



Pulaski County Extension

Homemakers Newsletter

College of Agriculture,
Food and Environment
Cooperative Extension Service



Welcome to a new Homemaker Year. Yes, it is that time of the year as we begin making plans for the coming year. If you failed to attend our County Annual Meeting, you missed a wonderful time planned by our Not So Pampered Chefs Homemakers Club. This group was named the Homemaker Club of the year in 2019 and this was their great reward. The food was delicious with the largest charcuterie board you have ever seen covered with great appetizers. A photo booth was provided for all clubs and interested homemakers to have their picture taken. (Pictures are enclosed.)

The Hinkle Belles table won the theme decoration "Picnic in The Park," and the Just Among Friends Club name tag was this winner. The clubs won a \$25 cash prize. The theme baskets and silent auction were very profitable thanks to all the help and donations from individuals and clubs.

Each club that requested a grant was honored with a cash donation. Marissa Loveless, the 2021 Scholarship winner, was recognized. The local scholarship winner is named after the new year begins, July 1, and will be recognized at that meeting. However, the committee will meet in July and award the scholarship to the recipient. Tina VanHook is taking care of our coupons for the military, so don't forget to bring your coupons you don't use to the Extension Office.

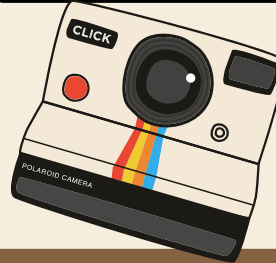
Now we look forward to another wonderful year with Mary Ellis as our president, Sheila Adams, Vice President, Debbie Peppers Secretary and Denise Salters Treasurer.

Edith M. Lovett

Family, Consumer Science Agent



Picnic In The Park

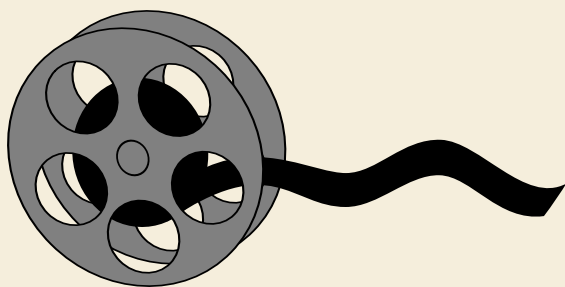




Winning Name Tag
Just Among Friends
CONGRATULATIONS



Winning Table Decorations
Hinkle Belles
Congratulations



Food Preservation Classes

Pressure Canning:
Friday, July 15th; 10 am
to 12 noon

Water Bath Canning:
Friday, July 22nd; 10 am
to 12 noon

Jams and Jellies: Friday,
July 29th; 10 am to 12
noon

Lake Cumberland Farmers Market

The farmers market uptown is opened each
Wednesday from 9 am to 2 pm and each Saturday
from 8 am to 2 pm

Food Preservation Classes available at the Farmers Market:

Pressure Canning: Saturday, July 23rd at 10 am
Water Bath Canning: Saturday, July 30th at 10 am

Calendar Cooking Class

Tuesday, July 26th at 11:30 am

"Let's Make a Garnish Fresh Tomato Pizza"

Call the office to register 606-679-6361

****Must RSVP so we can insure enough supplies****

Big Blue Book Club

Beautiful Boy by David Sheff
ZOOM Class July 12, 19, and 26
<https://ukfcs.net/BBbc2022Book2>

Dr. Alex Elswick, Extension
Specialist for Substance Use
Prevention and Recovery will be
leading the class that is open to
everyone. The book can be
purchased online.

Free Card Making Class

Monday, July 25th at 10 am
Extension Office 4th
Monday of each month

Holiday Tasting Planning Meetings

Please have a representative
from your club to attend all
meetings so you will know what is
going on.

Each Friday in July and August, or
until all areas are planned
Meets at 1:00 o'clock Extension
Office

July 15, 22, 29

August 5, 12, 19, 26

It's important for each club to be
represented

August Events

August 3: each Wednesday, Lake Cumberland Farmers Market
9:00-2:00

August 4: Young at Heart 12:00 noon First Baptist Church,
Fellowship Hall

August 6: Each Saturday, Lake Cumberland Farmers Market
8:00-2:00

August 9: Work Shop: Job Shopping, ZOOM. How to find a job,
register at <https://bit.ly/JC71222>

Job Shop meet the 2nd and 4th Tuesdays of each month

August 10: Farmers Market 9:00-2:00

August 11: Material Girls, Thursday, 10:00 Extension Office

August 13: Farmers Market, 8:00-2:00

August 17: Farmers Market 9:00-2:00

August 18: Homemaker Council Meeting, 11:30, Extension
Office

August 20: Farmers Market 8:00-2:00

August 22: Monday Card Making Class 10:00

August 22: Monday First Homemaker Leader Training 1:00

August 23: Job Shop, see above

August 23: Cooking from the calendar, 11:30 please call office to
register

August 24: Farmers Market 9:00-2:00

August 25: Just Among Friends, 1:00 o'clock, Extension Office

August 27: Farmers Market 8:00-2:00

August 31: Farmers Market 9:00-2:00



Holiday Tasting Luncheon

November 4th

12 noon

"Christmas Memories"

Langdon Street Baptist

Church Fellowship Hall

\$20 per person

YEARLY DUES

Yearly dues are due! 12.00 per member. Please insure that you have filled out a new form for the year. If you are a club member pay as a group with your club. If you are a mailbox member feel free to mail or just drop it by the office.

Pulaski County Homemaker Lessons for 2022-2023

August 22, 1:00 o'clock: Saving, Savvy with Groceries; Dylan Gentry of Adair County. Learn how you can save time and money using grocery apps. Much more than just digital coupons, grocery apps also can help with lists and meal planning, comparison shopping, store loyalty and rebates.

September 26 1:00 o'clock: Autumn Home Décor; Debbie Shepherd of Wayne County

October 24 1:00o'clock: Creative Containers; Debbie Messenger of Cumberland County

December Mail out for January: Self Care and Managing Grief...Loss of a job, a relationship, a pet, various transitions, health, ability, independence, etc., often involve grief. Grief is the reaction to loss. Managing grief is important because it helps people learn how to adjust and keep on living after loss.

January 23, 2023 1:00: Managing Stress Eating; Christy Stearns of Clinton County. Stress can have us reaching for comfort foods, but why? The lesson goal is to create a personalized tool kit for managing stress eating in everyday life.

February 27, 1:00: Savor the Flavor; Edith Lovett of Pulaski County. The lesson goal is to increase knowledge about several types of cooking oils and flavored vinegars and how to incorporate them into their food preparation and cooking.

March 27, 1:00 o'clock: Meals While Traveling; Leah VanMeter of McCreary. For many, planning travel adventures can be just as fun as the trip itself. It is fun to daydream about where you will stay, how you will get there, and what you will do when you arrive.

April 24, 1:00 o'clock: Healthy Outdoor Cooking; Debbie Shepherd of Wayne County. Spending time outdoors is always fun, but it can be even more fun when you include food.

Pulaski County Fair

AG EXHIBIT RULES

1. Exhibits can be entered between 5:00 p.m. and 8:00 p.m. on Wednesday, July 20, and between 8:00 a.m. and 11:30 a.m. on Thursday, July 21, at the exhibit office at the front gate.
2. Judging of exhibits will be conducted on Thursday, July 21.
3. If only one entry is exhibited in a class, it will be judged and awarded on merit.
4. The Pulaski County Fair Board will make efforts to see that entries remain unharmed, but does not assume responsibility for loss or damage.
5. Exhibitors must leave items on display through Saturday, July 23. Items must be collected Monday, July 25, 2021 between 9:00 a.m. and Noon. Claim checks must be taken to Fair Board office, above the concession stand, upon arrival for pick up. If other arrangements are necessary, contact the fair office. Premium checks can be picked up with exhibits on Monday.
6. There will be no charge to anyone for entering 4-H, FFA and Open divisions.
7. Premium checks must be cashed within 30 days of issue.
8. Entries in 4-H and FFA classes must have been produced in conjunction with an approved project.
9. Open classes are open to all exhibitors unless otherwise specified.
10. No animals, except service animals and livestock for show day.

OPEN CLASS (FOR THE GENERAL PUBLIC – ANYONE CAN ENTER)

No entry may be exhibited for judging which has been displayed at the Pulaski County Fair in previous year.

Persons are limited to one item per category. All items must be original work made by the exhibitor during the past year. Ribbons will be awarded on merit. Prize money: \$5 for first, \$2 for second, \$1 for third unless otherwise specified.

20 CULINARY

Display on paper plate covered with plastic wrap.

- 20-1 - 6 yeast rolls
- 20-2 - 6 biscuits
- 20-3 - 6 corn muffins
- 20-4 - 1 loaf yeast bread
- 20-5 - 1 loaf quick bread
- 20-6 - Apple Pie
- 20-7 - Favorite Pie
- 20-8 - Favorite cake
- 20-9 - Favorite cookie (1/2 dozen)
- 20-10 - Favorite brownie (1/2 dozen)
- 20-11 - Favorite candy (1/2 dozen)

21 CANNED FOODS

All jellies, pickles and relishes, fruit and vegetables must be processed and sealed according to USDA Standards. Entries may be in any size regulation jar with lids and caps. Items judged on quality of canned products.

- 21-1 - 1 Jar jelly
- 21-2 - 1 Jar jam
- 21-3 - 1 Jar preserver
- 21-4 - 1 Jar apple butter
- 21-5 - 1 Jar sweet pickles
- 21-6 - 1 Jar dill pickles
- 21-7 - 1 Jar relish
- 21-8 - 1 Jar tomatoes, whole
- 21-9 - 1 Jar tomato juice
- 21-10 - 1 Jar beans
- 21-11 - 1 Jar other vegetables
- 21-12 - 1 Jar fruit product

COMING
SOON

21-13 - 2 canned products in gift basket or box

21-14 - 1 Jar salsa

21-15 - 1 Jar corn

22 NEEDLEWORK

22-1 - Knitted Afghan

22-2 - Crochet Afghan

22-3 - Other knitted item

22-4 - Other crochet item

22-5 - Counted cross-stitch item

22-6 - Embroidery item

22-7 - Crewel item

22-8 - Quilted wall or door hanging

22-9 - Pierced Hand-quilted quilt

22-10 - Pierced Machine-quilted quilt

22-11 - Applique quilt

22-12 - Other quilted item

22-13 - Handmade Jewelry

22-14 - Needle Point Item

23 PAINTINGS AND DRAWING

23-1 - Oil

23-2 - Acrylic

23-3 - Watercolor

23-4 - Pen

23-5 - Pencil

23-6 - Pen and Pencil

24 PHOTOGRAPHY

24-1 - Monochrome photo, framed

24-2 - Color photo, framed

24-3 - Group of monochrome photos, one subject

24-4 - Group of color photos, one subject

25 CERAMICS

25-1 - Dry-brushed

25-2 - Glazed

26 BASKETS

26-1 - Woven reed

26-2 - Woven fabric

26-3 - Woven paper

26-4 - Beaded

27 DOLLS

27-1 - Rag

27-2 - Cornshuck

27-3 - Beaded

27-4 - Miscellaneous

28 WOOD PRODUCT

28-1 - A toy

28-2 - Home accessory

28-3 - Any carving

29 FLORAL

29-1 - Dry arrangement

29-2 - Silk arrangement

29-3 - Fresh arrangement

29-4 - Potted plant

30 HONEY

30-1 - 1 quart without comb

30-2 - 1 quart with comb

31 FRESH FRUITS/VEGETABLES

Display items on paper plate covered with plastic wrap or in zip lock bag.

31-1 - Tomatoes (5 per plates)

31-2 - Corn, shucked (5 per plates)

31-3 - Cucumbers, slicing (5 per plates)

31-4 - Cucumbers, pickling (5 per plates)

31-5 - Peppers, hot (5 per plates)

31-6 - Peppers, bell or sweet (5 per plates)

31-7 - Peppers, banana (5 per plates)

31-8 - Beans (12 per plates)

31-9 - Apples, Red Delicious (5 per plates)

31-10 - Apples, Yellow Delicious (5 per plates)

31-11 - Apples, Granny Smith (5 per plates)

31-12 - Pears (5 per plate)

31-13 - Peaches (5 per plate)

31-14 - Largest Tomato

31-15 - Largest Cabbage

31-16 - Largest Pumpkin

31-17 - Largest Watermelon

31-18 - Largest Onion

31-19 - Largest Potato

31-20 - Largest Apple

32 GARDEN DISPLAY

Exhibitor may exhibit as many different fruits, vegetables and/or herbs from their garden as desired. Displayed in a basket or box which can be easily moved.

\$10.00 will be awarded to the winner.

33 SCRAPBOOKING

One page depicting a

33-1 - Family

33-2 - Vacation

33-3 - Holiday

33-4 - Birthday

34 APPAREL

35 CRAFTS

36 UGLY LAMP

No entry may be exhibited for judging which has been display at the Pulaski County Fair in previous years.

Lamps must be working. Prize money: \$50 for first, \$30 for second, \$20 for third.

36-1 - Born Ugly

36-2 - Made Ugly

Pulaski County Extension Homemakers Council Meeting

June 27, 2022

Opening: The meeting was called to order by President Mary Ellis at noon. Members said the Pledge of Allegiance to the American flag. After the food was blessed by Edith Lovett, everyone enjoyed lunch from Cracker Barrel. Members in attendance included Betty Waddle, Pamela Surber, Mary Ellis, Bessie Loveless, Sheila Adams, Donna Wheeldon, Sherry Hoffer, Barbara Moore, Jana Brown, Emily Branscum, Charline Marrinan, Denise Salter, Debbie Peppers, Sheilah Childers, Shell Bader, Barbara Bean-Slagle, Cathy Smith, and Edith Lovett.

Minutes: Everyone read over the minutes from April 11. It was corrected that each homemaker group would bring **four** dozen hamburger buns and four dozen homemade cookies for the Ovarian Cancer Screening Fundraiser. They were filed as corrected.

Treasurer's Report: Denise Salter said her report was the same as the one presented at the annual meeting. The raffle baskets brought in \$557. Not all silent auction items were picked up and paid for. When they are, the total received can be reported. The amount from ticket sales had not been finalized.

County Annual Meeting: The Not So Pampered Chefs organized the annual meeting well. Edith Lovett wants everyone to fill out an evaluation sheet today if they didn't last Thursday. The results from the evaluation responses were discussed from the printed sheet. Debbie Peppers moved that homemaker groups add the name of their club to their name tag for next year's annual meeting. Pam Surber seconded it, and the motion passed. Donna Wheeldon moved that we get a committee to do next year's annual meeting, and divide up the different jobs between the different homemaker clubs. Denise Salter seconded it, and the motion passed.

Scholarship Committee: Mary Ellis asked for volunteers to select the scholarship recipient from the applications turned in by July 1. Sheila Adams, Jana Brown, and Barbara Slagle were accepted to serve. The scholarship is \$600, split between two semesters.

Ovarian Cancer Fundraiser: Emily Branscum said that we will have an Ovarian Cancer Screening Fundraiser on Thursday, September 29, for \$10. The meal will include a barbecue sandwich, chips, slaw, homemade cookies, and a bottle of water. The meals can be delivered to a location if 10 or more meals are ordered, or they can be picked up at the Extension Office. Each homemaker group should donate four dozen hamburger buns, and four dozen homemade cookies. The cookies should be packaged two to a bag, or one larger cookie bar to a bag. More details will be shared at the next council meeting in August. Edith Lovett said she would get the water. If anyone can get other donations, let Emily know. A letter or pamphlet about ovarian cancer will be included in the bags, and the people who donated items will be printed, also.

Holiday Tasting Luncheon: On Friday, July 29, each club is asked to have a representative from their club to attend the planning workshop for the Holiday Tasting Luncheon. This group will meet at 11:00 o'clock in the office basement. Susan Hansford and Sandy Woodman are co-chairpersons of this group. Bring ideas for the venue and theme to the meeting.

Holiday Bazaar: Denise Salter doesn't want to be the chairperson for this event. Debbie Peppers moved that we have the bazaar at the Somerset Mall, if it is available. Donna Wheeldon seconded it, and the

motion passed. Shell Bader moved that we have the bazaar on November 5, at the mall. Donna Wheeldon seconded it, and the motion passed. Edith Lovett said she will talk to Carol at the mall.

Homemaker Dues: Our dues are \$11 now. The state has raised their dues from \$4 to \$5, which means we will be sending them an extra dollar. The dues collected help the state, area, and help the county by giving free classes for homemakers, help with postage on newsletters, to name a few items the dues goes toward. Denise Salter moved that we increase our dues to \$12. Jana Brown seconded it, and the motion passed. Denise also moved that all dues should be in to the office by October 1. Sheila Adams seconded it, and the motion passed.

Officer Training: The area president has a certain day that she trains. We do not have that date yet.

Lesson Training: All lesson training sessions are on the fourth Monday at 1 p.m. for the following month.

Creative Days: Wayne County will be having Creative Days on July 21-23. The fees are due each day. Each class is different.

Edith Lovett's Report: The Pulaski County Fair will be July 18-23. Cultural Arts items may be entered, baked goods, and garden vegetables. She doesn't know if she will be taking the van to the state fair, until her shoulder improves. All volunteer hours are due July 1. An individual needs 500 hours, and a club needs 1000 hours to turn in. Edith is happy to be back at work.

Jana Brown recommended that the standing rules should change the dues to \$12 which are due October 1. She suggested that we also add that an annual meeting committee will be appointed by the president for one year.

Tina Vanhook is collecting the Coupons for the Military now. They can be dropped off at the Extension Office.

Charline Marrinan thanked everyone for their prayers for her mom.

Next Council Meeting: Thursday, August 18, 2022, at 11:30 a.m.

Adjourned at 1:17 p.m.

Minutes submitted by Debbie Peppers, Secretary

Homemakers:

Thank you for all the attention I have been given during my recent accident and surgeries. The food, cards, visits, gift cards, and other acts of kindness will never be forgotten. You are wonderful!

**Sincerely,
Edith**



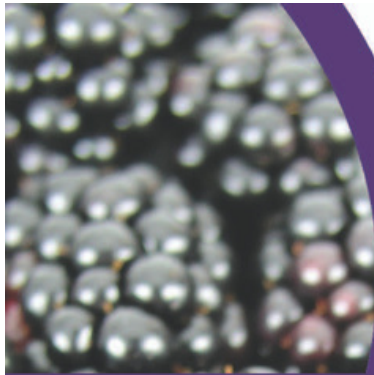
thank
you



University of Kentucky
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Pulaski County Extension Office
P.O. Box 720
Somerset, KY 42502
Ph: 606-679-6361



Berry and Basil Pizza Crisp with Honey Balsamic

Balsamic Honey Glaze:	Flatbread:	1 ½ cups strawberries, chopped
½ cup balsamic vinegar	6 flatbreads	15 basil leaves, chopped and divided
3 tablespoons honey	12 pieces of cheese, such as Havarti (2 per flatbread)	
	1 cup blackberries, halved	

Preheat oven to 400°F. **Place** flatbreads on a baking sheet and **add** two slices Havarti cheese, blackberries, and strawberries. **Bake** for 5-7 minutes, or until cheese is melted. After flatbreads are removed from oven, **add** chopped basil and honey balsamic glaze. **Serve** warm.

To make the glaze:
Add balsamic vinegar and honey

to a small sauce pan and **simmer** until reduced by half (10-15 minutes). **Remove** from heat and **set aside**.

Serves: 6 Flatbreads

Nutritional Analysis:
340 calories, 16 g fat, 9 g saturated fat, 40 mg cholesterol, 520 mg sodium, 34 g carbohydrate, 11 g fiber, 16 g sugar, 20 g protein

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Disabilities
accommodated
with prior notification.