

# NEWSLETTER

July 2024



KENTUCKY  KENTUCKY STATE UNIVERSITY  
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

- 7/01 Club Reports Due (Paper forms-Program of Work & Volunteer Service Logs)
- 7/04 Snowcone Fundraiser at Vastwood, 4:30pm to dark
- 7/31-8/03 Hancock Co. Fair - Homemaker Cultural Art Display
- 8/02 & 8/03 Sunshine Circle - Booth at HC Fair
- 8/03 Pancake and Sausage Breakfast at HC Fair, 6:30am
- 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, 9:00 am
- 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 JULY OR AUGUST

##### Monthly Meetings:

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

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

**SEW DAYS EVERY  
WEDNESDAY,  
9:30AM, IN JULY  
AND 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 **July and 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. Then they will go to the KEHA State Meeting in May.

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

## BASICS OF FOOD PRESERVATION

**JULY 23RD AT THE HANCOCK COUNTY CAREER CENTER**  
**2 CLASS OPTIONS: 10 AM TO 12 PM OR 5:30 PM TO 7:30 PM.**

LEARN THE BASICS OF FOOD PRESERVATION EQUIPMENT, TOOLS, AND PROCESSES OF: WATER BATH CANNING, PRESSURE CANNING, FREEZING, AND DEHYDRATING FOODS.

**MUST REGISTER BY JULY 19, 2024 CALL THE OFFICE AT 270-927-6618, OR USE THE LINK TO SIGN UP!**



## SEWING FOR BEGINNERS

Teens & Adults Welcome  
no sewing experience needed

PROJECT 1 - PILLOWCASE

JULY 9 - 5-8PM



PROJECT 2 - APRON

JULY 11 - 5-8PM



FREE Workshop  
(you bring your supplies)

### Pillowcase Supplies:

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

### Apron Supplies:

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

Call 270-927-6618, or use the link to sign up!

Location: Hancock County Career Center

## CROSSBACK APRON WORKSHOP

MUST HAVE BASIC SEWING SKILLS



July 16, 2024  
9a-2p

Bring your lunch and 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



# UPCOMING EVENTS

## 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



OFFICE CLOSED FOR  
INDEPENDENCE  
DAY, JULY 4TH!

**CLOSED**

## 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  
htoname@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

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



HANCOCK COUNTY  
PUBLIC LIBRARY



Angelia (Angie) Swihart

*Angelia Swihart*  
Hancock County Extension Agent  
for

Family & Consumer Science  
Education

# UPCOMING EVENTS

## FOOD PRESERVATION

HANCOCK CO. FCS EXTENSION



### HANDS-ON WATER BATH CANNING FOR TOMATOES WORKSHOP

**JULY 29TH**  
AT THE HANCOCK COUNTY CAREER CENTER  
**10 AM TO 3PM**

**BRING YOUR LUNCH**

**MUST REGISTER BY JULY 23, 2024**

CALL THE EXTENSION OFFICE AT  
270-927-6618, OR USE THE LINK TO SIGN UP.

## Quick Couscous Salad



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- 1 box (5.8 ounces) roasted garlic and olive oil flavored couscous
- 1 cup halved grape tomatoes or 1 large tomato, diced
- 1/2 large cucumber or 2 small, diced
- 1 small red onion, diced
- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 1/4 cup grated parmesan cheese
- 1/3 cup chopped fresh parsley (optional)

1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
2. Prepare the couscous according to package directions. Set aside.

3. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
4. In a large bowl, mix olive oil, lemon juice, garlic powder, and black pepper.
5. Add prepared couscous, tomatoes, cucumber, onion, cheese, and parsley if using. Toss ingredients to coat with dressing.
6. If time allows, refrigerate for a few hours to allow the flavors to develop or serve immediately.
7. Refrigerate leftovers within 2 hours.

**Makes 7 servings**  
**Serving size: 2/3 cup**  
**Cost per recipe: \$6.27**  
**Cost per serving: \$0.90**

**Nutrition facts per serving:**  
160 calories; 7g total fat; 2g saturated fat; 0g trans fat; 5mg cholesterol; 280mg sodium; 20g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 5g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

**Source:**  
Brooke Jenkins,  
Extension Specialist,  
University of  
Kentucky Cooperative  
Extension Service