Memorial Park  
Pavilion  
  
Burkesville,  
Kentucky

Free Event!



# LONGEST DAY OF PLAY SCHEDULE

## ART IN THE PARK



Join the fabulous Mrs. Amy Thompson, Cumberland County's Community Educator extraordinaire, for a splash of creativity at Art in the Park!

Kids will create their own nature themed canvas, complete with a display easel!

Time: 10 AM - Noon

## BOOKWORMS IN THE PARK

Come listen to a story in the park with community members!

This activity will take place at the stage in the park and is perfect for kids and families!

Storytime will take place at the following times:

- 10 am with Dale Hollow State Park
- 10:30 am with Cumberland County Public Library
- 11 am with Cumberland County Gardeners
- 11:30 am with Cumberland County Soil Conservation District



## VENDORS

COMMUNITY MEMBERS WILL HAVE BOOTHS SET UP UNDER THE PAVILION AT THE PARK FROM 10AM-NOON. DON'T MISS THE CHANCE TO EXPLORE, CREATE, AND ENJOY A DAY FULL OF FUN AND DISCOVERY IN THE HEART OF THE PARK!

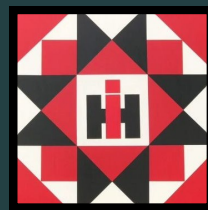
- CUMBERLAND COUNTY COOPERATIVE EXTENSION SERVICE
- CUMBERLAND COUNTY GARDENER GROUP
- CUMBERLAND COUNTY BEEKEEPER GROUP
- DALE HOLLOW LAKE STATE RESORT PARK
  - COTI GROCE, PROGRAM SERVICES SUPERVISOR
- CITIZENS BANK OF CUMBERLAND COUNTY
  - MATT HURT, VICE PRESIDENT
- LAKE CUMBERLAND DISTRICT HEALTH DEPARTMENT
  - AMY HUFF, RN, LDE
  - LAURA REDMAN, WIC COORDINATOR
  - JANSON HOSKINS, HEALTH EDUCATOR I
- CUMBERLAND COUNTY SOIL CONSERVATION DISTRICT
  - WANDA GILBERT, SECRETARY
- LIFELINE
- CUMBERLAND COUNTY SCHOOL DISTRICT
  - AMY THOMPSON, COMMUNITY EDUCATOR
- CUMBERLAND COUNTY PUBLIC LIBRARY
  - ASHLEY NORRIS, DIRECTOR
  - MANDI WHEAT, CHILDREN'S LIBRARIAN
- FIRST AND FARMERS NATIONAL BANK
  - DYLAN CAPE, AVP/UNIVERSAL BANKER
- LAKE CUMBERLAND COMMUNITY ACTION AGENCY, INC.
  - CAROL GRIDER, KYNECTOR
- BURKESVILLE FARM SUPPLY
- WKYR 107.9
- BURKESVILLE HEAD START
- CUMBERLAND COUNTY SHERIFF
- BURKESVILLE CITY POLICE
- CUMBERLAND COUNTY HOSPITAL
- KENTUCKY FARM BUREAU
- AND MORE!



# BARN QUILT CLASS



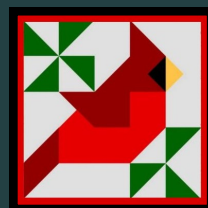
Eight Point Star



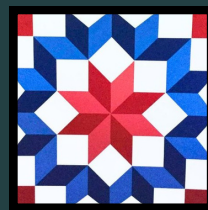
Ohio Star



Sunflower



Cardinal



Carpenter's Wheel

Join us for a fun and creative day where you'll learn the art of barn quilt painting. Kimberly Hope-Thomas, Taylor County Extension Agent for Family and Consumer Sciences, will guide you step-by-step in crafting your own beautiful design (2X2 Barn Quilt) to take home.

Space is limited, so be sure to register early to secure your spot! All materials provided. Must bring a hair dryer to class. Lunch will be provided.

**COST: \$40, MUST BE PAID TO RESERVE YOUR SPOT.**

**PICK FROM ONE OF THESE DESIGNS!**

**Date: July 9<sup>th</sup>, 2025**

**Time: 9am – 3pm CT**

**Location: Cumberland County Extension Office**  
90 Smith Grove Rd., Burkesville, KY 42717

For more information, contact the Cumberland County Extension Office at (270) 433-7700.





# QUILTING SKILL SEMINAR



**JOIN US FOR A DELIGHTFUL THREE-DAY QUILTING SEMINAR! IN THIS CLASS, YOU WILL UNCOVER THE FOUNDATIONAL SKILLS NEEDED TO CRAFT THREE DISTINCT STYLES OF QUILTS: THE COZY RAG QUILT, CHARMING QUILTING BLOCKS, AND BEAUTIFUL FRENCH ROSE APPLIQUÉ.**

**JUNE 9, 9:00-11:30 LEARN HOW TO MAKE A RAG QUILT PLACEMAT.**

**JUNE 10, 9:00-11:30 MAKE TWO STAR BLOCKS FOR A QUILT TOP.**

**JUNE 11, 9:00-11:30 MAKE AN APPLIQUÉ FRENCH ROSE QUILT BLOCK.**

**EACH CLASS IS PRICED AT \$10.00 AND INCLUDES ALL NECESSARY MATERIALS. PLEASE NOTE THAT SPOTS ARE LIMITED; TO SECURE YOUR RESERVATION, CALL (270) 433-7700.**

## 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.





# Cumberland County Floral Hall

The Cumberland County Extension Office warmly invites you to join the 2025 Cumberland County Fair Floral Hall. The Floral Hall Exhibit will take place at the Ag Building in Veterans Memorial Park.

## **July 29th, 2025**

Entries Accepted: 9:00 AM - 11:00 AM CT

Public Viewing: 2:00 PM - 6:00 PM CT

## **July 30th, 2025**

Public Viewing: 8:00 AM - 2:00 PM CT

Item Pickup: 2:00 PM - 4:00 PM CT

Open Floral Hall Categories are included with this newsletter. For a full list of categories, visit our website:  
[cumberland.ca.uky.edu/floral-hall](http://cumberland.ca.uky.edu/floral-hall)

For further details, please reach out to the Cumberland County Extension Office at (270) 433-7700.

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## Crispy Oven Zucchini Fries

- ½ cup all-purpose flour
  - Pinch of salt
  - ½ teaspoon black pepper
  - 1 egg + 1 egg white
  - ½ cup plain or panko breadcrumbs
  - ¼ cup grated parmesan cheese
  - ½ teaspoon paprika
  - Dash of salt
  - 4 medium zucchini
  - Nonstick spray
1. Preheat oven to 450° F.
  2. In a pie pan, whisk together flour, salt and pepper. In a second pie pan, beat egg and egg white together. In a third pie pan, whisk together breadcrumbs, parmesan cheese, paprika and a dash of salt.
  3. Slice zucchini lengthwise into ½-inch thick pieces. Cut into 4-inch lengths and then into “fries” or strips.
  4. Dip zucchini strips into the flour, then the egg and then through the breadcrumb mixture. Place on a baking sheet treated with nonstick spray.
  5. Bake for 10 minutes. Turn slices and continue baking for another 10 minutes until golden-brown and crisp. Serve immediately.

Source: Eat Smart to Play Hard: Cook Together, Eat Together by the University of Kentucky Cooperative Extension Service

80 calories; 2g total fat; 1g saturated fat; 0g trans fat; 30mg cholesterol; 190mg sodium; 11g total carbohydrate; 0g dietary fiber; 0g total sugar; 0g added sugars; 4g protein; 0% Daily Value vitamin D; 4% Daily Value calcium; 6% Daily Value iron; 0% Daily Value calcium