CALLOWAY COUNTY COOPERATIVE EXTENSION

FAMILY & CONSUMER

May 2025

Happy May!

As I begin my third year as the Calloway County Family and Consumer Sciences (FCS) agent, I can't help but reflect on the many wonderful people I have met along the way. My job is incredibly fulfilling, and I love having the opportunity to teach classes that make a positive impact on your daily lives.

This month's newsletter includes helpful information on spring cleaning- an excellent way to refresh your home while also being mindful of the rising costs of good. Additionally, I've included some budget-friendly recipes that can help stretch your grocery dollars.

April is also an exciting month for classes! Morgan Steinman will be teaching Sourdough 101, where we will learn how to create a sourdough starter from scratch and explore various recipes for delicious homemade breads. If you've ever wanted to try your hand at sourdough baking, this is the perfect opportunity to get started and it's FREE!

Don't forget to tune in to my monthly radio show on WNBS at 8:08 AM on April 17th, where I'll be sharing more helpful tips and insights. Also, mark your calendars for the wonderufl Quilt Show in Paducah- and event you won't want to miss!

Thank you for your continued support, and I look forward to another fantastic year of learning and growing together!

Deblie Hym

Cooperative Extension Service

Agriculture and Natural Resources physical or mental dis Family and Consumer Sciences may be available with 4-H Youth Development Community and Economic Development Lexington, KY 40506

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, vetera natatus, physical or mental disability or perisal or retailation 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, State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating, Lexington, KY 40506

Reminders

- RSVP for Second Saturday Sewing Studio
- RSVP for Sourdough 101



Office Info

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



Calloway FCS

G

Disabilities

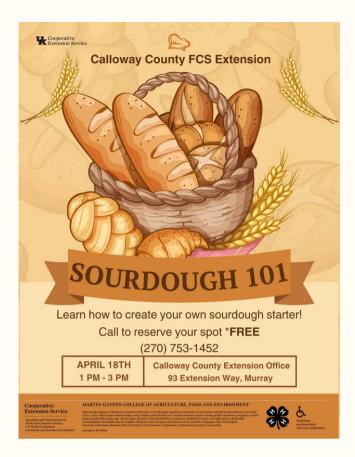
dated

with prior notification



Calendar of Events

April 1	Cooling Through the Colondar	10.20 am	CCPL			
April 1	Cooking Through the Calendar	10:30 am				
April 2	County Homemaker Council	9:30am	Meeting Hall			
April 4	Laugh and Learn	10am	CCPL			
April 5	Shooting Sports meeting	9am	Range/MH			
April 5	Creative Crafts Workshop	1pm	Meeting Hall			
April 8	Modern Homesteaders mtg	6:30pm	Meeting Hall			
April 9	Quilt Lovers Charity Sew	9am	Meeting Hall			
April 9	Town and Country meeting	11am	Pagliai's			
April 11	WITS Workout	10am	Senior Ctr			
April 12	Second Saturday Sewing Studio	9am	Sewing Cabin			
April 15	Quilt Lovers social hour	5pm	Meeting Hall			
	Quilt Lovers meeting	6pm	Meeting Hall			
April 18	Sourdough 101 Starter Class	1pm	Meeting Hall			
April 20	EASTER					
April 22	Friendship meeting	6:30pm	Judy Stahler			
April 24	Happy Hearts Meeting	11am	Meeting Hall			
May 3	County Homemaker Bazaar and y	vard sale				
May 6-8	State KEHA meeting					
June 16	Fair Check in entries					
June 17-21	Murray-Calloway County Fair					
July 1	Homemaker Yearbook information due					
July 23	County Homemaker Tally Day	10am	Meeting Hall			









Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMEN s of Kentucky Cooperative Extension nerve as people regardless ane on the bilisis of race, color, ethnic origin, national origin, cree nder identity, gender expression, preprincy, marital status, gen

ę.

Calloway County Homemakers

The Calloway County Homemaker Advisory council has elected new officers for the 2025-2026 Homemaker year. Congratulations to:

President--Robin Bracken

1st Vice President—Alison Geurin

2nd Vice President—Reba Henson

Secretary—Kathy Bodine

Treasurer—Judy Stahler

		Graves	Hickman	Marshall	McCracken
Lesson	Carbon Monoxide				
JUNE	Mailout				

Club News & Announcements

Creative Crafts Workshop- Krista Curlin from Charter Senior Living will host a "Paint and Sip" lesson on Saturday, April 5th in the Meeting Hall beginning at 1pm. Please reserve a spot by phoning the office, 270-753-1452.

Friendship Club- will meet on Tuesday, April 22nd at the home of Judy Stahler for a potluck at 6:30pm. FCS Agent Debbie Hixon will present the lesson, Gardening Safely.

Happy Hearts- Debbie Hixon will present the Gardening Safely lesson Thursday, May 24th at 11:00am along with a Mexican themed potluck.

Modern Homesteaders- The meeting will be Tuesday April 8th at 6:30 pm in the Meeting Hall. The lesson will be Gardening Safely.

Quilt Lovers- The monthly meeting will be Tuesday, April 15 with social hours starting at 5pm and the meeting at 6pm. Vickie Jost will present the lesson 'Notions and Novelties'. The charity sew day is Wednesday, April 9, from 9am-4pm.

Shooting Sports- will meet Saturday, April 5th at 9am either on the range or the Meeting Hall for their meeting and practice.

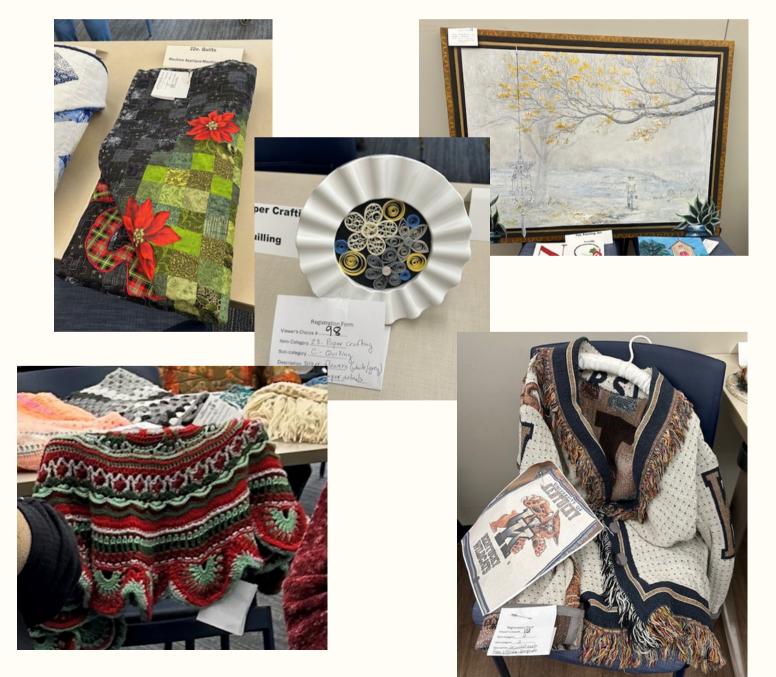
Town and Country- Pagliai's is the location of the April 9th meeting and lunch beginning at 11am.

Calloway County Shines at Homemaker Area Cultural Arts Event

The Homemaker Area Cultural Arts event was held on March 31st at the Graves County Extension Office, and Calloway County had an impressive showing! With 22 entries submitted for the competition, we are thrilled to announce that 11 of those entries have advanced to the State Cultural Arts Competition in Lexington, May 5-8.

Congratulations to our talented participants moving on to the next level: Vicki Jost with 6 entries, Pat Gill, Tammi Mitchell, Eve Adams, Myrna Vazquez, and Judi Little.

We are so proud of everyone who participated and showcased their creativity. Best of luck to those competing at the state level!



Get Ready for Canning Season: Test Your Pressure Canner Gauge for Free!

Canning season is just around the corner, and now is the perfect time to make sure your equipment is safe and ready to use. One important step in preparing is testing the gauge on your pressure canner.

A properly working gauge is essential for safe home food preservation. If the gauge is inaccurate, your food may not be processed at the correct pressure, which can lead to unsafe results. Don't take the risk—let's make sure your canner is up to the task!

I offer **free pressure canner gauge testing** at my office. It's a quick and easy process that gives you peace of mind and helps ensure your food is preserved safely for your family.

Call ahead to check on my availability and bring your lid with the gauge attached. Let's kick off the canning season with safety and confidence!

Speaking of Canning...

The **Murray-Calloway County Fair** is approaching fast, and I want to remind everyone that the fair has several classes in which to enter your canned goods.

If you're planning to **enter canned goods** in the fair, please be sure to follow the **USDA guidelines** carefully. When judging canned items, jars are **not opened**. Entries are judged **solely by appearance**, so it's important to present your best work.

Here are a few key reminders:

- Use **only regulation canning jars**—no second-use jars like those from spaghetti sauce, jelly, or mayonnaise.
- Jars must be free of rust and chips.
- Correct headspace is essential for safety and is a requirement for all fair entries. Exhibits with incorrect headspace will be **disqualified**. No decorations or labels.

If you're unsure about proper headspace or need guidance, feel free to contact me—or visit the **University of Kentucky website** for accurate, up-to-date information.

Let's make this year's fair a showcase of safe, high-quality home food preservation!

Share Your Favorite Mother's Day Memory!

Mother's Day is just around the corner, and we want to hear from YOU! Do you have a special memory of celebrating your mother? Or maybe a heartfelt moment as a mother yourself? Whether it's a tradition, a surprise, or just a simple yet meaningful day, we'd love for you to share your favorite Mother's Day memory.

We'll select the top three stories to feature in our May newsletter- and yes, winners will receive a fabulous prize! (Maybe even that trip to Hawaii I keep promising... but let's be honest, it might be more like a coffee gift card!)

Send in your memory to me by April 25th- email (debra.hixon@uky.edu) or USPS (93 Extension Way). We can't wait to read your stories!

Happy Mother's Day in advance!

Get Ready for the 2025 Murray-Calloway County Fair!

The 2025 Murray-Calloway County Fair is quickly approaching, and we can't wait to celebrate another year of fun, creativity, and community spirit! This year's fair will take place from **June 17 through June 21**, and there's something for everyone to enjoy.

We're especially excited to welcome entries in the **Cultural Arts Department**. If you'd like to show off your skills in areas such as photography, painting, quilting, crafts, or other creative arts, be sure to bring your entries on **Monday, June 16**, from **9:00 a.m. to 11:00 a.m.** Judging will begin at **11:00 a.m.** sharp.

Entry Pickup Times: Entries may be picked up on Sunday, June 22 from 8:00 a.m. to 9:00 a.m. or Monday from 9:00 a.m. to noon.

Fair Catalog Enclosed:

Enclosed in this newsletter is the 2025 Fair Catalog. Please take a moment to review the rules, guidelines, and note any special additions to certain classes - including exciting updates in categories such as **recycling**.

The county fair is a wonderful opportunity to share your creativity and be part of a long-standing community tradition. Whether you're entering an exhibit or just coming to enjoy the sights, sounds, and good company - **come and join us** at the Murray-Calloway County Fair!

2025 FAIR DIVISION RULES for Family & Consumer Sciences Exhibits: Canning, Sewing, Creative Crafts, Foods, Quilts & Fiber Arts

- 1. All entries for this department must be entered between 9:00 a.m. and 11:00 a.m. Monday, June 16, 2025. Judging will be at 11:00 a.m. the same day. Only workers and judges will be permitted in the FCS area during judging.
- 2. The management will use the utmost care to guard and protect exhibits, but is not liable.
- 3. Exhibits limited to Calloway County residents or members of the Calloway County Extension Organization.
- 4. No entry will be accepted unless the category is listed in the fair catalogue.
- 5. Exhibits must be removed between 8:00 a.m. and 9:00 a.m. Sunday, June 22, 2025 or 10:00 a.m. and 12:00 p.m. Monday, June 23, 2025. The management will not be responsible for exhibits not picked up by 12:00 p.m. on this date.
- 6. An exhibitor removing their exhibit before Monday, June 23, 2025 will forfeit their prize money. NO EXCEPTIONS.
- 7. No exhibitor will be allowed to exhibit more than one article in any one class. For example: only one jar of apple jelly, but can enter in each jelly class.
- 8. Family member(s) cannot enter "like" items.
- 9. All items must be bona-fide property and hand work of the exhibitor.
- 10. Specific rules pertaining to each division are listed under the specific division.
- 11. Professional work will not be accepted in this department. One who derives more than 50% of their income from type of work being exhibited by them is considered a professional in this department.
- 12. All exhibits must be clean or they will not be judged.
- 13. No exhibit may be in Fair Competition more than two years.
- 14. Any exhibitor winning a Champion in a division one year is barred from exhibiting the **same article in that class** the next year at the Calloway County Fair.
- 15. **EXHIBITORS** must determine the appropriate class for their entry **BEFORE ARRIVING**. Any article not up to standard in the class in which it is exhibited can be disqualified by the judge. Any entry must remain in the category determined by the **EXHIBITOR**.
- 16. All entries must include an entry card with name, address, phone number, division, and class. No entry will be accepted without this information.
- Exhibitors may pre-enter at the Calloway County Cooperative Extension Office until Friday, June 13, 2025. Office hours are 8AM to 4:30PM, Monday – Friday. <u>Do not bring exhibit to the office</u>.
- 18. No pictures/photos accepted unless framed and/or fixed for hanging. You may bring your own easels for art work, wreathes, pictures, etc., as needed.
- 19. Judges may, at their discretion, award a ribbon of such grade as the article deserves. If an entry does not deserve a ribbon, one will not be given.
- 20. A Champion ribbon will be awarded in each division along with prize money.
- 21. A Best of Show ribbon will be awarded and selected from all the Champions of each division along with prize money.
- 22. Premiums will be mailed to exhibitors.

CANNING DIVISION

- Canned food <u>must</u> be in standard canning jars with regulation sealed top; reused jars such as spaghetti sauce or pickle jars are not permitted.
- 2. As long as the jar is a standard canning jar with a regulation sealed top, there is no restriction on the jar size (quart, pint, etc.) in any category.
 - 3. Dirty jars or those with rusty lids will automatically be disqualified.
 - 4. Canned foods should be preserved no more than 1 year prior to this year's Fair date.
 - 5. Bands are to be removed from jars before entering. No decorations or labels allowed
 - 6. Judges will not unseal jars or taste contents.
 - Head space must follow USDA recommendations. Jars with incorrect head space will be disqualified.
 *Other means an entry not listed below.

CLASSES

PRESERVES & BUTTER

11. Blackberry Preserves

13. Strawberry Preserves

35. Green Beans or Snap

12. Peach Preserves

10. Apple Butter

14. *Other

VEGETABLES

36. Lima Beans

JAMS

- 1. Blackberry
- 2. Peach
- 3. Pear
- 4. Strawberry
- 5. *Other

PICKLES & RELISHES

- 19. Beets
- 20. Bread & Butter
- 21. Cucumber Dill
- 22. Cucumber Sour
- 23. Cucumber Sweet
- 24. Sweet Relish
- 25. Okra
- 26. Vegetable Relish
- 27. Salsa
- 28. Peppers
- 29. *Other

SAUCES

JELLY

6. Apple

8. Grape

9. *Other

7. Blackberry

- 30. Bar-B-Q 31. Chili
- 32. Spaghetti 33. Tomato
- 34. *Other
- 38. Carrots 39. Corn
 - 40. Peas

37. Beets

- 41. Potatoes
- 42. Soup Mixture
- 43. 2 or more vegetables
- 44. Tomatoes
- 45. Tomato Juice
- 46. *Other

FRUITS

- 15. Applesauce
- 16. Peaches
- 17. Pears
- 18. *Other

MEATS

- 47. Beef
- 48. Chicken
- 49. Pork
- 50. *Other

FOOD DIVISION

1. All foods should be placed in a small paper or plastic plate and placed inside a resealable bag (Ziplock).

2. No cream pies will be accepted.

*Other means an entry not listed below.

CLASSES

QUICK BREADS

- YEAST BREADS
- 51. Banana Bread (1/2 loaf)
- 52. Biscuits (4)
- 53. Cornbread (4 pieces)
- 54. Muffins
- 55. Zucchini Bread (1/2 loaf)
- 56. *Other

CAKES (1/4 cake)

- 63. Angel food (uniced)
- 64. Chocolate
- 65. Coffee Cake
- 66. Pound Cake (uniced)
- 67. Spice
- 68. White
- 69. *Other

COOKIES (4)

- 77. Chocolate Chip
- 78. Oatmeal
- 79. Sugar
- 80. Bar
- 81. *Other

57. Sweet Rolls (4) 58. Yeast Rolls (4) 59. *Other

BROWNIES

60. Iced (4) 61. Uniced (4) 62. *Other

DECORATED CAKES

(Whole cake, judged on appearance only) 70. Shaped 71. Sheet 72. *Other

CANDY (4 pieces)

73. Fudge74. Molded75. Peanut Brittle76. *Other

DECORATED COOKIES

(Judged on appearance only) 82. Decorated Cookies

PIES (1/4 pie)

83. Chess 84. Fruit 85. Pecan 86. *Other (no cream)

QUILT DIVISION

- 1. All quilts must have been completed within the last 2 years. They must be clean and in good condition.
- 2. Quilts may be completed by more than two people (both names listed). Group quilts (3 or more people)

are not accepted.

Miniature quilt must be no larger than 18"X18"
 *Other means an entry not listed below

CLASSES

HAND-QUILTED

87. Applique'
88. Applique' & Pieced
89. Baby Quilt
90. Hand Embroidered Quilt
91. First Quilt
92. Miniature Quilt
93. Piece Quilt
94. *Other

MACHINE-QUILTED 95. Applique' 96. Baby Quilt 97. First Quilt 98. Pieced Quilt 99. Machine Embroidered Quilt 100. *Other

WALL HANGINGS

101. Applique'
102. Applique' & Pieced
103. Pieced
104. 12"X 12" Finished Edge Quilt Square
105. *Other

CLOTHING DIVISION

- 1. All items must have been completed within the last 2 years.
 - 2. Items must be clean and in good condition.
- 3. Garment must be completely constructed by exhibitor. No store bought items.
 - *Other means an entry not listed below.

CLASSES

APPAREL

106. Infant 107. Boys 108. Girls 109. Pants/Skirt 110. Blouse/Shirt 111. Dress 112. *Other

DOLL CLOTHING

121. Doll clothing 122. Doll Accessories

SPECIAL APPAREL

113. Aprons 114. Costumes 115. Sleepwear 116. *Other

DECORATED SHIRTS

117. Appliqued (machine)118. Appliqued (iron on/vinyl)119. Embellished or jeweled120. *Other

MISCELLANEOUS

123. Tote Bag 124. Handbag 125. Small Bag 126. Wallet

MISCELLANEOUS CONT.

128. Bib 129. Burp Cloth 130. *Other

STITCHERY DIVISION

1. All items must have been completed within the last 2 years.

2. Items must be clean and in good condition.

*Other means an entry not listed below.

CLASSES

COUNTED CROSS-STITCH

140. Fabric 12" and under; 7-14 count (framed or finished item) 141. Fabric 12" and under; count over 14 (framed or finished item) 142. Fabric over 12"; 7-14 count (framed or finished item) 143. Fabric over 12"; count over 14 (framed or finished item) 144. *Other

HOME ACCESSORIES (Machine Made) KNITTING 149. Pillow 156. Afghan 150. Pillowcase/Sham 157. Baby Set 151. Placemats/Napkins 158. Dishrag 152. Tablecloth/Table Runner 159. Scarf 153. Curtains 160. Shawl 154. Pot Holder 161. Slippers 155. *Other 162. Sweater 163. *Other

MACHINE EMBROIDERY

MISCELLANEOUS STITCHERY

170. Candle Wicking 171. Crewel 172. Ribbon Embroidery 173. Rug 174. Smocking 175. Weaving 176. Beading 177. Macrame

178. *Other

CROCHET

131. Afghan 132. Baby Set

- 133. Dishrag 134. Pillowcase
- 135. Scarf
- 136. Shawl
- 137. Slippers
- 138. Sweater
- 139. *Other

HAND EMBROIDERY

145. Napkins 146. Pillow 147. Pillowcase 148. *Other

164. Placemats/Napkins 165. Pillow 166. Pillowcase/Sham 167. Shirt 168. Towel 169. *Other

NEEDLEPOINT

179. Pillow 180. Plastic Canvas 181. *Other

CREATIVE CRAFTS DIVSION

- 1. All items must have been completed within the last 2 years.
 - 2. Photography entries must be mounted or framed.

*Other means an entry not listed below.

CLASSES

BASKETS

CHRISTMAS DÉCOR

182. Decorated 183. Fabric/Rag 184. Woven 185. *Other

186. Centerpiece 187. Door Decoration (other than wreath) 194. Grapevine Wreath 188. Ornaments (set of 3) 189. Stocking 190. Tree Skirt 191. Wreath 192. *Other

DOOR DECORATIONS

193. Fabric 195. Other Wreath 196. *Other

HOLIDAY DÉCOR

(Other than Christmas) 197. Centerpiece 198. Door Decoration (other than wreath) 203. Necklace 199. Wreath 200. *Other

JEWELRY

201. Bracelet 202. Earrings 204. Ring 205. Set (Combo of above) 206. *Other

PAINTINGS/DRAWINGS

207. Acrylic 208. Charcoal 209. Mixed Media 210. Pastels 211. Pen & Ink 212. Pencil 213. Water Colors 214. *Other

PAINT (Stencil/Tole)

215. Fabric 216. Metal 217. Wood

218. *Other

PAPER CRAFTS

219. Greeting Card (1) 220. Holiday Greeting Card (1) 221. Scrapbooking (2 pages) 222. Holiday Scrapbook (2 pages)

PHOTOGRAPHY

223. Black & White-Landscape 224. Black & White-Portrait 225. Black & White-Nature 226. Color-Landscape 227. Color-Portrait 228. Color-Nature 229. Color-Sports 230. Color-Animals 231. Manipulated 232. *Other

CREATIVE CRAFTS DIVISION CONTINUED

CLASSES

SOFT SCULPTURE

233. Animal 234. Doll 235. *Other

WALL HANGINGS

236. Tin Punch 237. Wooden 238. Wreath 239. *Other

WOODEN ARTICLES

240. Accessories
241. Door Decorations
242. Furniture
243. Hand Carved
244. Toys
245. Article made from a kit
246. *Other

MISCELLANEOUS

247. Candles248. Ceramics/Pottery249. Stained Glass250. Gourds251. Yard & Garden Art252. *Other

PLACE SETTINGS CLASS

1. Space allowed is 30"X30".

2. Each place setting must include a menu for the occasion displayed.

3. A centerpiece must be included. The centerpiece must include any of the following: plants, flowers, fruit,

vegetables, dried plants, or herbs.

4. Place setting may be formal or informal.

5. Display your place setting on a table cloth/placemat or both along with a napkin according to correct

table setting standards.

*Other means an entry not listed below.

253. Holiday

254. *Other

RECYCLED CRAFTS DIVISION

- 1. All items must have been completed within the last 2 years.
- 2. Must attach note describing current use of item and its use before altering.
- 3. Garments must have attached note describing how the garment was recycled.

4. Item without note attached will be disqualified.

*Other means an entry not listed below.

CLASSES

RECYCLED ITEM (non-wearable)

RECYCLED ITEM (wearable)

255.Cloth 256.Glass 257.Metal 258.Paper 259.Plastic

260.Wood

261.Combinations of the above

262.*Other

263. Recycled Wearable—any medium 264. Upcycled/Recycled Garment 265. Tie-dye /Bleach

Annual Non-Discrimination Statement

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to

Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

