



FAMILY & CONSUMER SCIENCES



Creating Healthy & Sustainable Families

VOL. 2023-05

Wayne County

Debbie Shepherd, CEA FCS

255 Rolling Hills Blvd.

Monticello, KY 42633

Phone: (606) 348-8453

Fax: (606) 348-8460

extension.ca.uky.edu

[debbie.shepherd@uky.edu](mailto:debbie.shepherd@uky.edu)

Facebook: Wayne County Cooperative

Extension Family and

Consumer Sciences



# May 2023 In-Stitches Newsletter

## What's New

HELLO FROM FCS AGENT,  
DEBBIE SHEPHERD - PAGE 1

QUILTS FROM EL'S  
KITCHEN! - PAGE 2

FABRIC STAR & QUILT  
PROJECT - PAGE 3

RECIPES & GET CREATIVE  
DAYS - PAGE 4

UPCOMING EVENTS - PAGE 5

2023-2024 CLASSES -  
PAGE 6 & 7

Hello - Our May In-Stitches quilt class has been scheduled for Wednesday, May 17th, 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.

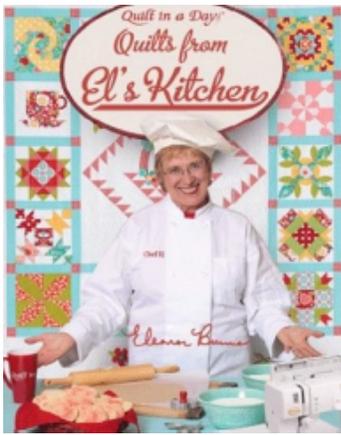
Happy Stitching! Debbie

[Debbie.Shepherd@uky.edu](mailto:Debbie.Shepherd@uky.edu)

[Joy.McGinnis@uky.edu](mailto:Joy.McGinnis@uky.edu)

[Vicki.McDonald@uky.edu](mailto:Vicki.McDonald@uky.edu)





# Quilts from El's Kitchen!

Wednesday, May 17th @ 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 Squash Blossom & Cactus Bloom 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!**



## Fun-Fabulous-Fabric-Folded Star

Instructor: Ruby McFarland

May 18, 2023 @ 2:00 p.m.

Cost \$4.00

REGISTRATION IS REQUIRED!

Class Size Limited

Did I mention that there is NO SEWING!?! This awesome little star is made by simple folding, ironing, tucking, and gluing. Make it big or make it little. Use it as a Christmas ornament, brooch, magnet, bookmark, earrings, etc. Combine them for garlands, fill a bowl with them, etc. You will go home with finished stars and the tools needed to make more!

**Supplies Student needs to bring:** Sharp scissors, small if possible.

**Supplies Instructor will provide:**

- Cotton fabric
- Glue
- Mini clip (student takes home)
- Forceps (student takes home)
- Printed instructions & list of online resources



Calling All Quilters!  
**WE NEED  
100 NEW  
QUILTS**  
For Our Courageous Kids

Size: Twin Bed  
Dimensions: 64" x 86"  
Accepting: Homemade or  
Store Bought

Drop Off at The Center for Courageous Kids:  
1501 Burnley Rd., Scottsville, KY  
-or-  
Bring them to the Kentucky Homemaker State  
Meeting in Louisville

Any Questions: contact Joanie O'Bryan  
jobryan@courageouskids.org  
270-618-2900

### Project Helping Hands

Quilts can be dropped off at the Wayne County Extension Office by Wednesday, May 3rd, and we will deliver them to the KEHA State Meeting.



## COWBOY CAVIAR

*Submitted by: Bethe Bryant*

### INGREDIENTS

- 1 can (15 oz.) black beans, drained & rinsed
- 1 can (15 oz.) pinto beans, drained & rinsed
- 1 cup corn (frozen or canned)
- 1/2 cup chopped tomato
- 1/2 cup chopped cilantro
- 1/3 cup diced orange peppers
- 1/3 cup diced red peppers
- 1/3 cup diced yellow peppers
- 1/3 cup red onions, diced
- 1 jalapeno, seeded & diced
- 1 tsp. chili powder
- 1/2 tsp. ground cumin
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 3 to 4 Tbsp. olive oil
- juice of 1 lime
- tortilla chips for serving

### DIRECTIONS

1. Mix first 10 ingredients together in a large bowl.
2. Add seasonings and mix well.
3. Drizzle olive oil.
4. Drizzle lime juice.
5. Mix well to coat.
6. Refrigerate 4 hours or overnight.
7. Stir well before serving.



## STRAWBERRY BANANA CHEESECAKE SALAD

*Submitted by: Bethe Bryant*

### INGREDIENTS

- 8 oz. cream cheese, softened
- 1/4 cup heavy cream
- 3 Tbsp. honey
- 1 tsp. vanilla extract
- 2 lb. strawberries
- 3 bananas
- 3 Tbsp. fresh lemon juice

### DIRECTIONS

1. Rinse strawberries and pat dry.
2. Hull and slice strawberries into large mixing bowl.
3. Peel and slice bananas and add to strawberries.
4. Pour lemon juice over fruit and stir until mixed and coated in lemon juice.
5. In separate mixing bowl, add softened cream cheese, honey, and vanilla extract.
6. Using electric mixer, whip until smooth about 3 to 4 minutes.
7. Add heavy cream, 1 to 2 tablespoons at a time, whipping until smooth and well combined.
8. Continue until all cream is added, being sure to mix well.
9. Gently fold the cream cheese mixture into the fruit.
10. Chill until ready to serve.
11. ENJOY!



We are gearing up for our **“GET CREATIVE DAYS”** that will be held August 24th – 26th!!

We are looking for anyone willing to share their talents! If you need a “Get Creative Teacher’s Form” please let us know! On your form please be specific as to the dates & times you will be teaching. Thank you so very much for helping us to broaden the creative experiences and opportunities to our community!

# UPCOMING EVENTS

## SAFE FOOD HANDLING CLASS

MAY 18, 2023 [AT] 5:00 P.M.

DOWNSTAIRS MEETING ROOM

## MOUNTAIN QUILT FEST TRIP PIGEON FORGE, TN

JUNE 6, 2023

IF YOU WISH TO RESERVE A SEAT, PLEASE DO SO ASAP! SPACES ARE ALMOST FULL!

## JUNE IN-STITCHES CLASS SAGE BUD & TURKEY IN THE STRAW

JUNE 28, 2023

THIS IS A DATE CHANGE FROM OUR REGULAR MEETING DATE! PLEASE MAKE SURE TO MARK YOUR CALENDARS.

## OFFICE CLOSINGS

MAY 29 - MEMORIAL DAY HOLIDAY

JUNE 19 - JUNETEENTH HOLIDAY

JULY 4 - JULY 4TH HOLIDAY

## 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.

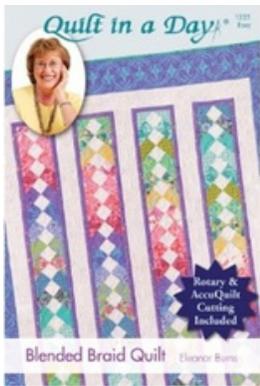
# In-Stitches 2023-2024

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.



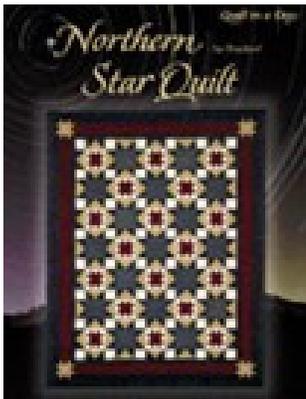
## Unwinding Binding – August 16, 2023

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



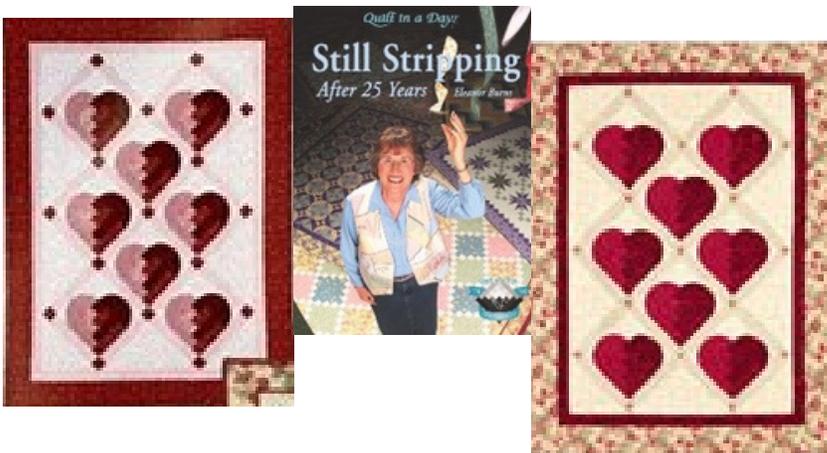
## Blended Braid Part I – September 20, 2023

## 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



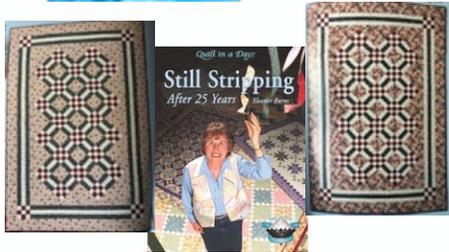
**Still Stripping – Nine Patch Party  
February 21, 2024**



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



**Radiant Star Quilt Week – April 15-19, 2024**  
A week dedicated to the Radiant Star.



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

*"I'm not a fabric hoarder. I am the curator of an extensive textile collection." - Unknown*

*Debbie Shepherd*

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



Website:  
[wayne.ca.uky.edu](http://wayne.ca.uky.edu)



**Wayne County Cooperative Extension  
Family and Consumer Sciences**

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.