



## Upcoming Events

CHECK OUT WHAT IS  
COMING UP IN  
WHITLEY COUNTY



OLD FASHIONED  
TRADING DAYS-  
HOMEMAKER QUILT



PAINTING CLASSES

WHITLEY COUNTY  
COOPERATIVE  
EXTENSION SERVICE

4275 N HWY 25 W

Williamsburg, KY 40769

(606) 549-1430

Fax: (606) 549-9029



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

Website: [whitley.ca.uky.edu](http://whitley.ca.uky.edu)

Like us on Facebook! <https://www.facebook.com/whitlevfcs/>

## WHITLEY COUNTY FAMILY AND CONSUMER SCIENCES NEWSLETTER



### A Cherry On Top!

Recently, I went to the grocery store and saw Rainier Cherries on sale. I don't buy them often and thought I would give them a try. These are sweet cherries and they tasted so good!

Cherries are high in Vitamins C & A and are a good source of fiber. They are easy to pack in lunches for a sweet treat instead of something sugary.

Next time you're out and about, try something new or different. It's always good to add variety to your diet!

### Old Fashioned Trading Days Quilt Show- UPDATE

It's that time of year again for the Old Fashioned Trading Days Homemaker Quilt Show and Canning

Contest. There are some changes for this year and we wanted to get the word out! The location has changed from the Whitley County Extension Fine Arts Building to the Whitley County Board of Education on the square! Enclosed you will find more information about where to register your quilts and the hours that they will be available for viewing!

Please spread the word about this change, as the newspaper and flyers are printing the old location and hours. I encourage you to bring your quilts-

**Quilt Show location  
has changed!**

**We need  
volunteers!**

both old and new! We would love to display them if you do not want them judged! Also, we are looking for volunteers to come and set with the display and answer questions!

We need help displaying the quilts on Wednesday September 6th around 2 pm. If you would like to volunteer or have any old ladders or quilt racks we can borrow to display quilts, please contact Matti Daniels at the Whitley County Cooperative Extension Office at (606) 549-1430.

## Knitting Classes Scheduled

The first knitting class is for beginning knitters and will be at the Whitley County Extension Office. We will be learning casting on, knitting, and casting off.

**September 27** at 10:00 AM to 12:00 PM

Supplies: Size 8 Needle  
(Yarn will be provided.)

A second class is scheduled to learn how to purl stitch and to work out any issues you may have from the first class. This class will be held on **October 26** at 10:00 AM to 12:00 PM.

**Must call the office to register for both classes!**

### Upcoming Events:

#### August 25th:

*Rescheduled* Tri-County Canning Class

Knox County Extension Office 10:00 AM-3:00 PM

Must call the office to register. \$10 (See Flyer)

#### August 28th:

Canvas Creations Class 6:00 pm

Canvas Acrylic Painting

Goldbug Office. Registration Required. \$10

#### September 5th:

Homemaker Leader Training- Goldbug Office

Lesson- "Extend Your Clothing Budget with Simple Sewing Skills"

1:00 pm

#### September 11:

FCS Advisory Council Meeting

Invitations will be mailed out.

5:00 pm

#### September 14:

Homemaker Kick Off

Goldbug Office

10:30 Registration

Must buy tickets in advance.

#### September 19:

WTA Area Homemaker Council Meeting 10:00 AM

Laurel County Extension (For County Homemaker Officers)

#### September 25:

Outdoor Cooking Class at 5:00 PM

Goldbug Office

Registration Required!

#### September 27:

Knitting Class (See above for details.)

Must Register!

#### October 7:

WTA Area Meeting at Jackson County

(See Flyer)

# Homemaker Kick-Off Scheduled

September 14th at the Whitley County Cooperative Extension Office in Goldbug.



College of Agriculture,  
Food and Environment  
Cooperative Extension Service

Registration starts at 10:30 and the program starts at 11:00. The theme is "Fall Harvest" and we are focusing on getting more members! Ticket cost is \$7 per person. The Homemaker Council is requesting each club bring a dessert and a door prize! Please call the office to reserve your spot and pre-pay! Bring a friend who is not a member! Make checks payable to: Whitley County Homemakers.

## Homemaker Leader Training Date and Times:

September 5, 2017 a 1:00 PM-  
"Extend Your Clothing Budget  
with Simple Sewing Skills"

October 2, 2017 at 1:00 PM-  
"Keeping Family Traditions"

November 7, 2017 Time TBA-  
"Holiday Ideas"

December 2017- No Lesson

January 2018- Mail Out Lesson "Keys to Embrace Aging"

February 2018- Mail Out Lesson "Making Family Mealtimes Meaningful"

March 6, 2018 at 1:00 PM-"Gardening Options for Everyone"

April 3, 2018 at 1:00 PM- "Toaster Ovens: Have Become New Again"

May 1, 2018 at 1:00 PM- "Savvy Sellers & Bargain Hunters"



### Apple Cranberry Waldorf Salad

- |                                   |                                    |                                 |
|-----------------------------------|------------------------------------|---------------------------------|
| 1 cup chopped Granny Smith apple  | 1 cup halved seedless green grapes | ½ cup chopped walnuts           |
| 1 cup chopped Red Delicious apple | 1 cup halved seedless red grapes   | 8 ounces non-fat vanilla yogurt |
| 1 cup diced celery                | 1½ cups dried cranberries          | 2 tablespoons honey             |
|                                   |                                    | ¼ teaspoon cinnamon             |

1. Combine chopped apples and diced celery and put in a medium sized bowl. Add grapes, cranberries, and walnuts to the mixture. Stir ingredients together.
  2. In a separate bowl, add the yogurt, honey, and cinnamon. Stir together and pour over the fruit mixture. Cover and chill before serving.
- Yield: 8, 1 cup servings.
- Nutrition Analysis:** 210 calories, 5 g fat, 0 mg cholesterol, 35 mg sodium, 41 g carbohydrate, 3 g fiber, 34 g sugar, 3 g protein.

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



*Matti Daniels*

Matti Daniels MDA, RD, LD  
Whitley County Agent for Family and Consumer Sciences Education  
(606) 549-1430 [matti.daniels@uky.edu](mailto:matti.daniels@uky.edu)



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# Knitting Classes

Join us for TWO beginner's knitting classes!

Please bring a size 8 needle. Yarn will be provided.

The first session is **SEPTEMBER 27th** from 10am-12pm.

Participants will be learning casting on, knitting, and casting off.

The second session is **OCTOBER 26th** from 10am-12pm.

Participants will learn how to purl stitch and we will address any issues you may have from the first class.

You MUST register for both classes! Please do so by calling the  
Whitley County Cooperative Extension Office in Goldbug.  
606-549-1430.



## 2017 WILLIAMSBURG

### OLD FASHIONED TRADING DAYS

#### CANNING CONTEST

~ NO ENTRY FEE ~

*Ribbons will be awarded – Top 3 in Each Category*

#### Wednesday, September 6

10 A.M.-12 P.M. – Registration – Canning and Quilt Items  
Whitley County Board of Education Building  
Across from the Old Court House in Williamsburg

#### Thursday, September 7

8-4 P.M. – Canning Exhibits and Quilt Show Display Viewing  
Whitley County Board of Education Building

#### Friday, September 8

8-3 P.M. – Canning Exhibits and Quilt Show Display Viewing  
3-4 P.M. – Exhibit Pick-Up *only*  
Whitley County Board of Education Building

#### Monday, September 11-Tuesday, September 12

Exhibit Pick-Up (for items not picked up Friday)  
Whitley County Cooperative Extension Office, Goldbug  
Between 12 P.M. and 4 P.M. Each Day



College of Agriculture,  
Food and Environment  
Cooperative Extension Service

#### Categories:

Fruits

Butters, Conserves, Marmalades, etc.

Jams, Jellies, Preserves

Pickles, Relishes

Salsas (Fruit, Vegetable)

Vegetables

Miscellaneous



Honey can be entered in the Garden Show, Friday, September 8.

See back of this sheet for additional information and rules.

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Salsas (Fruit, Vegetable)

Vegetables

Miscellaneous



Honey can be entered in the Garden Show, Friday, September 9.

See back of this sheet for additional information and rules.

## General Rules for Entries:

1. All canned items ***must*** be registered at the Whitley County Board of Education Building, Wednesday, September 6, between 10 A.M.-12 P.M. ***Canned and quilted items should be picked up as follows:***

Between 3-4 P.M. – Friday, September 8  
Whitley County Board of Education Building

***OR***

Between 12 P.M. and 4 P.M. each day  
Monday, September 11, and Tuesday, September 12  
Whitley County Cooperative Extension Office, Goldbug

2. Competent out-of-the-county judges will judge the exhibits. Decisions will be final.

3. Judging will be based on:

- A) Use of standard commercial glass jars and lids.
- B) Lids in good condition and free of rust. If two-piece lids were used, rings should be left on jars.
- C) Label canned goods with recipe name and date.
- D) **Canned items must be sealed and have proper headspace.**

Any entries who do not meet these requirements will not get a ribbon.

4. Entries will be accepted in home-canned processed foods categories listed ***only***. Exhibits not in listed categories will be entered in the Miscellaneous category. **Note:** Honey can be entered in the Garden Show, Downtown, Friday, September 8.

5. A person can enter ***only*** one item per category.

6. All exhibited items should be picked up by no later than ***Tuesday, September 12. After this date canned items will be discarded.***

If more information is needed, contact the Whitley County Cooperative Extension Service. You can –

- Call 549-1430

- E-mail DL\_CES\_WHITLEY@EMAIL.UKY.EDU

- Visit the Extension Service office located in Goldbug at  
4275 N HWY 25W, Williamsburg

**Ribbons will be awarded to the 3 top entries in each category.**

## General Rules for Entries:

1. All canned items ***must*** be registered at the Extension Community Fine Arts Center, Wednesday, September 7, between 10 A.M.-12 P.M. ***Canned and quilted items should be picked up as follows:***

Between 6-7 P.M. – Friday, September 8  
Whitley County Board of Education Building

***OR***

Between 12 P.M. and 4 P.M. each day  
Monday, September 11, and Tuesday, September 12  
Whitley County Cooperative Extension Office, Goldbug

2. Competent out-of-the-county judges will judge the exhibits. Decisions will be final.

3. Judging will be based on:

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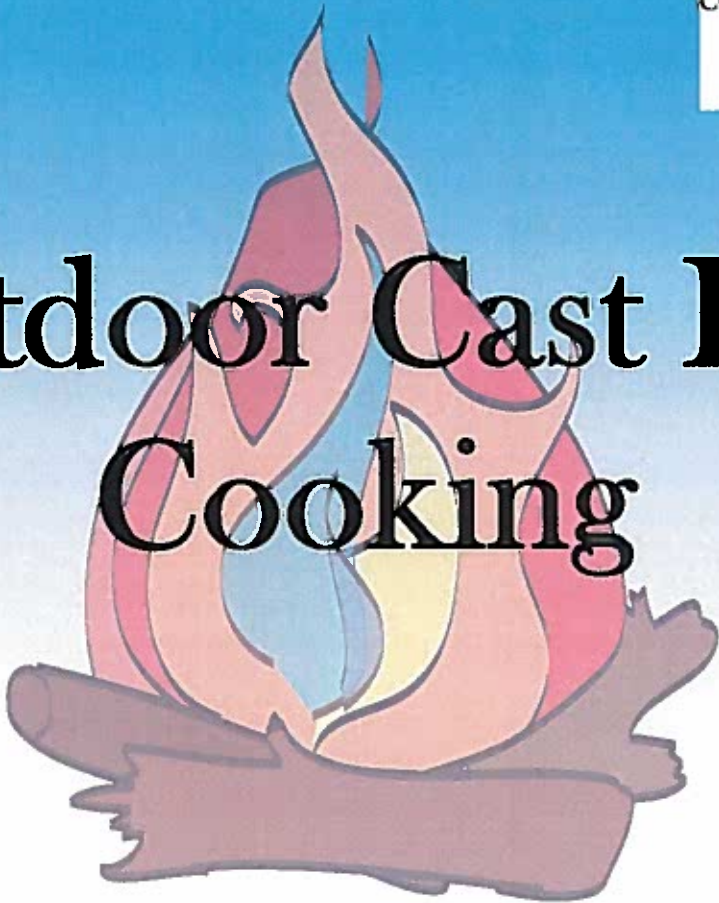
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4275 N HWY 25W, Williamsburg

**Ribbons will be awarded to the 3 top entries in each category.**



# Outdoor Cast Iron Cooking

September 25th at 5 pm

at the Whitley County Cooperative Extension Service

Camp fire style cooking with a cast iron skillet and Dutch oven. Learn safe techniques for your next camping adventure! Samples will be provided!

Registration required by September 20th. Limit of 10 participants.

To register, please call the Whitley County Cooperative Extension Service at 606-549-1430. This class will be held at our Goldbug Office, 4275 N Hwy 25 W, Williamsburg, KY.





College of Agriculture,  
Food and Environment  
Cooperative Extension Service



## WILLIAMSBURG OLD FASHIONED TRADING DAYS QUILT SHOW\CONTEST

→ ATTENTION: New Location ←

### A WHITLEY COUNTY EXTENSION HOMEMAKER EVENT

Whitley County Board of Education, Downtown Williamsburg

(300 Main St., Across Street from Court House)

Thursday, September 6 - Friday, September 8, 2016

*RIBBONS AWARDED – VIEWER’S CHOICE – HERITAGE QUILTS*

No entry fee. Registration dates and times are listed below. The Registration Form is at the bottom of this page. A Registration Form for each item must be completed and attached to item with a safety pin. This will aid in judging and displaying items. **Both beginner and experienced quilters are encouraged to participate!** **NOTE: No quilts can be accepted after 12 P.M., Wednesday, September 6.**

**SEE GENERAL RULES ON THE BACK OF THIS SHEET**

**EACH PERSON WHO VISITS THE QUILT SHOW CAN SELECT ONE QUILT OR QUILTED ITEM AS THE TOP VIEWER’S CHOICE!**

#### Registration\Pick-Up Dates and Times

**Monday, August 28-Friday, September 3 – Pre-Registration – Quilt Show\Contest Items **only****

9 A.M.-11 A.M. and 1-4 P.M. – Extension Office, Goldbug, 4275 N. Highway 25W, Williamsburg

**Wednesday, September 6**

10 A.M.-12 P.M. **only** - Quilt Show\Contest and Canning Contest Items Registration - Whitley County Board of Education, Downtown Williamsburg

1 P.M.- 4 P.M. Judging and display of quilts.

**Thursday, September 7**

8-4 P.M. – Quilt Show\Contest and Canning Contest Exhibits Viewing – Whitley County Board of Education

**Friday, September 8**

8-3 P.M. – Quilt Show Contest and Canning Contest Exhibits Viewing – Whitley County Board of Education

3-4 P.M. – Exhibit Pick-Up **only** – Whitley County Board of Education – No Viewing

**Monday, September 11, and Tuesday, September 12**

Between 12 P.M. and 4 P.M. – Exhibit Pick-Up (for items not picked up Friday evening) –

Extension Office, Goldbug, 4275 N. Highway 25W, Williamsburg

#### **Category and Subcategory List**

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Appliquéd Quilts             <ul style="list-style-type: none"> <li>Machine Pieced/Machine Quilted</li> <li>Machine Pieced/ Hand Quilted</li> <li>Hand Pieced/Machine Quilted</li> <li>Hand Pieced/ Hand Quilted</li> <li>Lap/Throw Size</li> </ul> </li> <li>• Art Quilts (Mixed Media, Memory, Painted Fabrics)</li> <li>• Beginner’s First Quilt             <ul style="list-style-type: none"> <li>Machine Pieced/Machine Quilted</li> <li>Machine Pieced/ Hand Quilted</li> <li>Hand Pieced/Machine Quilted</li> <li>Hand Pieced/ Hand Quilted</li> </ul> </li> <li>• Embroidered Quilts             <ul style="list-style-type: none"> <li>Machine Pieced/Machine Quilted</li> <li>Machine Pieced/ Hand Quilted</li> <li>Hand Pieced/Machine Quilted</li> <li>Hand Pieced/ Hand Quilted</li> <li>Lap/Throw Size</li> </ul> </li> <li>• Novelty Quilts (Tied, Yo-Yo, Candlewicking, Stenciled, etc.)             <ul style="list-style-type: none"> <li>Large Novelty</li> <li>Small Novelty</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• Hand Pieced Quilts             <ul style="list-style-type: none"> <li>Machine Pieced/Machine Quilted</li> <li>Machine Pieced/ Hand Quilted</li> <li>Hand Pieced/Machine Quilted</li> <li>Hand Pieced/ Hand Quilted</li> <li>Lap/Throw Size</li> </ul> </li> <li>• Machine Pieced Quilts             <ul style="list-style-type: none"> <li>Machine Pieced/Machine Quilted</li> <li>Machine Pieced/ Hand Quilted</li> <li>Hand Pieced/Machine Quilted</li> <li>Hand Pieced/ Hand Quilted</li> <li>Lap/Throw Size</li> </ul> </li> <li>• Heritage Quilts – Under 50 Years <u>and</u> Over 50 Years Old (Age of quilt verified by owner)             <ul style="list-style-type: none"> <li>Machine Pieced/Machine Quilted</li> <li>Machine Pieced/ Hand Quilted</li> <li>Hand Pieced/Machine Quilted</li> <li>Hand Pieced/ Hand Quilted</li> </ul> </li> <li>• Home Furnishings (Pillows, Placemats, Table Runner Table Toppers, Wall Hangings, Mug Rugs, etc.)</li> <li>• Wearable</li> </ul> |
|---|---|



## General Rules for Quilt Show\Contest:

1. **Items not in a category\subcategory listed will be placed in Miscellaneous and will not be judged.** Check the category\subcategory list – no categories\subcategories will be added.
2. All quilts\quilted items (except Heritage Quilts) must have been completed within the last three years, can be entered only one time at Trading Days and must be clean and in good condition.
3. All work on the quilt must have been done by the individual quilt-maker(s). Use one name for registration if all or majority of work was done by one person; otherwise, list names of all involved.
4. **An individual can enter only one quilt\quilted item per category or subcategory.**
5. **Items in all categories for the Quilt Show\Contest can be *pre-registered* at the Whitley County Cooperative Extension Service, Goldbug Office, Monday, August 28-Friday, September 1, 9 A.M.-11 A.M. and 1-4 P.M., **Note:** All Canning Contest items must be registered at the Whitley County Board of Education on September 6; they cannot be pre-registered at the Extension Service office at Goldbug. No items can be registered Thursday, September 7, as the judging will be over.**
6. A separate registration form must be completed for each quilted item and attached to the item with a safety pin. Additional registration forms have been included. Please make sure information on each registration form is easy to read. Remember: Check box at bottom of registration form if you do not want the item judged. This would be greatly appreciated.
7. Quilt/Quilted items will be displayed as they seem fit for the space. If you have any objections to the way they are displayed, such as with clothes pins, or on ladders. Please let us know when you register them. Thanks for any help with this! Some quilts will not be displayed in their entirety.

Quilt Show/Contest and Canning Contest exhibit displays can be viewed at the Whitley County Board of Education, Thursday, September 7, and Friday, September 8, from 10-3 P.M. each day.

*If possible, Quilt Show and Canning Contest exhibits should be picked up at the Whitley County board of Education on Friday evening, September 8, from 3-4 P.M.* Exhibits not picked up Friday evening can be picked up at the Extension Office, Goldbug between 1 P.M.-4 P.M., Monday, September 11, and Tuesday, September 12.

***Top Viewer's Choice*** – Each person who visits the Quilt Show will have the opportunity to vote for the one favorite quilt or quilted item. Each quilt and quilted item will have a number, so it will be easy to “mark” your selection.

Please note the Quilt Show\Contest and Canning Contest registration and pick-up dates and times as listed on this sheet.

Refer to the General Rules above for additional guidelines. If there are any questions, contact the Whitley County Cooperative Extension Service. Call 549-1430; visit the office located in Goldbug, 4275 N. Highway 25W, Williamsburg; or e-mail at [DL\\_CES\\_WHITLEY@EMAIL.UKY.EDU](mailto:DL_CES_WHITLEY@EMAIL.UKY.EDU).



# You're Invited to Attend the WILDERNESS TRAIL AREA EXTENSION HOMEMAKERS ANNUAL MEETING

**October 7, 2017**  
**Annvile Baptist Church**  
(126 Church Street, Annville, KY 40402)

*Give Thanks for Homemakers!*

**Registration:** 9:30 to 10:30 a.m.  
**Speaker:** Sharon Wood, 1<sup>st</sup> Vice President  
**Entertainment:** Jackson County Band

Hosted by: Jackson County Extension  
Homemakers

Tickets: \$12.00  
Available at your local County Extension Office

**RSVP by September 22!**

**BUFFET MEAL**  
Roasted Turkey Breast with gravy/  
Roast Beef with gravy  
Loaded Mashed Potatoes  
Steamed Vegetable Medley  
Spinach Salad with apples, dried  
cranberries, feta and pecans  
Parker House Rolls  
Death by chocolate cake/Apple  
Cobbler  
Sweet/Unsweet Tea/Lemonade  
Coffee (provided by homemakers)  
Meal Catered by: Treasure Bites

