

**JUNE
2025**

MCCRACKEN COUNTY FCS NEWSLETTER

KENTUCKY  **KENTUCKY STATE
UNIVERSITY**
COOPERATIVE EXTENSION



**Kelly Alsip,
Family and Consumer
Sciences Agent**

Can you believe that summer begins this month! (Officially on the 20th!)

This is a great time of year to focus on health and getting outdoors. Safely, of course, use your sunscreen, and stay hydrated!

The Paducah/McCracken County fair is next month, July 21st will be the day for fair entries and judging! Please take a look at our website for the list of fair categories. We need at least two volunteers from each homemaker club to volunteer for entry, setup, and sorting. Not a homemaker? We would still love to have volunteers from everywhere!. We are blessed to have a lot of fair entries, but with great numbers comes a lot of work. Please help! Call the office for more details! If you know of anyone who would like to judge a fair category, have them reach out to the office. Of course, bring on your entries as well, show off your skills, and earn a little extra money in the process.

New information on cultural arts! Starting this year, it will be held at the Area Homemaker Annual Day this coming September 23rd at the Bardwell Baptist Church! Quick turn around I know, so get those new entries going for that as well!

Sincerely,

Kelly Alsip
McCracken County Agent for
Family and Consumer Sciences

 **Hello
June**

**Carmela Ballard,
Homemaker President**



Welcome to June! Wow, 6 months into 2025! What have you done in 2025? We have so many things to accomplish and so little time! Several of us went to State Homemaker's Meeting. Ladies, if you haven't been, consider going. It is a great time of learning and relationships! This year it was in Lexington and will be again next year. GO!

June has many thoughts for me and I'm sure, you. I think about my dad so much, but a lot in the month of June. My birthday and his were 2 days apart in May and so all birthday cakes were shared. I loved it! Miss you Dad!

Longer days of summer also means more work daylight on the farm. Late suppers, later everything and early again the next day. Get your gardens going! It's not too late. Whether it's flowers or vegetables, large plots or containers, the growing season is fulfilling. I enjoy my porch and patio so much this month. I hope many of you will be able to see family and friends in the coming weeks and enjoy the break from school and many rigid schedules. Of course, the baseball schedule is a wild one, with hot days and rain-out reschedules. Embrace it!

Many clubs will not meet for a month or so, but don't forget to check in on your friends. Yoga will meet every Wednesday regardless of the summer breaks. Annual Meeting with Awards will be July 17th. New Year Kickoff is August 21st. Both events are Registration at 5:30pm and 6:00pm event time. Please RSVP to both events to the office or myself.

Counting My Blessings,
Carmela



OFFICER SPOTLIGHT

CARMELA BALLARD, HOMEMAKER PRESIDENT
PURCHASE AREA 2ND VICE PRESIDENT



CONGRATULATIONS, CARMELA! 🌿🏆

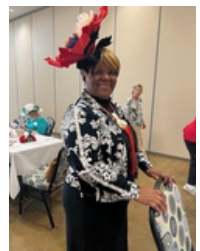
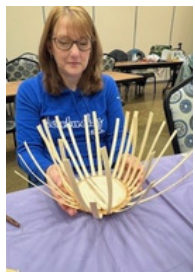
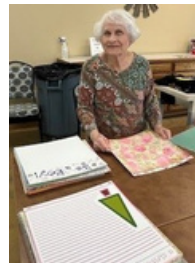
Your induction into the **Master Farm Homemakers Guild** is a remarkable achievement and a testament to your dedication, leadership, and unwavering commitment to farm and home life excellence. With only 50 members across Kentucky, your recognition places you among an elite group of women who exemplify the very best of rural living.



Your passion for uplifting your community, preserving the values of farm life, and promoting high standards of homemaking is truly inspiring. We are so proud of you and grateful for the light you shine on the positive aspects of farm and family life.

WELL DONE, CARMELA—YOU'VE EARNED THIS HONOR IN EVERY WAY!

MEMORIES IN MOTION



EVENTS

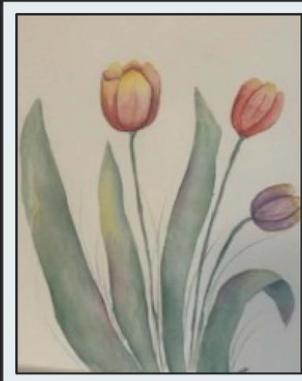
JOIN THE FUN NOW

BEGINNER WATERCOLOR PAINTING

This beginner-friendly class is perfect for those looking to explore watercolor painting!

- Learn essential techniques
- Supplies provided
- Connect with fellow artists
- Take home your masterpiece

\$25.00 Register now
Call (270) 554-9520
Pay at Door



13 JUNE 2025
9:30 AM - 12:30 PM

McCracken County Cooperative Extension Service
2025 New Holt Rd Paducah, KY 42003
(270) 554-9520



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 beliefs, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or perceived or real disability or on the basis of prior criminal 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 Cooperative Extension, Lexington, KY 40506

MCCRACKEN COUNTY EXTENSION OFFICE



HORTICULTURE WALKING CLUB

When:
11:00-12:00
Every Thursday May - June
(Will not meet June 19th)

Where:
Greenway Trail
(Meet at skate park entrance)





CALL OUR OFFICE AT
(270) 554-9520
TO SIGN UP!

Cooperative Extension Service

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MCCRACKEN COUNTY FAIR

CULINARY, CRAFTS, AND TEXTILES DIVISION

- **Entry date: Monday, July 21st**
- **A list of departments and classes can be found at <https://mccracken.ca.uky.edu/fcs> or at the office.**

MONDAY, JULY 21ST
7 AM - 10 AM



TECH CLASS: LEARN THE BASICS OF GOOGLE DOCS

- **Create a Google Doc**
- **Learn editing and suggestion mode**
- **Share it with others**
- **Can also work in Microsoft Word**
- **Bring your own device**

WEDNESDAY, JUNE 11TH
10 AM - 11 AM



HOMEMAKER ANNUAL DAY

DISCOVER HOMEMAKERS A HIDDEN JEM

- **Open to all Homemaker members**
- **Ticket Sales begin June 1st**
- **\$20 per person**
- **Deadline July 7th**

THURSDAY, JULY 17TH

5:30 PM - REGISTRATION
6:00 PM - DINNER MEETING

EVENTS

KENTUCKY COOPERATIVE EXTENSION



Monday, June 9th
1:00 PM - 3:00 PM

Choose a patriotic pattern with stars and stripes or paint a classic star pattern with red, white and blue for a patriotic twist. Our barn quilts are made of planks of raw pallet wood. The rough texture is very forgiving! You will get to choose a pattern when you arrive. We will show you how to transfer lines to the wood sign.

COST: (\$35) 15"x15" - or - (\$45) 20"x20" square

Register directly through Better Than Ever at

<https://www.betterthanneverhome.com/classes-and-events>

Cooperative Extension Service

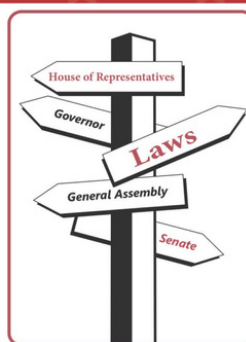
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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KENTUCKY COOPERATIVE EXTENSION



The Road To Passage:
How A Bill Becomes A Law

Friday,
June 20th
10:00 am - Noon

Ever wondered how an idea transforms into a law? Dr. Beverly Largent explains how laws shape everything from public policy to daily life—but how does an idea actually transform into a law? Attend this class to find out!

Pre-registration required
Call (270) 554-9520

Cooperative Extension Service

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KENTUCKY COOPERATIVE EXTENSION

Beginner friendly
Good for all levels

CharmGello™
Amazing Quilt
by Pat Arnott

Friday, June 6 and Monday, June 9
10 am - 3 pm

Finished Size 41" x 48"

Fabric Requirements
(all 5 x 5 squares)

- One Charm Pack 42 - Print
- One Charm Pack 40 - Light Solid
- One Charm Pack 40 - Dark Solid
- OR**
- One yard feature fabric, one yard light (solid) fabric and one yard dark (solid) fabric

\$25 per person

Class size is limited
Call (270) 554-9520 to register

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K Cooperative Extension Service

Purchase Area Master Clothing Volunteers

Magic Knit Top

Adult Serger Workshop

June 17 & June 18
9am - 3pm
Cost: \$15



Graves County Extension Office
4200 US HWY 45
Mayfield, KY, 42066

Please bring your own machine and thread. If you need a machine one can be provided.

Bring your own lunch

Space is limited RSVP and pay by June 6 to secure your spot call 270-665-9118 to register. Payments can be taken to local Extension Office. Check payments made to Purchase Area Master Clothing Volunteers

Cooperative Extension Service

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CALENDAR

JUNE



2025

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2 Canning Class 9am - 3 pm	3 Game Day, Come Play! 9 am - 12 pm Adult Sewing 9 am - 12 pm	4 CHOICE Chat 9 am Chair Yoga 10 - 10:45 am	5 Needlework Circle 10 am - 12 pm Crochet Alley & Knitting Row 1 pm - 3 pm	6 Amazing Quilt 10 am - 3pm Part 1	7 Quilting 101 9 am - 1 pm
8	9 Amazing Quilt 10 am - 3pm Part 2 Better Than Ever: Patriotic Barn Quilts 1 pm - 3 pm Homeschool Mom's Homemaker Club 6 - 8 pm	10 Adult Sewing 9 am - 12 pm Golden Days Club 10 am	11 CHOICE Chat 9 am Chair Yoga 10 - 10:45 am Tech Class 10 - 11 am	12	13 Arts and Crafts: Beginner Water Color 9:30 am - 1:30 pm	14  FLAG DAY
15 	16 FCS Advisory Council 11:30 am	17 Bags of Love 9:30 am - 1:30 pm	18 Scrapbooking 9 am - 3 pm Chair Yoga 10 - 10:45 am	19 JUNE TEENTH 	20 How a Bill Becomes a Law 10 am - 12 pm	21
22	23 Homemaker Garden Club 10 am	24 Adult Sewing 9 am - 12 pm Paducah Stitch n Quilt Club 10 am - 4 pm	25 Chair Yoga 10 - 10:45 am	26	27 Basket Weaving 5 9 am - 3 pm	28
29	30					

LOOK FOR UPCOMING EVENTS ON OUR WEBSITE [MCCRACKEN.CA.UKY.EDU](https://mccracken.ca.uky.edu)
OR FOLLOW US ON FACEBOOK
QUESTIONS? CALL (270) 554-9520 OR EMAIL [MCCRACKEN.EXT@UKY.EDU](mailto:mccracken.ext@uky.edu)



Strawberry Salsa

1 tablespoon olive oil	2 cups , coarsely chopped fresh strawberries	2 cups chopped cherry or grape tomatoes
2 tablespoons white vinegar or white balsamic vinegar	8 green onions, chopped	½ cup chopped fresh cilantro
½ teaspoon salt		

1. Whisk olive oil, vinegar, and salt in large bowl.

2. Add strawberries, green onions, tomatoes, and cilantro. Toss to coat.

3. Cover and chill for 1 hour.

4. Serve with tortilla or pita chips.

Yield: 7, ½ cup servings.

Nutrition Analysis: 40 calories; 2 g fat; 0 g saturated fat; 0 mg cholesterol; 170 mg sodium; 6 g carbohydrate; 1 g fiber; 4 g sugar; 1 g protein; 60% of vitamin C.

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Kentucky Strawberries

SEASON: May through June

NUTRITION FACTS: Strawberries are low in calories and high in nutrients. One cup strawberries contain 55 calories. Strawberries are a great source of vitamin C. They also contain vitamin A, iron, fiber, and folic acid. Folic Acid is especially important for childbearing women. When consumed in adequate amounts, it has been proven to prevent certain birth defects.

SELECTION: Choose fully ripened, bright red berries. Strawberries do not ripen after they have been picked. Berries should be plump and have a natural shine with bright green, fresh looking caps. Use strawberries as soon after picking as possible for the best flavor and highest nutritional value.

STORAGE: Store strawberries in the refrigerator, covered, unwashed, with the caps on. Do not crowd. If you have the space, gently spread the berries on a cookie sheet and cover with plastic wrap. Use berries within 2 to 3 days.

HANDLING: Handle strawberries gently. Never remove

the caps before washing. The cap prevents water from soaking into the berry, which lessens the flavor and changes the texture. To wash, cover berries in cold water and lift gently out of the water to drain. Dry by placing berries in a single layer on paper towels.

After washing, remove the caps if necessary. Give the cap a gentle twist or use the point of a sharp paring knife or pointed spoon.

Pat berries dry with paper towels before serving whole or sliced, fresh or cooked.

STRAWBERRIES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition
and Food Science students

March 2011

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SERVICE

