

Calloway County Family & Consumer Sciences **JUNE 2024 NEWSLETTER**

Happy June, FCS Family!



Summertime Sensation Casserole

4 strips turkey bacon	½ teaspoon salt	2 cups tomatoes, chopped
½ cup minced onion	½ teaspoon black pepper	½ cup reduced fat shredded cheddar cheese
3 tablespoons diced green pepper	1 teaspoon dried sweet basil	
4 ears fresh sweet corn		

- In a large skillet, **cook** turkey bacon until crisp.
- Drain** turkey bacon on paper towel, **chop** and put aside. Do not drain pan. **Cook** onion and green pepper in bacon drippings over medium heat until tender.
- Cut** corn from cob and add to onion and green pepper mixture in skillet.
- Add** salt, black pepper, basil and tomatoes. **Cook** 5-10 minutes. **Add** chopped turkey bacon and cook an additional minute.
- Pour** skillet contents into a greased 1-1/2 quart casserole dish.
- Top** with shredded cheddar cheese.
- Bake** at 350°F for 30 minutes, or until cheese is melted and bubbling.

Yield: 5, ½ cup servings.

Nutrition Analysis: 160 calories, 7 g fat, 2.5 g sat. fat, 25 mg cholesterol, 680 mg sodium, 19 g carbohydrate, 3 g fiber, 7 g sugar, 8 g protein.



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

Welcome to the June edition of our FCS newsletter! June is Dairy Month, a perfect time to celebrate and support our dairy farmers. I have enclosed a yummy casserole recipe using low fat cheese. We are also excited to remind you about our upcoming county fair, an event filled with fun, food, and festivities for the whole family. Don't miss out on our canning classes this summer, where you can learn the art of preserving seasonal produce. Additionally, with the warmer weather upon us, it's crucial to stay informed about summer food safety to ensure a healthy and enjoyable season. Dive into this month's newsletter for all the details! Stay safe, and cool!

Debbie



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

Calendar of Events

June 4	Cooking through the calendar	10:30 am	CCPL
June 6	Potpourri Meeting	9:00 am	Meeting Hall
June 12	Quilt Lover Officer meeting	5:00 pm	Meeting Hall
June 14-15	Western Rivers Livestock Show	All day	MSU Expo
June 17	Fair entries due	9-11 am	Fairgrounds
June 18-22	Murray-CC Fair		Fairgrounds
June 22	Pick up entries	10 am - 12 pm	Fairgrounds
June 24	Water bath canning class	6-9 pm	Meeting Hall
June 26	Pressure canning class	6-9 pm	Meeting Hall
June 27	Happy Hearts Meeting	11 am	Cypress Springs
June 29	Combined canning class	9 am - 3 pm	Meeting Hall



JUNE

Calloway County Homemakers Corner

Club Information:

Friendship Club will meet at Judy Stahler's home on June 9 at 6:30 pm. The club will be cooking out for the meal.

Happy Hearts will be traveling to Cypress Springs for lunch on June 27th. Please rsvp to Alison so she may reserve enough tables. The club will be carpooling from the Glendale church parking lot, meet in the parking lot at 10:45 am.

Modern Homesteading

Potpourri Club met on Thurs. June 6 at 9:00 Reminders from Ruth are that the county fair will be June 1-822. will be traveling to Cypress If you have entries, you are encouraged to get your tags for your entries at the extension office the week prior to the fair to prevent long lines at entry table.

Mark your calendars: County Annual Day - October 17, Purchase Area Annual Day in Murray - Sept 10.

Quilt Lovers will meet at the Meeting Hall Tuesday, June 18th, 5 pm social hour, 6 pm meeting. The officers will be meeting at 5 pm on June 12th at the meeting Hall.

Town and Country will be meeting not be meeting.

The June Homemaker lesson is Radon: A Silent Killer and is a mail-out lesson. If you would like a copy please contact the office and we will send one out to you.

No County Hubs with Mail Out Lessons

KEHA State Meeting

I am so very proud to report what a fun and successful time Ruth Daughaday, Alison Geurin, and I had at the KEHA State meeting. Calloway County was the recipient of the largest percentage increase of membership in the entire state of Kentucky! I am so proud of all the officers and members who worked hard to recruit new members to our family of Homemakers. We also placed third in the state for largest number increase in membership. Alison Geurin accepted the awards from the state KEHA President, Brenda Hammons. Thank you to every one of my homemakers. You all did an outstanding job of volunteering, educating and participating in so many of our activities.





Information

Accessing Nutritious Foods

With the summer harvest season upon us, ensuring the safety and efficiency of your pressure canner is paramount. The Calloway County Cooperative Extension Office is offering free pressure canner testing and hosting a series of canning classes to help you preserve your produce safely and effectively.

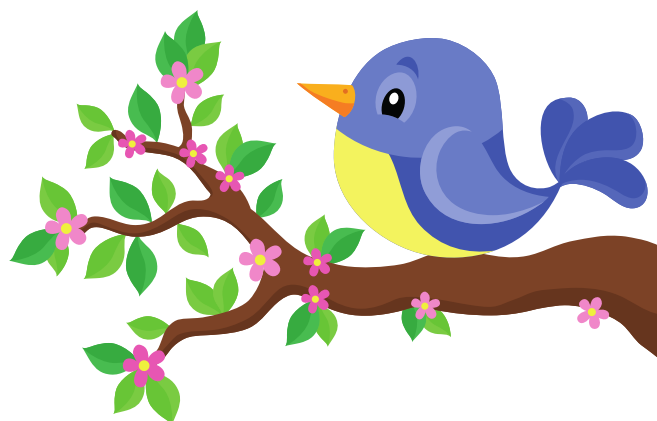
Proper maintenance of your pressure canner is crucial for safe food preservation. A faulty pressure canner can lead to under processed food, which poses a risk of foodborne illness. To assist the community, we are providing free pressure canner testing. Bring your pressure canner lid with the gauge to the office, we will check its accuracy and overall condition.

The Extension Office is also offering hands-on canning classes this June, perfect for both beginners and experienced canners looking to brush up on their skills. These classes will cover the fundamentals of home canning, including best practices, safety tips, and delicious recipes to try at home.

To register for these classes or for more information on pressure canner testing, please contact the Calloway County Cooperative Extension Office at (270) 753-1452. Embrace the art of home canning this summer and ensure your pantry is stocked with safe, delicious, homemade preserves. The cost will be \$5 for each class. You will not leave this class empty handed!

- June 20: Introduction to Water Bath Canning
- Learn the basics of water bath canning, ideal for preserving fruits, jams, jellies, and pickles. This class is 6 pm- 8:30 pm
- June 24: Pressure Canning for Beginners
- Dive into the world of pressure canning, a method necessary for preserving low-acid vegetables, meats, and soups. This class is
- June 29: A full day of both water bath canning and pressure canning. This class will be from 9 am-3 pm. The cost for this combo class will be \$10 per person.

See attached flyer for more details



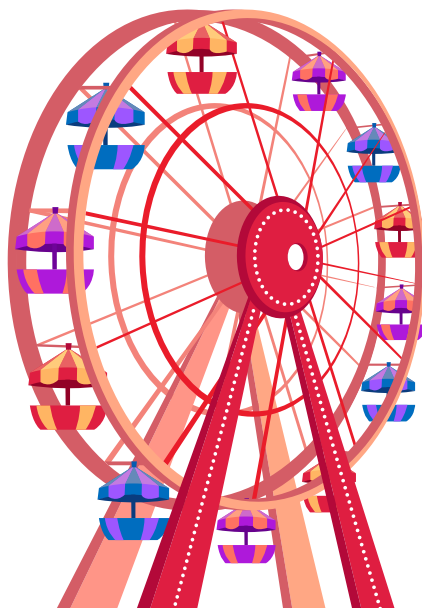
Information

It's Fair Time!

Have you been craving a funnel cake, or a lemon shake up? How about a deep fried twinkie? Well, if you have you are in luck! The Murray Calloway County Fair starts June 18 and runs through June 21st. We will be accepting exhibits at the exhibit hall at the fairgrounds Monday, June 17 from 9-11 am, with judging immediately following entries. Plus, we are trying something new this year, you may pre-enter at the Extension office. We will help you complete your entry tag so you can skip a line at the fair. DO NOT BRING YOUR EXHIBITS TO THE OFFICE! Let's see what you have been working on for the past year, I know we have many talented citizens, and I am anxious to see what you have created. The fair classes are included in this newsletter and on our Extension website.

(calloway.ca.uky.edu)

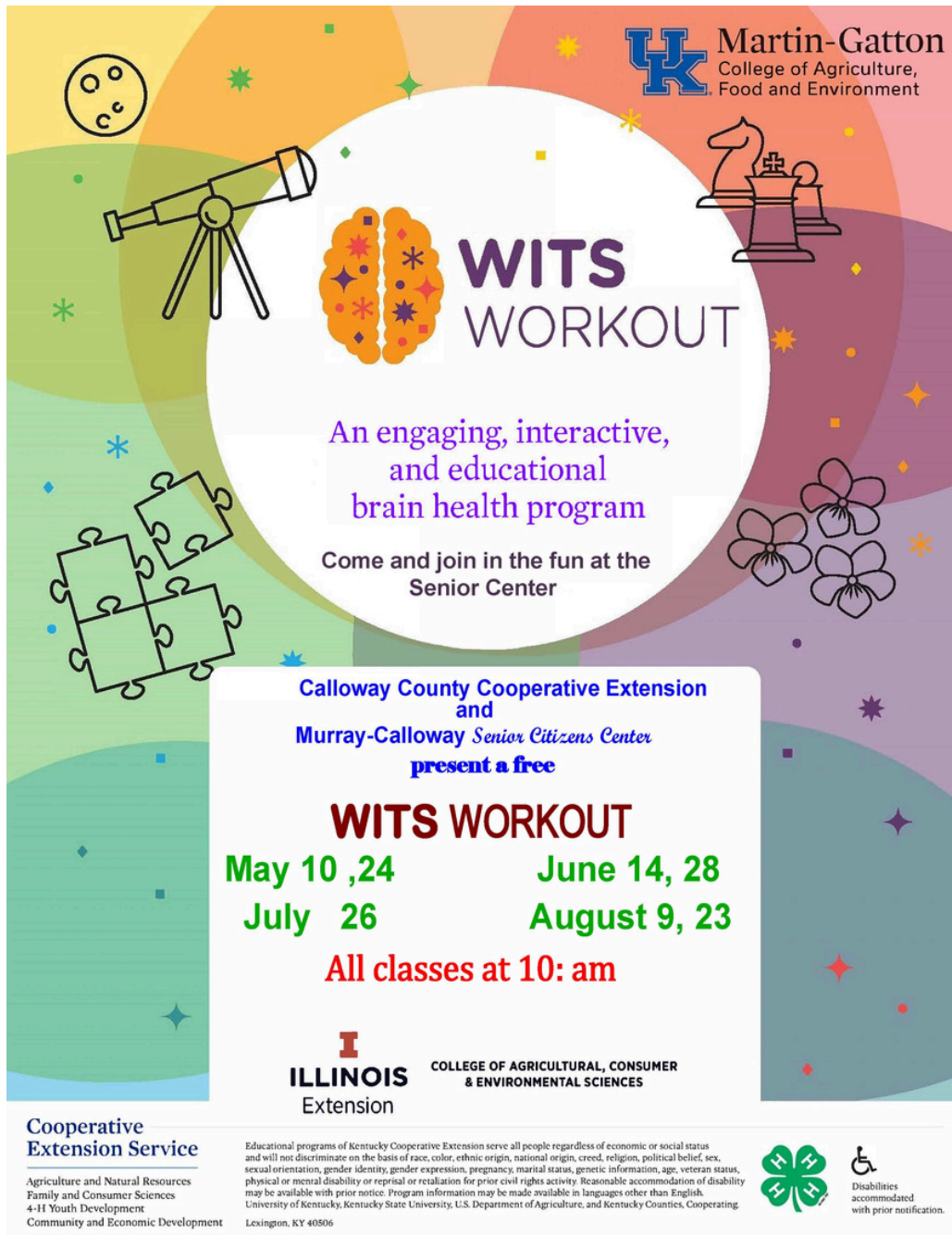
See you at the fair!



Events

Embracing Life as We Age

Join us as we start a brand-new class for seniors. The WITS Workout is a brain health class that will be fun and exciting. Try to guess the correct answers before your friends. Get up and move about, have some lunch following the class. Won't you join us at the Murray Senior Center?



UK Martin-Gatton
College of Agriculture,
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**WITS
WORKOUT**

An engaging, interactive,
and educational
brain health program

Come and join in the fun at the
Senior Center

Calloway County Cooperative Extension
and
Murray-Calloway Senior Citizens Center
present a free

WITS WORKOUT

May 10, 24 June 14, 28
July 26 August 9, 23

All classes at 10: am



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ILLINOIS
Extension

COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES

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Disabilities
accommodated
with prior notification.

Events



UK Cooperative Extension Service

Summer Series COOKING THROUGH THE CALENDAR

With Calloway County FCS & CCPL

Come & learn how to make fun and nutritious University of Kentucky recipes!

FREE SAMPLES!

May 14th June 4th
July 2nd August 6th

Calloway Co. Public Library @ 10:30



@Callowaycounty
FCSextension



Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities accommodated with prior notification.

Food Processing

Cost To Attend:
Monday, June 24th- \$5.00
Wednesday, June 26th- \$5.00
Saturday, June 29th- \$10.00
Pay at the door!

Upcoming Classes:
June 24th: 6pm-9pm,
Waterbath Method
June 26th: 6pm-9pm,
Pressure Canner Method
June 29th: 9am-3pm
Both Waterbath &
Pressure Canner
Methods



**FCS AGENT
Debbie
Hixon**

**White Meeting Hall
93 Extension Way
Murray, KY 42071**

**CALL THE CALLOWAY COUNTY
EXTENSION OFFICE
@ 270-753-1452
TO RESERVE YOUR SPOT**



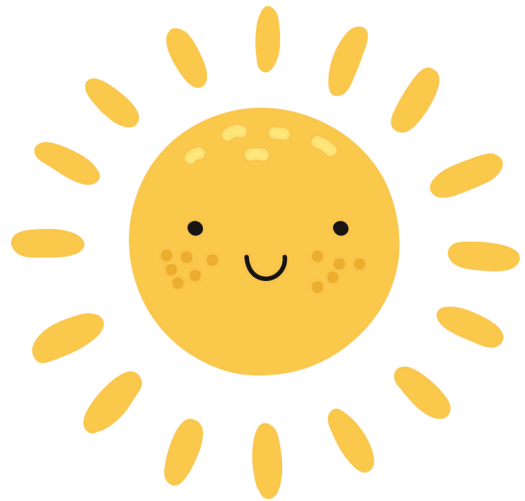
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LEXINGTON, KY 40506



Disabilities accommodated with prior notification.



Purchase Area Annual Day

Hosted by Calloway County Extension Homemakers

The Ties That Bind

September 10th, 2024

Registration: 9:30 am

Meeting: 10:00 am

Cost: \$14.00

Calloway Extension Meeting Hall

93 Extension Way

Murray, KY 42071


Located behind Scott's Grove
Baptist Church

**RSVP with
payment to your
local Extension
office by
August 28th**

**Purse Silent
Auction with
proceeds to
UK Ovarian
Cancer
Research**

Menu:

Ham, Chicken, Vegetables, Salad

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OFFICE INFORMATION

93 Extension Way
Murray, KY 42071
270-753-1452
8:00am - 4:30pm
calloway.ca.uky.edu

FCS Agent: Debbie Hixon
debra.hixon@uky.edu



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