



FAMILY & CONSUMER SCIENCES



Creating Healthy & Sustainable Families

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Wayne County

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June 2023  
In-Stitches  
Newsletter

*What's New*

HELLO FROM FCS AGENT,  
DEBBIE SHEPHERD - PAGE 1

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QUILT SHOW OF THE LITTLE  
MOUNTAINS BROCHURE

Hello - Our June In-Stitches quilt class has been scheduled for Wednesday, June 28th, at 10 a.m. Please let us know if you will be attending. We have a new phone system. You should be able to leave a message on our voicemail now. You can also email Joy, Vicki, or me.

Happy Stitching! Debbie

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# Quilts from El's Kitchen!

Wednesday, June 28th @ 10:00 a.m.

Wayne County Extension Office  
Downstairs Meeting Room

**Please arrive by 9:30 a.m. to start setting up  
your sewing station.**

**Class will begin at 10:00 a.m. prompt!**

We will be doing the Sage Bud and Turkey in the Straw blocks. We will also be available for those who may still need some assistance or have questions from last month's blocks.

Reminder: If you do not particularly care for a block, ANY 12-1/2 inch unfinished (12 inch finished) block can be used. **Don't forget your items for Show & Tell!**

You can jump into this project at anytime during the year. If this is not the project for you, please feel free to bring something you enjoy or are currently working on and spend the day with us!

If you have had the safe food handling class, please feel free to bring a dish to share. If you haven't, please feel free to bring something pre-packaged or prepared. You are also very welcome to bring your own lunch. We will provide drinks.

Recipes: If you have the recipe for the dish you bring, please bring it with you and give it to Debbie, Joy, or Vicki so we can share in our newsletter.

**Please register so we can be prepared for you. Thank you!**



## Buttermilk Pineapple Salad

Submitted by: Beth Bryant

### Ingredients

20 oz. crushed pineapple  
\_ do not drain  
2 (3 oz.) pkgs. peach or  
apricot Jello mix  
2 cups buttermilk  
8 oz. Cool Whip  
1 cup chopped pecans

### Directions

Put in saucepan. Stir &  
bring to a boil. Set aside to  
cool.  
Add buttermilk, Cool  
Whip, and chopped pecans.  
Mix well.  
Put in 9x13 pan & chill.

## Strawberry Jello Cool Whip Pie (Lower Sugar)

Submitted by: Deanna Hammond

### Ingredients

1 (3 oz.) pkg. strawberry  
jello (sugar free)  
1/4 cup boiling water  
2 (6 oz.) containers  
strawberry yogurt (lite)  
8 oz. frozen whipped  
topping (Cool Whip)  
1 (9-inch) graham cracker  
crust

### Directions

Dissolve Jello in boiling water.  
Whisk in yogurt & frozen whipped  
topping until smooth.  
Pour mixture into prepared pie crust.  
Chill in refrigerator for 3 hours or  
until firm.  
Serve with strawberry pie glaze  
drizzled over top.  
Garnish with sliced strawberry halves  
Note: I also added 1 cup cut up  
strawberries to filling..

# UPCOMING EVENTS

## OFFICE CLOSINGS

**JUNE 19, 2023 - JUNETEENTH HOLIDAY**

## WAYNE COUNTY FAIR EXPO

**GET YOUR ITEMS READY TO DISPLAY  
AT THE WAYNE COUNTY FAIR EXPO  
ENTRY DAY IS JULY 3, 2023  
8:30 A.M.-1:00 P.M. EST  
WAYNE CO. EXTENSION OFFICE**

## JULY IN-STITCHES CLASS SIT & SEW

**JULY 19, 2023  
WRAPPING UP EL'S KITCHEN!  
THIS WILL BE A TIME TO FINISH UP  
YOUR BLOCKS, GET HELP WITH SET-UP &  
BORDERS OR ANY OTHER UNFINISHED  
PROJECT YOU'D LIKE TO BRING  
TO WORK ON.**

## THE QUILT SHOW OF THE LITTLE MOUNTAINS

**SEPTEMBER 1 - 9:00 A.M.-5:00 P.M.  
SEPTEMBER 2 - 9:00 A.M.-4:00 P.M.  
ASPIRE CENTER, MONTICELLO, KY  
ADMISSION: \$5 PER PERSON  
CHILDREN UNDER 12: FREE  
SEE ENCLOSED BROCHURE  
FOR MORE INFORMATION.**

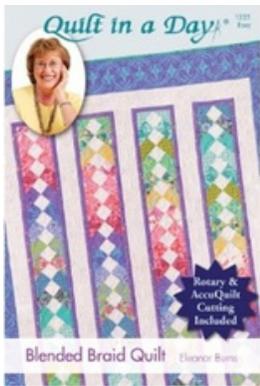
# In-Stitches 2023-2024

Mark your calendars for the new 2023-2024 program year for In-Stitches. Sneak peek--tentative schedule. Needed books, rulers, etc. will be offered at classroom discounted price if you don't already have them and would like to purchase. We are VERY excited about our line up of classes for this new program year.



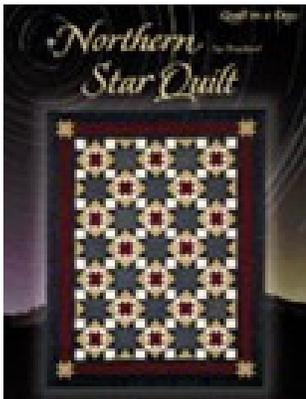
## Unwinding Binding – August 16, 2023

We will be demonstrating and sharing samples of a variety of types of binding styles and techniques.



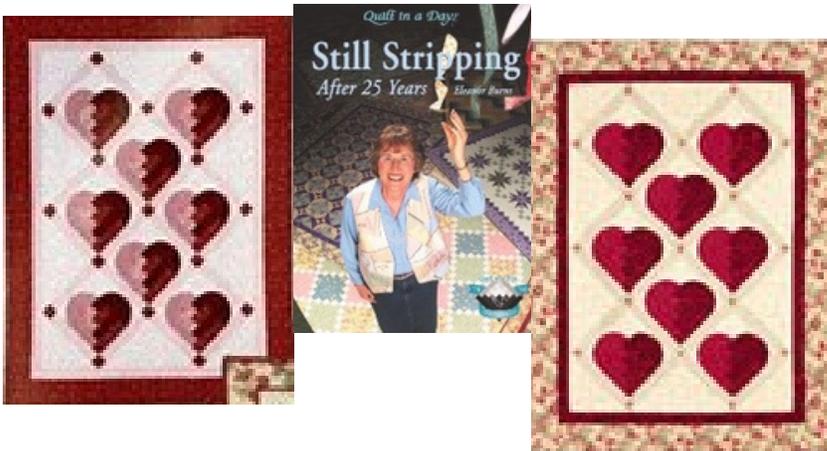
## Blended Braid Part I – September 20, 2023

## Blended Braid Part 2 – October 18, 2023



## Northern Star – November 1, 2023

## Sit & Sew – November 29, 2023



## Still Stripping – Love the Log Cabin – January 24, 2024



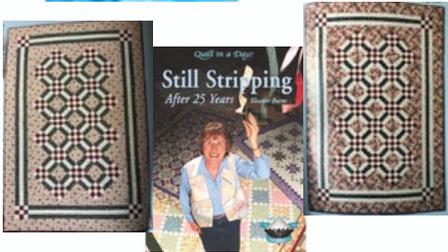
**Still Stripping – Nine Patch Party**  
**February 21, 2024**



**Still Stripping – Cornerstones**  
**March 20, 2024**  
**Sit & Sew – March 22, 2024**



**Radiant Star Quilt Week – April 8–12, 2024**  
A week dedicated to the Radiant Star.



**Still Stripping – Nine Patch & Stripe – Part I**  
**May 15, 2024**  
One pattern, two quilts.

*"You know you're a quilter when the only scraps under your dining room table are fabric." - Unknown*

*Debbie Shepherd*

Debbie Shepherd  
Wayne County Extension Agent  
for Family & Consumer Sciences  
DS/vm



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**Family and Consumer Sciences**

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