

MCCRACKEN COUNTY FAMILY AND CONSUMER SCIENCES NEWSLETTER

AUGUST 2025

KENTUCKY
COOPERATIVE EXTENSION

Champion Food Volunteers

FARMER'S MARKET



The heat didn't stop the Champion Food Volunteers from an afternoon of Fun and Fresh Foods. The Purchase District Health Department hosted a Farmer's Market event on their parking lot at 916 Kentucky Ave, Paducah KY on July 22nd. Many community members face significant barriers in accessing fresh produce. The ability for the Health Department to bring farmers to their location meant that many within walking distance could now enjoy fresh foods. The Champion Food Volunteers gave out recipe cards that could utilize those foods into healthy choices and make delicious meals within reach. Kelly Alsip FCS Agent and Stephanie Caldwell FCS assistant gave out information on preparing and freezing fresh foods to make them stretch. If you are interested in becoming a Champion Food Volunteer reach out to Kelly Alsip FCS Agent and you can start today.



**A big THANK YOU
to all of the fair
volunteers!**

With your help, we entered
37 exhibitors with a
total of 248 entries.

A total of 215 ribbons
were awarded:

30 Purple
88 Blue
83 Red
14 White

UNIVERSITY OF KENTUCKY RESEARCH



Researchers at the University of Kentucky are inviting you to participate in a 3-lesson Extension program focused on teaching people how to write and share stories. You may be eligible to participate if you are 18 years of age or older and have access to the internet.

When: Friday's, August 8th, 15th, and 22nd
Where: McCracken County Cooperative Extension Service
Time: 11 am - 12:30 pm

For more information, please contact your county
Family & Consumer Extension at: (270) 554-9520



This 3-session workshop is designed to help individuals collect, craft, and create community through stories.



Through three 90-minute sessions, participants explore the purpose and power of storytelling, learn the ARC method for crafting narratives, and create opportunities to share in a supportive environment.



HOMEMAKER HAPPENINGS

Congratulations!

Teresa Vincent
2025 McCracken
County
Homemaker of the
Year



Homemaker County Cultural Arts Event!

Show off your hidden gems and
showcase your talents by
entering items in the Cultural
Arts Event on:

Thursday, August 21st

Check In- 2:00 - 3:30 pm

Judging - 3:30 - 4:30 pm

Your hidden gems will be displayed
at the Homemaker Kick-Off!



Fish Fry 'n fixins
tickets \$14
BRING A NEW
POTENTIAL MEMBER \$7

Extension office
ticket sales start
July 18th

August 11th deadline
no tickets available at the
door

CELEBRATE HOMEMAKERS AND GET YOUR TICKET
SOON! THE DEADLINE OF AUGUST 11TH WILL
BE HERE BEFORE YOU KNOW IT!

EVENTS

PURCHASE AREA ADULT SEWING CLASS

tote-ally quilted tote bag

**MONDAY AUGUST, 11TH
FROM 4-8PM**

\$10

OFFERED BY
CALLOWAY COUNTY EXTENSION
AND PURCHASE AREA
MASTER CLOTHING VOLUNTEERS
OPEN TO ALL PURCHASE AREA
ALL MATERIALS PROVIDED



LOCATION
CALLOWAY COUNTY EXTENSION OFFICE
93 EXTENSION WAY
MURRAY, KY 42071

RSVP NOW!

CALL 270-753-1452
TO SECURE YOUR SPOT



Cooperative
Extension Service

Extension and Natural Resources
Family and Consumer Sciences
Health and Human Services
Food and Nutrition Assistance
Community Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Extension and Natural Resources
Family and Consumer Sciences
Health and Human Services
Food and Nutrition Assistance
Community Development



CARLISLE COUNTY EXTENSION HOMEMAKERS
INVITE YOU TO CELEBRATE

KENTUCKY COOPERATIVE EXTENSION

PURCHASE AREA EXTENSION HOMEMAKERS AREA ANNUAL MEETING

**TUESDAY,
SEPTEMBER 23, 2025**

COST \$15 FOOD, FUN, FELLOWSHIP
AND FUNDRAISING

*The Hidden Gems of the
Purchase Area*

WITH GUEST SPEAKER
LT BLACK

MENU: MIXED GREEN SALAD, CREAMY CHICKEN TORTELLINI, GLAZED PORK
TENDERLOIN, SEASONED GREEN BEANS, ROASTED POTATOES, FALL SQUASH
CASSEROLE, CORNBREAD MUFFINS AND ROLLS

THE FELLOWSHIP HALL OF
BEULAH BAPTIST CHURCH
8039 STATE ROUTE 307
FANCY FARM, KY 42039

REGISTRATION 9:30 MEETING 10:00
LIGHT BREAKFAST WILL BE AVAILABLE DURING REGISTRATION
RSVP TO YOUR LOCAL EXTENSION OFFICE BY FRIDAY, SEPTEMBER 12

AREA CULTURAL ARTS JUDGING MONDAY, SEPT 22,
SEE SEPARATE REGISTRATION FOR DETAILS

**PLEASE SUBMIT ONE CHECK WITH
A LIST OF NAMES FOR ALL THOSE
ATTENDING FROM YOUR CLUB**



TECH CLASS:

SELLING ON FACEBOOK
AND OTHER PLATFORMS

- **Beginner Friendly Class**
- **Costs associated with online selling**
- **Common scams to watch out for**
- **Tips for effectively showing items**
- **Tools and steps needed to start selling online**

WEDNESDAY, AUGUST 13TH

11 AM - 12 PM



CharmGello™

GENESIS QUILT

- **Beginner Friendly**
- **2-Part Class**
- **8 Colors, 11 Charm Squares (5" squares) of each color**
- **Quilt size 36" x 42"**
- **Class Fee \$25**
- **More info upon registration**

**FRIDAY, SEPT. 26TH AND
MONDAY, SEPT. 29TH**

10 AM - 3 PM



Homemaker Membership Enrollment

25-26

- **Dues \$20**
- **Forms will be mailed to you or in the office**

Two Day Fall Scrapbooking Crop

FRIDAY, OCT. 17 9 AM - 10 PM
SAT. OCT. 18 9 AM - 5 PM

- **To benefit Scholarship Fund**
- **\$50 if paid by August 15th
\$60 after August 15th**
- **One day \$25**

EVENTS

Cooperative Extension Service **AN EQUAL OPPORTUNITY EMPLOYER**



JOIN US AS WE DISCOVER THE EASY ART OF PICKLING!

Pickle This

Hands-On Pickling Class

Pickling is big business these days! Vinegar has so many health benefits and is the star of the show in every pickling recipe. Join us as we discover the art of pickling.

Wednesday, September 3rd
10 am - 12 pm OR 4 pm - 6 pm

Scan the QR code below to register:






10 AM - 12 PM **4 PM - 6 PM**

2025 NEW HOLT RD. PADUCAH, KY 42001 270-554-9520

KENTUCKY COOPERATIVE EXTENSION

CREATIVE WRITERS' CRITIQUE GROUP

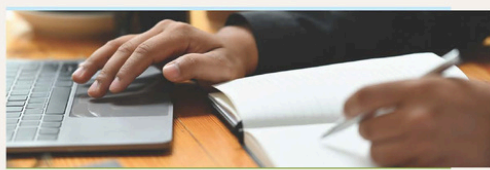


BRING YOUR WORK IN PROGRESS TO SHARE - A SHORT STORY, ESSAY, MEMOIR, OR CHAPTER FROM A NOVEL.

HIGHLIGHTS


- Feedback from peers and writing tips
- Improve your writing craft
- Reach your writing goals

SUSAN LYNN ZENKER, AUTHOR
OF LITTLE BLUE BIRD INKS



WORKSHOP DETAILS
SEPTEMBER 11TH & 25TH
11 am - 1 pm



REGISTRATION REQUIRED - SCAN THE QR CODE OR CALL 270-554-9520 TO REGISTER



SCAN QR CODE TO REGISTER

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
 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, physical or mental disability or receipt of medical care or medication for prior civil rights activity. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.
 University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
 Lexington, KY 40506

  **Disabilities accommodated with prior notification.**

Cooperative Extension Service **An Equal Opportunity Organization**



September 8th & 11th
5:00-7:00 PM
McCracken County Cooperative Extension Office

DISASTERS: BEING PREPARED BEFORE AND AFTER THE STORM

Join us for 2 nights filled with disaster preparedness and prevention for homeowners and families. We will dive into topics related to all-hazards prevention and response for people and their property. Both sessions are not required but encouraged.

Scan the barcode(s) below to register for one or both nights!



Monday, September 8th:
 Basic Disasters and General Awareness
 Disaster Preparedness: Make a Plan, Make a Kit
 Fire Safety and Prevention

Program Topics:

Thursday, September 11th:
 Post Disaster Safety and Recovery
 Home Property and Animal Recon
 Mental Health and Situational Awareness

2025 New Holt Rd. Paducah, KY 42001 270-554-9520

KENTUCKY COOPERATIVE EXTENSION

REGISTER NOW FOR LETTUCE SHOW

LETTUCE SHOW YOU HOW TO CLEAN AND PRESERVE SALAD GREENS THAT LAST UP TO TWO WEEKS IN YOUR REFRIGERATOR.

SEPTEMBER 19th
TWO TIME OPTIONS
 REGISTER BY SCANNING THE QR CODE OR BY GOING TO THE LINK BELOW:



10 - 11:30 AM



2 - 3:30 PM

[MCCRACKEN.CA.UKY.EDU/EVENTS](https://mccracken.ca.uky.edu/events)

WHAT YOU WILL LEARN:

- CLEAN AND PRESERVE SALAD GREENS
- CREATE HOMEMADE DRESSINGS
- ENJOY A FRESH, CRISP, AND HEALTHY SALAD
- FREE CLASS
- FOR ADULTS 18+



2025 NEW HOLT RD [HTTPS://MCCRACKEN.CA.UKY.EDU/](https://mccracken.ca.uky.edu/) 270-554-9520

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
 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, physical or mental disability or receipt of medical care or medication for prior civil rights activity. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.
 University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
 Lexington, KY 40506

  **Disabilities accommodated with prior notification.**

CALENDAR

AUGUST ✨

2025

SUN	MON	TUES	WED	THUR	FRI	SAT
					1	2
3	4	5 Game Day, Come Play! 9- 12 Sewing Group 18+ 9 - 12	6 Chair Yoga 10 - 10:45	7 Needlework Circle 10 - 12 Crochet Alley and Knitting Row 1-3	8 Your Story, Your Super Power! 11 - 12:30	9
10	11	12 Sewing Group 18+ 9 - 12	13 Chair Yoga 10 - 10:45 Tech Class 11 - 12	14	15 Your Story, Your Super Power! 11 - 12:30	16
17	18	19 Bags of Love 9:30 - 1:30	20 Scrap- booking 9 - 3 Chair Yoga 10 - 10:45	21 Game Day, Come Play! 9 - 12 Needlework Circle 10-12 Crochet Alley & Knitting Row 1 - 3 Homemaker Kick-Off 5:30 Reg.	22 Your Story, Your Super Power! 11 - 12:30	23
24	25 Homemaker Garden Club ? 10 am	26 Sewing Group 18+ 9 -12 Paducah Stitch n Quilt Guild 10 - 4	27 Paducah Stitch n Quilt Guild 10 - 4 Chair Yoga 10 - 10:45	28 Paducah Stitch n Quilt Guild 10 - 4	29 Lesson 10 am	30
31						

LOOK FOR UPCOMING EVENTS ON OUR WEBSITE MCCRACKEN.CA.UKY.EDU
 OR FOLLOW US ON FACEBOOK
 QUESTIONS? CALL (270) 554-9520 OR EMAIL MCCRACKEN.EXT@UKY.EDU
 Your paragraph text

RECIPE



Cooperative
Extension Service

Garden Patch Salad

Servings: 5 Serving Size: 2 cups Recipe Cost: \$9.02 Cost per Serving: \$1.80



Ingredients:

- 1 pound (about 2) thinly sliced zucchini
- 1 pound (about 2) thinly sliced yellow squash
- 1 pound (about 2) peeled and thinly sliced cucumbers
- 2 thinly sliced bell peppers
- Cherry tomatoes, halved
- 1 thinly sliced white onion
- 2 tablespoons parsley flakes
- 2 tablespoons garlic powder
- 1 tablespoon apple cider vinegar
- 1 tablespoon olive oil
- ¼ teaspoon salt
- 1 teaspoon black pepper

Directions:

1. In a large serving bowl, toss together all ingredients.
2. Let stand 10 minutes before serving.

110 calories; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 135mg sodium; 20g carbohydrate; 6g fiber; 9g sugar; 0g added sugar; 5g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 20% Daily Value of potassium.

