

# Whitley County Extension Homemakers *Newsletter*



**Scenes from Recent Events:**  
Master Gardener Graduation,  
Cooking Through The Calendar  
at Corbin Public Library,  
Bread and Jam Workshop,  
and Dehydrating at WD Bryant



## Cooperative Extension Service

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

## MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



# Club News



**AUGUST 22**

**CULTURAL ARTS COMPETITION**

*Cultural Arts Drop Off: 8:30 - 10 AM*

**HOMEMAKER LEADER TRAINING**

*Leadership Training: 1 PM*

Officers and Homemakers in leadership positions - this is for you! We will also be conducting our Annual Cultural Arts Competition on this day. Don't miss it! Cultural Arts categories and other detailed information can be found in the KEHA Manual.

**ATTENTION: CLUB PRESIDENTS!**

Don't forget - each club is responsible for 150 small items to put in the bags for the Wilderness Trail Area Annual Meeting in October. Let us know if you have any questions!

***New Extension Homemaker Club***

If you are interested in joining and participating in a new specialty Homemaker Club focused on textiles and fiber skills/art, join us for an organizational meeting on August 16th at 11 AM at the Extension Office. Give us a call if you have questions.

***Does Your Club Have News or an Event to Share?***

If you'd like to share your club news or event in the Homemaker newsletter, just let Linda or Reagan know. Call us at 606-549-1430, or email us at [linda.burgard@uky.edu](mailto:linda.burgard@uky.edu) or [reagan.weedman@uky.edu](mailto:reagan.weedman@uky.edu)

**LEADER  
LESSON  
TRAINING**

**TUESDAY, AUGUST 29TH**

**LAUREL CO. EXTENSION OFFICE**

**10 AM - 1 PM, LUNCH PROVIDED**

Officers and/or Club Lesson Leaders should attend this meeting, but it also open to **ANY AND ALL** Extension Homemakers! Lessons and materials provided will cover the months of September, October, and November. **The lessons are Savor the Flavor, In the Face of Disaster, and Holiday Ideas.** Let Linda or Reagan know if you plan to attend!

*Linda P. Burgard*

**Linda Burgard**  
**Whitley County Extension Agent**  
**for Family and Consumer**  
**Sciences**



**4275 N. Hwy 25W, Williamsburg, KY**  
**40769**  
**606-549-1430 Fax: 606-549-9029**  
**[linda.burgard@uky.edu](mailto:linda.burgard@uky.edu)**



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



[www.facebook.com/whitleyfcsc](http://www.facebook.com/whitleyfcsc)

## FCS Upcoming Events

Unless noted otherwise, classes will take place at the Goldbug office. Call us at 606-549-1430 for more information.  
PAY AND REGISTER ONLINE AT [ukywhitley.pacecommunity.net](http://ukywhitley.pacecommunity.net)

- August 8-** Sewing: Using Commercial Patterns, 6 pm (2nd of 4 classes)  
**August 9-** MOVE Exercise Class, 10 am  
**August 10-** Pressure Canning Basics: Green Beans, 9 am-1 pm (Pre-registration and payment required, \$10)  
**August 15-** Sewing: Using Commercial Patterns, 6 pm (3rd of 4 classes)  
**August 16-** MOVE Exercise Class, 10 am  
**August 17-** Retirement and Social Security Questions Answered, 6-7 pm  
**August 22-** Cultural Arts Competition Drop-Off, 8:30-10 am  
**August 22-** Homemaker Leadership Training, 1 pm  
**August 22-** Sewing: Using Commercial Patterns, 6 pm (4th of 4 classes)  
**August 23-** MOVE Exercise Class, 10 am  
**August 29-** Leader Lesson Training at Laurel County, 10 am-1 pm  
**August 30-** MOVE Exercise Class, 10 am  
**September 5-** Cooking Through The Calendar, 11 am  
**September 7, 8, 9-** Old Fashioned Trading Days  
**September 19-** Pressure Canning Basics: Canning Meat, 9 am-1 pm (Pre-registration and payment required, \$10)  
**September 21-** Sewing: Machine Sewing Basics, 5:30-8 pm (1st of 4 classes. Pre-registration & payment required, \$10)  
**October 3-** Cooking Through The Calendar at Corbin Public Library, 11 am  
**October 5-** Sewing: Machine Sewing Basics, 5:30-8 pm (2nd of 4 classes)  
**October 6-** Pretzel Bites Workshop, 6-8 pm (Pre-registration and payment required, \$5)



## Scalloped Okra and Corn

- |   |   |
|---|---|
| <b>4 cups</b> sliced fresh or frozen okra   | <b>1 cup</b> skim milk                      |
| <b>4 tablespoons</b> olive oil              | <b>8 ounces</b> shredded 2% cheddar cheese  |
| <b>1½ cups</b> cooked corn kernels, drained | <b>1 cup</b> Italian style dry bread crumbs |
| <b>2 tablespoons</b> whole wheat flour      |   |

- 1. Stir-fry** okra in 2 tablespoons olive oil for 10 minutes. **Place** in baking dish alternating layers with drained corn.
- 2. Prepare** white sauce by heating remaining 2 tablespoons olive oil in saucepan over low heat and blending in whole wheat flour. **Cook** oil and flour mixture 1 to 2 minutes.
- 3. Add** skim milk all at once, cooking quickly and stirring constantly until mixture thickens.
- 4. Stir** in cheese until blended.

- 5. Pour** mixture over vegetables. **Sprinkle** bread crumbs over casserole. Bake at 350° F for approximately 45 minutes, until casserole is heated through and the crumbs have browned.
- Yield:** 8, 1 cup servings

**Nutrition Analysis:** 220 calories; 9 g total fat; 2 g saturated fat; 0 g trans fat; 5 mg cholesterol; 340 mg sodium; 24 g total carbohydrate; 4 g dietary fiber; 7 g sugars; 9 g protein; 20% recommended allowance for vitamin C; 20% recommended allowance for calcium; 8% recommended allowance for iron.

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



# 2023 Williamsburg Old Fashioned Trading Days Canning

## Contest

- NO ENTRY FEE -

Ribbons and small cash prizes will be awarded for Top 3 in each Class, and Division Grand Champions.

**Friday, September 8**

**LOCATION: COURTHOUSE SQUARE**  
(same location as the Garden Show)

**Registration: 9-10:45 am**

**Judging: 11 am**

**Pick-Up: 3:30-4 pm**

**(items not picked up will be donated/discarded)**

## Divisions:

**Fruits, Pickles, Tomatoes, Vegetables, Miscellaneous**

## Division Classes:

<b>Fruits:</b>	<b>Pickles:</b>	<b>Tomatoes:</b>
<ul style="list-style-type: none"><li>• Jam -Berries</li><li>• Jam - Fruit</li><li>• Jam - Miscellaneous</li><li>• Jellies - Apple</li><li>• Jellies - Berry</li><li>• Jellies - Grape &amp; Muscadine</li><li>• Jellies - Pepper</li><li>• Jellies - Miscellaneous</li><li>• Preserves &amp; Marmalade - Fruit</li><li>• Preserves - Miscellaneous</li><li>• Juices</li><li>• Salsas</li><li>• Toppings</li><li>• Miscellaneous</li></ul>	<ul style="list-style-type: none"><li>• Bread and Butter</li><li>• Dill</li><li>• Beets</li><li>• Peppers - All</li><li>• Vegetables</li><li>• Miscellaneous</li></ul>	<ul style="list-style-type: none"><li>• Crushed</li><li>• Quartered</li><li>• Whole</li><li>• Juice</li><li>• Sauce</li><li>• Salsa</li><li>• Soup</li><li>• Miscellaneous</li></ul>
	<b>Vegetables:</b>	<b>Miscellaneous</b>
	<ul style="list-style-type: none"><li>• Corn</li><li>• Green Beans</li><li>• Sauerkraut</li><li>• Relishes</li><li>• Miscellaneous</li></ul>	

## General Rules for Entries:

1. Judging will be based on:

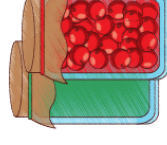
- A) Use of standard commercial glass canning jars and lids.
- B) Condition of lids. Two piece lids in good condition with rings on jars.
- C) Canned goods labeled with recipe name and date.
- D) Canned items must be sealed and have proper headspace.

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

2. Entries will be accepted in home-canned processed foods classes listed only. Exhibits not in listed classes will be entered in the Miscellaneous class.

3. Please only submit one entry per class per person. Ex. Please do not submit two jars of bread and butter pickles under the same person's name, but one can enter both bread and butter pickles AND dill pickles under the same name.

4. All exhibited items should be picked up on September 8th between 3:30 and 4 pm. **After this date canned items will be donated or discarded.**



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

606-549-1430

4275 N HWY 25W, Williamsburg, KY

*Thank you to Williamsburg Tourism for cash prize donations!*

# WILDERNESS TRAIL AREA EXTENSION HOMEMAKERS 2023 ANNUAL MEETING

**Saturday, October 28, 2023**

at

**Grace on the Hill Community Church**

1632 Cumberland Falls Hwy, Corbin, KY

Cultural Arts Check-In & Registration Begin at 9:30 am  
Meeting Begins at 10:30 am

Lunch catered by Tri-County Catering will include:  
Meatloaf, Potatoes, Green Beans, Roll, Dessert & Drinks

Tickets are \$20 , and may be purchased at your local County  
Extension Office. **Register by October 16th.**

Our theme is Celebrating the USO - United Service Organizations



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Lexington, KY 40506



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Whitley County  
 P.O. Box 328  
 4275 N Hwy 25W  
 Williamsburg, KY 40769

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# August 2023

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

**DATES TO REMEMBER:**

- 8th - Sewing: Using Commercial Patterns
- 9th - MOVE Exercise Class
- 10th - Pressure Canning Basics: Green Beans
- 15th - Sewing: Using Commercial Patterns
- 16th - MOVE Exercise Class
- 17th - Retirement and Social Security Questions Answered
- 22nd - Cultural Arts Competition
- 22nd - Homemaker Leadership Training
- 22nd - Sewing: Using Commercial Patterns
- 23rd - MOVE Exercise Class
- 29th - Leader Lesson Training, Laurel County
- 30th - MOVE Exercise Class

More Events Inside!