

# CUMBERLAND COUNTY HOMEMAKER NEWSLETTER



## What do you want out of **YOUR** Homemaker Year?

The Kentucky Extension Homemakers Association (KEHA) is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education. Homemakers gain new knowledge and skills that improve the quality of life for themselves and their families.

As we think about the start of a NEW Homemaker year, let us each ask ourselves what we want out of Homemakers.

Also, let's ask ourselves what we can give to Homemakers!

### Use the following prompts to give us ideas:

- What do you want to learn this year?
- Where would you like to volunteer?
- What skills would you like to teach others?
- How can we grow our club?
- What is your favorite thing about Homemakers?

### Ways to let us know:

- Call the Extension Office at (270) 433-7700 and talk to Debbie.
- Email: [debbie.messenger@uky.edu](mailto:debbie.messenger@uky.edu)
- Stop by the Extension Office and talk to Debbie.

**Cumberland County  
Cooperative Extension Service**  
90 Smith Grove Rd.  
Burkesville, KY 42717  
(270) 433-7700  
Website: [cumberland.ca.uky.edu](http://cumberland.ca.uky.edu)

**Debbie Messenger,**  
*Debbie Messenger*  
Agent for Family &  
Consumer Sciences  
Email: [debbie.messenger@uky.edu](mailto:debbie.messenger@uky.edu)

In this newsletter you can expect:

- What Do You Want Out Of Your Homemaker Year?
- Flag Day Ceremony
- Cast Iron Basics
- Friends of Burkesville Manor
- Upcoming Events
- Quick Couscous Salad

**Volunteer Service Units  
are due July 12th, 2024  
to the Extension Office.**



## SECOND ANNUAL FLAG DAY

Flag Day, celebrated on June 14th, commemorates the adoption of the United States flag on June 14th, 1777.

The Second Annual Flag Day celebration was led by the VFW Post #5419. The Post gave a presentation on the history of the flag, significance

of the folds, and a demonstration of the proper way to fold a flag. Those in attendance were guided through the process of folding the flag.

We appreciate the VFW Post #5419 for their service and leading our second annual Flag Day!



## CAST IRON BASICS

The Extension Agents for Family and Consumer Sciences, from the Lake Cumberland Area, hosted a cast iron basics class. Cumberland County had four in attendance - Julie Erdahl, Barbara Booher, Sharon Lewis, and Joyce Howlett.

Agents presented on cast iron restoration and care. Participants learned how to make turnovers and pizza in cast iron.

## FRIENDS OF BURKESVILLE MANOR

The Extension Office is collecting the following items for the Friends of Burkesville Manor program:

- **July**
  - Canned Fruits and Vegetables
  - Due: July 12th, 2024
- **August**
  - Item: Macaroni and Cheese & Instant Potatoes
  - Due: August 16th, 2024

Burkesville Manor has 24 apartments that we will be providing for.

If you would like to help deliver items, please contact the Cumberland County Extension Office.

*Let's make a positive impact in our community!*



# SEWING WORKSHOP

## Learn to Make Your Own Pillowcase!



**JULY 12TH, 2024**  
**10 AM**

**AT THE CUMBERLAND  
COUNTY EXTENSION OFFICE**

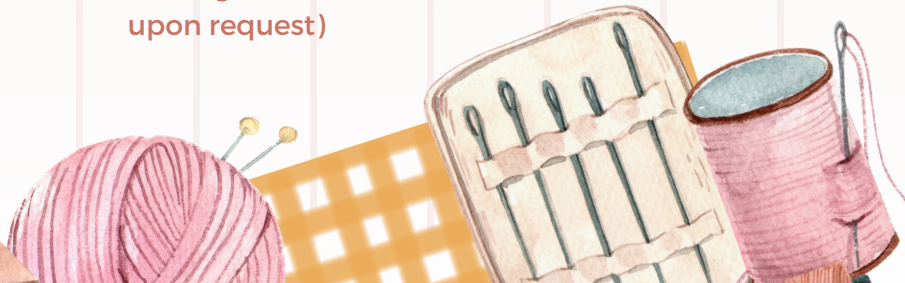
**90 Smith Grove Rd. Burkesville, KY 42717**

**TO REGISTER: (270) 433-7700**

**Free  
Class**

**Participants will need to bring the following materials:**

- 1 yard of cotton fabric (no directional patterns for the main fabric)
- 1/3 of a yard of cotton fabric for the cuff (no directional patterns for the border fabric)
- 1/4 of a yard of cotton fabric for the accent strip
- Matching thread
- Sewing machine (machines will be available upon request)



# Food Preservation Class

## Corn & Cherry Tomato Salsa

Salsa is delicious any time of year and this recipe is a real classic! This Corn and Cherry Tomato Salsa is a festive favorite that's sure to brighten up your day with ripe cherry tomatoes and fresh corn kernels mixed with jalapeño and zesty lime juice.



FREE CLASS!

To register: (270) 433-7700

July 18th, 2024

10am or 5pm (attend 1 session)

at the Cumberland County Extension Office

90 Smith Grove Rd., Burkesville, KY 42717

**FREE**  
CLASS!

BASICS OF  
**DEHYDRATION**  
**CLASS**

**JULY 22ND, 2024 | 10AM**  
AT THE CUMBERLAND COUNTY EXTENSION OFFICE

MEGAN GULLETT, FCS AGENT FOR RUSSELL COUNTY, WILL DEMONSTRATE HOW TO MAKE FRIED APPLE PIES USING DEHYDRATED APPLES.

PLEASE CONTACT THE CUMBERLAND COUNTY EXTENSION OFFICE AT (270) 433-7700 TO REGISTER.

# Food Preservation

## *Zesty Peach BBQ Sauce*

Golden orange with red flecks, this barbeque sauce not only looks amazing, but tastes out of this world! Spoon some over your chicken or fish this summer! Free class! Registration required.

**August 1st, 2024**  
10am-5pm (only attend one)

at the Cumberland County Extension Office  
90 Smith Grove Rd, Burkesville, KY 42717

**To register -**

Call the Extension Office at (270) 433-7700.



# *Dottie's Designs*

# Multi-Media Art

## — Workshop —

Dottie's Designs presents a multi-media art workshop where creativity knows no bounds! Whether you're a seasoned artist or just starting out on your creative journey, this workshop is designed for everyone. Get ready to experiment, learn, and create something truly unique!



**JULY 13TH, 2024 | 11AM-2PM**

**at the CUMBERLAND COUNTY EXTENSION OFFICE**

90 Smith Grove Rd., Burkesville, KY 42717

To register, contact the Cumberland County Extension Office at (270) 433-7700 and pre-pay the registration fee of \$20 or \$35 for two people in the same household.



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Disabilities accommodated with prior notification.



# QUICK COUSCOUS SALAD

- 1 box (5.8 ounces) roasted garlic and olive oil flavored couscous
- 1 cup halved grape tomatoes or 1 large tomato, diced
- 1/2 large cucumber or 2 small, diced
- 1 small red onion, diced
- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 1/4 cup grated parmesan cheese
- 1/3 cup chopped fresh parsley (optional)

Wash hands with warm water and soap, scrubbing at least 20 seconds.

Prepare the couscous according to package directions. Set aside.

Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.

In a large bowl, mix olive oil, lemon juice, garlic powder, and black pepper.

Add prepared couscous, tomatoes, cucumber, onion, cheese, and parsley if using. Toss ingredients to coat with dressing.

If time allows, refrigerate for a few hours to allow the flavors to develop or serve immediately. Refrigerate leftovers within 2 hours.

## Cooking Tips

- Wash the produce before doing anything else. This will allow time for it to dry before assembling, which will allow the dressing to coat everything nicely. Washing produce is a great task for kids.
- Couscous is a very fast-cooking grain. It makes a quick salad when in a rush.
- You can substitute quinoa, brown rice, orzo, small shaped pasta, or riced cauliflower for couscous. To use 10 ounces of frozen riced cauliflower, thaw and squeeze out water before adding to the recipe.
- You can use many different vegetables in this salad. Asparagus, bell pepper, and olives would all add nice flavor.

**Nutrition facts per serving:** 160 calories; 7g total fat; 2g saturated fat; 0g trans fat; 5mg cholesterol; 280 mg sodium; 20g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 5g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

**Source:** Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

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