

Family & Consumer Sciences

Extension Homemaker Newsletter



College of Agriculture,
Food and Environment

JUNE 2022

Upcoming Events

Adult Sewing – Tuesdays in June 9-11am

June 2 & 16	Crochet Club, 1pm
June 2 & 16	Needlework, 10am
June 10	County Annual Day Committee, 2pm
June 13	Quilt Club, 10am
June 15	Scrapbooking, 9am
June 21	Bags of Love, 9:30am
June 28	Board meeting, 9pm
June 20	Juneteenth. Office Closed
Aug. 23	SAVE THE DATE: County Annual Day
Oct. 11	SAVE THE DATE: Area Annual Day

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 June 10 at 2pm at the Extension office.

Congratulations!

to our

State Cultural Arts Winners!

Jeanne Grief 2 Blue Ribbons
Martha Brown 1 blue ribbon
Liz Hudson 3 blue ribbons
Rachel Vaughn 3 blue Ribbons



Dues change

The Advisory Council has voted to increase the amount of dues owed to the county to \$13.00.



News



Incoming President Diane Shrewsberry needs your help!

Vacancies for our Educational Chairs for 22-23 need to be filled. We need a person or club to agree to take leadership development & management and safety chairmanships. If you would like to learn more about these positions or fill a vacancy, please call the Extension office 270-554-9520.

Diane would like to see these positions filled and there will be training!

Also, in need of a 1st and 2nd vice and president elect! Can you please help out? Let's get going and make McCracken County Homemakers the best it can be!



- **June 18, 2022**
 - 8am to 9am – Set-up for exhibits
 - 10am to Noon – Check-in exhibits
 - 1pm until? – Judge exhibits
- **June 26, 2022**
 - 1pm – Group exhibits by exhibitor number
 - 2pm to 4pm – Pick up exhibits

*2023 County Fair will need a new chairperson or people.
For more information, contact Elaine Stevens (270) 210-4013 or mesteven@Comcast.net

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



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4-H is offering a special, fun project card class on Wednesday, June 1 from 9am to 2pm.

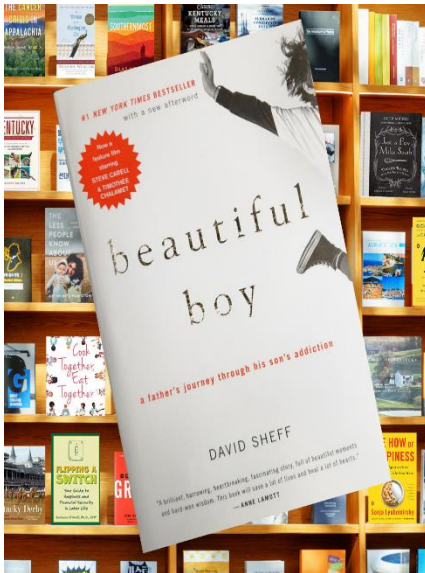


Students will learn how to make a Thank You card.

The project will be completed and entered as a 4-H entry at the McCracken Co. Fair on June 17.

Must be 10 to 13 years old.

For more information call: 270-554-9520



BIG BLUE BOOK CLUB

You are invited to join us on Tuesdays,
July 12-26, 2022
6:30pm central

Register at
<https://ukfcs.net/BBbc2022Book2>

The first 200 registered participants
will receive a free copy of the book.

College of Agriculture,
Food and Environment
Family and Consumer
Sciences Extension

County Annual Day Homemakers: We Got You Covered



August 23

5:30pm Registration 6:00pm Meeting

Cost: \$15.00

Catered by DeeDee's Delights

More Information to Come.

Master Gardener Toolbox Series First Tuesday of each month 5pm



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|-----------------------------|-------------------------|
| • May 3 rd | Bee's Wax Candle Making |
| • June 7 th | Flower Show Prep |
| • July 5 th | Aquaculture |
| • August 2 nd | Wicking Raised Beds |
| • September 6 th | Invasive Species |
| • October 4 th | Wine making |



Balsamic Veggie Pasta

4 tablespoons olive oil, divided	2 tomatoes, chopped	1 teaspoon dried basil
2 cloves garlic, minced	½ cup green onions, chopped	8 ounces whole wheat pasta
1 small zucchini, chopped	Salt and pepper to taste	1 tablespoon Parmesan, grated
1 small yellow squash, chopped	2 tablespoons balsamic vinegar	

In large skillet, **heat** 1 tablespoon olive oil over medium heat. **Add** minced garlic and **cook** one minute, until fragrant. **Add** chopped zucchini, squash, tomatoes, and green onions, and **cook** until tender. **Add** salt and pepper to taste. In a large bowl, **whisk together** 3 tablespoons olive oil, balsamic vinegar, and dried basil. **Stir in** zucchini, squash, tomatoes, and green onions. Let **sit** for 5 to 10 minutes. In a large pot, **cook** pasta

in salted water about 7 minutes, until al dente. **Drain.** **Toss** pasta with vegetable mixture until incorporated. **Sprinkle** with Parmesan cheese. **Serve** warm.

Yield: 4, 2-cup servings

Nutritional Analysis: 390 calories, 16 g fat, 3.5 g saturated fat, 0 mg cholesterol, 200 mg sodium, 52 g carbohydrate, 1 g fiber, 6 g sugars, 0 g added sugars, 10 g protein



RADA Cutlery



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

Kelly Alsip
Agent for Family & Consumer Sciences



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

McCracken County Cooperative Extension
2025 New Holt Road · Paducah, KY 42001
(270) 554-9520 · mccracken.ca.uky.edu