

FCS EXTENSION

AUGUST. 2023

NEWSLETTER

Town and Country Club

Summersville Club

Circle of Friends Club



Grand Champion Fair Winners





Guest Speaker: Hailey P Scott



Various Food Preservation Workshops



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





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June/July Recap

June and July was a crazy busy two months! We had some big events going on like the Green County Fair exhibits and the Homemakers' Annual Meeting.

I want to say thank you to everyone that entered exhibits in the fair or promoted the fair in any way. We had a total of thirty-three exhibitors with around 281 total entries, this was huge! I can't wait to see what next year holds! Also, congratulations to all the Grand Champion winners!

These past couple of months have been nothing but canning classes! I have taught a 3-day canning workshop in Adair County in May/June, 2-day canning workshop in Green County in June, and 3 more canning classes in July in Green and Taylor County. I'm not done yet, be on the lookout for more canning class this year!

During the Annual Meeting we announced the new officers for this term.

Nancy Turner will remain Secretary and Brenda Cook is our new President.

What else has Katelyn done in June and July?

- Cooking from the Calendar x2
- Senior Center
- Just Family Adult Day Care
- Sewing Camp Training (This was so much fun, we made pants!)
- Lake Cumberland Area FCS Agents volunteered at The Center for Courageous Kids
- Helping with Arts Council "Historic Homes Tour"
- Set up at the Farmers Market
- Food Preservation Class in Taylor County
- AND SO MUCH MORE



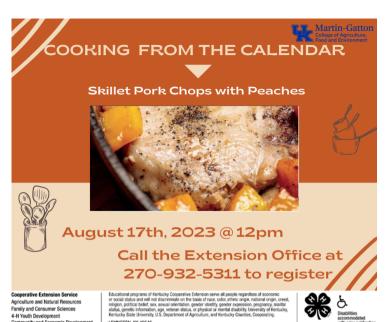
FCS Agents volunteering

output

at CCK for a day!

Just Family Adult Day: Making Yogurt Sundaes







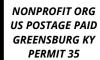








3DAY	5	12	19	26	2	nade
SATURDAY						Thomas
FRIDAY	4	11 Basic Dehydarting Class 12-1:30p	18	25 Katelyn on Vacation	_	Katelyn on Vacation
THURSDAY	Help Hope Hands 9am 3	Help Hope Hands Bam 10	16 Help Hope Hands 9am17 Cooking from the Calendar 12pm	23 Help Hope Hands 9am 24 Homemaker Kickoff 5pm	30 Help Hope Hands Bam31 Day Lesson Leader Training 12p: SCAMS	Katelyn on Vacation Katelyn on Vacation Katelyn on Vacation Katelyn on Vacation
WEDNESDAY	2	6	16	23	30 Help Hope Hands 8 LCA Leadership Day Lesson Leader Training 12p: S	Katelyn on Vacation
TUESDAY	1	8 Summersville 5pm	15	22 Circle of Friends 4:30pm	29	Katelyn on Vacation
MONDAY	31	7	14	Town & Country at Los Agaves 5pm Homemaker Council Circle of Friends Meeting 4pm 21	28	Katelyn on Vacation
SUNDAY	30	9	13	20	27	





UK CES Green County 298 Happyville Road Greensburg KY 42743-9498

RETURN SERVICE REQUESTED



Bacon and Tomato Dip

1 cup fat free sour cream

1 cup low fat mayonnaise

2 large tomatoes, diced, reserve excess juice

4 slices bacon, cooked crisp and crumbled

1 teaspoon garlic powder

1. Combine all ingredients.

2. Add reserved tomato juice until dip reaches desired consistency.

3. Serve with fresh vegetables or reduced fat crackers.

Yield: 16, 2 tablespoon servings.

Nutrition Analysis: 50 calories; 3 g fat; 1 g saturated fat; 5 mg cholesterol; 160 mg sodium; 6 g carbohydrate; 0 g fiber; 3 g sugar; 1 g protein.

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

