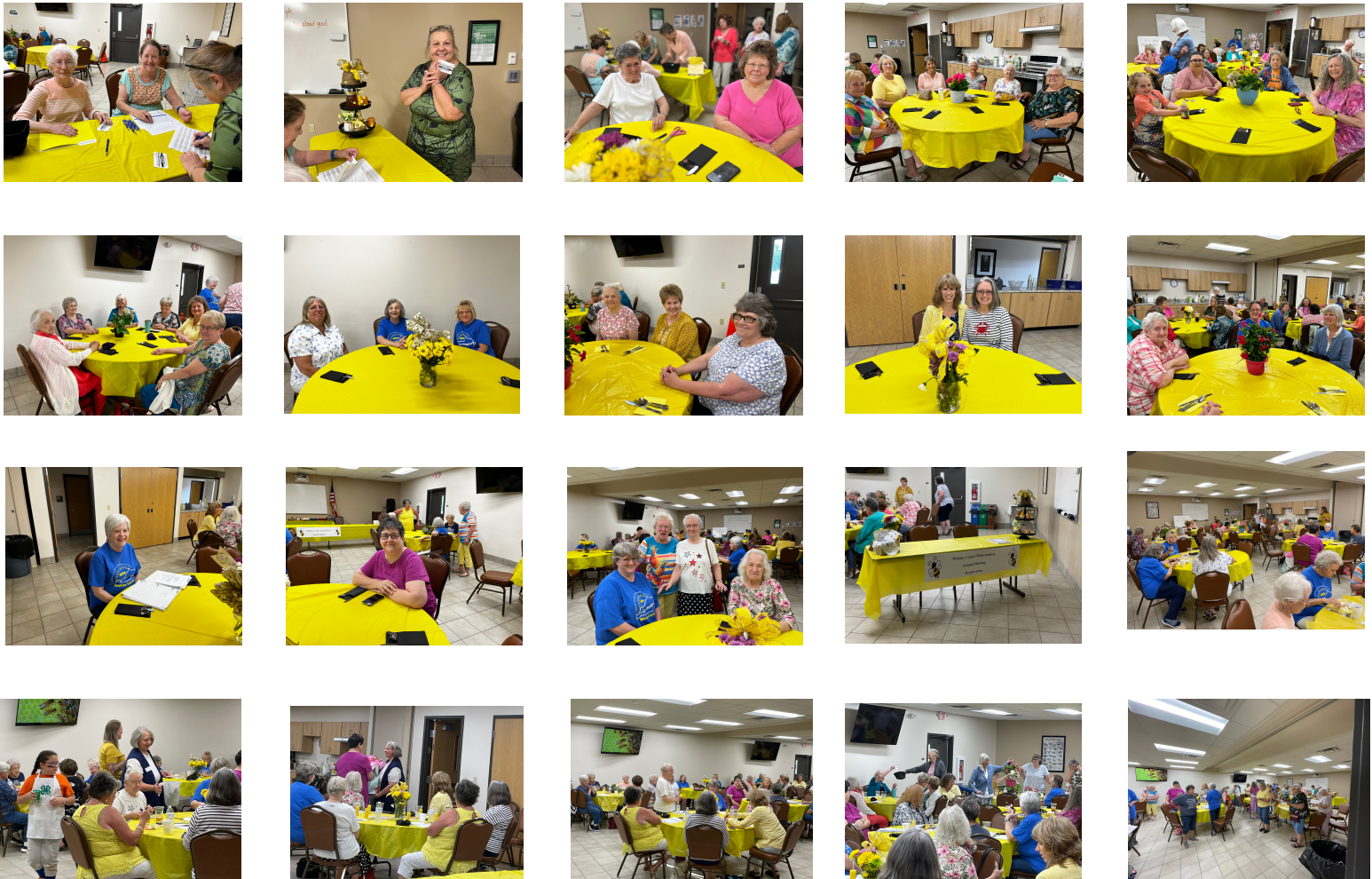




University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
Family and Consumer Sciences

Whitley County
P.O. Box 328
4275 N HWY 25 W
Williamsburg, KY 40769
(606)549-1430
whitley.ca.uky.edu

Whitley County Extension Homemakers Newsletter



Photos from the Annual Meeting on June 1st.

Thank you to all who attended!





Club News



On May 22nd, our Mountain Homemakers Club visited the American Cancer Society Hope Lodge in Lexington. Mountain Club members donated their Missions Fund and had an in house auction to raise funds. Seen here are members dropping off several items, including the monetary donations, but also snacks, personal hygiene items, and caps for chemo patients. Great job, Mountain Club!



Does Your Club Have News or an Event to Share?

If you'd like to share your club news or event in the Homemaker newsletter, just let Linda or Reagan know. Call us at 606-549-1430, or email us at linda.burgard@uky.edu or reagan.weedman@uky.edu

ATTENTION: CLUB PRESIDENTS!

Don't forget - each club is responsible for 150 small items to put in the bags for the Wilderness Trail Area Annual Meeting in October. Let us know if you have any questions!

CULTURAL ARTS COMPETITION **AUGUST 22** **HOMEMAKER LEADER TRAINING**
Cultural Arts Drop Off: 8:30 - 10 AM Leadership Training: 1 PM

Officers and Homemakers in leadership positions - this is for you! We will also be conducting our Annual Cultural Arts Competition on this day. Don't miss it! Cultural Arts categories and other detailed information can be found in the KEHA Manual.

Interested in Textile Skills?

Or know someone who is? Whitley County may be starting a new Extension Homemaker Club that focuses exclusively on textile and fiber skills/art. If joining a club like this interests you, let Linda or Reagan know!

Linda P. Burgard

Linda Burgard
Whitley County Extension Agent
for Family and Consumer Sciences



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www.whitley.ca.uky.edu



www.facebook.com/whitleyfcsc

2023

Whitley County
Extension Homemaker
Kick-Off



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

Let's TACO 'Bout Homemakers!



August 3rd

11 am or 6 pm

Attend the time most
convenient for you!

Let's celebrate the new Homemaker Year
with friends, fellowship, and a full Taco Bar!

For Questions or to Register, call 606-549-1430

Cooperative Extension Service
Agriculture and Natural Resources
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4-H Youth Development
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

LEADER LESSON TRAINING

TUESDAY, AUGUST 29TH

LAUREL CO. EXTENSION OFFICE

9 AM - 1 PM, LUNCH PROVIDED

Officers and/or Club Lesson Leaders should attend this meeting, but it also open to **ANY AND ALL** Extension Homemakers! Lessons and materials provided will cover the months of September, October, and November. **The lessons are Savor the Flavor, In the Face of Disaster, and Holiday Ideas.**

Let Linda or Reagan know if you plan to attend!

Oven Canning – Don't Do It

Oven canning is an old, unsafe concept that has found recent popularity on social media. It is the process of filling glass mason jars with food and then putting them in a warm oven for an hour or longer. Once the food has baked, you apply lids and allow the jars to seal. You see on social media that this is an easier way to preserve food rather than using a boiling water bath canner or a pressure canner. However, this is false. Oven canning is not safe. It is not recommended for any foods.

The main concern with oven canning is that the food inside the jars does not get hot enough to kill bacteria and mold spores. This opens the door to botulism, a deadly form of food poisoning associated with improperly home-canned foods. Science tells us that air is a poor conductor of heat. Dry oven heat cannot penetrate food inside of jars like the moist heat provided in a boiling water bath canner and pressure canner. For those of you who can, this is why you vent a pressure canner – to get the air out! Moist heat can easily penetrate the inside of jars, reaching the center, and ensuring consistent heat.

Science also tells us that the temperature displayed on your oven is not the same temperature as the food inside your oven. Just because the oven is set to 200 degrees F or 250 degrees F, there is no guarantee that the food inside the oven will reach that same temperature. Think about your Thanksgiving turkey. You set the oven at 350 degrees F and bake for 3 to 4 hours depending on the size of the bird. At the end of the cook time, your meat thermometer reads 165 degrees F to 175 degrees F. This is great for the turkey, but it is not even close to the temperature the oven was set on. Using an oven, it is not possible to get the temperature inside jars of food high enough to ensure food safety once a lid has been put on the jar and the food is stored at room temperature.

Always use a science-based method for home canning – a boiling water bath canner or a pressure canner. Contact the Whitley County Extension office for more information on safe home canning.



FCS Upcoming Events

Unless noted otherwise, classes will take place at the Goldbug office. Call us at 606-549-1430 for more information.
PAY AND REGISTER ONLINE AT ukywhitley.pacecommunity.net

- July 11-** Cooking Through The Calendar at Corbin Public Library, 11 am
July 12-15- Whitley County Fair (see next page for Farm and Home Exhibit Rules, Regulations, and Categories)
July 18- Sewing: Using Your Machine, 10 am-12 pm
July 21- Pita Bread Class, 6-8 pm (Pre-registration and payment required)
July 22- Water Bath Canning at WD Bryant of Corbin, 10 am
July 27- Homemaker Advisory Council Meeting, 1 pm
August 1- Cooking Through the Calendar at Corbin Public Library, 11 am
August 1- Sewing: Using Commercial Patterns, 6 pm (4 week series - Pre-registration required)
August 2- MOVE Exercise Class, 10 am
August 3- Extension Homemaker Kick-Off, 11 am or 5:30 pm
August 8- Sewing: Using Commercial Patterns, 6 pm (2nd of 4 classes)
August 9- MOVE Exercise Class, 10 am
August 10- Pressure Canning Basics: Green Beans, 9 am-1 pm (Pre-registration and payment required, \$10)
August 15- Sewing: Using Commercial Patterns, 6 pm (3rd of 4 classes)
August 16- MOVE Exercise Class, 10 am
August 17- Retirement and Social Security Questions Answered, 6-7 pm
August 22- Cultural Arts Competition Drop-Off, 8:30-10 am
August 22- Homemaker Leadership Training, 1 pm
August 22- Sewing: Using Commercial Patterns, 6 pm (4th of 4 classes)
August 23- MOVE Exercise Class, 10 am
August 30- MOVE Exercise Class, 10 am



Creamy Cucumber and Chicken Salad

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

Marinate chicken breast in lemon juice for one hour. **Remove** chicken from marinade and **chop** into bite sized pieces. **Sauté** in preheated non-stick skillet until thoroughly cooked and no longer pink in the center. **Set aside** to cool. **Toast** slivered almonds on low heat in a non-stick skillet until fragrant. **Set aside** to cool. 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. **Spoon** salad into washed and dried lettuce leaves. **Serve** cold.

Yield: 8 servings

Nutritional Analysis: 210 calories, 10 g fat, 2 g saturated fat, 30 mg cholesterol, 290 mg sodium, 19 g carbohydrate, 3 g fiber, 14 g sugars, 12 g protein.



Plate it up!



WHITLEY COUNTY FAIR July 12-15th 2023
WHITLEY COUNTY COOPERATIVE EXTENSION, 4275 N HWY 25 W, WILLIAMSBURG
FARM AND HOME EXHIBITS RULES, REGULATIONS AND CATEGORIES

REGISTRATION/VIEWING

Wednesday, July 12, 9 AM - 2 PM - Farm & Home Exhibits Registration
Thursday, July 13 & Friday, July 14, 8 AM - 4:30 PM - Exhibit Viewing
Monday, July 17, 9 AM - 4 PM - Exhibit Pick Up



RULES (PLEASE READ CAREFULLY!)

1. Fair Management reserves the right to combine classes with fewer than three (3) entries and/or two (2) exhibitors.
2. There can be **only 1 entry per class per person**. All entries must be prepared, crafted or grown by the exhibitor.
3. Fair Management reserves the right to interpret and resolve all matters connected with, or incident to, the Fair.
4. Food, fruit and vegetable entries **must be brought and entered on paper plates**.
5. All canned items must be in standard canning jars, sealed and labeled (exhibitor's name, item name, date canned).
6. Some Divisions have a miscellaneous class for items which cannot be entered in the listed classes.
6. Only ribbons will be awarded.
7. After judging perishable items and viewing, Fair Management reserves the right to donate excess items to needy families throughout the county.

Division 1 – Food and Food Preservation

(Canned items must have been processed since July 2020.)

- 101 – Plate of 5 biscuits
- 102 – Plate of 5 yeast rolls
- 103 – Plate of 5 muffins
- 104 – ½ loaf yeast bread
- 105 – ½ loaf any quick bread
- 106 – Decorated cake, judging on decorating skill only (foam or cardboard may be substituted for cake)
- 107 – Plate of 5 sugar cookies
- 108 – Plate of 5 pieces of chocolate fudge
- 109 – 1 jar applesauce
- 110 – 1 jar tomatoes (whole, quartered or crushed)
- 111 – 1 jar tomato juice
- 112 – 1 jar green beans
- 113 – 1 jar corn
- 114 – 1 jar sauerkraut
- 115 – 1 jar sweet cucumber pickles
- 116 – 1 jar dill cucumber pickles
- 117 – 1 jar bread and butter pickles
- 118 – 1 jar pickled beets
- 119 – 1 jar pickle relish
- 120 – 1 jar apple jelly
- 121 – 1 jar grape jelly
- 122 – 1 jar blackberry jelly
- 123 – 1 jar strawberry jam
- 124 – 1 jar blackberry jam
- 125 – 1 jar peach preserves
- 126 – 1 jar strawberry preserves
- 127 – 1 jar apple butter
- 128 – 1 jar miscellaneous – jam, jelly
- 129 – 1 jar fruit salsa
- 130 – 1 jar vegetable salsa
- 131 – 1 jar miscellaneous

Division 2 – Handicraft Department – Adult and Youth (17 and under)

(Items must have been completed since July 2020.)

- 201 – Crocheted craft item – Thread or Yarn
- 202 – Small crocheted article – Thread or Yarn

- 203 – Large crocheted article – Thread or Yarn
- 204 – Crocheted afghan - Yarn
- 205 – Small knitted article
- 206 – Large knitted article
- 207 – Knitted afghan
- 208 – Embroidered article
- 209 – Decorative pillow
- 210 – Quilt – hand applique, hand quilted
- 211 – Quilt – hand applique, machine quilted
- 212 – Quilt – machine applique, hand quilted
- 213 – Quilt – machine applique, machine quilted
- 214 – Quilt – hand pieced, hand quilted
- 215 – Quilt – machine pieced, hand quilted
- 216 – Quilt – machine pieced, machine quilted
- 217 – Quilt, Novelty – memory, stenciled, embroidered, miniature, etc, hand quilted
- 218 – Quilt, Novelty – memory, stenciled, embroidered, miniature, etc., machine quilted
- 219 – Quilt, Baby or Lap – hand pieced, hand quilted
- 220 – Quilt, Baby or Lap – machine pieced, machine quilted
- 221 – Quilt, Technology Based – hand or machine quilted
- 222 – Other quilted item – clothing, pillow, table runner, table topper, Mug rug, etc.
- 223 – Quilt, Miscellaneous – hand or machine pieced or quilted – Item does not qualify in other quilt or quilted item categories
- 224 – Needlepoint on plastic canvas
- 225 – Needlepoint on cloth canvas
- 226 – Cross Stitch on Aida cloth – count 14 and under
- 227 – Cross Stitch on Aida cloth – count 18-22
- 228 – Cross Stitch on specialty cloth (linen, etc.)

Division 3 – Arts and Crafts – Adult and Youth (17 and under)

(Items must have been completed since July 2020.)

- 301 – Nature craft
- 302 – Painted/decorated shirt
- 303 – Handmade jewelry
- 304 – Woodcraft
- 305 – Holiday decorations
- 306 – Handmade doll

- 307 – Stuffed animal
- 108 – Painting – oil on canvas
- 109 – Painting – acrylic on canvas
- 110 – Painting – watercolor on paper
- 111 – Drawing – black and white
- 112 – Drawing – color
- 313 – Recycled article
- 314 – Basketry (woven)
- 315 – Weaving
- 316 – Ceramics – hand formed
- 317 – Ceramics – molded
- 318 – Ceramics – decorative
- 319 – Photography – color
- 320 – Photography – black and white
- 321 – Miscellaneous

Division 4 – Crops and Horticulture

- 401 – Alfalfa with grass (10 lb. bale)
- 402 – Red clover with grass (10 lb. bale)
- 403 – Mixed grass hay (10 lb. bale)
- 404 – Best 3 white potatoes
- 405 – Best 12 pods green beans
- 406 – Best 3 red tomatoes
- 407 – Best 3 ears sweet corn
- 408 – Best 3 beets
- 409 – Best 3 cucumbers
- 410 – Best head cabbage
- 411 – Best head red cabbage
- 412 – Best 3 zucchini squash
- 413 – Best 3 summer squash
- 414 – Best head broccoli
- 415 – Best head cauliflower
- 416 – Best 1 cantaloupe
- 417 – Best 3 carrots
- 418 – Best 12 pods peas
- 419 – Best 3 green bell peppers
- 420 – Best 3 banana peppers
- 421 – Best 3 jalapeno peppers
- 422 – Best 3 other hot peppers
- 423 – Best 5 pods okra
- 424 – Best 3 onions
- 425 – Best 12 radishes
- 426 – Best 3 garlic bulbs
- 427 – Best 3 apples
- 428 – Blooming potted plant
- 429 – Foliage potted plant
- 430 – Flower arrangement – fresh
- 431 – Flower arrangement – silk
- 432 – Flower arrangement – dried
- 433 – Terrarium
- 434 – Hanging basket

Division 5 – Honey

(Open to any honey producer in Kentucky)

- 501 – 1 – 1 quart jar light honey – extracted
- 502 – 1 – 1 quart jar light honey – with comb
- 503 – 1 – 1 quart jar dark honey – extracted
- 504 – 1 – 1 quart jar dark honey – with comb
- 505 – 1 – 1 quart jar heirloom honey – with comb
- 506 – 1 – 1 quart jar organic honey – with comb
- 507 – Miscellaneous - 1 – 1 quart jar

Division 6 – 4-H Club Youth
(Junior: 9-13 years old, Senior: 14-19 years old.)

- Arts and Crafts Categories**
- 727 – Acrylic Painting
 - 728 – Water Color
 - 729 – Abstract
 - 733 – Oil Painting
 - 744 – Computer Drawing
 - 751 – Cartooning
 - 757 – Clay Sculpting

Photography Categories

- Agriculture
- Leadership
- Family and Consumer Sciences
- Science, Engineering and Technology
- Health
- Communication and Expressive Arts

Seniors must submit an artist statement. Please write a paragraph minimum about your piece of art. Please include the following information typed and attached to your piece of art.

- Name
- Class
- Title of Work
- Medium (What is it made of?)
- Explanation of where you got your inspiration or ideas from in creating this work
- Explanation of elements and principles of design that pertain to your work
- What kind of message were you trying to communicate to the viewer (mood, feeling, emotion, etc.)?
- How does this represent you as an artist?

Class details and entry information is available at the **Whitley County Cooperative Extension Service** or can be found on www.facebook.com/Whitley-4-H-gr-the-Whitley-County-Cooperative-Extension-website <http://whitley.ca.uky.edu>.

If there are any questions concerning the County Fair Farm and Home Exhibits, contact the Whitley County Cooperative Extension Service at 549-1430; visit the office; or email at whitleycountyextension@gmail.com

2023 Williamsburg Old Fashioned Trading Days Canning Contest

- NO ENTRY FEE -

Ribbons and small cash prizes will be awarded for Top 3 in each Class, and Division Grand Champions.

Friday, September 8

LOCATION: COURTHOUSE SQUARE
(same location as the Garden Show)

Registration: 9-10:45 am

Judging: 11 am

Pick-Up: 3:30-4 pm

(items not picked up will be donated/discarded)

Divisions:

Fruits, Pickles, Tomatoes, Vegetables, Miscellaneous

Division Classes:

Fruits:	Pickles:	Tomatoes:
<ul style="list-style-type: none">• Jam -Berries• Jam - Fruit• Jam - Miscellaneous• Jellies - Apple• Jellies - Berry• Jellies - Grape & Muscadine• Jellies - Pepper• Jellies - Miscellaneous• Preserves & Marmalade - Fruit• Preserves - Miscellaneous• Juices• Salsas• Toppings• Miscellaneous	<ul style="list-style-type: none">• Bread and Butter• Dill• Beets• Peppers - All• Vegetables• Miscellaneous	<ul style="list-style-type: none">• Crushed• Quartered• Whole• Juice• Sauce• Salsa• Soup• Miscellaneous
	Vegetables:	Miscellaneous
	<ul style="list-style-type: none">• Corn• Green Beans• Sauerkraut• Relishes• Miscellaneous	

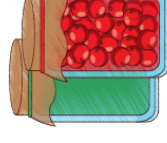
General Rules for Entries:

- Judging will be based on:
 - Use of standard commercial glass canning jars and lids.
 - Condition of lids. Two piece lids in good condition with rings on jars.
 - Canned goods labeled with recipe name and date.
 - Canned items must be sealed and have proper headspace.**Any entries who do not meet these requirements will not get a ribbon.**

2. Entries will be accepted in home-canned processed foods classes listed only. Exhibits not in listed classes will be entered in the Miscellaneous class.

3. Please only submit one entry per class per person. Ex. Please do not submit two jars of bread and butter pickles under the same person's name, but one can enter both bread and butter pickles AND dill pickles under the same name.

4. All exhibited items should be picked up on September 8th between 3:30 and 4 pm. **After this date canned items will be donated or discarded.**



If more information is needed, contact the
Whitley County Cooperative Extension Service.

606-549-1430

4275 N HWY 25W, Williamsburg, KY

Thank you to Williamsburg Tourism for cash prize donations!



Whitley County
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July 2023

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30	31					

DATES TO REMEMBER:

- 11th - Cooking Through The Calendar at CPL
- 12-15th - Whitley Co. Fair
- 18th - Sewing: Using Your Machine
- 21st - Pita Bread Class
- 22nd - Water Bath Canning at WD Bryant
- 27th - Homemaker Advisory Council Meeting
- Aug 1st - Cooking Through The Calendar at CPL
- 1st - Sewing: Using Commercial Patterns
- 2nd - MOVE Exercise Class
- 3rd - Extension Homemaker Kick-Off

More Events Inside!