



ADAIR COUNTY EXTENSION HOMEMAKERS

February 2024



Attendees at Creative Ideas for Healthy Minds made Valentine's Day cards



FREE 2024 Recipe Calendars are now available



Dylan visited the Johnny Cash Museum in Nashville

Calander of Events

- Arts class - Feb. 6th
- Heart Health - Feb. 12th
- Arts Comp. - 5th & 16th
- Teresa's Recept - Feb. 16th
- Gardening Classes - Jan. 30th, Feb. 27th, Mar. 26th, April 30th
- Microprocessor - Mar. 8th
- Area Meeting - May 16th

The cold and snow has been nice for me. I was initially worried we would not receive much snow this season, but I was sure proven wrong. February is a strong return to a full schedule for Homemakers. This edition of the Homemakers newsletter includes information about Cultural Arts, Date Night For Heart Health, the retirement announcement of a dear member of our Extension staff, and upcoming Home Based Microprocessor Workshop.

First up is our Date Night for Heart Health, which will take place on Monday, February 12th at 6:00 PM CST. February is Heart Health Month and we could all stand to focus a little more on the health of our heart. We are proud to partner with TJ Sampson for the event. TJ will provide a guest speaker who specializes on the heart. The event is Valentines Day themed so bring your special someone, all are invited. We will have light refreshments and expect the session to last about an hour.

Next, do not forget about our Cultural Arts Competition taking place on February 15th and 16th. To prepare for the competition, we will have a Cultural Arts preparatory event on February 6th at 12:00 Noon CST. The session will serve as the leader lesson for February, but anyone interested in competing is encouraged to attend. During the event we will create a craft eligible to be entered, so come prepared!

The Extension Office will host a retirement reception for Teresa Bright on Friday, February 16th. Teresa has served this community for 34 and 1/2 years through the UK Cooperative Extension Service. During this time she has worked with numerous agents and has helped carry Extension Homemakers through a stint with no FCS Agent. Teresa was a huge guiding light when I started here in Adair County to get my feet underneath of me. Everyone is invited to come by on this day and give Teresa farewell wishes for her retirement. Light refreshments will be provided.

On Friday, March 8th the Extension Office will host for the first time a Home Based Microprocessor Workshop. What is a Home Based Microprocessor? A Home Based Microprocessor is someone who sells homemade canned goods. Attending this workshop satisfies the education component of the Home Based Microprocessor program. The class is \$50 and there is a test at the end of the session. To register call (270) 384-2317 or visit ukfcs.net/hbm

The Extension Office has a limited number of pecans still available. These are great for pies or just eating. Visit us at the Extension Office to purchase.

See you soon!
Dylan Gentry
 Dylan Gentry
 County Extension Agent
 for Family & Consumer Sciences





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College of Agriculture,
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Cooperative Extension Service

Show Your Heart Some Love

MONDAY, FEBRUARY 12TH AT 6:00 PM CST

February is Heart Health Month and we could all stand to focus a little more on the health of our heart. Adair County Homemakers are proud to partner with TJ Sampson for an information session about how you can improve your heart health. TJ Sampson will provide a guest speaker whose specialization is on the heart. The event is Valentine's Day themed so bring your special someone or make it an outing with friends. All are invited to this FREE Session with door prizes and light refreshments. We expect the session to last about an hour.

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.

Teresa Bright



34 Years of Service

Retirement Farewell

Drop by the Extension Office anytime on
February 16th

8:00 - 4:30 CST

Adair County Extension Office

409 Fairground Street

Columbia, KY 42728

Light refreshments provided.

— HAPPY —
Retirement



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2024



CULTURAL ARTS COMPETITION



Violet Graves
 displaying her craftmanship
 from last year's
 Cultural Arts Competition



LOCATION:

409 Fairground St.
 Columbia, KY 42728

MARK YOUR CALENDAR

- Feb. 15th, Entry Day & Judging
- Feb. 16th, Viewing & Pickup Day
- March 6th, Area Competition
- May 6th, State Competition



Entry Categories &
 State Guidelines

Adair.ca.uky.edu

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Disabilities
 accommodated
 with prior notification.

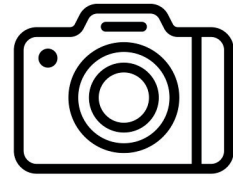


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CULTURAL ARTS BRAINSTORMING



The Extension Office will host a Cultural Arts preparatory event on February 6th at 12:00 Noon CST. During the session, we will discuss the different Cultural Arts Competition categories, rules for the competition, and make an item you can enter into the competition. The session will serve as the leader lesson for February, but anyone interested in competing is encouraged to attend. This session is great for first time competitors in the competition to review the rules and receive inspiration for items that can be entered.



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WINTER GARDENING WORKSHOP SERIES

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Mark your Calendars!

Our Winter Gardening Workshop Series starts in
January 2024!

- JANUARY 30 - FRUGAL GARDENING TIPS AND PLANT PROPAGATION
- FEBRUARY 27- WINTER SOWING YOUR GARDEN
- MARCH 26 - GROWING SUCCULENTS GROWING CONE FLOWERS
- APRIL 30 - EXPLORING THE WORLD OF MUSHROOMS

EACH SESSION BEGINS @ 5:30 P.M. CST



Homebased Microprocessing Workshop



Friday, March 8th 2024

9:30 AM - 2:30 PM CST

Adair County Extension Office

409 Fairground Street

Columbia, KY 42728



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

For more information & to register:

ukfcs.net/HBM

or call (270) 384-2317

Join our workshop!
Homebased
microprocessors are
farmers who grow and
harvest produce to use in
their value-added products.

Homebased
microprocessors are
required to grow a
predominant ingredient in
the products they make.
The first step to becoming
certified as a homebased
microprocessor is to attend

a Homebased
Microprocessor (HBM)
workshop presented by the
University of Kentucky.

The cost of the workshop is
\$50.00.

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development

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Adair County Homemakers
invite you to attend the...

LAKE CUMBERLAND AREA ANNUAL MEETING

SAVE THE DATE

MAY | 16 | 2024

Adair County Extension Office
409 Fairground Street
Columbia, KY 42728



Blackberry Peach Crumble

2 cups fresh blackberries

2 cups peeled and sliced fresh peaches
or 1 (16 ounce) bag frozen peach slices,
thawed

1 teaspoon grated lemon peel

2 tablespoons cornstarch

1/3 cup, plus **1/2 cup** packed brown sugar

1/2 cup all-purpose flour

1/2 cup chopped blanched almonds,
(optional)

1/4 teaspoon salt

6 tablespoons butter, cut into pieces

Combine blackberries, peaches, lemon
peel, cornstarch and **1/3 cup** brown sugar
in a large bowl.

Pour ingredients into a lightly greased 8
inch baking dish.

Mix together flour, almonds, salt, and re-
maining **1/2 cup** brown sugar. With pastry
blender or two knives, cut in the butter
until the mixture resembles coarse meal.

Sprinkle flour mixture over fruit.

Bake in a pre-heated 400° F oven for 30
minutes.

Cool 10 minutes prior to serving.

Yield: 8, 1/2 cup servings

Nutritional Analysis: 270 calories,
14 g fat, 25 mg cholesterol, 135 mg sodium,
35 g carbohydrate, 2 g protein, 3 g fiber.
Without almonds: 220 calories, 9 g fat,
25 mg cholesterol, 135 mg sodium, 35 g
carbohydrate, 2 g protein, 3 g fiber.

Buying Kentucky Proud is easy. Look for the label at your
grocery store, farmers' market, or roadside stand.

