

Family & Consumer Sciences

Extension Homemaker Newsletter



College of Agriculture,
Food and Environment

JULY 2022

Upcoming Events

Adult Sewing – will not meet in July & August

July 4	Office Closed	
July 7 & 21	Crochet Club, 1pm	
July 7 & 21	Needlework, 10am	
July 8	Area Annual Day Committee, 10am	
July 11	Quilt Club, 10am	
July 13	Scrapbooking, 9am	
July 19	Bags of Love, 9:30am	
July 25	Garden Club 9:30am	
Aug. 23	County Annual Day, 6:00pm	
Oct. 11	SAVE THE DATE: Area Annual Day	

Dues change

Dues are now \$13.00.

Please make the necessary changes to your club dues when meetings resume.

Mailbox memberships are also \$13.00.

Area Annual Day Committee

This year all **county officers and club presidents** are asked to participate in the planning of Area Annual Day.

A planning meeting is planned for July 8 at 10am at the Extension office.

Master Gardener Toolbox Series First Tuesday of each month 5pm

July 5 th	Aquaculture
August 2 nd	Wicking Raised Beds
September 6 th	Invasive Species
October 4 th	Wine making

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News



McCracken County
Homemakers

2022-23 OFFICER & CHAIRMAN TRAINING

Anyone serving as a club or county officer or chairman must attend this training. You will be reviewing & receiving program materials detailing chairmanship or officer responsibilities. **Must register for one of the trainings.**

 **August 29 10 a.m.**
August 30 5 p.m.

Register now!
270-554-9520



**you
make it
happen**

HOMEMAKER BAZAAR

Homemaker bazaar needs a new chairperson.

Chairing can be done as a **club**, a couple of friends working together, or an individual.

For more information, contact Elaine Stevens (270) 210-4013 or mesteven@Comcast.net

SAVE THE DATE

Area Annual Day

October 11, 2022

McCracken County Extension Office

*More
to Come*



Inventory is limited at this time! Contact the Extension office if you need flavoring.

Price is \$5.50 per 7 oz. bottle.



If you would like to order RADA Cutlery and have it mailed right to your door, then click the link below to have access to the entire catalog. This link has been personalized just for McCracken County Homemakers to have online sales and still receive the profit while providing you with the convenience of ordering from home.

Anyone can use the link to purchase merchandise and have it mailed directly to their home.

You know you need a new tomato knife! Order one or more today!

Shop today by using our link.

<https://bit.ly/3eua1n3>



HOMEMAKERS: WE GOT YOU COVERED

County Homemaker Annual Night

Join us for an evening of fellowship & fun

MCCRACKEN COUNTY EXTENSION SERVICE

AUGUST 23

REGISTRATION 5:30 P.M.

MEETING 6:00 P.M.

Meal catered by Dee Dee's Delights
Tickets are Non-Refundable



Tomato Basil Salad

- ¼ cup** fresh basil leaves
- 1 pint** cherry, grape or other salad tomatoes, halved (2 cups)
- 1 large** cucumber, chopped (2 cups)
- 3 green** onions, chopped (½ cup)
- 1 small** yellow bell pepper, seeded and diced

- 3 tablespoons** crumbled, fat free feta cheese
- 3 tablespoons** olive oil
- 2 tablespoons** white balsamic or white vinegar
- Salt and freshly ground pepper

Roll basil leaves lengthwise and **cut** across into ¼ inch strips. **Combine** basil, tomatoes, cucumber, green onions, bell pepper and cheese in large bowl. **Whisk** olive oil with vinegar. **Drizzle** over salad ingredients and lightly **toss** to cover. **Season** with salt and pepper to taste.

Yield: 4, 1 cup servings

Nutritional Analysis:
150 calories, 10 g fat, 1.5 g saturated fat, 0 mg cholesterol, 200 mg sodium, 11 g carbohydrate, 2 g fiber, 5 g sugars, 3 g protein.

kindness
INSPIRES
kindness



LET'S ROOT
FOR EACH
OTHER AND
WATCH EACH
OTHER GROW

Kelly Alsip
Agent for Family &
Consumer Sciences



University of Kentucky
College of Agriculture,
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