

MAY 2024

CUMBERLAND COUNTY

Homemakers



Reminder - Blue ribbon items, from the Area Cultural Arts Competition, need to be at the Extension Office on May 2nd, 2024. These items will compete at the State Cultural Arts Competition.

FRIENDS OF BURKESVILLE MANOR

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

- May:
 - Canned tuna and chicken
 - Tuna or chicken helper
 - Due: May 10th, 2024
- June
 - Canned Beans and Cornbread Mix
 - Due: June 21st, 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.

 Cooperative
Extension Service

**Friends of Burkesville
Manor**

On the Move

Farm to Fork

**Taste of Home Cooking
Show**

**Lake Cumberland Annual
Meeting**

**Back to the Basics:
Cooking with Cast Iron**

Outdoor Cooking

**Dottie's Designs Multi-
Media Art Workshop**

Pressure Canner Testing

ON THE MOVE

**FREE PROGRAM!
REGISTRATION
REQUIRED.**



STARTS

MAY 6TH, 2024

6-WEEK WALKING CHALLENGE

PARTICIPANTS WILL RECEIVE A WELCOME GOODY BAG, TIPS ON PHYSICAL ACTIVITY EACH WEEK, AND A PRIZE FOR COMPLETING THE CHALLENGES!

**REGISTRATION DEADLINE:
MAY 3RD, 2024**

**FOR MORE INFORMATION AND TO REGISTER,
CONTACT THE CUMBERLAND COUNTY EXTENSION
OFFICE AT (270) 433-7700.**





• FARM TO FORK •

JUNE 28TH, 2024 • 6PM

at the Southern Kentucky Distillery
4890 Albany Rd, Burkesville, KY 42717

Farm to Fork is a community fundraising event that not only brings people together but also celebrates local, Kentucky proud food. Farm to Fork highlights the importance of supporting local agriculture.

What makes Farm to Fork truly special is that a portion of the proceeds from this event will be donated to the Feed My Sheep Food Pantry, contributing to the fight against hunger and food insecurity in the community.

MEAL - PROVIDED BY LOCAL VENDORS!

Appetizers | Cherry Farms Brisket or Chicken
Vegetable Sides | Chaney's Dairy Ice Cream | Ale-8

EVENT

Southern Kentucky Distillery Tour (Optional)

Guest Speakers

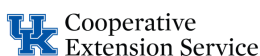
Flower Bar with Jude Holler Farm

TICKETS AVAILABLE MAY 1ST, 2024

TICKETS

Adult Ticket.....\$25
Youth Ticket (12 & Under).....\$5

Tickets will be available to purchase at the Cumberland County Cooperative Extension Service. Cash and check only. No call in reservations. Limited number of tickets are available. Sponsorship levels available, ask for details.



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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating
Lexington, KY 40506



Disabilities accommodated with prior notification.

TASTE OF HOME

Cooking Show

MAY 9TH, 2024 | 6PM CT

AT THE CUMBERLAND COUNTY EXTENSION OFFICE
90 SMITH GROVE RD, BURKESVILLE, KY 42717

The Taste of Home Cooking Show is a delightful culinary experience where talented Cumberland County Homemaker cooks showcase their skills by demonstrating a variety of delicious dishes that evoke the warmth and comfort of home-cooked meals.

As the chefs expertly prepare each dish step by step, they share tips, tricks, and techniques to help viewers recreate the recipes in their own kitchens. Dishes prepared will be given away as door prizes.

Cookies and punch will be served.

Tickets are available for purchase at the Cumberland County Extension Office or by calling (270) 459-0877 or (270) 864-4165. Tickets are \$15. Space is limited. All proceeds benefit the Homemaker Scholarship given to local seniors.

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



Let's Have a Garden Party

LAKE CUMBERLAND ANNUAL MEETING

INFO

Join us for 'Let's Have a Garden Party' presented by Adair County Homemakers. Enjoy fellowship, regional history, and delicious food for \$15 payable at your county extension office. Cost includes lunch, activities, and don't miss out on our door prizes! A few reminders for counties before your visit...

- Bring one check payable to Adair County Homemakers for all attendees.
- Provide one envelope labeled with the county name, containing slips of paper with all attendee's names.
- Bring one door prize valued at \$25
- Remember our name tag contest, garden themed entries are encouraged

Thursday, May 16th 9:30 AM CST
Registration opens at 9:00 AM CST
Adair County Extension Office
409 Fairground St. Columbia, KY 42728

ENTERTAINMENT



FINE DINNING

Main Course:

Italian Chicken Cutlets or Roast Beef

Sides:

Mashed potatoes, Green Beans, Rolls,
Broccoli & Cauliflower Salad

Dessert:

Variety of Cupcakes

RSVP DUE TO YOUR COUNTY BY FRIDAY, MAY 3RD

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BACK TO THE BASICS: COOKING WITH CAST IRON



Thursday, May 30th
Wayne County Extension Office
255 Rolling Hills Blvd, Monticello

Registration begins at 9:30am EST
Program begin at 10am EST

LEARN ALL ABOUT:

- THE HISTORY AND BASICS OF CAST IRON
- RESTORATING CAST IRON
- CARING FOR CAST IRON
- MULTIPLE CAST IRON COOKING DEMOS

Registration and \$15 fee due to
your county office by May 10th

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OUTDOOR COOKING



MAY 21ST, 2024 | 5:30PM CT

at the Cumberland County Extension Office

The class will explore various cooking methods (cast iron and camp stove) in preparing a full course meal. Whatever your preference, the great outdoors provides the perfect backdrop for enjoying delicious food in good company.

To register, contact the Cumberland County Extension Office at (270) 433-7700.



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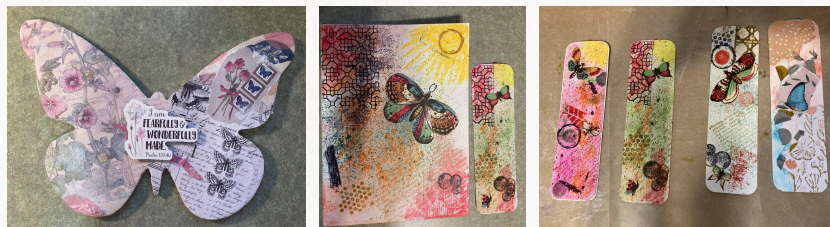


Dottie's Designs

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!



MAY 25TH, 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.

Registration Deadline: May 10th, 2024.





PRESSURE CANNER TESTING

Drop-in On:

May 14th, 2024 | 10am-Noon

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

During the Drop-In:

- Check canner gauge for accuracy (the type with a numbered dial gauge with a needle, not the “jiggler” type). Bring the entire lid with the gauge and gasket attached as well as the weight.
- Canning Information
- Canning Recipes

Debbie Messenger, agent for Family and Consumer Sciences
(270) 433-7700 | debbie.messenger@uky.edu

Debbie Messenger

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