



VOL. 2024-07

Cooperative Extension Service

Wayne County
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Monticello, KY 42633
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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

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Nutrition Notes.....

(Alta) Gaye Hutchison,
NEP Assistant
(Nutrition Education Program)

July 2024
Nutrition
Education
Program
Calendar Recipe

Quick Couscous Salad



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts per serving:

160 calories; 7g total fat; 2g saturated fat; 0g trans fat; 5mg cholesterol; 280mg sodium; 20g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 5g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

Source:

Brooke Jenkins,
Extension Specialist,
University of
Kentucky Cooperative
Extension Service

Makes 7 servings
Serving size: 2/3 cup
Cost per recipe: \$6.27
Cost per serving: \$0.90

1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
 2. Prepare the couscous according to package directions. Set aside.
 3. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
 4. In a large bowl, mix olive oil, lemon juice, garlic powder, and black pepper.
 5. Add prepared couscous, tomatoes, cucumber, onion, cheese, and parsley if using. Toss ingredients to coat with dressing.
 6. If time allows, refrigerate for a few hours to allow the flavors to develop or serve immediately.
 7. Refrigerate leftovers within 2 hours.
- 1 box (5.8 ounces) roasted garlic and olive oil flavored couscous
 - 1 cup halved grape tomatoes or 1 large tomato, diced
 - 1/2 large cucumber or 2 small, diced
 - 1 small red onion, diced
 - 3 tablespoons olive oil
 - 2 tablespoons lemon juice
 - 1 teaspoon garlic powder
 - 1/2 teaspoon black pepper
 - 1/4 cup grated parmesan cheese
 - 1/3 cup chopped fresh parsley (optional)

Creamy Cucumber and Chicken Salad

Servings: Makes 8 servings



Ingredients:

- 1 ½ pound chicken breast
- 1 tablespoon fresh lemon juice
- 1 cup slivered almonds
- ½ cup nonfat plain Greek yogurt
- 3 ounces reduced fat cream cheese
- 2 tablespoons Dijon mustard
- ½ teaspoon sea salt
- 1 teaspoon ground black pepper
- 2 tablespoons fresh chopped dill
- 2 medium cucumbers, chopped
- 1 cup dried cranberries
- 8 lettuce leaves



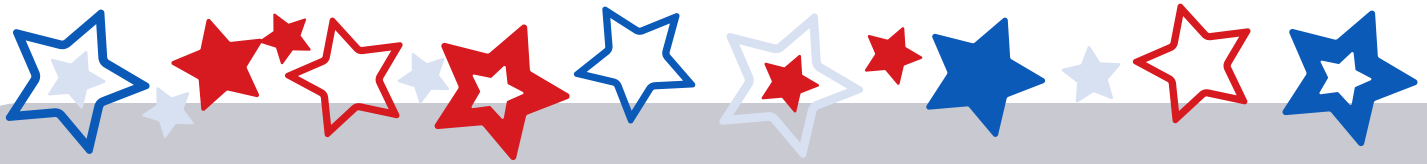
Directions:

1. Marinate chicken breast in lemon juice for one hour. Remove chicken from marinade and chop into bite sized pieces. Saute in preheated non-stick skillet until thoroughly cooked and no longer pink in the center. Set aside to cool.
2. Toast slivered almonds on low heat in a non-stick skillet until fragrant. Set aside to cool.
3. In a large mixing bowl combine yogurt, cream cheese, mustard, salt, pepper and dill. Add chicken and toss. Add cucumbers, cranberries and almonds to chicken mixture. Toss to coat. Cover and chill in refrigerator for 1 hour.
4. Spoon salad into washed and dried lettuce leaves. Serve cold.

Source: Plate it up! Kentucky Proud Project.

• Retrieved electronically 2/17/18 from: <http://www.fruitsandveggiesmorematters.org/cucumber>

Nutrition Facts per serving: 210 calories; 10g fat; 2g saturated fat; 30mg cholesterol; 290mg sodium; 19g carbohydrate; 3g fiber; 14g sugars; 12g protein.



Extension Homemaker Club Meetings

Country Charmers - No Meetings in July & August

Sunnybrook - No Meetings in July, & August

Crafter's Anonymous - July 10th @ 1:00 p.m. - Downstairs Meeting Room

Odds 'N Ends - No Meetings in July, & August

Pots & Pans - No Meetings in July, & August

Charity - No Meetings in July, & August

Busy Bees - July 11th @ 1:00 p.m. - Subway

Creative Characters - July 16th @ 12:30 p.m. - Downstairs Meeting Room

Happy Chippers - July 18th @ 12:30 p.m. - Downstairs Meeting Room

Mudslingers - July 22nd - Assigned Appointments Only-Contact Seth Hart

Mudslingers - July 23rd @ 12:30 p.m. - Downstairs Meeting Room

Reminder: PLEASE turn in your monthly reports!



Make plans to attend the
2025 State Meeting
at Hyatt Regency Lexington
401 West High Street, Lexington!
May 6-8, 2025



"Discover KEHA - A Hidden Treasure"

Northeast Area will serve as the host area.

Lodging rates and details will be provided at a later date.

Blood Drive!

Tuesday, July 30, 2024

Aspire Center

Sunnybrook ~ 12:30-3:00 p.m.

Pots & Pans ~ 3:00-5:30 p.m.

IN
1  **4**
people will need
BLOOD
in their lifetime



Wayne County Extension Homemakers!
Dates to Book in Your Calendar

JULY 2024

July 1 - Wayne County EXPO Entry Day

July 2-4 - EXPO Viewing Days

July 5 - EXPO Pickup Day

July 15 - Organizational Meeting for Ovarian Cancer Awareness Fundraiser @ 1:00 p.m. - Downstairs Meeting room

July 15 - Christmas Village Planning Meeting @ 5:30 p.m. - Small Upstairs Mtg. Room

July 18 - Homemaker Bylaws Update Committee Meeting @ 12 noon - Small Upstairs Meeting Room

July 19 - Sourdough Bread Class @ 12 noon - Downstairs Meeting Room

July 22 - Basic Fabric Tote Bag Class @ 10:00 a.m. - Downstairs Meeting Room

July 30 - Homemaker Officer Training @ 5:30 p.m. - Downstairs Meeting Room

July 31 - Watch Party! Webinar on Extension Homemaker Volunteer Service Hours - Downstairs Meeting Room

AUGUST 2024

August 6 - Pressure Canning Class @ 9:00 a.m.-4:00 p.m. - Upstairs Meeting Room

August 8 - Beginning Pie Dough Class @ 5:00 p.m. - Upstairs Meeting Room

August 22 - Pillow Case Class @ 10:00 a.m.-3:00 p.m. - Downstairs Meeting Room

August 23 - Boiling Water Bath Canning @ 10:00 a.m. - Upstairs Meeting Room

August 30-31 - Little Mountain Quilt Show - Aspire Center

HOMEMAKER LEADER LESSONS - 5:30 P.M. - Downstairs Meeting Room

August 27 - Composition in Photography

September 24 - Self-Care & Self-Pampering

October 10 - Healthy Eating Around the World

November 26 - County Choice

December 24 - County Choice

January 28 - How to Get Out of Mealtime Rut

February 25 - People Learn with Purpose: Understanding Learning Styles

March 25 - Indoor Air Quality

April 22 - Gardening Safety

May 27 - Using Your Air Fryer



Homemakers Best Recipes Cookbooks

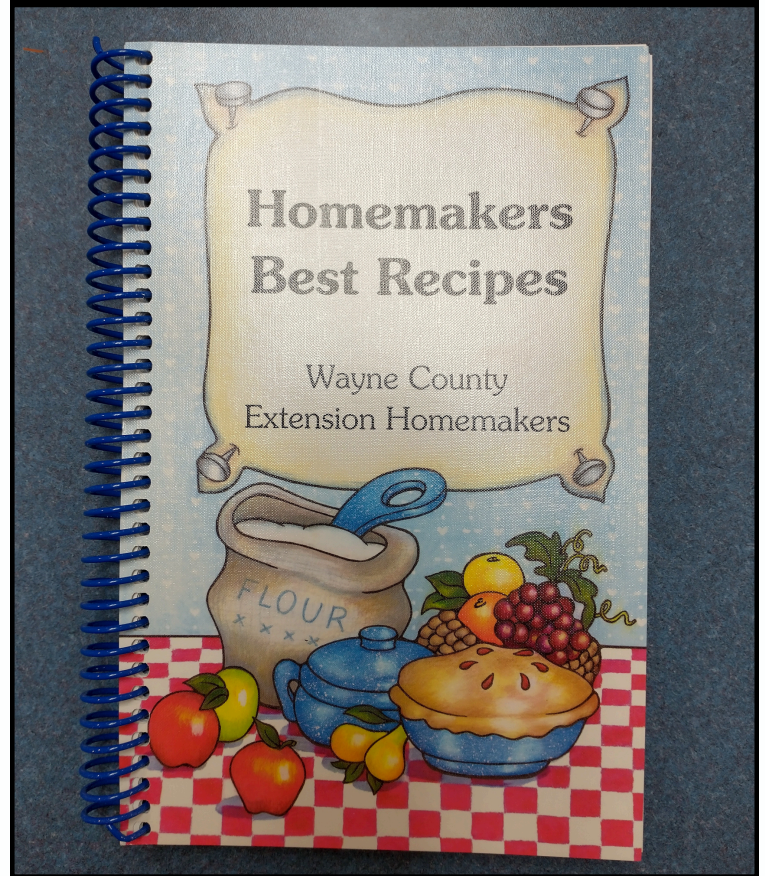
Cookbooks are now available for sale at the Extension Office. Cost is \$15.00. An Extension Homemaker member can check out 5 cookbooks to sell. Within 3 weeks after signing out 5 cookbooks, you will need to turn in the receipts, money, and any cookbooks that didn't sell.

Crafter's Anonymous Homemaker Club Meeting

July 10, 2024 @ 1:00 p.m.

Downstairs Meeting Room

The club will be making "Diva Pots."
They will have different faces to
choose from.



In-Stitches Quilt Class ~ Curved Piecing

Wednesday, July 17, 2024 @ 10:00 a.m.

Downstairs Meeting Room

We will start our new program year with the basics of CURVED piecing.

ALL CLUB & COUNTY OFFICERS
✦✦ **REQUIRED TRAINING** ✦✦

OFFICER

July 30, 2024

5:30 p.m.

TRAINING

Our new Lake Cumberland Area Extension Homemaker President will be here to do our training. Officers will be receiving a letter soon. We need your feedback (topics you want her to cover, and specific questions you have as an officer for her to answer). Please register to attend by July 23rd.



✦✦ **Downstairs Meeting Room** ✦✦



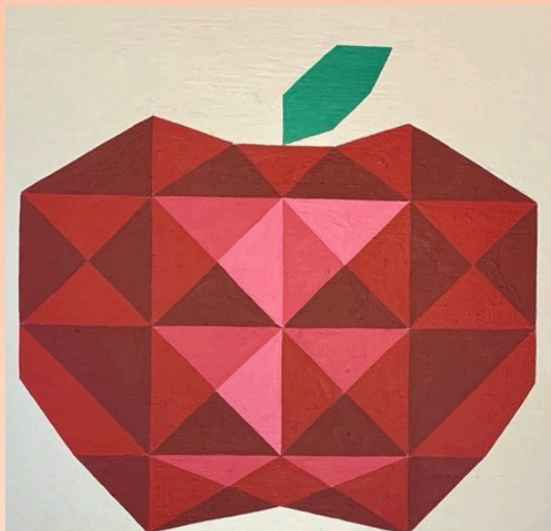
Seth Hart

Program Assistant
for Community Arts

Quilt Block Painting “Apple”

QUILT BLOCK PAINTING

“APPLE”



STATE FAIR CURRICULUM

(IF COMPLETED BY 4-H STUDENTS)

~ 4-H ARTS ~

PAINTING

727 ACRYLIC

USE ACRYLIC PAINT TO CREATE A PAINTING

~ 4-H HOME ENVIRONMENT ~

UNIT II EXHIBITS

893 DECORATIVE ITEM FOR THE HOME & PHOTO

DECORATIVE ITEM CREATED BY THE MEMBER AS A 4-H HOME ENVIRONMENT PROJECT.
INCLUDE A PHOTO SHOWING HOW THE ITEM FITS INTO THE HOME'S DÉCOR.

Designed and Provided by

Seth Hart/Extension Program Assistant for Community Arts

Wayne County Cooperative Extension Service

255 Rolling Hills Blvd.

Monticello, KY 42633

606-307-5327

seth.hart@uky.edu



SUPPLIES

SURFACE OPTIONS

CANVAS (SQUARE)

PLYWOOD (SQUARE)

MAT BOARD (SQUARE)

ACRYLIC PAINT

GREEN

WHITE OR BEIGE

LIGHT PINK

DARK PINK

BRIGHT RED

BURGANDY

PENCIL

MEASURING STICK

PROTECTIVE FINISH

INSTRUCTIONS

REFER TO DIAGRAM ON NEXT PAGE FOR SIZE OPTIONS AND MORE.

- MEASURE AND OUTLINE A GRID ON YOUR WORK SURFACE.
- TRANSFER THE DESIGN BY DRAWING LINES WHERE THEY NEED TO BE PLACED.
- PAINT FROM THE LIGHTEST TO DARKEST COLOR.
- SEAL DESIGN WITH A CLEAR COAT, SUCH AS A POLYACRYLIC FINISH OR ARTIST SPRAY.
- HANGING IDEAS AND OPTIONS INCLUDE PICTURE FRAME BRACKETS OR EYE SCREWS WITH HANGING WIRE.

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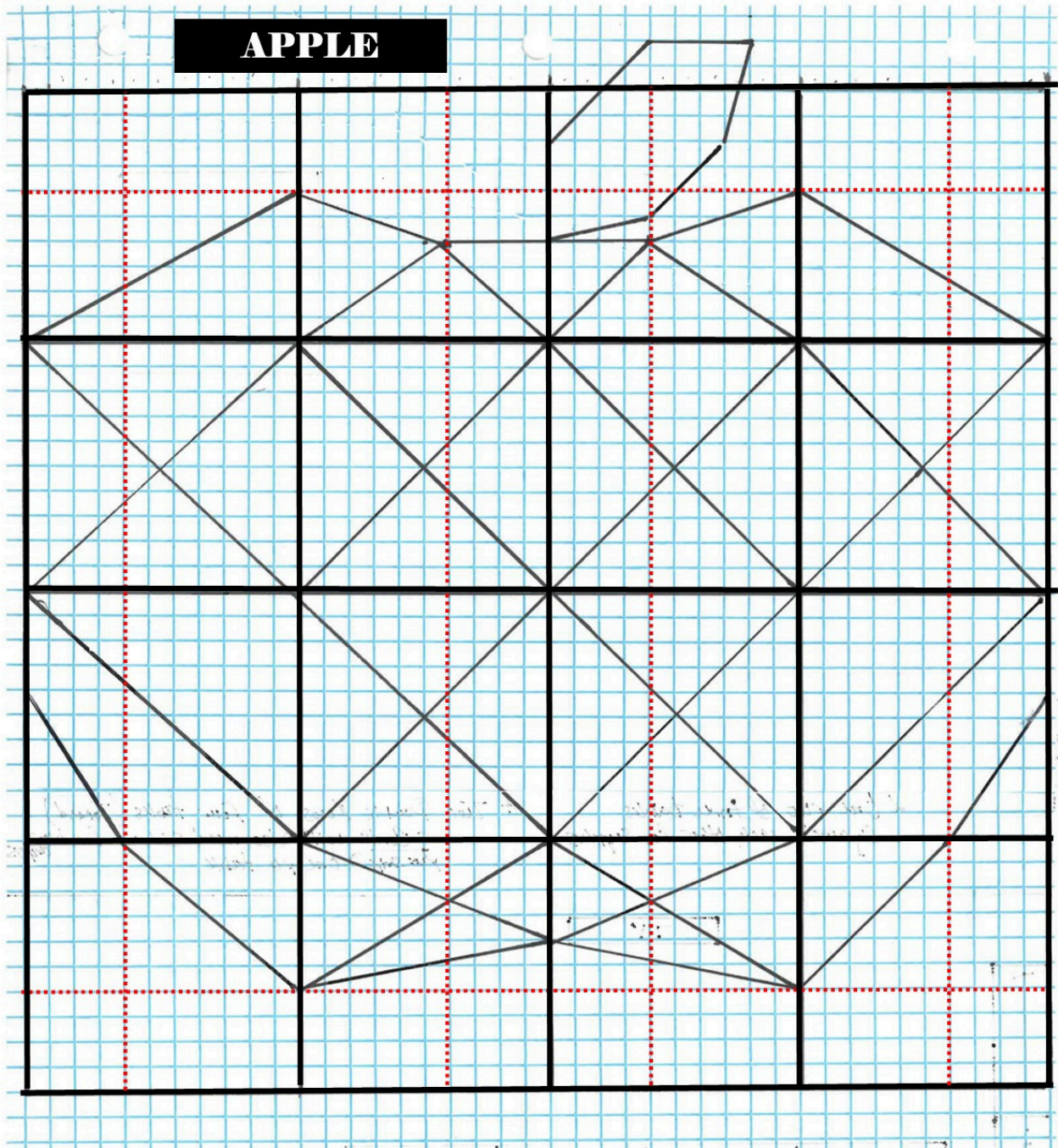




Seth Hart

**Program Assistant
for Community Arts**

Quilt Block Painting “Apple”



1 ft x 1 ft Pattern: Measure and outline border (1 inch wide). This leaves you with a 10" x 10" inner square. Measure and outline 16 grid squares (2.5 inches x 2.5 inches each). Divide those squares into ten smaller ones (1/4 inches x 1/4 inches each).

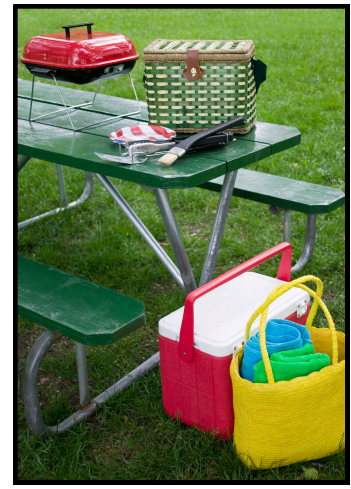
2 ft x 2 ft Pattern: Measure and outline border (2 inch wide). This leaves you with a 20" x 20" inner square. Measure and outline 16 grid squares (5 inches x 5 inches each). Divide those squares into ten smaller ones (1/2 inch x 1/2 inch each).

4 ft x 4 ft Pattern: Measure and outline border (4 inch wide). This leaves you with a 40" x 40" inner square. Measure and outline 16 grid squares (10 inches x 10 inches each). Divide those squares into ten smaller ones (1 inch x 1 inch each).



Joy McGinnis

FCS Program Assistant



Handling Food Safely While Eating Outdoors

Picnic and barbecue season offers lots of opportunities for outdoor fun with family and friends. But these warm weather events also present opportunities for foodborne bacteria to thrive. As food heats up in summer temperatures, bacteria multiply rapidly. To protect yourself, your family, and friends from foodborne illness during warm-weather months, safe food handling when eating outdoors is critical. Read on for simple food safety guidelines for transporting your food to the picnic site and preparing and serving it safely once you've arrived.

Pack and Transport Food Safely

Keep your food safe: from the refrigerator/freezer — all the way to the picnic table.

- Keep cold food cold. Place cold food in a cooler with ice or frozen gel packs. Cold food should be stored at 40 °F or below to prevent bacterial growth. Meat, poultry, and seafood may be packed while still frozen so that they stay colder longer.
- Organize cooler contents. Consider packing beverages in one cooler and perishable foods in another. That way, as picnickers open and reopen the beverage cooler to replenish their drinks, the perishable foods won't be exposed to warm outdoor air temperatures.
- Keep coolers closed: Once at the picnic site, limit the number of times the cooler is opened as much as you can. This helps to keep the contents cold longer.
- Don't cross-contaminate. Be sure to keep raw meat, poultry, and seafood securely wrapped. This keeps their juices from contaminating prepared/cooked foods or foods that will be eaten raw, such as fruits and vegetables.
- Clean your produce. Rinse fresh fruits and vegetables under running tap water before packing them in the cooler — including those with skins and rinds that are not eaten. Rub firm-skinned fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water. Dry fruits and vegetables with a clean cloth towel or paper towel. Packaged fruits and vegetables that are labeled "ready-to-eat," "washed," or "triple washed" need not be washed.

Quick Tips for Picnic Site Preparation

Food safety begins with proper hand cleaning — including in outdoor settings. Before you begin setting out your picnic feast, make sure your hands and surfaces are clean.

- **Outdoor Hand Cleaning:** If you don't have access to running water, use a water jug, some soap, and paper towels. Or consider using moist disposable towelettes for cleaning your hands.
- **Utensils and Serving Dishes:** Take care to keep all utensils and platters clean when preparing food.

Follow Safe Grilling Tips

Grilling and picnicking often go hand-in-hand. And just as with cooking indoors, there are important guidelines that should be followed to ensure that your grilled food reaches the table safely.

- **Marinate safely.** Marinate foods in the refrigerator — never on the kitchen counter or outdoors. In addition, if you plan to use some of the marinade as a sauce on the cooked food, reserve a portion separately before adding the raw meat, poultry, or seafood. Don't reuse marinade.
- **Cook immediately after “partial cooking.”** Partial cooking before grilling is only safe when the partially cooked food can go on the hot grill immediately, for example at a home with a grill on the patio or deck.
- **Cook food thoroughly.** When it's time to cook the food, have your food thermometer ready. Always use it to be sure your food is cooked thoroughly.
- **Keep “ready” food hot.** Grilled food can be kept hot until served by moving it to the side of the grill rack, just away from the coals. This keeps it hot but prevents overcooking.
- **Don't reuse platters or utensils.** Using the same platter or utensils that previously held raw meat, poultry, or seafood allows bacteria from the raw food's juices to spread to the cooked food. Instead, have a clean platter and utensils ready at grill-side to serve your food.
- **Check for foreign objects in food.** If you clean your grill using a bristle brush, check to make sure that no detached bristles have made their way into grilled food.

Prevent “Cross-Contamination” When Serving

Never reuse a plate or utensils that previously held raw meat, poultry, or seafood for serving — unless they've been washed first in hot, soapy water. Otherwise, you can spread bacteria from the raw juices to your cooked or ready-to-eat food. This is particularly important to remember when serving cooked foods from the grill.

Serving Picnic Food

Keep Cold Foods Cold and Hot Foods Hot

Keeping food at proper temperatures — indoor and out — is critical in preventing the growth of foodborne bacteria. The key is to never let your picnic food remain in the “Danger Zone” — between 40 °F and 140 °F — for more than 2 hours, or 1 hour if outdoor temperatures are above 90 °F. This is when bacteria in food can multiply rapidly, and lead to foodborne illness.

BENEFIT FOR WAYNE COUNTY ANIMAL CONTROL


PLANNING COMMITTEE MEETING
FOR ALL ANIMAL LOVERS!
THURSDAY, JUNE 27, 2024

5:30 P.M.

WAYNE COUNTY EXTENSION OFFICE



Proceeds from benefit will go to
the Wayne County Animal Control.
Call 606-348-8453 to register.

 Cooperative
Extension Service

BASIC SOURDOUGH STARTER WORKSHOP

JULY 19TH @ 12PM EST
WAYNE COUNTY EXTENSION
OFFICE

*RSVP by July 12th at
(606) 348-8453*

\$5 Registration Fee

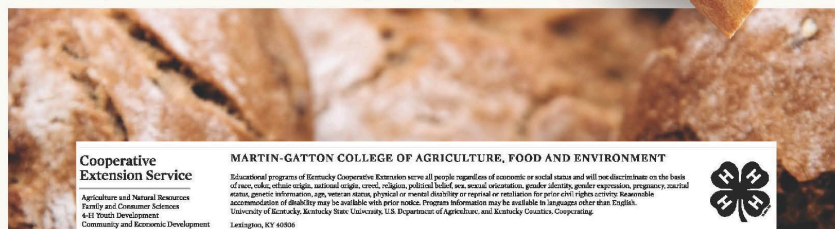
Learn about the basic
creation and maintenance of
sourdough starters, for bread
making with Megan Gullett,
Russell Co FCS Agent.

Each participant will receive a
sourdough starter.



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Lexington, KY 40506



Ovarian Cancer Awareness Fundraiser Organizational Meeting

July 15th @ 1:00 p.m. ~ Downstairs Meeting Room

Opened to all Extension Homemakers (Club & Mailbox Members)

Would like 2 to 3 Homemakers from each Club to attend this meeting.

Please call 606-348-8453 to register for the meeting.

July 22nd – 10am – 3pm downstairs meeting room

Basic Fabric Tote Bag Class – Must register!!

Skill level – All (beginners can do this!)

Participants need to bring:

- Sewing machine in good working order
- Basic sewing supplies: thread, scissors, pins, etc.

Fabric:

½ yard focus fabric

½ yard coordinating fabric

1 yard medium or heavy weight fusible interfacing

2 yards coordinating belting strapping

One coordinating elastic hair tie

Two coordinating LARGE buttons

Coordinating thread for top stitching

1 plastic (inexpensive) kitchen cutting board (the thin plastic kind like we sometimes give away in cooking classes.... Can be found at dollar stores and Walmart...)



This tote bag is super cute and reversible!

Please bring your own lunch (refrigerator & microwave available) or plan to utilize one of Monticello's many restaurants.



Pillow Case Class

August 22, 2024

10:00 a.m.-3:00 p.m.

Downstairs Meeting Room

MUST REGISTER!

Skill Level - All (Beginners can do this!)

Participants need to bring:

- Sewing machine in good working order.
- Basic sewing supplies: thread, scissors, pins, etc.

Supplies needed:

- 2 yards focus fabric
- 1 yard coordinating fabric
- Neutral thread

Please bring your own lunch (refrigerator & microwave available) or plan to utilize one of Monticello's many restaurants.



Pressure Canning Class

August 6, 2024

9:00 a.m.-4:00 p.m.

Upstairs Meeting Room

Registration Deadline: August 2, 2024

Spots are limited.

Lunch will be provided.

Registration Fee:

\$15.00 (Prepaid)

**\$5 Discount for current paid
Wayne County Homemaker
Members**

Preserving your garden or market produce is EASY & FUN! Learn to preserve your produce in a safe and shelf-stable way to feed your family for months ahead. This is a hands-on learning experience class.

Boiling Water Bath Canning Class

August 23, 2024

10:00 a.m.-3:00 p.m.

Upstairs Meeting Room

Registration Deadline: August 20, 2024

Spots are limited.

Lunch will be provided.

Registration Fee:

\$15.00 (Prepaid)

**\$5 Discount for current paid Wayne
County Homemaker Members.**

Great way to preserve your produce for long-term shelf-stable storage. This is a hands-on learning experience class.





Thursday, August 8, 2024 @ 5:00 p.m.

Upstairs Meeting Room

Cost ~ \$15.00 (Prepaid)

(\$5.00 Discount for Wayne County Extension Homemakers who have paid their dues for the 2024-2025 program year.)

Participants will receive a dough mat, rolling pin, and pastry/dough cutter.

Why Attend?

Cost Savings ~ Store bought pie dough can be expensive, especially when compared to homemade pie dough.

Skill Development ~ Gain practical skills to make your own pie dough from scratch with simple pantry supplies.

Personal Satisfaction ~ Learning a new skill is very gratifying and you can impress your family and friend with your new talents for making homemade pies!

**Registration & \$15.00 fee due to the Extension Office
by Monday, August 5, 2024.**



Busy Bees
Extension Homemaker Club
July 11, 2024 @ 1:00 p.m.
Location: Subway

The recently formed Busy Bees Extension Homemaker Club engages in voluntary work and community outreach. Their next meeting is scheduled on July 11th at 1:00 p.m. at the Monticello Subway.

Guest Speaker: LaShel Hodges, Family Resources Representative at the Wayne County Middle School.

We will be discussing about making Hygiene Bags for students that are in need.

Regular meetings will take place in the Downstairs Meeting Room of the Wayne County Extension Office on the first Thursday of every month at 1:00 p.m.

If you are interested in joining this club or any other Extension Homemaker clubs, please contact the Extension Office at 606-348-8453. Annual dues are \$10.00.





EXPO catalogs are available at the Wayne County Extension Office.

Entry Day

- July 1st - 8:30 a.m.-1:00 p.m.

Viewing Days

- July 2nd & 3rd - 8:00 a.m.-7:00 p.m.
- July 4 - 10:00 a.m.-2:00 p.m.

Pickup Day

- July 5, 2024 - 8:00 a.m.-12 noon



The Wayne County Extension Office will be closed on Thursday, July 4th for Independence Day.
(Will open from 10 a.m.-2 p.m. for EXPO viewing only.)

Debbie Shepherd

Debbie Shepherd, CEA FCS
Wayne County Extension Agent
for Family & Consumer Sciences
debbie.shepherd@uky.edu
DS/vm



We Grow Families.
www.ca.uky.edu



Website:
wayne.ca.uky.edu



Wayne County Cooperative
Extension Family and
Consumer Sciences



Cooperative Extension Service

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.