



**JULY - AUGUST 2024 NEWSLETTER
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A BIG Thank you to all Homemaker Volunteers, who assisted with the 2024 Floral Hall. Also, thank you to all who entered their beautiful and skilled work, into the Floral Hall Show and the Extension Homemakers County Cultural Arts Contest.



2024 Metcalfe County Fair Floral Hall Best in Show and Best in class items. Photo credit: Marla Young

July - August 2024 Calendar

THURSDAY JULY 25TH AT 10:30 A.M. at the Metcalfe Co Extension office Front meeting room, **Move Your Way Homemaker Leader training** for the August leader lesson. Some clubs do not have an August lesson **BUT I will teach this class that includes some seated and standing exercises, for all who would like to join us at the Extension office.**



THURSDAY AUGUST 1, 2024 @ 9:30 A.M.
MCA Homemaker Council meeting at the Warren County Extension office in Bowling Green. **The new Metcalfe Co. Homemakers Assoc President Alica Beasely, attend with Lynn. Metcalfe County provide a.m. refreshment (Lynn will handle this) we will need to arrive by 9:15 a.m. to get this set – up before 9:30 a.m.**

TUESDAY AUGUST 6, 2024 @ 10:00 a.m. AND 5:00 P.M. Homemaker County Council member volunteers will meet at the Extension office to decorate and set – up the back meeting room, for the **Homemakers Annual meeting at 5:00 p.m.**

Homemaker Members, please see the enclosed invitation card for the 8-6-2024 @ 5:00 p.m. Annual meeting details.

For our annual meeting: CLUB and County Council Members: we need your help with flowers!

If you have flowers from your yard or garden, of any kind -- WE COULD USE A BOUQUET OR SOME FLOWERS TO ADD TO ARRANGEMENTS FROM YOU. If you have flowers you can donate, please drop them off at the Extension office on the morning of Tuesday August 6th by 10 a.m. Thanks!

OUR SPEAKER THIS YEAR IS METCALFE COUNTY'S OWN JESSICA TUCKER.



Metcalfe Co. Homemaker members please mark your calendars with these remaining relevant 2024 dates for Metcalfe County Homemaker members and County council members:

TUESDAY SEPTEMBER 10, 2024 @ 9:00 A.M.
AT THE WARREN COUNTY COOPERATIVE EXTENSION SERVICE OFFICE: Mammoth Cave Area Cultural Arts Contest.

Congratulations to Bonnie Shaw who had the only Homemaker Cultural Arts Contest Items entered this year. Her two items qualified for entry in the MCA contest - spring Holiday decoration acrylic flower painting and a color photograph. **Lynn will be on vacation out west, so our cultural arts chair will need to handle this event if Bonnie wants to enter her items in the AREA CONTEST this year.**

There has been a date change for one of the two multi-county Homemaker Leader training events for the **tobacco stick craft and cake and cookie decorating leader lessons.** The training for both lessons will occur in two locations, LESSON LEADERS can attend whichever location/date best suits your schedule.

1. **THURSDAY 9/26/2024 AT THE WARREN COUNTY COOPERATIVE EXTENSION SERVICE OFFICE** in Bowling Green with cake cookie decoration at 9:30 -11, and Tobacco stick crafts at 11 – 12:30.
2. **TUESDAY 10/1/2024 AT THE BARREN COUNTY COOPERATIVE EXTENSION SERVICE OFFICE** in Glasgow with cake cookie decoration at 9:30 -11, and Tobacco stick crafts at 11 – 12:30.

Please consider joining us for the 2024 **Mammoth Cave Area Homemakers Annual Day** event **in Hart County** this **YEAR ON THURSDAY OCTOBER 17TH, 2024.** LYNN WILL ATTEND THIS YEAR AND CAN TRANSPORT THREE PASSENGERS.

Please see the enclosed flyer for this event's details and *to register, bring your check to the Metcalfe Co. Extension office with the meeting registration form on the reverse completed.*



Photo: [https://www.istockphoto.com](#)

THURSDAY OCTOBER 24TH AT THE METCALFE COUNTY EXTENSION OFFICE:

Annual Homemakers Homemade Sloup Lunch: Volunteers should plan to work from 9:30 – 1:30 that day. Clubs will discuss further.



Reminder that the Metcalfe County Farmer's Market is in operation across East Street from the Metcalfe County Extension office in Edmonton. Fridays from 8:00 a.m. to 1:00 p.m.

The Market is accepting the WIC and Senior Farmer's Market Vouchers, as well as SNAP debit card benefits, and **PRODUCE is now available in bounty**. Please come and use them if you still have them to help keep our redemption rates up. Thank YOU ALL.

PLATE – IT – UP KENTUCKY PROUD RECIPE:



BLACKBERRY CUCUMBER SALAD

Ingredients:

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons apple cider vinegar
- 1 teaspoon honey
- Kosher salt, to taste
- Black pepper, to taste
- 4 cups spring mix
- 3 heaping cups blackberries
- 2 cucumbers, peeled and seeds scraped out, cut into 1-inch pieces on a diagonal
- 1 cup mint, chopped
- 1/4 cup chopped pecans

Yield:

4-6, 4-ounce servings

Directions:

In a small bowl, **whisk** together oil, vinegar, honey and salt and pepper. **Combine** spring mix, blackberries, cucumbers, mint, and pecans in a large serving bowl. **Toss** with dressing.

Nutritional Analysis:

- 180 calories
- 12 g fat
- 1.5 g saturated fat
- 0 mg cholesterol
- 160 mg sodium
- 18 g carbohydrate
- 8 g fiber
- 8 g sugar
- 4 g protein

Take Care All!

Lynn A. Blankenship,
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For Family & Consumer Sciences Education