

# NEWSLETTER

## August 2024



**KENTUCKY**   
**COOPERATIVE EXTENSION**

UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

Hancock County  
1605 US Highway, 60 West  
Hawesville, KY 42348  
270-927-6618



## Hancock County Extension Family & Consumer Science Education

### Hancock County Building Strong Families for Kentucky

#### DATES TO REMEMBER

- 7/31-8/03** Hancock Co. Fair – Homemaker Cultural Art Display, **Enter items at 2:00 on the 31st**
- 8/02 & 8/03** Sunshine Circle – Booth at HC Fair
- 8/03** Pancake and Sausage Breakfast at HC Fair, 6:45am **volunteers needed**
- 8/06** Beginner Sewing Class, Apron or Pillowcase, 9a-12p or 5p-8pm
- 8/08** Quilted Checkboard Class, 9am-2pm – must have sewing skills
- 8/08** Crossback Apron Class, 5-8pm, must have sewing skills
- 8/20** HCPL Cookbook Club, Lewisport Library, 6-7pm
- 8/20** Officer Training at Career Center. Open to anyone who wants to get information about President, VP, Secretary, and Treasurer Positions, **1:00 pm \*\*time change\*\***
- 8/20** Homemaker Leader Lessons – Daviess, 10 and 11am
- 8/21** Homemaker Leader Lessons – Henderson, 10 and 11am
- 8/31** Sunshine Circle – Breakfast, Lunch, & Supper for Tractor Pull at Lewisport Community Center
- 9/20 & 9/21** Heartland of KY Quilt Show, Hardin County Ext Office 9-5, 9-4
- 9/24** Green River Annual Homemakers Day, Hartford Christian Church, 10:00am



#### NO REGULAR MEETINGS IN AUGUST

##### Monthly Meetings:

Hawesville Homemakers meet the **second Monday** of the month, 6:00pm at Kenergy.

##### September 9th

Sunshine Circle meets the **second Tuesday**, at 5:30pm at HC Career Center

##### September 10th

**SEW DAYS EVERY  
WEDNESDAY,  
9:30AM, IN AUGUST.  
BRING A FRIEND!**



#### 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

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# UPCOMING EVENTS

## Attention all Homemakers!

During the months of **August** we will have **"Sew Days" at the Career Center. Every Wednesday, beginning at 9:30 a.m.** we can get together and sew. You can bring your own project or sew on projects for Homemakers; twin size quilts, potholders, etc.) If you have an unfinished project you need help with this would be a great opportunity to get help from others! This is open to ALL Homemakers and bring a friend!

## Cultural Arts entries need to be at the Extension Office by September 1.

Winners will go to the Green River Area Annual Meeting on September 24, hosted by Ohio County. Winning items will go to the KEHA State Meeting in May 2025.

You may also stop by the office to **pick up your KEHA Service Calendar!**

Fair Pancake Breakfast preparation will begin at 6:45am and serving will begin at 8am on August 3rd.

**\*\*We need volunteers for this\*\***

# SALE

October 5th is the HWY 60 Yard Sale Fundraiser. Start collecting items you no longer need or want.



## Green River Area Homemakers Annual Day



Tuesday, September 24, 2024  
Registration begins at 10:00 am

Hartford Christian Church  
122 W. Walnut Street  
Hartford, KY 42347

RSVP Shelia Decker, Ohio County Homemaker President  
(270)256-2650 by August 27, 2024

## Heartland of Kentucky Quilt Show Presented by the Stitchers Quilt Guild

Hardin County Extension Office  
111 Opportunity Way  
Elizabethtown, KY 42701

For info email: Deb Hancock at  
htonamie@gmail.com

**HEARTLAND OF KENTUCKY QUILT SHOW**

Hardin County Extension Office,  
Elizabethtown, KY

September 20, 2024 9:00 to 5:00  
September 21, 2024 9:00 to 4:00  
Admission: \$6.00

QUILTS,  
VENDORS,  
REFRESHMENTS,  
DOOR PRIZES

For Info:  
Deb Hancock  
276-206-5199

# UPCOMING EVENTS



## HANCOCK COUNTY FAIR

JULY 31ST-AUGUST 3RD

Office Staff will be working at the fairgrounds July 31st & 1st. Call Angie's cell at 270-922-1727, if needed.

## KENTUCKY STATE FAIR

AUGUST 15TH-25TH



## FREE WORKSHOPS (BRING YOUR SUPPLIES)

Call 270-927-6618, or use the link on Facebook to sign up for any class!

### SEWING FOR BEGINNERS

August 6th  
9a-12p  
OR 5-8pm

Teens & Adults  
Welcome  
no sewing experience  
needed



#### PROJECT 1 - PILLOWCASE

- Pillowcase Supplies:
- ⊕ 1 yard of fabric (pre-washed and ironed)
  - ⊕ 1/2 yard coordinating fabric
  - ⊕ Thread to match

You may choose either project, and attend either time

#### PROJECT 2 - APRON

- Apron Supplies:
- ⊕ 1 & 1/2 yards of cotton fabric (pre-washed and ironed)
  - ⊕ 1/2 yard fabric of coordinating fabric
  - ⊕ Thread to match

Location:  
Hancock  
County  
Career  
Center



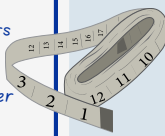
## QUILTED CHECKER & TIC TACTOE BOARD WORKSHOP

MUST HAVE BASIC SEWING SKILLS

August 8, 2024  
9am-2pm



- Supply List
- ⊕ 6 Fat Quarters (18" by 22')
  - ⊕ 12" or 13" Zipper
  - ⊕ Thin batting
  - ⊕ Ribbon
  - ⊕ All Purpose Thread



Bring your lunch  
and your supplies!

Location: Hancock County Career Center



## CROSSBACK APRON WORKSHOP

MUST HAVE BASIC SEWING SKILLS

August 8, 2024  
5-8pm

Bring your supplies!  
Location: Hancock County Career Center



- Supply List
- ⊕ 1 1/2 yds cotton woven fabric
  - ⊕ Matching thread
  - ⊕ 6 1/2 yds (2in wide) Bias tape



Cooperative  
Extension Service  
Agriculture and Natural Resources  
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Languages: KY 9000



# UPCOMING EVENTS

Cookbook Club  
August 20th (Lewisport Library), 6–7pm

Join our Cookbook Club for a culinary journey like no other! Bring your favorite homemade dishes to share in our potluck-style gatherings, where every bite tells a story and every recipe is a treasure waiting to be discovered. From savory delights to sweet sensations, indulge in a symphony of flavors crafted by passionate home cooks like yourself. After the feast swap recipes with fellow food enthusiasts, expanding your culinary repertoire one dish at a time. Come hungry, leave inspired!

Registration is strongly encouraged in order to avoid duplicate recipes. Sign-ups will be on July 22nd. Please call the library to register.

Thanks again!

Patrick Burk  
Adult Services Librarian  
Hancock County Public Library



**Fairgrounds  
CLEAN UP**

**Tuesday, July 30th  
5 PM**

**All volunteers welcome!**

High School students receive Community Service Hours

*Supper Provided*

The graphic features a large broom against a green background with the event details.

## Air Fried Okra Tots with Tangy Dipping Sauce

- **12 ounces** okra stalks
- **2 tablespoons** olive oil
- **2 tablespoons** salt-free seasoning

### Tangy Dipping Sauce:

- **1 cup** plain low-fat yogurt
- **3 tablespoons** mayonnaise
- **1 tablespoon** dried parsley
- **2 teaspoons** dried dill
- **1 teaspoon** garlic powder
- **1 teaspoon** onion powder
- **1/2 teaspoon** salt

**Wash** hands with warm water and soap, **scrubbing** for at least 20 seconds. **Cut** the ends off the okra. **Cut** the okra into 2-inch (tater tot sized) chunks. In a large bowl, **place** the cut okra, olive oil, and seasoning. **Toss** to coat. **Add** to the basket of your air fryer in a single layer. Depending on the size of your air fryer, you may need to cook in batches so the okra is in a single layer, which allows air to circulate and okra to be crispy. **Cook** at 350 degrees F for 10 minutes or until crispy, tossing halfway through. While the okra cooks, **prepare** the sauce by **mixing** all of the ingredients in a small bowl. **Refrigerate** the sauce until ready to serve. **Serve** okra tots with tangy dipping sauce. **Store** leftovers in the refrigerator within two hours.

**Yield:** 5 servings. **Serving Size:** 1/5 of recipe. **Nutrition Analysis for Okra Tots with Tangy Dipping Sauce:** 170 calories, 13g total fat, 2.5g saturated fat, 10mg cholesterol, 330mg sodium, 14g total carbohydrate, 2g fiber, 4g total sugars, 0g added sugars, 4g protein, 0% DV vitamin D, 10% DV calcium, 6% DV iron, 8% DV potassium. **Nutrition Analysis for Okra Tots (no sauce):** 70 calories, 6g total fat, 1g saturated fat, 0mg cholesterol, 0mg sodium, 10g total carbohydrate, 2g fiber, 1g total sugars, 0g added sugars, 1g protein, 0% DV vitamin D, 4% DV calcium, 0% DV iron, 6% DV potassium.



**AUGUST IS  
KIDS EAT RIGHT  
MONTH!**



Angelia (Angie) Swihart  
*Angelia Swihart*

Hancock County Extension Agent  
for

Family & Consumer Science  
Education