

FCS EXTENSION

THE & THE NEWSLETTE



KEHA State Meeting in Louisville KY



Chelle Scott: blue ribbon & Carol Creason Scott: grand champion in jewelry



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 Flect!

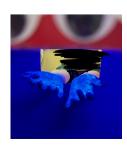
What else has Katelyn done in May?

- 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:			ļ
		noH	rs (report in appr	Hours (report in appropriate category)	
Date	Activity/Job Performed	Extension	КЕНА	Community	Personal
	TOTALS				

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

Appendix 18 May 2022



"BALL BLUE BOOK GUIDE TO PRESERVING". SPACE IS LIMITED SO BE SURE TO REGISTAR BY JUNE 12TH.

298 HAPPYVILLE RD GREENSBURG

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

REGISTAR AT GREEN COUNTY EXTENSION OFFICE 270-932-5311













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 ENVIORNMENT. SPACE IS LIMITED SO BE SURE TO REGISTAR BY JUNE 30TH.

> 298 HAPPYVILLE RD GREENSBURG **KY 42743**



REGISTAR AT GREEN COUNTY EXTENSION OFFICE 270-932-5311





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:

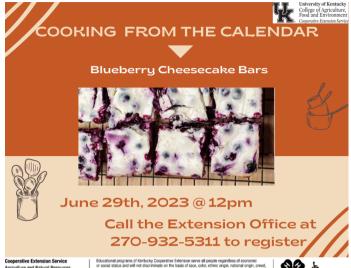
Check In: Tuesday, June 13th from 9:00 AM CT - 3:00 PM CT

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

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

Save the Date















July 11th 2023

1:00pm

Green County Extension Office 298 Happyville Rd Greensburg KY 42743

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





3636						
	Cooking from the Calendar 12pm (Blueberry Cheesecake Bars)	Cooking from the Calendar 12pm (Blueberry Cheesecake Bars)				
	30	29	28	27	26	25
				Homemaker Council Meeting 4pm	Juneteenth	Fathers Day
	Community Resource Fair @ American Legion Park hosted by Adanta 1pm-5pm		Food Preservation Workshop Food Preservation Workshop in Green Co 10am-1pm in Green Co 10am-1pm	Food Preservation Workshol in Green Co 10am-1pm	OFFICE CLOSED	
24	23	22	21	20	19	18
		Annual Meeting 5pm registration 5:30pm start time	Fair Exhibits Viewing:9am-1pm Pick up:1pm-4pm	Fair Exhibits Check in: 9am-3pm Judging: 4pm	Food Preservation Workshop Deadline	
17	16	15	14	13	12	11
10	6	œ	7	9	2	4
		Food Preservation Workshop in Adair County 9am-12pm				
3	2	-				
SATURDAY	FRIDAY	THURSDAY	WEDNESDAY	TUESDAY	MONDAY	SUNDAY
0	3	0	2023	2	0	**
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Farmers Market on

Holidays and Observances: 4: Independence Day

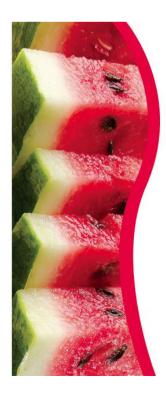
Farmers Market on Thursdays from 3-5:30p



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

RETURN SERVICE REQUESTED

NONPROFIT ORG US POSTAGE PAID GREENSBURG KY PERMIT 35



Watermelon Salsa

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

1/2 cup chopped red pepper 1/2 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.