

GREEN COUNTY FCS EXTENSION NEWSLETTER





Greetings from your FCS Agent

Hello Everyone! April started out pretty crazy with some bad weather but now warmer weather is rolling in! I am so thankful to be able to get outside and play with my son now that it's warm. That also means fun things are beginning in the office!

Help, Hope, and Hands collaborated with The Green River Early Childhood Collaborative to host the Annual Community Baby Shower. We had 26 moms in attendance with over 80 attendees in total (including guests and volunteers). This is triple the amount we had three years ago!

We are currently trying to create a Young Mom's Homemaker Club. We hosted an informational meeting and had four moms in attendance! We will be meeting again this month!

County Fair is right around the corner! I have included the dates in this newsletter, for categories visit the extension office or check out our Facebook page!



Katelyn Squires **Family and Consumer** Sciences Extension Agent **Green County** 298 Happyville Rd **Greensburg KY 42743** 270-932-5311 green.ca.uky.edu



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

● ● What did Katelyn do in March?

- LEAP with Head Start and Little Lambs
- Just Family Adult Day
- Green County Senior Center
- FCS Staff Meetings
- Cooking from the Calendar
- County Review
- Sewing Program in Larue County
- Young Mom's Homemaker Info Meeting
- Laugh and Learn Program
- Homemaker Trip to Dennison's Roadside Market



Taught a Zipper Pouch sewing program in Larue County





Young Mom's Homemaker Club
Informational Meeting



Green River Early Childhood Collaborative provided bags for each mother.



Annual Community Baby Shower



Homemaker Trip to Dennison's Roadside Market

SAVE THE DATE



OOKING FROM THE CALENDAR







May 23rd 2025 at 12pm CST

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

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



Living with **Alpha-gal Syndrome**

When: Thursday, May 29

Time: 7:00 PM EDT/6:00 PM CDT

Where: Zoom

Register: ukfcs.net/AgS or scan the OR Code below









Lake Cumberland Area **Extension Homemakers Annual Meeting**

> May 15, 2025 Clinton County Fairgrounds

Registration 4:30 pm CST Program 5:00 pm CST

\$15 Registration *Due to your Extension Office May 1st





THE GREEN COUNTY EXTENSION OFFICE IS AND UNDER TO PREPARE THEM FOR KINDERGARTEN. THIS PROGRAM CONSISTS OF TORYTIME, SNACKS, CRAFTS, AND USING GROSS

WE JUST ASK THAT EACH CHILD BE ACCOMPANIED WITH AN ADULT THROUGHOUT THE WHOLE PROGRAM.





Cooperative Extension Service

FAT QUARTER **FRIDAY**

Cooperative Extension Service

JOIN KATELYN FOR A NEW SERIES CALLED "FAT QUARTER FRIDAY". WE WILL BE MAKING COASTERS USING FAT QUARTERS.

ALL SUPPLIES AND FABRIC WILL BE PROVIDED BUT SEWING MACHINES ARE LIMITED. IF YOU HAVE YOUR OWN PLEASE BRING IT. IF YOU HAVE A FABRIC YOU WOULD LIKE TO USE PLEASE BRING THAT AS WELL.

MAY 30TH 2025 1PM-3PM CST

GREEN COUNTY EXTENSION OFFICE 298 HAPPYVILLE RD GREENSBURG KY

IF YOU HAVE ANY QUESTIONS PLEASE CALL THE EXTENSION OFFICE AT 270-932-5311



Green County Annual Homemaker Meeting

HIDDEN TREAS



June 3rd 2025

5PM CST

Green County Extension Office 298 Happyville Rd Greensburg KY 42743

\$10 TICKET PRICE PURCHASED BY MAY 23RD 2025

Guest Speaker Dinner

Awards Fellowship

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



Air Fryer 101



Air fryers are a popular kitchen appliance. They provide a healthier alternative to conventional frying by using no

Come learn if an air fryer might be right for your kitchen!

When: May 29th Time: 12 pm CST

Location: Green County

Extension Office

Please RSVP by calling 270-932-5311. Deadline to RSVP is May 27th.

Cooperative Extension Service

Take Cumberland Area Canning





THREE DAY FOOD PRESERVATION WORKSHOP ON WATER BATH AND PRESSURE CANNING IN A HANDS-ON ENVIRONMENT. REGISTRATION FEE WILL BE \$15 WHICH INCLUDES A "BALL BLUE BOOK GUIDE TO PRESERVING". SPACE IS LIMITED SO BE SURE TO REGISTER BY JUNE 9TH.

> JUNE 16TH-18TH 10AM-1PM CST

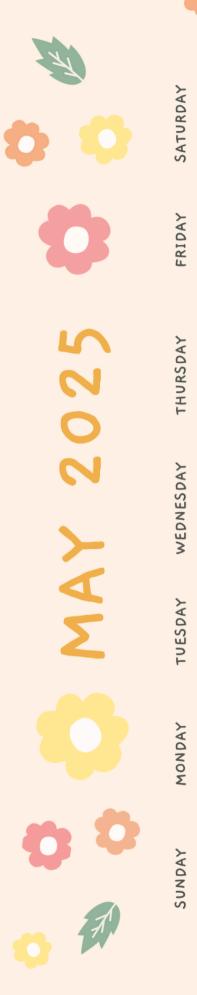
HOSTED AT GREEN COUNTY **EXTENSION OFFICE** 298 HAPPYVILLE RD **GREENSBURG KY 42743**

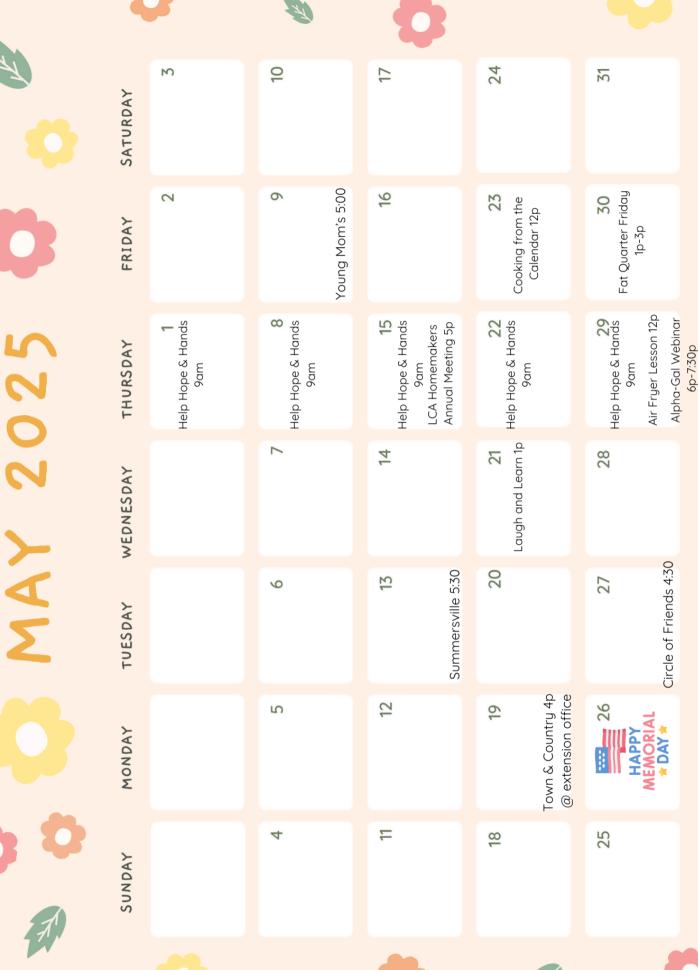
RSVP AT GREEN COUNTY EXTENSION OFFICE BY CALLING 270-932-5311



















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

RETURN SERVICE REQUESTED

NONPROFIT ORG US POSTAGE PAID GREENSBURG KY PERMIT 35



Strawberry Salsa

1 tablespoon olive

2 tablespoons white vinegar or white balsamic vinegar

1/2 teaspoon salt

2 cups, coarsely chopped fresh strawberries

8 green onions, chopped 2 cups chopped cherry or grape tomatoes

1/2 cup chopped fresh cilantro

1. Whisk olive oil, vinegar, and salt in large bowl

Add strawberries, green onions, tomatoes, and cilantro. Toss to coat.

3. Cover and chill for 1 hour.

4. Serve with tortilla or pita chips.

Yield: 7, 1/2 cup servings.

Nutrition Analysis: 40 calories; 2 g fat; 0 g saturated fat; 0 mg cholesterol; 170 mg sodium; 6 g carbohydrate; 1 g fiber; 4 g sugar; 1 g protein; 60% of vitamin C. Source: www.fruitsandveggiesmatter.gov

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



2025 Green County Fair Exhibits Arts, Crafts & Culinary

Green County Cooperative Extension Office

298 Happyville Road~ Greensburg, KY

Committee: Green County KEHA members and Katelyn Squires, County Extension Agent for Family & Consumer Sciences

2025 Schedule:

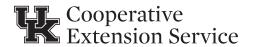
Check In: Tuesday, June 10th from 10:00 AM CT - 2:00 PM CT

Judging: Tuesday, June 10th 3:00 PM CT

Viewing: Wednesday, June 11th from 9:00 AM CT - 1:00 PM CT

Pick Up: Wednesday, June 11th from 1:00 PM CT - 4:00 PM CT

- 1. No person allowed more than one entry per class, but may enter in as many classes as desired.
- 2. All entries should be clean and made within the previous year; any article that has been exhibited at the county fair in past years is not eligible to compete for a premium. Items entered in Textiles Division may be entered in the year they are completed.
- 3. No commercial exhibitors.
- 4. Articles must be picked up between 1:00-4:00 CT on Wednesday. Early pick up of exhibits or if the exhibits are not picked up by 4:00 CT means forfeiture of premiums. All items not picked up on time will be discarded.
- 5. The Green County KEHA members, University of Kentucky Cooperative Extension Staff or the Green County Fair Board will not be responsible for any loss. Efforts will be made to prevent any losses.
- 6. Decisions of the judges are final.
- 7. Judges have the discretion of not awarding a first-place blue ribbon if the product is not of blue ribbon quality.
- 8. PLEASE READ ALL DIRECTIONS AND CATAGORIES AS SOME MIGHT HAVE CHANGED SINCE LAST YEAR! FAILURE TO FOLLOW THE RULES WILL RESULT IN DISQUALIFICATION.
- 9. Ribbons will be awarded in each subcategory as judged. Blue: \$3.00 Red: \$2.00 White: \$1.00 Grand Champion: \$5.00



M:NEYVI\$E

VALUING PEOPLE. VALUING MONEY.

MAY 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC:

BUDGET-FRIENDLY VACATION TIPS

From transportation to lodging, food, or activities, it is easy for travel costs to skyrocket when taking a family trip. Planning ahead can help manage travel costs and provide extra savings while on vacation. Here are some tips for making lasting memories on road trips without breaking the bank.

LOCATIONS AND LODGING

Choose low-cost destinations and accommodations when planning your next adventure. Road trips to national or state parks are affordable with endless chances for outdoor activity. Camping can also be a way to save money on lodging while adding adventure to your trip. No matter where you choose to go, compare the cost of hotels, camping sites, and rentals. Some accommodations have extra fees for amenities, cleaning, pets, or incidentals. Also, think about staying a few miles outside of major tourist areas or going in "off" seasons to find better deals.

CUTTING FOOD COSTS

Road trips also allow you to bring food from home, which is often cheaper than buying groceries or eating out on your trip. Preparing simple meals in advance, or packing picnic lunches, can keep you from paying a high price to dine in touristy areas.



Pack drinks (including reusable water bottles) and snacks to save on overpriced convenience items. For more ways to make the most of meals while traveling, read https://ukfcs.net/Traveling Meals.

EXPERIENCES > EXPENSES

Finding affordable activities can add to any vacation. Opt for low-cost experiences and outdoor activities like hiking, beach or lake days, and picnics. Look for free entertainment within the community including tours, movie nights, concerts, or museums. These activities allow families to make memories without overspending. Visit https://www.kentuckytourism.com/to explore all the vacation choices the Commonwealth has to offer!

Cooperative Extension Service

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT





AVOIDING TRAVEL SCAMS

The Federal Trade Commission offers tips for travelers to protect themselves from scams at https://consumer.ftc.gov/articles/avoid-scams-when-you-travel. Common travel scams are fake travel deals, pressuring you to make quick decisions, or asking for money by wire transfer or gift cards. Book your travel with reputable companies, be careful of unexpected requests, and stay vigilant throughout your trip to make sure you have a safe travel experience.

CONSIDER SUMMER CAMPS

One more way to make priceless summer memories while saving on travel costs is to explore summer camps. From day camps to overnight adventures, reach out to your county Extension office to learn more about summer camp opportunities in your area. Camps may be grouped by age, a special theme, or offer something for the whole family.

May is Military Family Appreciation Month



FOR MILITARY YOUTH: Military teens (13-18 years old of Active Duty, Guard, Reserve, and Retired personnel) have a chance to join adventure camps at little to no cost. These high energy, high adventure, and high experience camps are planned across the United States through Purdue Extension. Learn more: https://extension.purdue.edu/4-H/get-involved/military-teen-adventure-camps/index.html

FOR MILITARY FAMILIES: Kentucky Extension offers camps for military parents and their teenage children to attend together through funding from Purdue Extension. Come spend some time with your child whitewater rafting, hiking, rock climbing, ziplining, and more, all free! Each camp offers a unique outdoor experience that will allow you to build your leadership, self-confidence, and teamwork skills while engaging with the outdoors. Camps have funding available to assist with transportation costs. Learn more: https://fcs-hes.ca.uky.edu/MTAC