

Homemaker Newsletter

June 2023

UPDATES FROM THE RUSSELL COUNTY FCS AGENT

Coming Soon: The Russell County Fair

Thought of the Month:

“Dads are most ordinary men turned by love into heroes, adventurers, storytellers and singers of song.” —Pam Brown

It's almost that time of year again! The Russell County Fair will open June 2nd and run through June 10th. Floral Hall entries can be entered on June 6th from 8 AM - 12 PM. The categories can be found online and at the Extension Office.

Homemaker Annual Meeting

Please plan to attend the Annual Homemaker Meeting on **June 27th**. See page 2 for more information.

Roll Call:

In June, we celebrate fathers. Share a favorite Father's Day memory.

End of the Year Reporting

Homemaker Volunteer Service Hours (VSUs) and travel passports will be due by **July 15th**. If you have completed volunteer time as a Homemaker, please report your hours to the Extension Office and your club president. Please call (270) 866-4477 if you have any questions.

Russell County Homemakers Annual Meeting

June 27th @ the Russell Springs Community Center
630 Main Street, Russell Springs, KY

Please mark your calendars for the annual county homemakers meeting. The date is set for **Tuesday, June 27th**. Registration will start at **4:30**, and the meal will be served at 5 PM, catering will be by Sherry Daniel.

- Registration Fee is \$15 per person. Please pay at the Extension Office
- The deadline to register for the annual meeting is **June 16th @ 12 PM**. Please call (270) 866-4477 to RSVP.
- There will be a Silent Auction and Door Prizes! Please plan to attend our meeting!
- The theme for this year's meeting is a lake theme.

KEHA Annual Meeting is a Wrap

The annual KEHA state meeting occurred at the Crowne Plaza in Louisville, KY last week. Russell County Homemakers took home 5 state blue ribbons in Cultural Arts this year. Russell County assisted in decorating for the opening luncheon and our decor lit up the room.

Thank you to those who assisted in making the state meeting a success!



Russell County table decorations
for the opening luncheon. Created
by Sue Foley

Plan Ahead for Canning Season

**SOURCE: ANNHALL NORRIS, FOOD PRESERVATION AND FOOD SAFETY
EXTENSION SPECIALIST**

Now is the time to start preparing for the canning season. It is always a good idea to purchase your supplies early so you are not running around hunting for supplies at the last minute. You can buy canning supplies at many grocery stores, home goods and farm supply stores, hardware stores, big box retailers, and online.

Begin by taking an inventory of your supplies. See what you have on hand and what you need to buy before heading to the store. Inspect gaskets on pressure canners and make sure your racks are in good condition. Now is the perfect time to take your dial gauge canner to the Extension Office and have agents check it for accuracy. Gauges should be checked once a year, and this service is free. Don't forget to check your jars too. You can reuse canning jars year after year as long as they are not chipped, cracked, or have nicks along the sealing edge. You can also use ring bands over and over if they are not rusted.

When purchasing new jars, buy mason-type jars specifically made for canning. Other types of jars such as storage jars or craft jars are not suitable for canning and may break under the high temperatures of processing. You will also need lids and rings to seal the jars. Experts recommend two-piece lids (flat lid and ring band). If you cannot find two-piece lids, you can buy one-piece lids for use in a boiling water bath canner. Do not use one-piece lids in a pressure canner.

Get more information on canning, including research-based recipes, by contacting your local County Extension Office.

Scrumptious Strawberry Salad

SERVINGS:8 SERVING SIZE:2 CUPS

Source: A Kentucky Proud Recipe

• Ingredients:

- 5 cups spinach
- ½ large cabbage head, chopped
- 1 cup golden raisins
- 1 cup halved red grapes
- 1 pint sliced strawberries
- ½ small red onion, sliced
- 1/2 cup toasted and chopped pecans (optional)
- *¾ cup plain non-fat Greek yogurt or plain regular yogurt
- *3 tablespoons honey
- *6 tablespoons apple cider vinegar
- *3 tablespoons olive oil
- *½ teaspoon Dijon mustard
- *1 teaspoon poppy seeds
- *1 teaspoon salt
- *½ teaspoon pepper



Directions:

1. Combine all salad ingredients together in a large bowl.
2. *Prepare salad dressing by mixing all ingredients together in a jar, cover, and shake well to combine.
3. Pour dressing over salad mixture and toss to combine.

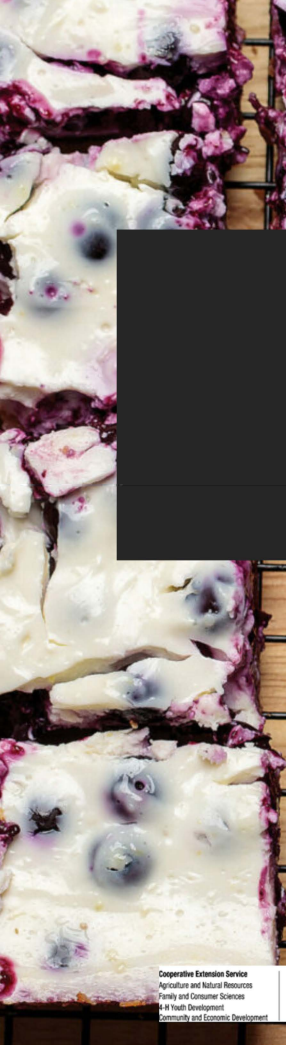
Nutrition Information

240 calories, 10g fat, 1g saturated fat, 0mg cholesterol, 340mg sodium, 33g carbohydrate, 4g fiber, 27g sugar, 6g added sugars, 5g protein

MEGAN GULLETT
CEA FOR FAMILY & CONSUMER SCIENCES

June 2023

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--------------------|---|---|-----|-----|---------------------------|---------------------------------------|
| | | | | 1 | 2 County Fair Opens | 3 |
| 4 | 5 Cooking Calendar: Blueberry Cheese- cake Bars @ 5 PM | 6 Floral Hall Judging | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 Father's Day | 19 Juneteenth Office is Closed | 20 Laugh & Learn @ RCPL 6-7 P | 21 | 22 | 23 | 24 How-To Day @ the RCPL 9-2 PM |
| 25 | 26 Salsa Making Class @ 5 PM | 27 HM Annual Meeting @ 4:30 PM at the Community Center | 28 | 29 | 30 | |



COOKING THROUGH THE
CALENDAR

Blueberry Cheesecake Bars

Monday, June 5th @ 5 PM

FREE RECIPE
DEMONSTRATION AND
SAMPLING

Call 270-866-4477 by April
28th to RSVP. Registration is
required.

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, marital status, 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.



Disabilities
accommodated
with prior notification.

LAUGH & LEARN

**JUNE 20, 2023
6-7 PM**

**535 N. MAIN STREET,
JAMESTOWN, KY 42629**

**CALL TO RSVP TODAY:
(270) 866-4477**

The Russell County Public Library & the
Russell County Extension Office will
offer a free 1-hour playdate every
month for you and your child(ren) to
engage in playful activities designed to
assist with kindergarten preparedness.
For kids 3-5 years old.

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Canning Series: Hot Water Bath Canning Salsa Making

JUNE 26TH @ 5 PM

Homemade Salsa

Come learn how to hot water
bath can with the Russell
County Extension Office. We
will be making salsa. Space is
limited, call 270-866-4477 to
RSVP!



Deadline to
register is June
20th

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YOU ARE INVITED!

RUSSELL COUNTY ANNUAL HOMEMAKERS MEETING

AT THE RUSSELL COUNTY
COMMUNITY CENTER
630 MAIN ST.
RUSSELL SPRINGS, KY 42642

June 27th, 4:30 to 7:00 PM
Registration starts at 4:30
Dinner served at 5:00



RSVP by June 16th @ 12 by calling the
Russell County Extension Office at (270)
866-4477.
Registration Cost is \$15 per person

