

# GREEN COUNTY FCS EXTENSION NEWSLETTER August 2025



## *Greetings from your FCS Agent*

Hello everyone! School is almost back in session which means summer is coming to an end although the hot weather may be here to stay.

The Homemaker Kickoff is on August 11<sup>th</sup> starting at 5pm. The theme is “Homemakers are in Bloom”, wear your best floral attire and invite friends that show interest in Homemakers! Deadline to purchase tickets is August 4<sup>th</sup>.

VSU Hours and Passports should be turned into Katelyn ASAP if not already. This information will be used during the Homemaker Kickoff.

2025 Holiday Bazaar Applications are now available for vendors to secure their spots. Spots are on a First Come First Serve basis this year so be sure to turn in your applications asap if you are interested. If you are not interested please spread the word with anyone and everyone! If anyone has any questions, they are welcome to call me at 270-932-5311 or by emailing [katelyn.squires@uky.edu](mailto:katelyn.squires@uky.edu).



***Katelyn Squires***  
***Family and Consumer***  
***Sciences Extension Agent***  
***Green County***  
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***270-932-5311***  
***[green.ca.uky.edu](http://green.ca.uky.edu)***



Follow Green County  
FCS on Facebook. Scan  
the QR code above!





## ● ● ● *What did Katelyn do in July?* ● ● ●

- Just Family Adult Day
- FCS Staff Meetings
- Cooking from the Calendar
- Laugh and Learn Program
- Teen Cooking Class with 4H
- FCS Agent Sewing Practice
- Back to School Bashes
- Holiday Bazaar Prep
- Farmers Market



*Passport Trip to Lost River Cave*



*Food Preservation Friday- Strawberry Jam*



*Teen Cooking Program with 4H*



*Farmers Market. Promoting Kids Bucks and Samples*



# FOOD PRESERVATION FRIDAY



Join Katelyn for a hands on pressure canning program. Participants will receive a canned product at the end of the class. RSVP is required by August 19th. RSVP by calling 270-932-5311 or visit the extension office!

August 22nd 10am-12pm CDT  
Green County Extension Office  
298 Happyville Rd Greensburg KY 42743

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

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## RADON IN KY

Have you heard of radon? Do you know that it is very prevalent in Kentucky? The goal of this program is to raise awareness about radon in Kentucky and its negative health effects.

August 28<sup>th</sup>  
12pm CDT

Green County Extension Office 298  
Happyville Rd Greensburg KY

Join Dylan, Adair Co FCS Agent, as he hosts this program in Green County. RSVP by calling 270-932-5311 or by visiting the extension office!

## HOLIDAY BAZAAR

AT GREEN COUNTY  
EXTENSION OFFICE

VENDOR APPLICATIONS ARE AVAILABLE

TYPES OF VENDORS:

- BOUTIQUES  
- JEWELRY  
- HANDMADE CRAFT  
ITEMS

- BAKED GOODS  
- PHOTOGRAPHY (1)  
- CANDY  
- AND SO MUCH MORE

APPLICATIONS ARE ON A FIRST  
COME, FIRST SERVE BASIS!



APPLICATIONS CAN BE FOUND  
AT THE QR CODE OR AT THE  
GREEN COUNTY EXTENSION  
OFFICE

Katelyn Squires - FCS Agent  
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension, Lexington, KY 40506



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## COOKING FROM THE CALENDAR

Slow Cooker Asian Pork Tacos



August 21st at 12pm CDT

Call Green Co Extension Office  
at 270-932-5311 to register



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Stop by Green County Extension  
Office to get your Pressure  
Canner Gauges tested!

Free of charge.  
Call 270-932-5311 for  
questions.







# EVOLVING LEADERS FORUM

**SEPTEMBER 25, 2025**

Taylor County Extension Office

1143 S Columbia Ave. Cambellsville

EASTERN TIME

9:30-10:00 a.m. Registration

10:00 a.m. Program Begins

1:30 p.m. Closing Remarks

- Enhance Your Leadership Skills
- KEHA Leader Lesson Training

**Register with your local Extension Office  
by September 10<sup>th</sup>**



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# Homemakers are in full bloom!

**Join us for the Green County Annual Homemaker Kickoff**

**AUGUST 11<sup>TH</sup> 2025**  
**5PM CDT**

Green County Extension Office  
298 Happyville Rd  
Greensburg KY 42743

**TICKETS ARE REQUIRED- \$10  
PURCHASE NOW UNTIL**

**AUGUST 4TH**

PURCHASE TICKETS BY  
CALLING 270-932-5311 OR  
BY STOPPING BY THE  
EXTENSION OFFICE.

**VSU Info**  
**Program of Work Info**  
**New Manuals**







# AUGUST 2025



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

3

Homemaker Council  
10a

5

6

7

Office Closed for  
parking lot  
maintenance

1

8

Office Closed for  
parking lot  
maintenance

2

9

10

Homemaker Kickoff  
5pm CST

12

Summersville 5:30

13

14

Help Hope & Hands  
9am

15

16

17

19

20

21

Help Hope & Hands  
9am  
Cooking from the  
Calendar 12p

22

Food Preservation  
Friday- Green Beans  
10a

23

24

26

Circle of Friends 4:30

27

28

Help Hope & Hands  
9am  
Lesson Leader  
Training 12p

29

Young Mom's 4:30

30

31



**RETURN SERVICE REQUESTED**



# Creamy Cucumber and Chicken Salad

<b>½ pound</b> chicken breast	<b>½ teaspoon</b> sea salt
<b>1 tablespoon</b> fresh lemon juice	<b>1 teaspoon</b> ground black pepper
<b>1 cup</b> slivered almonds	<b>2 tablespoons</b> fresh chopped dill
<b>½ cup</b> nonfat plain Greek yogurt	<b>2 medium</b> cucumbers, chopped
<b>3 ounces</b> reduced fat cream cheese	<b>1 cup</b> dried cranberries
<b>2 tablespoons</b> Dijon mustard	<b>8</b> lettuce leaves

**Marinate** chicken breast in lemon juice for one hour. **Remove** chicken from marinade and **chop** into bite sized pieces. **Sauté** in preheated non-stick skillet until thoroughly cooked and no longer pink in the center. **Set aside** to cool. **Toast** slivered almonds on low heat in a non-stick skillet until fragrant. **Set aside** to cool. In a large mixing bowl **combine** yogurt, cream cheese, mustard, salt, pepper and dill. **Add** chicken and **toss**. **Add**

cucumbers, cranberries and almonds to chicken mixture. **Toss** to coat. **Cover and chill** in refrigerator for 1 hour. **Spoon** salad into washed and dried lettuce leaves. **Serve** cold.

**Yield:** 8 servings

**Nutritional Analysis:** 210 calories, 10 g fat, 2 g saturated fat, 30 mg cholesterol, 290 mg sodium, 19 g carbohydrate, 3 g fiber, 14 g sugars, 12 g protein.