

**JUNE  
2025**

# **MCCRACKEN COUNTY FCS NEWSLETTER**

**KENTUCKY**   
**COOPERATIVE EXTENSION**



**Kelly Alsip,  
Family and Consumer  
Sciences Agent**

Can you believe that summer begins this month! (Officially on the 20th!)

This is a great time of year to focus on health and getting outdoors. Safely, of course, use your sunscreen, and stay hydrated!

The Paducah/McCracken County fair is next month, July 21st will be the day for fair entries and judging! Please take a look at our website for the list of fair categories. We need at least two volunteers from each homemaker club to volunteer for entry, setup, and sorting. Not a homemaker? We would still love to have volunteers from everywhere!. We are blessed to have a lot of fair entries, but with great numbers comes a lot of work. Please help! Call the office for more details! If you know of anyone who would like to judge a fair category, have them reach out to the office. Of course, bring on your entries as well, show off your skills, and earn a little extra money in the process.

New information on cultural arts! Starting this year, it will be held at the Area Homemaker Annual Day this coming September 23rd at the Bardwell Baptist Church! Quick turn around I know, so get those new entries going for that as well!

Sincerely,

Kelly Alsip  
McCracken County Agent for  
Family and Consumer Sciences

 **Hello  
June**

**Carmela Ballard,  
Homemaker President**



Welcome to June! Wow, 6 months into 2025! What have you done in 2025? We have so many things to accomplish and so little time! Several of us went to State Homemaker's Meeting. Ladies, if you haven't been, consider going. It is a great time of learning and relationships! This year it was in Lexington and will be again next year. GO!

June has many thoughts for me and I'm sure, you. I think about my dad so much, but a lot in the month of June. My birthday and his were 2 days apart in May and so all birthday cakes were shared. I loved it! Miss you Dad!

Longer days of summer also means more work daylight on the farm. Late suppers, later everything and early again the next day. Get your gardens going! It's not too late. Whether it's flowers or vegetables, large plots or containers, the growing season is fulfilling. I enjoy my porch and patio so much this month. I hope many of you will be able to see family and friends in the coming weeks and enjoy the break from school and many rigid schedules. Of course, the baseball schedule is a wild one, with hot days and rain-out reschedules. Embrace it!

Many clubs will not meet for a month or so, but don't forget to check in on your friends. Yoga will meet every Wednesday regardless of the summer breaks. Annual Meeting with Awards will be July 17th. New Year Kickoff is August 21st. Both events are Registration at 5:30pm and 6:00pm event time. Please RSVP to both events to the office or myself.

Counting My Blessings,  
Carmela





# OFFICER SPOTLIGHT

CARMELA BALLARD, HOMEMAKER PRESIDENT  
PURCHASE AREA 2<sup>ND</sup> VICE PRESIDENT



## CONGRATULATIONS, CARMELA! 🌿🏆

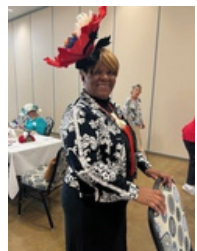
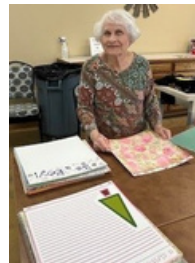
Your induction into the **Master Farm Homemakers Guild** is a remarkable achievement and a testament to your dedication, leadership, and unwavering commitment to farm and home life excellence. With only 50 members across Kentucky, your recognition places you among an elite group of women who exemplify the very best of rural living.



Your passion for uplifting your community, preserving the values of farm life, and promoting high standards of homemaking is truly inspiring. We are so proud of you and grateful for the light you shine on the positive aspects of farm and family life.

**WELL DONE, CARMELA—YOU'VE EARNED THIS HONOR IN EVERY WAY!**

## MEMORIES IN MOTION





# EVENTS

JOIN THE FUN NOW

## BEGINNER WATERCOLOR PAINTING

This beginner-friendly class is perfect for those looking to explore watercolor painting!

- Learn essential techniques
- Supplies provided
- Connect with fellow artists
- Take home your masterpiece

**\$25.00** Register now  
Call (270) 554-9520  
Pay at Door



**13 JUNE 2025**  
**9:30 AM - 12:30 PM**

McCracken County Cooperative Extension Service  
2025 New Holt Rd Paducah, KY 42003  
(270) 554-9520



**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 beliefs, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or perceived or real disability for prior civil rights activity. Reasonable accommodations 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 Cooperative Extension, Lexington, KY 40506

**MCCRACKEN COUNTY EXTENSION OFFICE**



## HORTICULTURE WALKING CLUB

**When:**  
**11:00-12:00**  
**Every Thursday May - June**  
(Will not meet June 19th)

**Where:**  
**Greenway Trail**  
(Meet at skate park entrance)





**CALL OUR OFFICE AT**  
**(270) 554-9520**  
**TO SIGN UP!**

**Cooperative Extension Service**

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## MCCRACKEN COUNTY FAIR

CULINARY, CRAFTS, AND TEXTILES DIVISION

- **Entry date: Monday, July 21st**
- **A list of departments and classes can be found at <https://mccracken.ca.uky.edu/fcs> or at the office.**

**MONDAY, JULY 21ST**  
**7 AM - 10 AM**



## TECH CLASS: LEARN THE BASICS OF GOOGLE DOCS

- **Create a Google Doc**
- **Learn editing and suggestion mode**
- **Share it with others**
- **Can also work in Microsoft Word**
- **Bring your own device**

**WEDNESDAY, JUNE 11TH**  
**10 AM - 11 AM**



## HOMEMAKER ANNUAL DAY

DISCOVER HOMEMAKERS  
A HIDDEN JEM

- **Open to all Homemaker members**
- **Ticket Sales begin June 1st**
- **\$20 per person**
- **Deadline July 7th**

**THURSDAY, JULY 17TH**

**5:30 PM - REGISTRATION**  
**6:00 PM - DINNER MEETING**



# EVENTS

KENTUCKY COOPERATIVE EXTENSION



**Monday, June 9th**  
**1:00 PM - 3:00 PM**

Choose a patriotic pattern with stars and stripes or paint a classic star pattern with red, white and blue for a patriotic twist. Our barn quilts are made of planks of raw pallet wood. The rough texture is very forgiving! You will get to choose a pattern when you arrive. We will show you how to transfer lines to the wood sign.

**COST: (\$35) 15"x15" - or - (\$45) 20"x20" square**

**Register directly through Better Than Ever at**

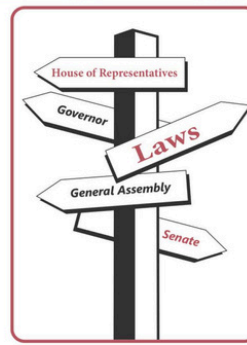
**<https://www.betterthanhomelife.com/classes-and-events>**

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

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Lexington, KY 40506



KENTUCKY COOPERATIVE EXTENSION



**The Road To Passage:**  
**How A Bill Becomes A Law**

**Friday,**  
**June 20th**  
**10:00 am - Noon**

**Ever wondered how an idea transforms into a law? Dr. Beverly Largent explains how laws shape everything from public policy to daily life—but how does an idea actually transform into a law? Attend this class to find out!**

*Pre-registration required*  
**Call (270) 554-9520**

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KENTUCKY COOPERATIVE EXTENSION

*Beginner friendly*  
*Good for all levels*

**CharmGello™**  
**Amazing Quilt**  
by Pat Arnott

**Friday, June 6 and Monday, June 9**  
**10 am - 3 pm**

**Finished Size 41" x 48"**

**Fabric Requirements**  
(all 5 x 5 squares)

- One Charm Pack 42 - Print
- One Charm Pack 40 - Light Solid
- One Charm Pack 40 - Dark Solid
- OR**
- One yard feature fabric, one yard light (solid) fabric and one yard dark (solid) fabric

**\$25 per person**

*Class size is limited*  
**Call (270) 554-9520 to register**

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K Cooperative Extension Service

**Purchase Area Master Clothing Volunteers**

**Magic Knit Top**

Adult Serger Workshop

**June 17 & June 18**  
**9am - 3pm**  
**Cost: \$15**



**Graves County Extension Office**  
**4200 US HWY 45**  
**Mayfield, KY, 42066**

Please bring your own machine and thread. If you need a machine one can be provided.

Bring your own lunch

**Space is limited RSVP and pay by June 6 to secure your spot call 270-665-9118 to register. Payments can be taken to local Extension Office. Check payments made to Purchase Area Master Clothing Volunteers**

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# CALENDAR

## JUNE



## 2025

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2 <b>Canning Class</b> 9am - 3 pm	3 <b>Game Day, Come Play!</b> 9 am - 12 pm <b>Adult Sewing</b> 9 am - 12 pm	4 <b>CHOICE Chat</b> 9 am <b>Chair Yoga</b> 10 - 10:45 am	5 <b>Needlework Circle</b> 10 am - 12 pm <b>Crochet Alley &amp; Knitting Row</b> 1 pm - 3 pm	6 <b>Amazing Quilt</b> 10 am - 3pm Part 1	7 <b>Quilting 101</b> 9 am - 1 pm
8	9 <b>Amazing Quilt</b> 10 am - 3pm Part 2 <b>Better Than Ever: Patriotic Barn Quilts</b> 1 pm - 3 pm <b>Homeschool Mom's Homemaker Club</b> 6 - 8 pm	10 <b>Adult Sewing</b> 9 am - 12 pm <b>Golden Days Club</b> 10 am	11 <b>CHOICE Chat</b> 9 am <b>Chair Yoga</b> 10 - 10:45 am <b>Tech Class</b> 10 - 11 am	12	13 <b>Arts and Crafts: Beginner Water Color</b> 9:30 am - 1:30 pm	14  <b>FLAG DAY</b>
15 	16 <b>FCS Advisory Council</b> 11:30 am	17 <b>Bags of Love</b> 9:30 am - 1:30 pm	18 <b>Scrapbooking</b> 9 am - 3 pm <b>Chair Yoga</b> 10 - 10:45 am	19 	20 <b>How a Bill Becomes a Law</b> 10 am - 12 pm	21
22	23 <b>Homemaker Garden Club</b> 10 am	24 <b>Adult Sewing</b> 9 am - 12 pm <b>Paducah Stitch n Quilt Club</b> 10 am - 4 pm	25 <b>Chair Yoga</b> 10 - 10:45 am	26	27 <b>Basket Weaving 5</b> 9 am - 3 pm	28
29	30					

LOOK FOR UPCOMING EVENTS ON OUR WEBSITE [MCCRACKEN.CA.UKY.EDU](https://mccracken.ca.uky.edu)  
OR FOLLOW US ON FACEBOOK  
QUESTIONS? CALL (270) 554-9520 OR EMAIL [MCCRACKEN.EXT@UKY.EDU](mailto:mccracken.ext@uky.edu)





## Strawberry Salsa

<b>1 tablespoon</b> olive oil	<b>2 cups</b> , coarsely chopped fresh strawberries	<b>2 cups</b> chopped cherry or grape tomatoes
<b>2 tablespoons</b> white vinegar or white balsamic vinegar	<b>8</b> green onions, chopped	<b>½ cup</b> chopped fresh cilantro
<b>½ teaspoon</b> salt		

- 1. Whisk** olive oil, vinegar, and salt in large bowl.
- 2. Add** strawberries, green onions, tomatoes, and cilantro. Toss to coat.
- 3. Cover** and chill for 1 hour.
- 4. Serve** with tortilla or pita chips.

**Yield:** 7, ½ cup servings.

**Nutrition Analysis:** 40 calories; 2 g fat; 0 g saturated fat; 0 mg cholesterol; 170 mg sodium; 6 g carbohydrate; 1 g fiber; 4 g sugar; 1 g protein; 60% of vitamin C.

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

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



## Kentucky Strawberries

**SEASON:** May through June

**NUTRITION FACTS:** Strawberries are low in calories and high in nutrients. One cup strawberries contain 55 calories. Strawberries are a great source of vitamin C. They also contain vitamin A, iron, fiber, and folic acid. Folic Acid is especially important for childbearing women. When consumed in adequate amounts, it has been proven to prevent certain birth defects.

**SELECTION:** Choose fully ripened, bright red berries. Strawberries do not ripen after they have been picked. Berries should be plump and have a natural shine with bright green, fresh looking caps. Use strawberries as soon after picking as possible for the best flavor and highest nutritional value.

**STORAGE:** Store strawberries in the refrigerator, covered, unwashed, with the caps on. Do not crowd. If you have the space, gently spread the berries on a cookie sheet and cover with plastic wrap. Use berries within 2 to 3 days.

**HANDLING:** Handle strawberries gently. Never remove

the caps before washing. The cap prevents water from soaking into the berry, which lessens the flavor and changes the texture. To wash, cover berries in cold water and lift gently out of the water to drain. Dry by placing berries in a single layer on paper towels.

After washing, remove the caps if necessary. Give the cap a gentle twist or use the point of a sharp paring knife or pointed spoon.

Pat berries dry with paper towels before serving whole or sliced, fresh or cooked.

### STRAWBERRIES

#### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Nutrition  
and Food Science students

**March 2011**

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COOPERATIVE  
EXTENSION  
SERVICE



College of Agriculture,  
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