

ADAIR COUNTY EXTENSION HOME MAKERS

June/July 2024



Area Annual Meeting



Sharon Harris addresses Area Annual Meeting



Bridget Powell's grand champion entry at the State Cultural Arts Competition

May was the culmination of a lot of hard work for Adair County Homemakers. Early in the month, two Adair County Homemakers attended the State Homemaker Meeting in Bowling Green. Sharon Harris and Betty Knifley represented us well and served as our voting delegates. While at the State Meeting, Adair County experienced great success in Cultural Arts, including a grand champion winner. Our area, Lake Cumberland, had the most winners of any area in the state.

The following week, we welcomed the Lake Cumberland Area Annual Meeting to Adair County. Approximately 124 Homemaker members from nine counties attended. Attendees reported having a great time, with exceptional entertainment from re-enactor Richard Phelps, who portrayed Elijah Creel. The day concluded with the installation of new area officers.

Looking ahead, I have decided to combine this newsletter for June and July because of my upcoming schedule. I will be on leave from June 19th until July 8th for vacation. Starting on July 8th, we will welcome the state FCS office to the Lake Cumberland Area for their annual retreat. The week of July 8th, I will be preparing for their visit. Because I will be out, I will not have time to prepare a separate newsletter for July.

In the meantime, do not forget about our upcoming County Annual Meeting on June 4th. I am also seeking volunteers to put together recipe books; more information is on the next page. Lastly, please RSVP for my Cajun Cooking Class if you plan to attend on June 14th in Green County. The July 4th time of year is my favorite. Enjoy!

Calendar of Events

- County Annual Meeting - June 4th
- Cajun Cooking - June 14th (Green Co.)
- Vol. Recipe Books - July 12th 9AM
- VSU Forms Due - July 1st

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



Adair County Cooperative Extension Service



Adairces



adair.ca.uky.edu



Disabilities accommodated with prior notification.

HOME OF THE BLUES

• BEALE STREET •

Memphis Blues County Annual Meeting

When? Tuesday, June 4th - 5:30 PM CST

Where? Extension Office

Who? All homemaker members, **mailbox and club**

What's to eat? Pork and chicken BBQ, baked potato bar, and dessert.

Cost? \$12 prepay requested. Make checks to Adair Co. Homemakers

Entertainment? Sharon, Betty, and Dylan sing Elvis Greatest Hits

RSVP by May 24th

Volunteers Needed: Recipe Books

FRIDAY, JULY 12TH 9AM CST

The Extension Office has an enormous collection of recipe cards that we have given out over the years. The recipes currently live in many large boxes where they do little good. On July 12th join Dylan to put one of each of these recipes into a recipe holder to give free to the public. Volunteers will get first pick of their recipe box, plus lunch is included. Stuffing the recipes into boxes could take anywhere from a few hours to the whole day. There are 120+ unique recipes that will be included in each box. Approximately 12 volunteers are needed. Please RSVP at (270) 384-2317 and let us know of any food allergies.





JAMBALAYA

INFO

Join Adair County Extension Agent, Dylan Gentry as he discusses the history of Cajun Cooking in America. After brief discussion, learn hands on how to make Cajun favorites like Jambalaya, cornbread, and peach cobbler. Plan to stay at least 2 hours. The class is free, but RSVP is required at the Green County Extension Office. Please let us know about any food allergies prior to the class, especially red meat and gluten.

FRIDAY, JUNE 14TH 11AM CST

GREEN COUNTY EXT. OFFICE

298 HAPPYVILLE ROAD

GREENSBURG, KY 42743

Lunch &
Learn

COOKING TRADITIONS FROM LOUISIANA CORN BREAD



PEACH COBBLER



RSVP AT: (270) 932-5311

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.

Cook Wild Kentucky

Introduction to Wild Game in Kentucky

In Kentucky, many people enjoy being outdoors to hunt, fish, and trap. Kentucky is home to a wide range of wildlife with nearly 1,000 kinds of animals. We have the most elk this side of the Mississippi River. You can also find black bear, white-tailed deer, turkey, waterfowl, and bobwhite quail in our state.

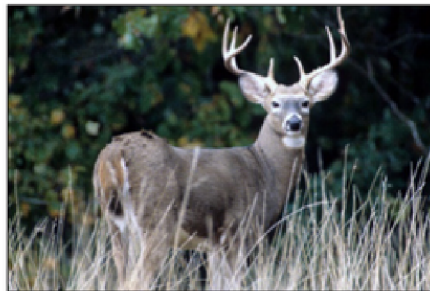
About 550,000 anglers take to the waters and nearly 350,000 hunters go afield each year in Kentucky. They hope to find local game meat. Wild-game meat is tasty and healthy and can replace most protein found in recipes. Nearly all game meat is lean and offers a mix of nutrients with rich flavors. Game animals are active and have varied eating habits giving their meat a distinct flavor and texture. When cooking game meat, use the right method. Lean game meats are best when stewed,

roasted, or slowly cooked in moist heat such as a slow cooker or pressure cooker. Marinades can boost both the flavor and texture of game meats. Be sure to cook all game meat to 165 degrees F using a calibrated metal stem thermometer. Fish should be cooked to 145 degrees F.

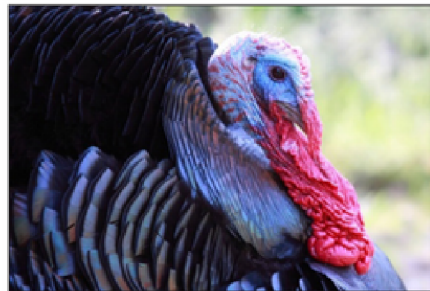
Proper handling of game meat from field to table is key for food safety. Heat, dirt, and water can cause wild game meat to spoil. All meat and fish should be cooled to 40 degrees F or below shortly

after harvest. To start cooling, remove the inside organs without cutting them. If the organs are cut, feces could infect the carcass. This should be done as soon as large animals, such as deer, elk, and bear, are recovered because it can take quite a few hours to remove the carcass from the field. Do not rinse game meat in the field. Extra moisture boosts the growth of bacteria that can cause it to rot. Keep the meat clean by storing it in game bags or clean containers. This will protect the meat from insects, dirt, leaves, hair, and feathers.

For more information about wild game in Kentucky, hunting seasons, and required licenses, visit the Kentucky Department of Fish and Wildlife website at fw.ky.gov.



A mature white-tailed buck (*Odocoileus virginianus*). Male white-tailed deer grow and shed new antlers every year.



A male turkey (*Meleagris gallopavo*) in strut. During the mating season the male's strut to show off their feathers in a courtship display. A male's head is distinct with blue and red colors and lacks feathers.



The Kentucky Department of Fish and Wildlife Resources regularly stocks catfish as well as other fish species in 44 lakes across Kentucky as a part of the Fishing In Neighborhoods (FINs) program.

Area Annual Meeting Report



Cupcakes



Shirley Jones & Diane Campbell



Sharon Harris addressed the crowd



Sandy Wallace & Tammy Feese



Joy Arnold



Cyndy Humble, Area President



Rhonda Froedje & Shirley Reliford



All attendees

State Cultural Arts Report



Bridgett Powell



Cayce Davenport



Sharon Bledsoe



Gerri Reynolds



Cherri Olson



Sharon Bledsoe

Adair County
 409 Fairground Street
 Columbia, KY 42728
Official Business Only

{First Name} {Last Name}
 {Address1}
 {City} {State}{Zip Code}



Blueberry Cream Cheese Pound Cake

1 (8 ounce) package fat free cream cheese	1 (5 ounce) package instant vanilla pudding mix	2 teaspoons vanilla extract
½ cup canola oil	2 large egg whites	2 cups fresh blueberries
1 (18 ounce) package yellow butter cake mix	2 large eggs	

- 1. Preheat** oven to 325° F.
 - 2. Lightly spray** Bundt pan with nonstick cooking spray and dust with flour.
 - 3. Combine** cream cheese and oil in a medium bowl; beat with mixer at high speed until smooth and creamy.
 - 4. Add** cake mix, pudding mix, egg whites, eggs, and vanilla extract. Beat at medium speed until blended.
 - 5. Fold** in berries.
 - 6. Spoon** batter into prepared pan.
 - 7. Bake** 60 minutes or until wooden toothpick inserted in center comes out clean.
 - 8. Cool** cake in pan for 20 minutes. Remove from pan and cool completely.
- Yield:** 16 slices.
- Nutrition Analysis:** 260 calories; 10g fat; 1.5g saturated fat; 0g trans fat; 30 mg cholesterol; 390mg sodium; 38g carbohydrate; 1g fiber; 23g sugar; 4g protein.

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



Congratulations, Bliss Club!



The Bliss Club was awarded a mini-grant at this year's Area Annual Homemaker Meeting. Bliss plans to use the money to benefit animals and animal shelters in our area. As they work to fulfill their mini-grant, be sure to support and congratulate them on their hard work.

Bliss Club Members Pictured

Standing: Betty Hawthorne and Diane Campbell
 Seated: Shirley Reliford and Shannon Steveson