

CUMBERLAND COUNTY HOMEMAKER NEWSLETTER



THIRD FRIDAY EVENT

All Things Patriotic

Crafters have the option to select from three exciting projects: the Porch Leaner, Shelf Sitter, and/or Fabric Strip Flag. You'll find a wide variety of stencils available to choose from, and all materials will be provided.

FABRIC STRIP FLAG



PORCH LEANER



SHELF SITTER



**COST: \$15 PER PROJECT,
DUE THE DAY OF CLASS.**

MAY 16TH, 2025

CUMBERLAND COUNTY EXTENSION OFFICE
90 Smith Grove Rd., Burkesville, KY 42717

**STARTS
AT 1PM**

TO REGISTER: (270) 433-7700



Cumberland County
Cooperative Extension Service
90 Smith Grove Rd.
Burkesville, KY 42717
(270) 433-7700
Website: cumberland.ca.uky.edu

Debbie Messenger,
Debbie Messenger
Agent for Family &
Consumer Sciences
Email: debbie.messenger@uky.edu

In this newsletter
you can expect:

Third Friday
Event

Upcoming
Classes

Simple Meals in
a Snap

Capturing
Cumberland
County

Gut Health and
Sourdough
Workshop

Recipe

Friends of Burkesville Manor

The Cumberland County Extension will be collecting the following items:

May:

- Canned Meats
- Ham/Tuna/Chicken Helper
- Items are due May 9th, 2025.

June:

- Canned Beans
- Cornbread Mix
- Items are due June 13th, 2025.

Just a reminder that we provide bags for 24 residents. Thanks for your support!

Wits Workout

Wits Workout is like a gym session for your brain and body—where fun, brain-boosting exercises collide with simple body movements to enhance flexibility! Perfect for all ages, this program invites you to flex your noggin and move your body. Whether you want to sharpen your memory, crank up your focus, or improve range of motion, Wits Workout has got your back and your brain!

Join us at the Cumberland County Extension Office on:

May 21st & May 28th at 10am at the Cumberland County Extension Office.

Office Closings

The Cumberland County Extension will be closed the following dates:

- May 26th, 2025
- June 19th, 2025

Be on the lookout for more details on the following programs:

- Flag Day: June 13th
- Sewing Camp in June



SIMPLE MEALS in a snap!

LEARN HOW TO USE FRESH SEASONAL PRODUCE!

SAMPLE A FEATURED RECIPE!

FREE
EVENT!

RECEIVE RECIPE CARDS & KITCHEN GADGETS

TWO OPTIONS TO ATTEND:

DATE May 20th, 2025
TIME 10am
LOCATION Feed My Sheep Food Pantry

DATE May 15th, 2025
TIME 10:30am
LOCATION Veterans Community Center

For more information:

Cumberland County
Extension Office

(270) 433-7700

Capturing CUMBERLAND COUNTY



SUBMIT A PHOTO

Send your original photo to the following email address: cumberland.ext@uky.edu.

The photographer will receive a confirmation email. Please note that the deadline for photo submissions is May 16th, 2025.



FACEBOOK VOTING FOR TOP 5

Photos that are submitted will be showcased on the Revitalize Downtown Initiative – Burkesville, KY Facebook page from May 20th to May 30th.

- Each “LIKE” reaction on a photo counts as (1) vote.
- Each “LOVE” reaction on a photo counts as (2) votes.



TOP FIVE AT FIRST FRIDAY

The five best photos will be showcased at the First Friday event on June 6th, 2025.

Attendees will have the opportunity to vote during the event, and the photo that generates the highest amount of funds will be declared the winner. The winning entry will receive a printed canvas of their photograph. Proceeds will go towards the Revitalize Downtown Initiative of Burkesville, Kentucky.




FOR MORE INFORMATION:

Cumberland County
Extension Office
(270) 433-7700

Cumberland County
Public Library
(270) 864-2207

Cumberland County
Chamber of Commerce
(270) 864-5890



More Info? Call
270-433-7700

Gut Health & Sourdough Workshop

What to bring:

- Quart mason jar (wide mouth)
- Large mixing bowl and spoon
- Measuring cups (1 cup and ¼ cups)
- Apron (optional)

What you leave with:

- A sourdough loaf in progress
- Established sourdough starter
- Love your gut-health tips
- Knowledge & skills

Cost:

\$30/person

Deadline:

Registration ends Friday, May 9th
Please pay Debbie Messenger, Cumberland Co.
Extension Agent in advance to secure your spot

Monday, May 12, 2025

5:00 pm

Cumberland County Extension Office

90 Smith Grove Rd., Burkesville, KY

With Kim Anderson



 **Cooperative
Extension Service**
Cumberland County



Chicken Burgers

- 1 pound 98% fat-free, ground chicken breast
 - 1/4 cup barbecue sauce
 - 1/2 cup green onions, finely chopped
 - 1/4 cup celery, diced
 - 1 teaspoon garlic powder (or 1 clove of garlic, minced)
 - 1/4 teaspoon salt
 - Nonstick cooking spray
 - 4 whole-wheat hamburger buns
 - 2 cups romaine lettuce, torn or shredded
 - 1 large tomato, cut into 8 slices
 - Optional: 2 tablespoons cheese, such as blue cheese, feta, or shredded cheese
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. In a medium bowl, combine chicken, barbecue sauce, green onion, celery, garlic powder, and salt.
 3. Using wet hands (to prevent mixture from sticking), form chicken mixture into four 1/2-inch-thick patties. Wash hands with warm water and soap after handling raw poultry.
 4. Preheat a large skillet over low to medium heat and spray with nonstick cooking spray.
 5. Place burgers in the preheated skillet. Cook until burgers reach an internal temperature of 165 degrees F as measured on a meat thermometer, about 5 minutes per side.
 6. To serve, place each burger on a bun. Top each with 1/2 cup shredded lettuce, 2 tomato slices, and optional 1/2 tablespoon of cheese.
 7. Refrigerate leftovers within 2 hours.

Source: Andrea Wilde, NEP Area Nutrition Agent, University of Kentucky Cooperative Extension Service

Nutrition facts per serving: 300 calories; 3.5g total fat; 0g saturated fat; 0g trans fat; 65mg cholesterol; 500mg sodium; 32g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 27g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium