

**ADAIR COUNTY EXTENSION HOMEMAKERS**

# April 2024



Attendees at the HBM training, in total 14 people were certified.



Lesley celebrating her birthday in March at the Victorian House



Staff celebrating the Martin-Gatton college name change

The March Homemaker club roll call question was something to the effect of “What do you enjoy most about spring?” What I have been most excited about today was taking a walk outside on my lunch break. Today there was a slight breeze and a warm sun on my arms. I hope you have the opportunity to enjoy beautiful outside weather also. In March, there were several positive developments in homemakers and in our office. Be sure to read on for all the exciting developments.

This past month, we hosted the first homebased microprocessor training in Adair County. Fourteen people became HBM certified, meaning they can now sell home canned goods legally. This is positive for the community so that more local produce is available to be sold and can be safely preserved.

In March, we welcomed a new full-time staff Member, Ashley Curry. Ashley has worked with us part-time for 5 years but has now transitioned to full-time. If you come in, make sure to say hello.

This past month we released our 2024 report to the people (RTTP). The RTTP is a summary with quick facts about the programs our office has conducted in the past year. For your convenience, I have included the report in this newsletter.

Adair County had good success at the area cultural arts competition. Of the 44 entries that competed, 17 of these received 1st place. These entries will advance to the state competition on May 7th.

Our next homemaker leader lesson is, “Entertaining little ones”, on April 16th at noon. The lesson will cover tips on positive activities to do with young children. If you are leader of the lesson, please make plans to attend. Everyone is invited.

Lastly, the area homemaker meeting will be held on May 16th here in Adair County. The theme is Garden Party and includes a delicious lunch, and great entertainment. Tickets are \$15 and include all of the activities. Please make plans to attend, as the meeting will not be held in Adair County again until 2034! More details are in the flyer below.

**Calendar of Events**

- Quilt Guild - April 8, 6PM
- Entertaining little ones - April 16
- Mushrooms - April 30th
- State Cultural Arts - May 7th
- Area Meeting - May 16th
- County Meeting - June 4th



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See you soon!  
*Dylan Gentry*  
 Dylan Gentry  
 County Extension Agent  
 for Family & Consumer Sciences



Disabilities  
 accommodated  
 with prior notification.

# Entertaining Little Ones

## TUESDAY, APRIL 16TH AT NOON CST



No matter how long you have been parenting, everyone runs out of ideas for keeping little ones, or big ones, entertained. When your child cries, "I'm bored" or "There's nothing to do," it is not always beneficial to run to their rescue with an activity you just learned of from the latest blog or news article. Join FCS Agent, Katelyn Squires, as she share tips on positive activities to do with young children. Come prepared to take notes on structured playtime and research based online activities that foster learning. No RSVP Required. The class will take place at noon on Tuesday, April 16th at the Adair County Extension office. The extension office is located at 409 Fairground St., across from Lindsey Wilson College. Children are welcome to attend.



ADAIR COUNTY  
 COOPERATIVE EXTENSION SERVICE

WELCOME TO OUR TEAM



*Ashley Curry*

WE ARE PLEASED TO ANNOUNCE THAT ASHLEY, WHO HAS SERVED WITH US PART-TIME FOR FIVE YEARS, WILL COMMENCE HER FULL-TIME ROLE WITH US AS OF TODAY, MONDAY, MARCH 11TH. PLEASE JOIN US IN EXTENDING A WARM WELCOME TO ASHLEY.

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 4-H Youth Development  
 Community and Economic Development

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# Adair County

## 2023 - 2024

### Report to the People

#### *Did you Know?*

- 2,804 educational contacts were made by Master Gardeners via educational classes and newsletters.
- Entries in the Homemaker's Cultural Arts Competition doubled in 2023, from 30 to 62 entries.
- Adair County had 92 campers, 20 Teen Leaders, and 12 Adult Leaders attend 4-H Summer Camp. The second largest number ever.

For More Information, Please Contact us at:  
Adair County Extension Office  
(270) 384-2317  
409 Fairground Street, Columbia KY 42728

#### *Meet the Staff*



Tony Rose, Dylan Gentry, Nick Roy  
Maggie Wells, Ashley Curry

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## Agriculture & Natural Resources

### ***Cooperative Extension Supports Local Beef Producers***

The Adair County Cooperative Extension Service provides educational programs, research, demonstrations, and services to help farmers improve beef production. According to the USDA, over 500 farmers care for 37,500 head of cattle in Adair County.

The Basic Beef Program cooperates with local farmers to implement practices in reproduction, genetic improvements, and forage management.

Research conducted on local farms measured improvements in soil fertility by unrolling hay during winter feeding to distribute nutrients. Local farms were utilized to study dewormer resistance with UK Beef Specialist Dr. Jeff Lehmkuhler.

Past participants of the Adair County Beginner Beef Program utilized conservation practices while participating in EQUIP programs. Provided educational programming and technical support to build over twenty hay storage facilities in Adair County.

Supported the Adair County Cattlemen's Association and their 300 members to hold educational programs, develop and distribute \$200,000 in CAIP funds, and facilitate the Adair County Cattlemen's Feeder Calf Program.





# Family & Consumer Sciences

## **Community Rallies for Kickstart the Holidays**

In a successful holiday preparation event, 55 participants joined Extension agents from the Lake Cumberland Area for a day-long holiday prep event. Holiday preparation classes are crucial for various reasons; enabling individuals and families to better manage their finances during the holiday season, thus helping them avoid overspending and financial stress. Additionally, these classes promote a deeper understanding and appreciation of cultural and family traditions, preserving the significance of these customs for generations to come.

A post-event survey revealed impressive results, with 100% of attendees feeling better prepared to manage their finances during the holidays. 77% reported an increased understanding of family traditions, and 68% strongly agreed that they had acquired new strategies for creating holiday arrangements.

The event culminated with a Kentucky Proud recipe, Burgoo. Furthermore, 97% felt they left with a fresh and healthy holiday recipe to enjoy with their families this holiday season.



## 4-H Youth Development

### **4-H Youth Learning Historical Skill**

The 4-H County Ham project provides youth the opportunity to apply scientific principles, exercise leadership, communications skills, and invest in their future.

4-H members learn principles in microbiology and practice food safety as they prepare green hams for curing. A ham house has been constructed in Adair County that enables the youth to be engaged throughout the curing process.

Adair County had 44 4-H youth, Cloverbuds, and adults participate in the ham project. The total value of the Adair County youth hams was over \$9,000.00. Adair County youth were allowed to auction one of their country hams at the 4-H Ham Auction. The Adair County ham auction raised over \$10,000 for the youth who auctioned off a ham. \$4,425 was raised from the auction for the Adair County 4-H Ham Scholarship. Each year up to 3 senior 4-H members who participate in the ham project may receive a \$300 scholarship for continuing education.



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Lexington, KY 40506







**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 DINING

**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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Adair County  
409 Fairground Street  
Columbia, KY 42728  
Official Business Only

{First Name} {Last Name}  
{Address1}  
{City} {State}{Zip Code}

### Catfish Fillets in Ginger and Soy

- 1.5 lbs. catfish steaks, about 1-inch thick
- ¼ cup olive oil
- 1 garlic clove, minced
- 8 ounces fresh white mushrooms
- 3 tablespoons low-sodium soy sauce
- ¼ cup white wine vinegar
- ½ teaspoon ground ginger
- 1 green onion, thinly sliced

Preheat oven to 350 degrees Fahrenheit. Mix olive oil, garlic, mushrooms, soy sauce, vinegar, and ginger in a bowl. Place fish in a shallow, greased baking dish. Pour mushroom mixture evenly over fish. Pull foil around baking pan and seal tightly. Bake for 30 to 35 minutes or until fish flakes easily. Add thinly sliced green onions on top of fish before serving.

Yield: 6 servings

Adapted from "Pride of Kentucky" Published by Kentucky Extension Association of Family and Consumer Sciences, Copyright 2003 by Kentucky Association of Family and Consumer Sciences P.O. Box 446 Franklin, Kentucky 42135-0446



| Nutrition Facts              |            |
|------------------------------|------------|
| 6 servings per container     |            |
| Serving size 4 ounces (181g) |            |
| Amount per serving           |            |
| <b>Calories</b>              | <b>270</b> |
| % Daily Value*               |            |
| <b>Total Fat</b> 17g         | <b>22%</b> |
| Saturated Fat 4g             | <b>20%</b> |
| Trans Fat 0g                 |            |
| <b>Cholesterol</b> 65mg      | <b>22%</b> |
| <b>Sodium</b> 340mg          | <b>15%</b> |
| <b>Total Carbohydrate</b> 2g | <b>1%</b>  |
| Dietary Fiber 0g             | <b>0%</b>  |
| Total Sugars 1g              |            |
| Includes 0g Added Sugars     | <b>0%</b>  |
| <b>Protein</b> 25g           |            |
| Vitamin D 10mcg              | <b>50%</b> |
| Calcium 4mg                  | <b>0%</b>  |
| Iron 0mg                     | <b>0%</b>  |
| Potassium 442mg              | <b>10%</b> |

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Area Cultural Arts Recap

44 outstanding entries competed, 17 of these will continue to state!

