

APRIL 2024

CUMBERLAND COUNTY

Homemakers



Want to stay informed on Extension classes, events, and more?
Visit our website at <https://cumberland.ca.uky.edu/>

AREA CULTURAL ARTS

Cumberland County hosted the Lake Cumberland Area Homemakers Cultural Arts competition. We would like to give a big shout out to Kim Lohr as the LCA Cultural Arts chair. Kim did a wonderful job planning, organizing, and making sure the day was a success. The ultimate compliment came from Cyndy Humble (LCA Homemaker President) when she said “this was the best Area Cultural Arts competition that I have been to!” We would also like to thank Joyce Howlett for helping with the area competition. We could not have done it without her!

Cumberland County has 23 items going to KEHA State competition!

 Cooperative
Extension Service

Area Cultural Arts

Friends of Burkesville
Manor

Recipe

Upcoming Events

FRIENDS OF BURKESVILLE MANOR

The Extension Office is collecting the following items for the Friends of Burkesville Manor program:

- April
 - Nabs (peanut butter crackers)
 - Granola bars
 - Due: April 12th, 2024
- May:
 - Canned tuna and chicken
 - Tuna or chicken helper
 - Due: May 10th, 2024

Burkesville Manor has 24 apartments that we will be providing for. If you would like to help deliver items, please contact the Cumberland County Extension Office.



BLUEBERRY FRENCH TOAST

- 1/4 cup whole wheat flour
- 1/4 cup all-purpose flour
- 1 1/2 cups skim milk
- 1 tablespoon sugar
- 1/2 teaspoon vanilla
- 1/4 teaspoon salt
- 3 eggs
- 6 egg whites
- 1 loaf (12 ounces) French bread, cut into 1 inch cubes
- 3 ounces fat free cream cheese, cut into 1/2 inch cubes
- 1 cup fresh blueberries
- 1/2 cup chopped almonds
- Honey, if desired
-

Yield: 8, 1 cup servings

Directions: Generously grease a 13x9x2-inch baking dish. Beat flours, milk, sugar, vanilla, salt, eggs and egg whites in a large mixing bowl with a hand mixer until smooth. Stir in bread cubes until they are coated. Pour bread mixture into baking dish. Top evenly with cream cheese, blueberries and almonds. Cover and refrigerate for at least 1 hour, but no longer than 24 hours. Heat oven to 400 degrees F. Uncover and bake 20-25 minutes or until golden brown. Sprinkle with honey, if desired.

Nutritional Analysis: 420 calories; 6 g fat
1 g saturated fat; 70 mg cholesterol
860 mg sodium; 69 g carbohydrate; 4 g fiber;
9 g sugar

Source: Plate it Up Kentucky Proud

TASTE OF HOME

Cooking Show

MAY 9TH, 2024 | 6PM CT

AT THE CUMBERLAND COUNTY EXTENSION OFFICE
90 SMITH GROVE RD, BURKESVILLE, KY 42717

The Taste of Home Cooking Show is a delightful culinary experience where talented Cumberland County Homemaker cooks showcase their skills by demonstrating a variety of delicious dishes that evoke the warmth and comfort of home-cooked meals.

As the chefs expertly prepare each dish step by step, they share tips, tricks, and techniques to help viewers recreate the recipes in their own kitchens. Dishes prepared will be given away as door prizes.

Cookies and punch will be served.

Tickets are available for purchase at the Cumberland County Extension Office or by calling (270) 459-0877 or (270) 864-4165. Tickets are \$15. Space is limited. All proceeds benefit the Homemaker Scholarship given to local seniors.

 Cooperative Extension Service

Cooperative Extension Service

Agriculture and Natural Resources
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties Cooperating.
Lexington, KY 40506



Disabilities accommodated with prior notification.



BACK TO THE BASICS: COOKING WITH CAST IRON



Thursday, May 30th
Wayne County Extension Office
255 Rolling Hills Blvd, Monticello

Registration begins at 9:30am EST
Program begin at 10am EST

LEARN ALL ABOUT:

- THE HISTORY AND BASICS OF CAST IRON
- RESTORATING CAST IRON
- CARING FOR CAST IRON
- MULTIPLE CAST IRON COOKING DEMOS

Registration and \$15 fee due to
your county office by May 10th

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University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
Family and Consumer Sciences



Let's Have a Garden Party

LAKE CUMBERLAND ANNUAL MEETING

INFO

Join us for 'Let's Have a Garden Party' presented by Adair County Homemakers. Enjoy fellowship, regional history, and delicious food for \$15 payable at your county extension office. Cost includes lunch, activities, and don't miss out on our door prizes! A few reminders for counties before your visit...

- Bring one check payable to Adair County Homemakers for all attendees.
- Provide one envelope labeled with the county name, containing slips of paper with all attendee's names.
- Bring one door prize valued at \$25
- Remember our name tag contest, garden themed entries are encouraged

Thursday, May 16th 9:30 AM CST
Registration opens at 9:00 AM CST
Adair County Extension Office
409 Fairground St. Columbia, KY 42728

ENTERTAINMENT



FINE DINNING

Main Course:
Italian Chicken Cutlets or Roast Beef
Sides:
Mashed potatoes, Green Beans, Rolls,
Broccoli & Cauliflower Salad
Dessert:
Variety of Cupcakes

RSVP DUE TO YOUR COUNTY BY FRIDAY, MAY 3RD

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Cumberland County House Plants Group

The Cumberland County House Plant Group meets the first Monday of each month at 10am at the Cumberland County Extension Office. All are invited to attend!

Cumberland County Beekeepers Group

April 9th, 2024 | 5pm
at the Cumberland Co. Extension Office

The Cumberland County Beekeepers group meets the second Tuesday of each month at 5pm at the Cumberland County Extension Office.

Shared Plates: Family Meal Cooking Class

April 16th, 2024 | 5:30pm
at the Cumberland Co. Extension Office

Learn how to make Cheesy Taco Pasta, Garlic Bread, and Angel Berry Trifle. Class is free. Instructors are Karen Hagan and Debbie Messenger. To register, contact the Cumberland County Extension Office at (270) 433-7700.

Cumberland County Gardeners

April 25th, 2024 | 10am
at the Cumberland Co. Extension Office

The Cumberland County Gardeners meet the fourth Thursday of each month at 10am at the Cumberland County Extension Office. All are invited to attend!

Tick Class

May 9th, 2024 | 5:30pm
at the Cumberland Co. Extension Office

The speaker for this class is Jonathan Larson. Please RSVP by calling the Cumberland County Extension Office at (270) 433-7700.

Taste of Home Cooking Show

May 9th, 2024 | 6pm
at the Cumberland Co. Extension Office

The Taste of Home Cooking Show is a delightful culinary experience where talented Cumberland County Homemaker cooks showcase their skills by demonstrating a variety of delicious dishes that evoke the warmth and comfort of home-cooked meals. As the chefs expertly prepare each dish step by step, they share tips, tricks, and techniques to help viewers recreate the recipes in their own kitchens. Dishes prepared will be given away as door prizes. Cookies and punch will be served.

Tickets are available for purchase at the Cumberland County Extension Office or by calling (270) 459-0877 or (270) 864-4165. Tickets are \$15. Space is limited. All proceeds benefit the Homemaker Scholarship given to local seniors.

Back to the Basics: Cooking With Cast Iron

May 30th, 2024 | 9:30am Registration
at the Wayne Co. Extension Office

Learn about the history and basics of cast iron, restoring cast iron, caring for cast iron, multiple cast iron cooking demos.

Registration and \$15 fee due to your county office by May 10th.

Debbie Messenger, agent for Family and Consumer Sciences