

ADAIR COUNTY EXTENSION HOMEMAKERS

May 2024



Bliss Homemaker club learns Spring Cleaning.



Mushrooms from April's mushroom workshop



Dylan wearing the Wally Cat costume

Can you believe that it is already May? The weather has been beautiful, and I am looking forward to all the exciting things coming in the month ahead. The first part of the month I will be at the State Homemaker Meeting in Bowling Green. I wish the best of luck to the Adair Countians competing in the State Cultural Arts Competition. Shortly after I return, it will be time for our Area Annual Meeting that we are hosting this year. We need to know if you plan on attending ASAP. A full flyer is included in this edition.

We are happy to announce information for our county annual meeting to be held on June 4th. The theme will be, "Memphis Blues". At your club meetings this month, we will ask for member award recognition information in preparation for the county meeting. Also, now is the time to select lesson leaders and club officers for the next program year. I will assist your club with completing the paperwork the best I can. Payment for the county annual meeting is requested by May 24th. ALL are invited to attend, both club and mailbox members.

There will be a number of educational workshops coming up soon, RSVP is required for each. Healthy Outdoor Cooking will be held at noon on May 21st, with a meal to follow. Cooking with Cast Iron is a Lake Cumberland area-wide event held in Wayne County on May 30th. The cost to attend is \$15 and includes a meal plus a day full of classes and goodies. More information is included in the attached flyer. Lastly, Cajun Cooking will be held in Green County on Friday, June 14th beginning at 11 AM CST. I will be teaching the class as their agent will be on maternity leave.

Calendar of Events

- State KEHA Meeting - May 6th-8th
- Quilt Guild - May 13th, 6PM
- Area Meeting - May 16th, 9:30AM
- Outdoor Cooking - May 21st, 12PM
- Cast Iron - May 30th (Wayne Co.)
- County Annual Meeting - June 4th
- Cajun Cooking - June 14th (Green Co.)

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? [Classic blues singing, details to be determined](#)

RSVP by May 24th

Healthy Outdoor Cooking

TUESDAY, MAY 21ST AT NOON CST

Outdoor cooking has become very popular. From campfires, smokers and grills, there are many ways to enjoy outdoor cooking. Mastering your skills, trying new recipes, and keeping safe food handling in mind while in the great outdoors can be enjoyable and delicious! The May Homemaker Leader Lesson is Healthy Outdoor Cooking. It will be held on Tuesday, May 21st @12:00 Noon CT at the Extension Office. Please call the Extension Office at (270) 384-2317 to RSVP.





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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Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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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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Disabilities
accommodated
with prior notification.

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 DINING

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

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

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



Easy Peach Cobbler

½ cup whole wheat flour	1½ cups sugar (divided)	1 tablespoon lemon juice
½ cup all purpose flour	1 cup skim milk	1 teaspoon ground nutmeg or cinnamon
1½ teaspoons baking powder	½ cup unsalted butter	
1 pinch salt	4 cups fresh peeled peaches	

- 1. Preheat** the oven to 375° F. **Combine** the flour, baking powder, salt and ¾ cup sugar in a large mixing bowl. **Add** the milk and mix only until the dry ingredients are wet.
 - 2. Melt** the butter and **pour** into a 13 x 9 inch baking dish or pan. **Add** the flour mixture on top of the butter. Do not stir.
 - 3. In a saucepan, heat** the peaches, ¾ cup sugar and lemon juice until the sugar is dissolved and the peaches are coated. **Pour** evenly over the flour mixture. Do not stir. **Sprinkle** with nutmeg or cinnamon.
 - 4. Bake** for 40 minutes or until crust is golden brown. **Remove** from oven and serve warm.
- Yield:** 12 servings.
Nutritional Analysis: : 190 calories, 8g fat, 5g saturated.fat, 80 mg sodium, 20mg cholesterol, 32g carbohydrate, 1g fiber, 24g sugar, 2g protein.

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



2024 - 2025 Schedule of Leader Lessons

These are the interesting lessons to look forward in your clubs in the next year

<u>Month lesson will be taught to leader</u>	<u>Lesson title</u>	<u>Month lesson will be taught to club</u>	<u>Agent Teaching</u>
August	Photography	September	Dylan Gentry
September	Self Care	October	Edith Lovett
October	Eating Around the World	November	Debbie Messenger
November	County Choice	December	Dylan Gentry
December	County Choice	January	Dylan Gentry
January	Get Out of Mealtime Ruts	February	Leah Cardwell
February	Learn with Purpose	March	Christy Stearns
March	Indoor Air Quality	April	Katelyn Squires
April	Gardening Safety	May	Debbie Shepherd
May	Using Your Air Fryer	N/A	Megan Gullett