

Henry County Family & Consumer Sciences

SUMMER
2024

Program Spotlightt



*Krista M
Perry*

In This Edition

- FCS Happenings
- Homemaker Activities
- Local Homemaker awarded State Chair
- Summertime Recipes
- Health Bulletin
- Calendar of Events

5 UNIQUE PLACES TO
VISIT IN KENTUCKY
THIS SUMMER

Family & Consumer Sciences



A Note from your County Extension Agent:

The days are getting longer which means Summer is near! Gardens are being planted and flowers and trees are blooming. My girls are finishing up their school year and are looking forward to Summer break, boating and camping! I may enjoy the cooler weather, but the longer days make it nice to spend more time outside. The last few months have been busy with activities and programs and this Summer isn't slowing down! Be sure to look at the calendars for upcoming events and programs!



Krista M Perry

KRISTA PERRY
Agent for Family &
Consumer Sciences

In this newsletter you can expect:

Program Wrap up
and State Meeting
Highlights

Family & Consumer
Sciences
Announcements &
Activities

Exhibit Showcase
classes

5 Unique Places to
visit in KY this
summer

Homemaker Hub

Calendar of Events



And... That's a Wrap!

Cook Wild

Our Cook Wild series wrapped up in March bringing in special guest presenters, fantastic wild game recipes and great information for six weeks! Over 25 people participated throughout the series expressing the knowledge they gained from the series and the tips to preparing a wild game feast. The Cook Wild series topics included rabbits & squirrel, deer, waterfowl, turkey, fish, and wild mushrooms. A Cook Wild Series Part 2 will be coming up next year, stay tuned!

A-B-C Countdown Program

In April, I received the privilege to be included in the A-B-C Countdown Program at the Henry County Early Childhood Center. One day was spent teaching preschool students about Baking, including each student preparing their own 3-2-1 cake! Then I visited another time teaching students all about Chickens! I discussed where eggs came from, the life cycle of chickens, the nutritious value of eggs, even sharing baby chicks with them that they got to pet!



Cultural Arts

What an exciting year we had in Cultural Arts! In March, our county Cultural Arts event occurred, showcasing 40 exhibits, ranging from basic sewing & pin weaving to basketry, photography, and quilting! Over 30 of our exhibits moved forward to be judged and showcased at the Louisville Area contest; of those, 26 moved on to be judged and showcased at the KEHA State Meeting earlier this month! Henry county did very well, bringing home numerous blue ribbons and two champion purple ribbons! Each year, the creativeness and talent of our exhibits grow, I am looking forward to next year!

GEMS (Girls Empowered & Motivated to Succeed) 2.0

GEMS is a program that started with 5th grade girls designed to prepare them for the next chapter of education and the challenges they will face with beginning a new school. When the girls entered Middle School, a group of them decided they would like to learn more, so GEMS 2.0 was evolved. These girls are hearing from community women and participating in numerous activities to build their confidence, strengthen their empowerment and motivation. They visited our office in April to learn all things baking; the science, following a recipe, and patience as they made their own homemade cookies.



The new incoming Officers.

L-R Henrietta Sheffel, Breathitt County - President Elect; Martha Colley, Christian County - 2nd Vice-President; Amelia Godfrey, Johnson County - Family & Individual Development Chair; Tammy Alford, Butler County - International Chair; and Cindy Moore, Henry County - Cultural Arts & Heritage Chair. Congratulations ladies.

Henry County Homemaker Named State Cultural Arts & Heritage Chairman

Let's give a huge round of applause to Cindy Moore for her remarkable achievement in being elected as the State Cultural Arts & Heritage Chairman!

🎉 Growing up in Shelby County, Cindy embarked on her 4-H journey at the tender age of 10, igniting her passion for sewing. From her first stitches to showcasing multiple garments at the 4-H Fashion Revue, county and state fairs, and the prestigious 4-H Teen Conference, sewing became her creative outlet and driving force. Cindy's innovative flair for upcycling denim has become synonymous with her identity. With seven years of dedicated involvement in Cultural Arts, including serving as our County Cultural Arts Chairman and lending her expertise to the State Cultural Arts contest for the past five years, Cindy's dedication knows no bounds. We couldn't be more thrilled for Cindy's well-deserved success, and we eagerly anticipate the incredible journey ahead for her, our county, and the vibrant cultural arts community she champions! 🌟

FCS Announcements and Activities



Henry County

FARMERS MARKET

Wednesdays & Saturdays 8:00AM-Noon
Henry County Courthouse

Opening day June 1st

Pleasureville is hosting the Farmers Market
the 2nd Friday of each month (June-Oct) in the
City Hall parking lot from 5-7pm

Opening day June 14th



HENRY COUNTY FCS

20TH JUNE
5:30-7:30PM



CRAFT WITH SIGNS BY KELLY

JUMP INTO SUMMER AT THE EXTENSION OFFICE WITH A NEW DOORHANGER

CHOOSE YOUR DOORHANGER FROM THE THREE DISPLAYED

COST IS \$20 (BOWS NOT INCLUDED)

MUST RSVP BY JUNE 10TH 845-2811

EXHIBIT SHOWCASE

PLEASE JOIN US

Learn about the different classes; how to enter exhibits, how to choose from the best flower, picture and garden vegetable to exhibit and more!

Henry County Extension Office
2151 Campbellsburg Rd
New Castle, KY 40050



9
July 2024
5-6PM

Food PRESERVATION BASICS

Tuesday, July 16th
5:30-7pm at the HC Extension office
RSVP: 845-2811

Learn more about preserving your own food using a pressure canner, water bath canner and dehydrator! Each participant will take home resources, recipes and more!



LET'S GET MOVING

Walking Kentucky Challenge



Scan to register

- *ALL AGES ARE WELCOME TO PARTICIPATE!
- *ALL PHYSICAL ACTIVITY COUNTS AS "STEPS!"
- *JOIN SOLO OR AS A TEAM
- *JOIN YOUR FCS AGENT FOR WALKS AROUND THE COUNTY!
- *RECEIVE WEEKLY NEWSLETTERS
- *RECEIVE A GOODIE BAG AT THE END OF THE CHALLENGE!

Link to register: <https://bit.ly/4dhzFHz>

Cooperative Extension Service

MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Agriculture and Natural Resources Family and Consumer Sciences

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Love Local MARKET

LOVE LOCAL MARKET

AT THE HENRY COUNTY PUBLIC LIBRARY

COMMUNITY EVENT

SAVE THE DATES /2024
WATCH FOR INFORMATION

SPRING SHIN DIG 4/27/24

FRIDAY NIGHT MARKETS:
5/17/24
6/21/24
7/19/24
8/16/24
9/20/24
10/11/24 (FALL FESTIVAL)

COME & ENJOY

Join Us

PRESENTED BY
THE HENRY COUNTY CHAMBER OF COMMERCE
& THE HENRY COUNTY PUBLIC LIBRARY

Walk with your Extension Agent



Krista will be walking the trails in Eminence & at the John Logan Brent Park in New Castle this Summer! Let's get motivated and moving together! See the dates and locations below to join her!

Thursday, June 6	John Logan Brent Community Park in New Castle
Thursday, June 13	Eminence Walking Trail
Thursday, June 20	John Logan Brent Community Park in New Castle
Tuesday, June 25	John Logan Brent Community Park in New Castle
Tuesday, July 2	Eminence Walking Trail
Thursday, July 11	John Logan Brent Community Park in New Castle
Wednesday, July 17	Eminence Walking Trail
Tuesday, July 23	John Logan Brent Community Park in New Castle

Eminence Walking Trail: Meet at the Coach D Park.
John Logan Brent Community Park in New Castle: Meet at the pavilion.
Rain will cancel the walk

TEST YOUR LID!



ARE YOU USING A PRESSURE CANNER THIS YEAR? IF SO, IT IS TIME TO HAVE YOUR LID TESTED TO BE SURE IT IS CALIBRATED TO THE CORRECT PRESSURE. HOW DO YOU HAVE YOUR LID CALIBRATED? CONTACT KRISTA AT THE EXTENSION (502) 845-2811 OR STOP BY THE OFFICE WITH YOUR LID!

EXHIBIT SHOWCASE

OPEN CLASS

Rules

1. All entries are to be made by the exhibitor
2. The Extension Office, Fair board and volunteers are not responsible for loss or damage.
3. No exhibitor may enter more than two projects in any one class.
4. All artwork and photography must be displayed framed or prepared as a display.
5. Open Division is open to all age groups, except youth classes.
6. Premiums (\$4 for 1st place, \$3 for 2nd place, and \$2 for 3rd place) should be picked up when exhibits are removed.
7. All projects must be clean-maybe disqualified if dirty.
8. No project having previously won a blue ribbon may be entered.

Photography

19. B & W Photography (Animal)
20. B & W Photography (Horticulture)
21. B & W Photography (People)
22. B & W Photography (Misc.)
23. B & W Photography (Landscape)
24. Color Photography (Animal)
25. Color Photography (Horticulture)
26. Color Photography (People)
27. Color Photography (Misc.)
28. Color Photography (Landscape)

Arts & Crafts

1. Decorative Gourds
2. Woodcraft
3. Handmade jewelry
4. Artificial Floral Arrangement
5. Handmade Holiday decoration
 - a. Fall
 - b. Spring
 - c. Summer
 - d. Winter
6. Models - planes, boats, etc. (from kit)
7. Models - planes, boats, etc. (handmade)
8. Refinished/refurbished/recycled item
9. Baskets
10. Painting
 - a. Acrylic
 - b. Decorative (metal, wood, other)
 - c. Oil
 - d. Water
11. Drawings
 - a. Pastels
 - b. Pen & Ink
 - c. Pencil/Charcoal Black
 - d. Colored Pencil
 - e. Other
12. Paper Craft
 - a. Origami
 - b. Twilling
 - c. Card Marking
 - d. Scrapbooking
 - e. Calligraphy
13. Miscellaneous
14. Decorated wreaths
15. Carving
16. Child's Art or Craft(8 and under)
17. Student Art or Craft (ages 10 - 18)
18. Recycled Art for Home/Yard

EXHIBIT SHOWCASE

OPEN CLASS

Flowers

Arrangements:

- 29. Child under 12 years old
- 30. Dining room table arrangement
- 31. Herbs (arrangement)
- 32. Miniature arrangement (not to exceed 6 inches)
- 33. Roses and filler
- 34. Wildflower assortment

Potted Plants:

- 35. African violets (only one plant per pot)
- 36. Begonia
- 37. Blooming Plant
- 38. Cactus
- 39. Foliage plant (never Blooming)
- 40. Geranium
- 41. Succulent

Cut Flowers:

- 42. Assortment of 5 different flowers
- 43. Gladiolus (3)
- 44. Hydrangea (1 stem)
- 45. Lilies (3 callus)
- 46. Lily (Day) (1 stem-multiple blooms allowed)
- 47. Marigolds (3 Large)
- 48. Marigolds (3 Small)
- 49. Miscellaneous
- 50. Nasturtiums (3)
- 51. Petunias (3)
- 52. Roses (knockout)
- 53. Sunflowers (3)
- 54. Zinnias (3)
- 55. Gerber Daisies(3)

Honey

Bottled Honey shall only be submitted in standard 1lb.glass queen line jars. Plastic or metal lids are acceptable, but safety seals are not permitted. NO LABELS are permitted on containers. An identifying label will be assigned and attached upon entry.

- 56. Bottled Honey-Amber
- 57. Bottled Honey-Dark
- 58. Bottled Honey-Light

Culinary

All canned fruits and vegetables must be in standard canning glass jars. Any jars showing evidence of spoiling or reprocessing will be disqualified. All canning is to be processed, including jellies, jams, and preserves in accordance with new USDA guidelines. All other entries should be entered in zip lock bags on paper plates.

JAMS, JELLIES& PRESERVES

(Must be processed-no paraffin allowed)

- 59. Blackberry jam
- 60. Strawberry jam
- 61. Peach Preserves
- 62. Grape jelly
- 63. Apple Butter
- 64. Any other jam, jelly, or preserve

BREADS

- 65. 1/2 Loaf yeast bread
- 66. Breakfast bread(coffee cake/cinnamon bread)
- 67. Plate of 4 rolls (yeast), any variety
- 68. Homemade biscuits(4), any variety
- 69. Cornbread or cornmuffin, any variety
- 70. Vegetable bread
- 71. Fruit bread
- 72. Specialty bread

CANDY

- 73. Peanut Butter fudge (4 pieces)
- 74. Chocolate fudge (4 pieces)
- 75. Divinity candy (4 pieces)
- 76. Any other candy (4 pieces)

PIES

- 77. Fruit or nut pie (1/2 pie)
- 78. Other

PICKLES (PINTS)

- 79. Sweet cucumber pickles
- 80. Relish (mixed)
- 81. Beet pickles
- 82. Bread & butter pickles
- 83. Dill pickles
- 84. Any other pickle

EXHIBIT SHOWCASE

OPEN CLASS

Culinary

CANNED FRUITS & VEGETABLES- may be a pint or quart.

- 85. Peaches
- 86. Blackberries
- 87. Cherries
- 88. Applesauce
- 89. Tomatoes
- 90. Tomato Juice
- 91. Salsa
- 92. Baby beets
- 93. Green beans
- 94. Any other canned fruit or vegetable

CAKES (decorated cakes judged on decoration only)

- 95. Angel Food cake, any flavor & frosting suitable for cake
- 96. Butter cake, any flavor & frosting suitable for cake
- 97. Chiffon cake, any flavor & frosting suitable for cake
- 98. Pound Cake, any flavor & frosting suitable for cake
- 99. Sponge Cake, any flavor & frosting suitable for cake
- 100. Favorite Cake mix with special ingredients (please list)
- 101. Decorated cake (whole cake)
- 102. Decorated Cupcake (3 cupcakes)
- 103. Decorated cake (whole cake) (Youth)
- 104. Decorated Cupcake (3) Youth

COOKIES

- 105. Chocolate Chip cookies (4)
- 106. Peanut Butter cookies (4)
- 107. Brownies (4, not iced)
- 108. Plain Sugar cookies (4)
- 109. Oatmeal cookies (4)
- 110. Any other cookie (4)
- 111. Plates of assorted cookies (3 kinds, 9 pieces)

Horticulture

Vegetables will be judged for quality and uniformity and all displays must be homegrown by exhibitor. Bring own paper plates for display. SCORECARD: Condition, Quality, Uniformity, True to Type, Size

- 112. Beans, green pole (1 dozen)
- 113. Beans, green bunch (1 dozen)
- 114. Beans, baby lima (1 dozen in pod)
- 115. Beans, lima (12 pods)
- 116. Beets (5) (leave 6" of top)
- 117. Broccoli (1 head, 6" long, leaves trimmed)
- 118. Cabbage (1 head, leave 2 layers of wrapper leaves)
- 119. Carrots (plate of 5, tap root on, tops trimmed to 1/2")
- 120. Cauliflower (1 head, 4-6 leaves left on below head)
- 121. Corn, sweet white (5 ears in husk)
- 122. Corn, sweet yellow (5 ears in husk)
- 123. Cucumbers for slicing (5, stems left attached)
- 124. Cucumbers for pickling (5, stems left attached)
- 125. Eggplant (stem left on)
- 126. Okra (1 pint, any variety)
- 127. Onions, white (plate of 5, roots trimmed close, 1-2" necks)
- 128. Onions, green (plate of 5, roots trimmed close, 5-6" tops)
- 129. Peas (12 pods)
- 130. Peppers, hot (5)
- 131. Peppers, Bell (any color-5)
- 132. Peppers, sweet (5)
- 133. Potatoes (plate of 5)
- 134. Potatoes, sweet (plate of 3)
- 135. Rhubarb (plate of 5 stalks, leave 1" of leaf blade)
- 136. Lettuce
- 137. Squash, summer, yellow (3, stems trimmed to 1")

EXHIBIT SHOWCASE

OPEN CLASS

Horticulture

- 138. Squash, zucchini(3, stems trimmed to 1")
- 139. Tomatoes (3, ripe - remove stem)
- 140. Tomatoes (3, green - stem on)
- 141. Radishes (plate of 5, tops and tap root left on)
- 142. Garden display(10 items or more)
- 143. Greens (plate of any variety)
- 144. Grapes
- 145. Apples (plate of 5, any variety)
- 146. Blackberries (1/2 pint)
- 147. Cherries (1/2 pint)
- 148. Blueberries (1/2 pint)
- 149. Pears (plate of 5, any variety)
- 150. Assorted Fruit plate (5 types)
- 151. Any other garden vegetable or fruit (plate of 5 of same)

Sewing

Apparel

- 152. Child's garment
- 153. Best casual garment
- 154. Best dressy garment

Crochet

- 155. Accessories
- 156. Fashion
- 157. Home Décor & Afghans
- 158. Thread

Quilting

- 159. Hand piece, hand quilt
- 160. Hand piece, machine quilt
- 161. Machine piece, hand quilt
- 162. Machine piece, machine quilt
- 163. Quilt pieced by one/quilted by another
- 164. Quilted wall hanging
- 165. Other quilted item

Sewing

- 166. Memory/t-shirt quilt
- 167. Child's quilt
- 168. Holiday quilted item

Needlepoint

- 169. Cloth Canvas
- 170. Plastic

Other

- 171. Doll or Toy making
- 172. Handmade purse
- 173. Machine Embroidery
- 174. Misc. Embroidery
- 175. Knitted item
- 176. Specialty Knitted item (example Felted)
- 177. Crewel article
- 178. Decorated shirt (needlework)
- 179. Counted Cross stitch
- 180. Cross stitch
- 181. Pillow
- 182. Needlework by child (underage 14)
- 183. Weaving
- 184. Sewing accessories
- 185. Sewing Miscellaneous
- 186. Sewing by child (under age 14)



Discover Kentucky's Hidden Treasures: 5 Unique Summer Destinations

Kentucky, often celebrated for its bourbon trails and horse races, holds a trove of hidden gems waiting to be explored. This summer, venture beyond the well-trodden paths and discover the Bluegrass State's lesser-known wonders. Here are 5 unique destinations that promise to make your Kentucky adventure truly unforgettable:

- **The National Quilt Museum (Paducah):** Delve into the artistry and craftsmanship of quilting at The National Quilt Museum in Paducah. Home to an extraordinary collection of contemporary and historic quilts, this museum showcases the creativity and ingenuity of quiltmakers from around the world. Marvel at intricate designs, vibrant colors, and innovative techniques that elevate quilting to a form of high art.
- **Blue Heron Mining Community (Stearns):** Step back in time at the Blue Heron Mining Community, a preserved coal mining town located within the Big South Fork National River and Recreation Area. Explore the remnants of this once-thriving community, including historic buildings, mining equipment, and interpretive exhibits that offer insight into the lives of coal miners and their families in Appalachia.
- **The Vent Haven Museum (Fort Mitchell):** Uncover the fascinating world of ventriloquism at The Vent Haven Museum, home to the world's largest collection of ventriloquist dummies and memorabilia. Located in Fort Mitchell, this quirky museum showcases the evolution of ventriloquism through rare and vintage figures, scripts, and photographs. Get up close to iconic dummies and learn about the artistry behind this unique form of entertainment.
- **The Newport Gangster Tour (Newport):** Step into the criminal underworld of Newport's past with The Newport Gangster Tour, a guided walking tour that explores the city's notorious history of bootlegging, gambling, and organized crime. Follow in the footsteps of gangsters and mobsters as you visit historic sites, speakeasies, and former gangster hangouts, while hearing tales of prohibition-era intrigue and scandal.
- **The Wigwam Village Inn #2 (Cave City):** Experience a blast from the past at the Wigwam Village Inn #2, a historic motel in Cave City that offers overnight accommodations in charming wigwam-shaped cabins. Built in the 1930s, this nostalgic roadside attraction provides a glimpse into America's motor lodge era, complete with retro furnishings and vintage decor. Spend the night in a cozy wigwam and relive the nostalgia of classic roadside travel.

Thank you for reading!

ADULT

HEALTH BULLETIN

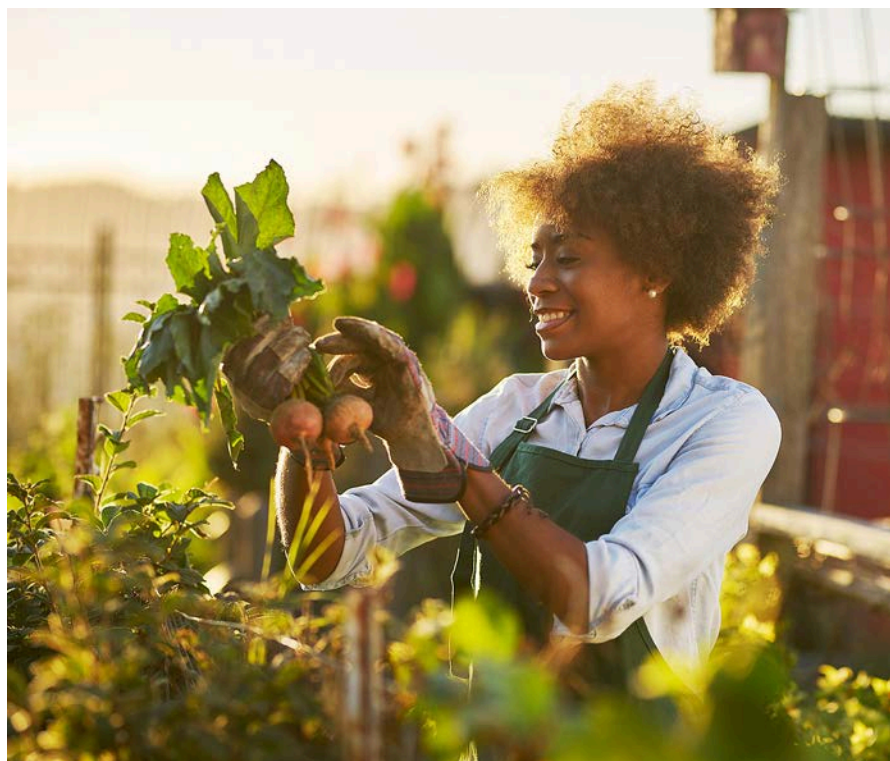


JUNE 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC

STEP INTO NATURE, SUMMER EDITION



As the weather warms up, the sun shines brighter and it is light outside for longer each day. These environmental changes make it more enticing to spend time outdoors. Perhaps you find yourself staring out the window, distracted from your work tasks. Don't fight the urge to step outside! Give in to your wandering mind, take a break in the sunshine, and reap the benefits of being outdoors in the summertime. You may be familiar with a quote from Hippocrates, "Nature itself is the best physician." Whether you take a walk around your block, sit in the shade under a tree, or take a hike through the woods, spending time outdoors is good for your health.

Continued on the next page 



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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 Disabilities accommodated with prior notification.

When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

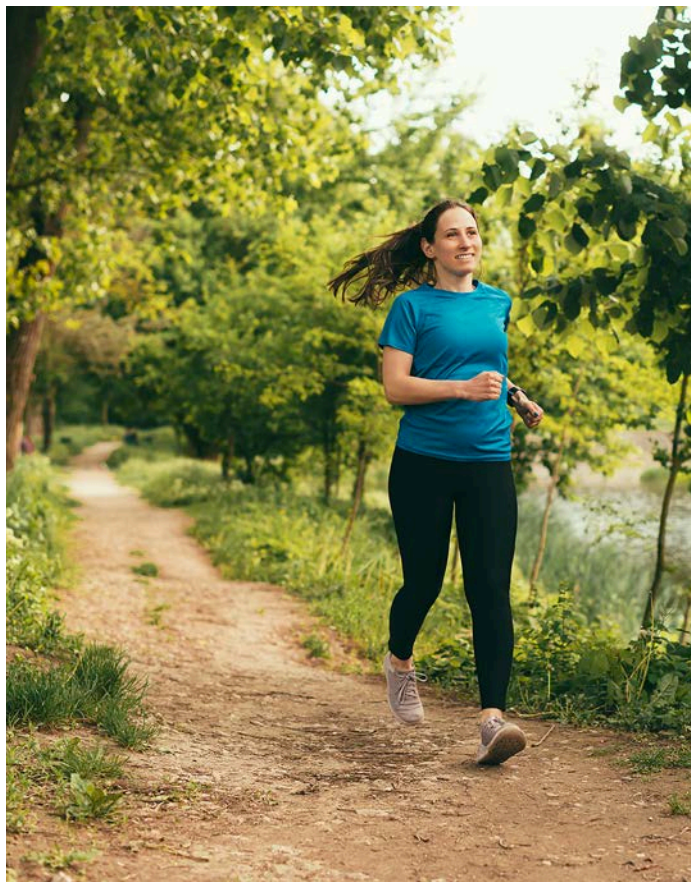
➔ **Continued from the previous page**

There are both mental and physical benefits to spending time outdoors during the summer. Studies have shown that people enjoy being outside in the summer, and being outdoors provides good motivation to be physically active. People who exercise outdoors are more likely to be active for a longer time and enjoy it more than those who exercise indoors. Additionally, there are many activities to do in the summer outdoors. From walking, hiking, or running, to gardening, doing yard work, playing sports, and more, there are many ways to be active in the great outdoors whether you live in an urban or rural area.

Another physical benefit of spending time outdoors is the quality of air that you breathe in. Overall, air quality outdoors is typically better than that inside. When you exercise, your body needs more air, and you breathe more deeply. This provides extra oxygen to your body and breathing outdoors tends to reduce the amount of toxins that you take in through the air. Breathing deeply helps you to relax, lowering your stress levels, cortisol, and heart rate. All of these contribute to overall heart health, reducing and managing chronic diseases such as high cholesterol, blood pressure, and heart disease. Additionally, being outdoors awakens your senses, helping you to enjoy the atmosphere outdoors: the sights, smells, sounds, tastes, and textures around you.

Tuning into your senses outdoors also has mental health benefits. Spending time outside reduces stress levels, decreases feelings of depression and anxiety, and helps you to feel more regulated. Spending time outside has shown to help people recover from trauma faster as well. When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

Summer weather tends to make spending



time outside enjoyable, but there are some precautions you should take as well. If you are going to spend time out in the sun, remember to wear protective clothing or sunscreen, sunglasses or hat, and drink plenty of water to stay hydrated. Your body will appreciate the additional vitamin D, but you do not want to overexpose your skin to damage from the sun.

REFERENCE:

<https://www.fs.usda.gov/features/wellness-benefits-great-outdoors>

**ADULT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock



Summer 2024

Homemaker *HUB*

HAPPY
SUMMER

Capture the Spirit of Summer! 📸 Share your sun-kissed moments, beach adventures, backyard barbecues, and all the joys of the season in our Summertime Photo Contest! Whether it's a breathtaking sunset, a refreshing dip in the pool, or simply soaking up the sun with loved ones, show us what summer means to you through your lens. The most captivating, vibrant, and creative entries stand a chance to win exciting prizes and be featured in our gallery of summertime memories calendar. Don't miss this opportunity to freeze-frame your summer bliss! Submit your entries now and let the sunshine in!!



HENRY COUNTY HOMEMAKER OFFICERS

President- Kathy Schwandner
Vice President- Cindy Moore
Secretary- Cynthia Dare
Treasurer- Angie Baxter
Cultural Arts Chair-Cindy Moore

HOMEMAKER CLUBS

**COUNTRY LADIES:
TERRY HEFFLEY**

**JERICHO:
CYNTHIA DARE**

**TOWN & COUNTRY:
NANCY
HEIGHTCHEW**

**LOVING LOCAL
LADIES:
DIANA BAXTER**



Just for You

ASIAN ASPARAGUS SALAD

1 pound fresh asparagus

1½ tablespoons low sodium soy sauce

2 teaspoons sugar or artificial sweetener

1 tablespoon olive oil

2 teaspoons sesame seeds

- 1. Snap** off and discard the root ends of the asparagus.
- 2. Wash** remaining stalks thoroughly.
- 3. Slice** stalks into 1½ inch lengths on the diagonal.
- 4. Blanch** asparagus for 1-3 minutes in boiling water, until bright green in color.
- 5. Cool** immediately

- under cold water and drain.
- 6. Combine** soy sauce, sugar, olive oil, and sesame seeds in a small glass bowl. **Mix** dressing until sugar is dissolved.
 - 7.** In a gallon zip-seal bag, add asparagus and dressing. **Turn** bag to coat asparagus with

dressing and chill in the refrigerator for 15 minutes. **Turn** bag again and chill for an additional 15 minutes before serving.

Yield: 4, ½ cup servings.

Nutrition Analysis: 70 calories, 4.5 g fat, .5 g sat. fat, 0 mg cholesterol, 250 mg sodium, 7 g carbohydrate, 2 g fiber, 3 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



COMMUNITY PROJECT

Consider as a community project in June and July: Take cleaning supplies to the Animal Shelter- bleach, detergent and paper towels

RECOMMENDED BOOK LIST

FAMILY & CONSUMER SCIENCES

At Home with Nature: A Guide to Sustainable, Natural Landscaping by John Gidding (2023)

Baking Yesteryear: The Best Recipes From the 1900s to the 1980s by B. Dylan Hollis (2023)

HISTORY

The 1619 Project: A New Origin Story by Nikole Hannah-Jones (2021)

American Sirens: The Incredible Story of the Black Men Who Became America's First Paramedics by Kevin Hazzard (2022)

Facing the Mountain: A True Story of Japanese American Heroes in World War II by Daniel James Brown (2021)

KENTUCKY

Drowned Town by Jayne Moore Waldrop (2021)
Kentucky Passion: Wildcat Wisdom and Inspiration by Del Dudit (2021)

My Old Kentucky Home: the Astonishing Life and Reckoning of an Iconic American Song by Emily Bingham (2021)



Martin-Gatton
College of Agriculture,
Food and Environment



BINGO

JULY 31
SEPTEMBER 25

BUNCO

JUNE 26
AUGUST 28
OCTOBER 30

At Henry County Extension Office
1:30PM

SAVE THE DATE



NEW HOMEMAKER



LEADER LESSON



EXTRAVAGANZA

MARK YOUR CALENDARS, SEPTEMBER 10, 2024 AT THE SHELBY COUNTY EXTENSION OFFICE! SPEND THE DAY LEARNING ABOUT THE LEADER LESSONS, PARTICIPATING IN ACTIVITIES, LUNCH, AND MORE! MORE INFORMATION WILL BE IN THE FALL NEWSLETTER!

CITY OF SMITHFIELD

SMITHFIELD DAY



JUNE 1ST 2024

Main St, Smithfield KY

10.00 AM – 5.30 PM

10:00 AM Vendors, Food Trucks & Car show opens

11.00 AM Parade begins at Bates Lane and concludes at Smithfield Christian Church

12:15– 1:15 PM County Kickers perform in the park

1:30–3:00 PM Dave Stahl Performs in the park

2:00 PM Car Show Judging

3:30–5:30 PM Shayla McGuire performs in the park

6:00 PM Family Movie (The Neverending Story) at Smithfield Baptist Church

There will be a cake walk, balloon pop and snow cones at Wilder's Corner

Lake Jericho Fire & Rescue will be set up on Giltner Rd at Goodlett Circle

The Car Show and Back Yard Bounce will be at the end of the sidewalk on Giltner Rd

The petting zoo and animal shelter will be set up across from Our Best where the old mill used to be

Craft Vendors will be in the park

Jericho Homemakers will have a table set up in the park. Come on over and say hello!



Designated parking entrance will be across from Our Best



Jun.

● Homemakers events

● Family & Consumer Sciences

● Non Extension Event

S	M	T	W	T	F	S
						1 Opening Day of the Henry Co. Farmers Market 8AM-12PM
2	3 Open Sew Day 10AM-4PM	4	5	6 Walk w/ Krista @ New Castle 8:30AM	7	8
9	10	11 Louisville Area Annual Meeting	12	13 Walk w/ Krista @ Eminence 8:30AM	14 Pleasureville Farmers Market 5-7PM	15
16	17	18	19 Book Club 1:30PM	20 Walk w/ Krista @ New Castle, 8:30AM Quilt Group Mtg 10AM Craft Workshop, 5:30PM	21 Love Local Market, 6PM	22
23	24	25 Walk w/ Krista @ New Castle 8:30AM	26 HM Bunco 1:30PM	27	28	29
30						

2024

Jul.

● Homemakers events

● Family & Consumer Sciences

● Non Extension Event

S	M	T	W	T	F	S
	1 Open Sew Day 10AM-4PM	2 Walk w/ Krista @ Eminence, 8:30AM	3	4	5	6
7	8	9 Exhibit Showcase Info. Meeting 5-6PM	10	11 Walk w/ Krista @ New Castle 8:30AM	12 Pleasureville Farmers Market 5-7PM	13
14	15	16 Food Preservation Basics Workshop 5:30-7PM	17 Walk w/ Krista @ Eminence 8:30AM Book Club 1:30PM	18 Quilt Group Mtg 10AM	19 Love Local Market, 6PM	20
21	22	23 Walk w/ Krista @ New Castle 8:30AM	24	25 Exhibit Showcase check-in 9AM-12PM	26	27 Harvest Showcase Come view the Exhibits
28	29 Pick up Exhibits 8:30- 10AM	30	31 HM Bingo 1:30PM			

2024

Aug.

● Homemakers events

● Family & Consumer Sciences

● Non Extension Event

S	M	T	W	T	F	S
				1	2	3
4	5 Open Sew Day 10AM-4PM	6	7	8	9 Pleasureville Farmers Market 5-7PM	10
11	12	13	14	15 Quilt Group Mtg 10AM	16 Love Local Market, 6PM	17
18	19	20	21 Book Club 1:30PM	22	23	24
25	26	27	28 HM Bunco 1:30PM	29	30	31

2024

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Questions may be directed to Stacy Miller at Stacy.miller@uky.edu or (859) 257-1727.

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