


# JUNE

## 2023

 University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

Cooperative Extension Service  
Garrard County  
1302 Stanford Road  
Lancaster, KY 40444  
(859) 792-3026  
Fax: (859) 792-3026  
[extension.ca.uky.edu/garrard](http://extension.ca.uky.edu/garrard)

## Garrard County Family and Consumer Sciences Newsletter

Happy June!

Summer is gearing up, and so are many events here at Garrard County Extension! Make sure to stay updated on all the happenings throughout the newsletter. I want to make you all aware that the 2023 FCS Open Class rules and categories are now available to view. For those who may not be familiar with this, let me fill you in on what it involves. Every year at the Garrard County Fair, residents of all ages can bring in exhibits in the FCS division which will be judged and put on display during fair week. This is a fun way to show off your creative talents, while also having the chance to win ribbons and prize money! Please consider entering. You may even see one of your exhibits move on to the State Fair! I know we have so many talented and creative people in this county, so I am excited to see all the entries come in! As always, please reach out if you have questions or need help!

CHECK US OUT ON  
SOCIAL MEDIA!

*Kayla Lunsford*

County Extension Agent for  
Family and Consumer Sciences  
[kayla.lunsford@uky.edu](mailto:kayla.lunsford@uky.edu)



[HTTPS://WWW.  
FACEBOOK.COM/  
GARRARDCOUNTY  
FCS](https://www.facebook.com/garrardcountyfcs)

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.

# Upcoming Events

**BEGINS JUNE 1 AND IS NOW FULL!**



## SEWING 101

4 SESSION BEGINNER'S QUILTING CLASS

JUNE 1, 8, 15, 22 6-8PM

GARRARD COUNTY EXTENSION OFFICE

COST: \$20

10 SPOTS AVAILABLE

INSTRUCTOR: MARY HIXSON

REGISTER AND PAY FOR CLASSES BY CONTACTING THE GARRARD COUNTY EXTENSION OFFICE AT 792-3026. REGISTRATION ENDS MAY 25TH OR WHEN CLASS IS FULL

## LUNCH & LEARN

FREE MONTHLY COOKING CLASS



TUESDAY, JUNE 6TH

12PM OR 6PM

JUNE RECIPE:  
BLUEBERRY CHEESECAKE BARS

CALL TO RSVP AND  
CHOOSE YOUR  
CLASS TIME

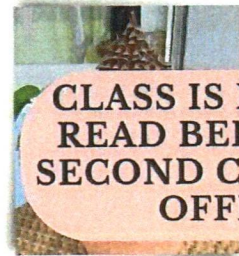
FRIENDLY FIBERS GROUP  
MEETS EVERY 4TH MONDAY  
AT 1:30 AT THE OFFICE.  
JOIN ANYTIME IF YOU LIKE  
KNITTING, CROCHET, OR  
OTHER TYPE OF NEEDLEWORK!



COOPERATIVE EXTENSION  
University of Kentucky  
College of Agriculture, Food and Environment

## Fairy Garden Class

A fun, informative, and stress relieving activity for all ages!



Participants will have the opportunity to:  
Make their own container fairy garden

**CLASS IS NOW FULL.  
READ BELOW FOR A  
SECOND CLASS BEING  
OFFERED!**

Friday, June 9th at 1pm

Must call to RSVP

859-792-3026

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

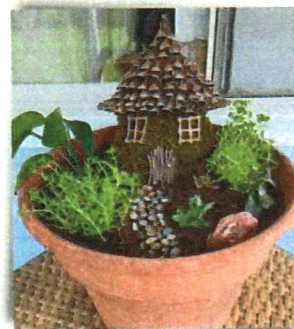
Educational programs of Kentucky Cooperative Extension Service are provided regardless of race or sex and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, marital status, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension Service.  
LENGHTON, KY 40356



COOPERATIVE EXTENSION  
University of Kentucky  
College of Agriculture, Food and Environment

## Fairy Garden Class

A fun, informative, and stress relieving activity for all ages!



Participants will have the opportunity to:  
Make their own container fairy garden  
Learn about the care of succulents, the perfect plant for beginning gardeners!  
Receive tips on mindfulness and stress relief

Friday, June 16th at 4pm

Must call to RSVP. First priority will go to those on the waiting list from the first class, then it will be open to everyone!


859-792-3026

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 Service are provided regardless of race or sex and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, marital status, 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 Cooperative Extension Service.  
LENGHTON, KY 40356



# Homemaker News

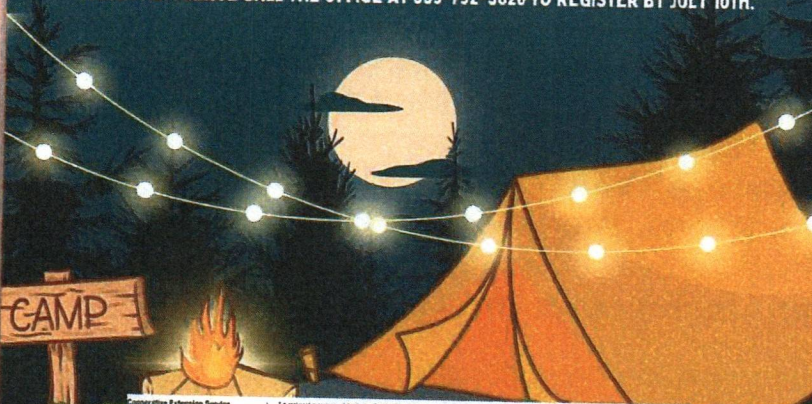


COOPERATIVE EXTENSION  
University of Kentucky

JOIN US FOR THE 95TH  
**ANNUAL GARRARD COUNTY  
HOMEMAKER MEETING**

THURSDAY, JULY 13TH AT 6PM  
AT THE GARRARD COUNTY EXTENSION OFFICE


THIS IS AN EVENING OF CELEBRATION FOR THE ACCOMPLISHMENTS OF OUR HOMEMAKERS! WE WILL BE SERVING GRILLED BURGERS, HAVE AN INDOOR S'MORES BAR, AND WILL PRESENT AWARDS. THE EDUCATIONAL TOPIC WILL BE ON HEALTHY OUTDOOR COOKING. THE NIGHT WILL INCLUDE A SILENT AUCTION AND A RAFFLE PRIZE CONTEST. ALL PROCEEDS WILL GO TO THE GARRARD COUNTY HOMEMAKER ASSOCIATION AND THE HOMELESS COALITION. COME IN YOUR BEST "OUTDOORSY" ATTIRE! SPOUSES ARE WELCOME. PLEASE CALL THE OFFICE AT 859-792-3026 TO REGISTER BY JULY 10TH.



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

The University of Kentucky Cooperative Extension serves all people regardless of personal or social status and is not discriminate on the basis of race, color, creed, sex, religion, national origin, ancestry, marital status, sexual orientation, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Climate, Cooperating.

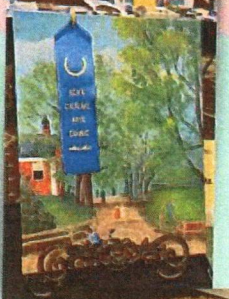
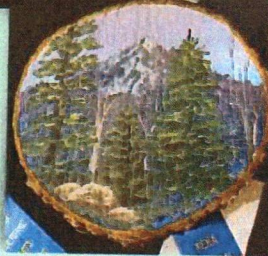
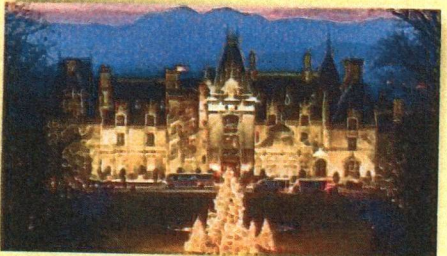
LEADERSHIP #1 46246



**Mark your calendars!!**  
You won't want to miss this evening of fun and celebration! We will be having a silent auction, so bring in items you'd like to donate before-hand to the office! Proceeds will be going to the Garrard County Homeless Coalition and the Homemakers!

*Cultural Arts!*

MAY 9-11 WAS THE KENTUCKY EXTENSION HOMEMAKER ASSOCIATION STATE MEETING IN LOUISVILLE. IT WAS A GREAT EVENT, AND THE STATE CULTURAL ARTS CONTEST TOOK PLACE THERE. I AM PROUD TO SAY THAT OUR VERY OWN, STACY MAY, HAD 3 ITEMS GO TO STATE, AND 2 OF THEM BROUGHT HOME 1ST PLACE BLUE RIBBONS! CONGRATULATIONS, STACY, AND THANK YOU TO EVERYONE WHO PARTICIPATED IN CULTURAL ARTS THIS YEAR!

THE FORT HARROD AREA HOMEMAKER ASSOCIATION WILL BE TAKING A TRIP TO THE BILTMORE ESTATE DECEMBER 6-7! IF YOU ARE INTERESTED IN PARTICIPATING, PLEASE SEE THE INFORMATIONAL SHEET WITHIN THE NEWSLETTER! PRIORITY WILL BE GIVEN TO HOMEMAKERS FIRST, AND THEN OPENED TO THE GENERAL PUBLIC!



**THE GARRARD GO-GETTERS**

OUR NEWEST HOMEMAKER GROUP OFFICIALLY HAS A NAME! JOIN IF YOU'RE LOOKING FOR AN OPPORTUNITY TO MAKE NEW FRIENDS, GIVE BACK TO THE COMMUNITY, AND HAVE LOTS OF FUN!

NEXT MEETING: TUESDAY, JUNE 20TH AT 5:30  
GARRARD COUNTY EXTENSION OFFICE

**COUNTRYSIDE HOMEMAKERS**

NO JUNE MEETING



**NEXT HOMEMAKER COUNCIL MEETING**

JUNE 5TH AT 5:30PM

GARRARD COUNTY EXTENSION OFFICE

**MARTIN TOURS, INC.  
224 LOGAN AVE.  
STANFORD, KENTUCKY 40484  
866-346-8687**

**TOUR: CANDLELIGHT CHRISTMAS AT THE BILTMORE**

**GROUP: FT. HARROD AREA HOMEMAKERS**

**DATE: DECEMBER 6-7, 2023**

**COST: \$509.00 PER PERSON Double Occupancy  
\$502.00 PER PERSON Triple Occupancy  
\$495.00 PER PERSON Quad Occupancy  
\$50.00 secures your seat.  
Balance due October 15, 2023**

**PRICE INCLUDES: Transportation by motor coach; rooms,  
luggage handling, all items in bold print.**

Let's get an early start on Christmas with a **Candlelight Evening at the Biltmore House**. We will enjoy dinner at the **Stable Cafe**, plus a **Candlelight tour of the Biltmore House**, built by **George Vanderbilt, grandson of "Commodore" Vanderbilt**. This stately old mansion will be decorated with ribbons, evergreen garlands, flowers and the Christmas aroma will be ever present. This will be an evening you will always remember. **Included is one breakfast.**

**Please mail checks to:**

**Martin Tours**

**PO Box 230**

**Gladeville, TN 37071**

**Include the trip name and your roommate(s) name(s)**

**THANKS FOR TRAVELING WITH MARTIN TOURS!!!!!!**

.....  
April 20 through June 15 open to Fort Harrod Area Homemakers  
June 16 through August 14 open to any Kentucky Homemaker  
After August 15 open to the public

For questions contact Wendy Hood, Fort Harrod Area Homemaker President  
859-613-2575 wendy7hood@icloud.com

# HEALTHY CHOICES FOR HEALTHY FAMILIES

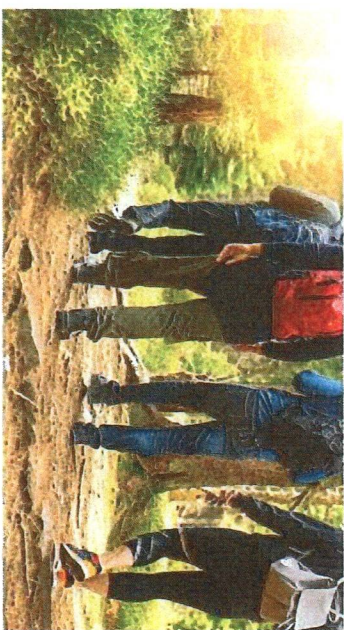


This material was partially funded by USDA Supplement of Nutrition Assistance Program - SNAP. The material is a special opportunity provided.



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Food and Nutrition Assistance Program.

## Take a hike!



Does your family enjoy the great outdoors? June is National Camping month, a time when many Americans will be venturing outside for adventures. Before heading out, think about your nutritional needs: There are a lot of choices besides just grabbing energy bars and water. Take time to map out a safe and wholesome food plan.

Your food and water intake needs may be higher during times of greater physical activity. How long is the trip? What food and drinks will you need? Do you need to carry a cooler?

Before heading out on a hike, you may want to drink water before you go. A good rule of thumb is to plan to drink 2 cups of water for each hour you hike. Choose foods that will not weigh your backpack down but will pack a nutritional punch like trail mix, nuts and seeds, fresh fruit, granola, or energy bars.

If the trip involves many days, choosing food can be a challenge. You will

Cooperative Extension Services  
Agricultural 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 are not dependent on the status of race, color, ethnic origin, national origin, creed, religion, marital status, sex, sexual orientation, gender identity or expression, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension Services.



be able to eat out of your cooler on the first day but after that, you may need lots of shelf-stable choices. You might want to choose oat nut butters, cereal, squeeze pouches of fruit, tuna pouches, or whole-grain tortilla shells. Being outside can put your food at a higher risk of germs if not kept cold. Do not forget that food should not be out of the cooler for more than one

hour if the temperature is above 90 degrees. Pack food safety essentials such as hand sanitizer, throwaway wipes, bowls, plates, can opener, cooking pot and/or pan, knives and forks, ice packs, trash bags, thermometers for the cooler and cooked meat.

CONTINUED ON PAGE 2

# HEALTHY CHOICES FOR HEALTHY FAMILIES

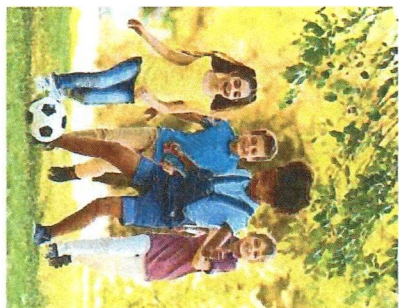
## SMART TIPS

## Ways to keep kids active during the summer

Don't let your child spend their summer sitting on the couch. Help your child stay moving this summer:

### Check out these ideas:

- Sign your child up for local sports camp or swimming lessons.
- Make going for a walk, run, or bike ride together a scheduled event.
- Go hiking and have the kids tell you 10 points of natural interest to enjoy.
- Start a new hobby together, such as inline skating, tennis, or hiking.
- Run through the sprinkler when it's hot outside.
- When it's raining, stay inside, turn on some music and have a dance party.



## PARENT CORNER

### Make fun food for picnics

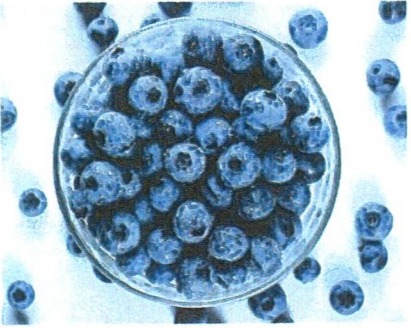
- Cut triangle-shaped wedges of cucumber and add a stick in the rind end for a fruit popsicle.
- Make sandwich kebabs with small pieces of bread, cheese, grape tomatoes, sandwich meat, and olives.
- Enjoy some "fruit caterpillars." Place purple and red grapes alternately on skewers.
- Try filling ice cream cones with melon balls for a refreshing treat.
- Enjoy some crunchy veggie flowers. Make four v-shaped cuts on the outside of cucumbers. Slice cucumbers into slices to form flower petals.
- Try some "banana sushi." Spread a whole-grain tortilla with peanut butter or other spread. Next, place a banana inside and roll. Cut into slices.
- For a kid-favorite dessert, try making a "firt dessert" with low-fat, calcium-rich chocolate pudding sprinkled with chocolate cookie crumbs and a couple of gummy worms.

Adapted from NDSU Extension

## CONTINUED FROM PAGE 1

Follow food safety rules to keep from getting sick. Wash your hands often and always before and after eating. If you cannot wash your hands, use hand sanitizer with 60% alcohol to reduce germs. Keep raw meats and ready-to-eat foods apart. Cook food to proper temperatures. While on a hike, refrigerate foods to below 40 degrees F within two hours, but without a refrigerator pack foods that can spoil into a cooler with ice or ice packs and make sure the temperature stays below 40 degrees F. Keeping the cooler in the shade will help. And if possible, keep the cooler closed as much as you can. Now you are ready to take a hike!

Adapted from <https://www.centrigo.org/food/planning-and-prep/track-and-test-the-act/food-tips-for-camping-and-hiking>



**FOOD FACTS**

**Blueberries**

- **Season:** Mid-June through July
- **Nutrition facts:** One half cup of blueberries has 40 calories and adds 22% of the Daily Value of fiber.
- **Blueberries** are rich in vitamin C and do not have any fat or sodium.
- **Selection:** Blueberries should be plump and firm and have a deep blue-black skin. They should also have a silvery sheen, which is called a bloom.
- **Storage:** Cover and keep blueberries chilled for up to 14 days. Wash them just before using.
- **Preserving:** To freeze, place blueberries, unwashed and fully dry, in a single layer on a cookie sheet in the freezer. Once the berries are frozen, move them to plastic freezer bags or freezer containers.
- **Preparation:** Serve blueberries fresh or in a cooked dish. Cooking blueberries in butter may cause their color to turn greenish-blue, but change in color does not affect flavor.

Adapted from [https://fs.fresno.edu/cv/cv/cv/cv/comm/dm/1/blueberry](https://fs.fresno.edu/cv/cv/cv/comm/dm/1/blueberry)

**COOKING WITH KIDS**

**Strawberry Smores**

No campfire needed for these fruity graham cracker snacks:

- **3 strawberries**
- **1 graham cracker (broken in half)**
- **1/8 cup yogurt, low-fat vanilla**

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse the strawberries in water.
3. Slice the strawberries.
4. Add the yogurt and strawberries to half of the graham cracker.
5. Top with the other half of the graham cracker.
6. Enjoy at once.

**Notes:** Substitute any desired low-fat yogurt flavor. Try other fruits like blueberries, bananas, etc.

**Nutritional facts per serving:**  
100 calories; 2g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 80mg sodium; 19g carbohydrate; 1g fiber; 10g total sugar; 0g added sugar; 3g protein; 0% daily value of vitamin D; 6% daily value of calcium; 6% daily value of iron; 2% daily value of potassium.

Source: <https://www.npr.org/feeds/local/story/2018/07/18/20180718-strawberry-smores>



**RECIPE**

**Barbecue Chicken Salad**

- **1 head romaine lettuce**
- **2 cups cooked shredded chicken**
- **2 cups apples, diced**
- **1/2 cup thinly sliced red onion**
- **1 cup sharp cheddar cheese, shredded**
- **1 1/2 cup reduced-fat ranch dressing**
- **1/4 cup herbetic sauce**

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a large bowl, tear lettuce into pieces and place in bottom; layer lettuce, chicken, apples, red onion, and cheddar cheese.
3. In a separate small bowl, whisk together ranch dressing and herbetic sauce. If dressing is too thick, thin with a little water.

**4. Drizzle salad dressing over salad mixture and toss. Or serve dressing on the side.**

**5. Serve at once.**

**Servings:** 6  
**Serving size:** 2 cups

**Nutritional facts per serving:**  
360 calories; 12g total fat; 1g saturated fat; 0g trans fat; 90mg cholesterol; 630mg sodium; 27g carbohydrate; 5g fiber; 10g total sugar; 0g added sugar; 30g protein; 0% daily value of vitamin D; 20% daily value of calcium; 15% daily value of iron; 15% daily value of potassium.

Source: Healthy Choices for Every Body Curriculum: Hooper-Pendle-Howard, Nutrition Education Program Curriculum Coordinator, University of Kentucky Cooperative Extension Service

**BASIC BUDGET BITES**

**More ways to save**

Outdoor eating can be quite cheap. Keep things simple. Buy whole ingredients. You can avoid the cost and unhealthiness of processed foods. Sandwiches, peanut butter crackers, veggies and dip all make great outdoor foods that won't break your wallet. Use baked potatoes for an easy and filling meal on a campfire. Or make some wraps with your favorite cold cuts and veggies and wrap in aluminum foil to heat over the fire. Eggs can serve as a easy and quick meal for breakfast or any meal while camping. If it's chilly in the evening, a warm mug of soup can hit the spot. Using either homemade soup or canned soup will be a low-cost meal for a family.



**LOCAL EVENTS**

**NAME County**

Local events

**If you are interested in nutrition classes, contact your Extension office.**

NAME: **County Cooperative Extension Office**  
222 Street Rd, City, KY ZIP  
(000) 000-0000  
AGENT NAME  
Extension Agent for Family and Consumer Sciences

VISIT US ONLINE AT  
**EXTENSION.CA.UKY.EDU/COUNTY**

# June 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Sewing 101 6pm	2	3
4	5 Homemaker Council Meeting 5:30pm	6 Lunch & Learn 12pm and 6pm	7	8 Sewing 101 6pm	9 Fairy Garden Class 1pm	10
11	12	13	14	15 Sewing 101 6pm	16 Fairy Garden Class 4pm	17
18	19 Juneteenth Holiday Office Closed	20 Go-Getters Club 5:30pm	21	22 Sewing 101 6pm	23	24
25 FCS Open Class Drop-off Exhibits 3-5pm	26 FCS Open Class Drop-off Exhibits 9am-12pm, Friendly Fibers 1-30p	27 County Fair	28 County Fair	29 County Fair	30 County Fair	1 County Fair (Pick up exhibits July 2nd 2-3pm)

# GARRARD COUNTY FAIR

## FCS OPEN CLASS

**RULES AND CATEGORIES NOW AVAILABLE!  
ANY GARRARD COUNTY RESIDENT MAY ENTER.**

*Enter!  
to Win!*

**CALL THE GARRARD COUNTY EXTENSION  
OFFICE FOR MORE INFORMATION ON HOW TO  
ENTER! 859-792-3026**

**ENTER FOR A CHANCE TO WIN RIBBONS  
AND PRIZE MONEY! CATEGORIES INCLUDE  
PHOTOGRAPHY, NEEDLECRAFTS, CANNING,  
FLOWERS. ART AND MORE!**

## 2023 Garrard County Fair FCS Open Class

### General Rules

1. Entries are open to ANY Garrard County resident, regardless of age.
2. Professional work is NOT eligible for entry. One who derives the major part of his or her income from the type of work being exhibited is considered a professional.
3. An exhibitor is limited to one entry in each class.
4. All entries must be made by the exhibitor.
5. No article exhibited in this department may be exhibited with "For Sale" tag. The Department reserves the right to remove such tags if discovered after entry.
6. Exhibits must be entered in classes as designated in class description. Only, where no separate class exists may entries be made in the "Any Other" class.
7. Family & Consumer Science Exhibits can be brought to the Fairgrounds on Sunday, June 25<sup>th</sup> 3-5pm and Monday, June 26<sup>th</sup> from 9:00am-12:00pm.
8. No exhibit or part of an exhibit shall be removed from the exhibit hall prior to Sunday, July 2<sup>nd</sup>, 2023 unless arranged prior to Sunday, July 2<sup>nd</sup>. If removed before this date, all premium money will be cancelled. Pick-up exhibits and premium money Sunday, July 2<sup>nd</sup> from 2:00-3:00 pm.
9. Superintendents, committee members, and judges will only be allowed in exhibit area during judging. Exhibitors are not allowed in Exhibit Area while judging.
10. The decision of the judges will be final. Any errors discovered in the recording of awards or placement of ribbons will be corrected by judges and/or superintendent.
11. Exhibitors must bring claim ticket (to be checked) before articles are removed. Attached firmly to each article will be a tag bearing the identifying number of the exhibitor and their name on the back of the tag.
12. Please bring your textile goods in clear plastic bags for their protection.
13. Any entry exhibited in previous fairs cannot be exhibited in this year's fair.
14. Three premiums will be offered for each class as follows: Blue-\$5.00; Red-\$3.00; White-\$1.00.
15. Grand Champions will be chosen in each LOT and will receive grand champion ribbon plus \$10.00 award money.
16. Sweepstakes winners are also chosen in each LOT and are based on number of entries and type of ribbon won by exhibitor. Blue - 3 points; Red - 2 points; White - 1 point. Winner receives \$8.00.
17. Every effort will be made by the Garrard County Fair Board to protect all exhibits from casualties. However, the Board will not be responsible for any loss that results from breaking, damage by handling, damage by water or dirt, loss by theft and/or casualties.



### COOPERATIVE EXTENSION

