

FCS EXTENSION

JUNE & JULY 2023 NEWSLETTER



KEHA State Meeting in Louisville KY



Chelle Scott: blue ribbon & grand champion in jewelry



Carol Creason Scott: blue ribbon



Bingocize



Mary Lynn Chaudoin is the new Lake Cumberland Area President Elect!



LCA Annual Meeting in Wayne County on April 27th



May Recap

May was a rain filled fun month! Throughout this month we had a couple of people attend the KEHA State Meeting in Louisville KY. We had a great time attending various sessions about different topics that we can bring back to our county. During KEHA state, we had 5 people participate in the Cultural Arts Competition in which Chelle Scott and Carol Creason Scott received blue ribbons with Chelle Scott receiving grand champion in jewelry.

This month also ended our 6 week Bingocize program. Thank you to everyone that participated!

An honorable mention from April, we had 4 people attend the Lake Cumberland Area Annual Meeting. During this meeting, Mary Lynn Chaudoin was reigned in as the new Lake Cumberland Area President Elect!

What else has Katelyn done in May?

- LEAP (Literacy, Eating, Activity with Preschoolers) with Green County Head Start and Little Lambs Preschool.
- Cooking from the Calendar
- Bingocize x6
- Senior Center "Are You Getting Enough Vitamin D" lesson
- Just Family Adult Day Care "Are You Getting Enough Vitamin D" lesson
- Trainings on Trainings
- Adanta Summer School Program "Proper Handwashing: Germinator 3000"
- Food Preservation Workshop



Little Lambs Preschool LEAP Graduation

Proper Handwashing: Germinator 3000 with Adanta Summer School Program



Volunteer Service Unit (VSU) Log (copy as needed)

Name: _____ Address: _____

County: _____ Phone: _____ Email: _____

Date	Activity/Job Performed	Hours (report in appropriate category)			
		Extension	KEHA	Community	Personal
TOTALS					

Categories: Extension = Volunteer service for projects or programs directed by an Extension Agent. KEHA = Volunteer hours for projects initiated and led by KEHA members. Community = Service to other entities/organizations in the community (not Extension or KEHA projects). Personal = Unpaid service to family, friends and neighbors. See KEHA Handbook pages 89-90 for complete category descriptions. Report all hours earned within the past KEHA year (July 1 – June 30). Logs are due to the county Leadership Chairman or designated contact by July 1.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Food Preservation Workshop



SALSA



VEGETABLES

TWO-DAY FOOD PRESERVATION WORKSHOP ON CANNING SALSA AND VEGETABLES. YOU WILL LEARN ABOUT WATER BATH CANNING AND PRESSURE CANNING IN A HANDS-ON ENVIRONMENT. REGISTRATION FEE WILL BE \$20 WHICH INCLUDES A "BALL BLUE BOOK GUIDE TO PRESERVING". SPACE IS LIMITED SO BE SURE TO REGISTER BY JUNE 12TH.

JUNE 20TH AND 21ST 10AM-1PM CST


298 HAPPYVILLE RD GREENSBURG KY 42743

REGISTER AT GREEN COUNTY EXTENSION OFFICE 270-932-5311

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


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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities accommodated with prior notification.


Save the Date



University of Kentucky
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COOKING FROM THE CALENDAR

Blueberry Cheesecake Bars




June 29th, 2023 @ 12pm

Call the Extension Office at 270-932-5311 to register

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Agriculture and Natural Resources
Family and Consumer Sciences
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University of Kentucky
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Food Preservation Classes



JELLY



PICKLES

JULY 7TH 1PM CST **JULY 14TH 1PM CST**

TWO FOOD PRESERVATION CLASSES ON WATER BATH CANNING GRAPE JELLY AND DILL PICKLES. YOU WILL LEARN ABOUT WATER BATH CANNING IN A HANDS-ON ENVIRONMENT. SPACE IS LIMITED SO BE SURE TO REGISTER BY JUNE 30TH.


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COOKING FROM THE CALENDAR

Tuscan Chicken Pasta




July 6th, 2023 @ 12pm

Call the Extension Office at 270-932-5311 to register

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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Your hungry self is invited!

BACKYARD BARBECUE FUN

July 11th 2023
1:00pm
Green County Extension Office
298 Happyville Rd Greensburg KY 42743

JOIN US FOR SOME BACKYARD BBQ FUN. SAMPLING OF "KY PLATE IT UP" RECIPES AND LEARNING ABOUT VARIOUS FORMS OF OUTDOOR COOKING METHODS. PLEASE RSVP BY FRIDAY JULY 7TH.



Cooperative Extension Service
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Don't forget to report those volunteer service units! Report those to your leadership chairman by July 1st.

2023 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

2023 Schedule:
Check In: Tuesday, June 13th from 9:00 AM CT - 3:00 PM CT
Judging: Tuesday, June 13th 4:00 PM CT
Viewing: Wednesday, June 14th from 9:00 AM CT - 1:00 PM CT
Pick Up: Wednesday, June 13th from 1:00 PM CT - 4:00 PM CT



June 2023

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

				1 Food Preservation Workshop in Adair County 9am-12pm	2	3
4	5	6	7	8	9	10
11	12 Food Preservation Workshop Deadline	13 Fair Exhibits Check in: 9am-3pm Judging: 4pm	14 Fair Exhibits Viewing: 9am-1pm Pick up: 1pm-4pm	15 Annual Meeting 5pm registration 5:30pm start time	16	17
18	19 OFFICE CLOSED Juneteenth	20 Food Preservation Workshop in Green Co 10am-1pm Homemaker Council Meeting 4pm	21 Food Preservation Workshop in Green Co 10am-1pm	22	23 Community Resource Fair @ American Legion Park hosted by Adanta 1pm-5pm	24
25 Fathers Day	26 Juneteenth	27	28	29 Cooking from the Calendar 12pm (Blueberry Cheesecake Blais)	30 Volunteer Service Units Due	



JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1
2	3	4 OFFICE CLOSED	5	6 Cooking from the Calendar 12pm	7 Food Preservation: Grape Jelly 1pm	8
9	10	11 Backyard BBQ Fun: Grilling/Plate it Up recipe sampling 1p Summersville 5pm	12	13	14 Food Preservation: Pickles 1pm	15
16	17	18	19	20	21	22
23	24 Katelyn Out of Office for Training	25 Katelyn Out of Office for Training	26 Katelyn Out of Office for Training	27 Katelyn Out of Office for Training	28 Katelyn Out of Office for Training	29
30	31	1	2	3	4	5

Holidays and Observances: 4: Independence Day

Farmers Market on Thursdays from 3-5:30p

Hennings

RETURN SERVICE REQUESTED



Watermelon Salsa

2 cups chopped seedless
watermelon
1 cup fresh blueberries
1 cup chopped cucumber
½ cup chopped onion

½ cup chopped red pepper
½ teaspoon garlic salt
1 teaspoon lime juice
2 tablespoons balsamic
vinegar

Combine watermelon,
blueberries, cucumber, onion
and pepper in large serving bowl.
Sprinkle with garlic salt. **Toss** to
coat. **Stir** in lime juice and balsamic
vinegar. **Cover** and **chill** one hour.

Yield: 10, ½ cup servings
Nutritional Analysis:
25 calories, 0 g fat,
0 mg cholesterol, 50 mg sodium,
7 g carbohydrate, 1 g fiber,
5 g sugar, 1 g protein.



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