



# June 2023 FCS Newsletter



**VOL. 23-06**

### Cooperative Extension Service

Wayne County  
255 Rolling Hills Blvd.  
Monticello, KY 42633  
(606) 348-8453  
Fax: (606) 348-8460  
[extension.ca.uky.edu](http://extension.ca.uky.edu)



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*"In early June the world of leaf and blade and flowers explodes, and every sunset is different." - John Steinbeck*



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# Nutrition Notes.....

(Alta) Gaye Hutchison,  
EFNEP Assistant

(Expanded Food and Nutrition Education Program)

Taken from  
August 2021  
Food and  
Nutrition  
Calendar

## PEACH AND BLUEBERRY CRUMBLE



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

### Nutrition facts

#### per serving:

150 calories; 5g total fat; 3g saturated fat; 0g trans fat; 10mg cholesterol; 80mg sodium; 27g carbohydrate; 3g fiber; 18g sugar; 5g added sugar; 2g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium.

**Source:** Sarah Spears,  
Floyd County SNAP-Ed

- 1 (28-ounce) can peaches in juice, drained
- 1 1/2 cups fresh or frozen blueberries
- 1 cup old-fashioned rolled oats
- 3 tablespoons brown sugar
- 1/4 teaspoon cinnamon
- 1/4 teaspoon salt
- 3 tablespoons softened unsalted butter

1. Preheat oven to 350 degrees F.
2. Place peaches in a 10-inch cast iron skillet. Sprinkle blueberries on top of peaches.
3. In a separate bowl, using a fork, mix together oats, brown sugar, cinnamon, and salt with softened butter. Sprinkle oat crumble over top of peaches and blueberries.
4. Bake for 25 to 30 minutes.

**Makes 8 servings**

**Serving size:** 1 slice

**Cost per recipe:** \$5.92

**Cost per serving:** \$0.74

# Blueberry Cheesecake Bars



## Crust:

- 1 cup graham cracker crumbs (9-10 graham cracker sheets)
- 3 tablespoons unsalted butter, melted
- 3 tablespoons unsweetened applesauce

## Topping:

- 1 1/2 cups nonfat plain Greek yogurt
- 3.5 ounces cream cheese, softened
- 1 tablespoon cornstarch
- 1/4 teaspoon salt
- 1/3 cup sugar
- 2 tablespoons lemon juice
- 2 cups blueberries
- 1 tablespoon lemon zest (optional)

1. Preheat oven to 300 degrees F.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. Mix graham cracker crumbs, melted butter, and applesauce together in a medium bowl until combined. Evenly press crust into an 8-by-8 baking pan. Using the bottom of a dry measuring cup, firmly press down on the crust to make it more compact.

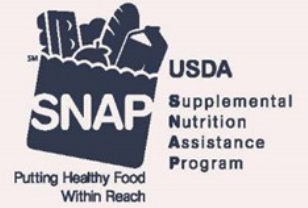
4. Bake for 12 minutes. Remove from the oven and set aside.
5. Increase the oven temperature to 350 degrees F.
6. In a large bowl, combine the yogurt, softened cream cheese, cornstarch, salt, sugar, and lemon juice. Fold in the blueberries and the lemon zest (if using).
7. Carefully drop spoonfuls of the topping mixture over the cooled crust and spread to make an even layer.
8. Bake for 35 minutes, or until it does not jiggle. Remove from oven and let cool completely (about 45 minutes). For best results, refrigerate 1 hour before cutting.
9. Store in the refrigerator.

**Makes 16 servings**

**Serving size: 1 bar**

**Cost per recipe: \$7.42**

**Cost per serving: \$0.46**



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

## Nutrition facts per serving:

110 calories; 5g total fat; 2.5g saturated fat; 0g trans fat; 15mg cholesterol; 95mg sodium; 14g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 2% Daily Value of potassium.

## Source:

Jean Najor, Program Coordinator II; and Jen Robinson, NEP Area Agent, University of Kentucky Cooperative Extension Service

**Taken from: June 2023 Food and Nutrition Recipe Calendar**



## Extension Homemaker Club Meetings

**Sunnybrook** - No meetings in June, July, & August

**Country Charmers** - No meetings in June, July, & August

**Pots & Pans** - No meetings in June, July, & August

**Charity** - No meetings in June, July, & August

**Crafter's Anonymous** - June 14th @ 1:30 p.m. - Downstairs Meeting Room

**Odds 'N Ends** - No meetings in June, July, & August

**Happy Chippers** - June 15th @ 12:30 p.m. - Downstairs Meeting Room

**Creative Characters** - June 20th @ 12:30 p.m. - Downstairs Meeting Room

**Mudslingers** - June 26th - Assigned Appointments Only - Contact Seth Hart

**Mudslingers** - June 27th @ 12:30 p.m. - Downstairs Meeting Room

**Reminder: PLEASE turn in your monthly reports!**

**This is the end of the program year! All club reports for the 2022-2023 program year are to be turned in by June 30, 2023.**



**Roll Call &  
Thought of the Day  
for KEHA Monthly  
Club Meetings  
June 2023**



Thought for the Day: "Dads are most ordinary men turned by love into heroes, adventurers, storytellers and singers of song." - Pam Brown

Roll Call: In June, we celebrate fathers. Share a favorite Father's Day memory.

### **Blood Drive!**

Tuesday, June 13, 2023

Aspire Center

Pots & Pans 11:45 a.m.-3:00 p.m.

Odds 'N Ends 3:00 p.m.-6:15 p.m.

**Donate Blood - Save a Life!**



**Thank you,**

**Wayne County Community**

Thank you for the **38** volunteer donors who gave blood on April 11th and helped save a life!

# ELECTION

## Extension Homemaker Clubs

**May is the month for CLUB OFFICER ELECTIONS and Membership Recruitment!  
New Officers and Chairpersons will start their duties JULY 1st.**

Our NEW 2023-2024 program year is quickly approaching! Membership Drive begins in MAY. Membership dues are \$10 per year. Our NEW program year begins JULY 1st. Membership forms with PAID dues are due to the Extension Office by June 30th.

All Extension Homemakers are asked to begin Membership recruitment in MAY & JUNE. We want the majority of our Homemakers to be active members by JULY 1st so they don't miss out on our new program year activities.

Everyone who has their paid dues and membership form in by June 30th will receive a special Extension Homemaker incentive. Anyone who recruits a NEW member will receive an additional special membership recruitment incentive. Their NEW member will also receive it.

Please stop by the Extension Office to pick up a membership form. When filling out your form, please circle ALL clubs you are a member in. Also, remember we have available Membership Gift Certificates if you'd like to support a new Homemaker by paying their dues. Please let us know if you any questions.



## Club Officer Elections & Chairperson Appointments

Our NEW program year begins JULY 1st. ALL County & Club Officer forms for the 2023-2024 program year need to be turned into the **Extension Office no later than JUNE 1st** so we can have program books ready to hand out on JULY 1st.

***For clubs that do not meet throughout the summer, you will need to have your Officer Elections BEFORE your break for the summer and your paperwork turned into the Extension Office. NEW Officers & Chairpersons take office as of JULY 1st.***

## Extension Homemakers - Volunteer Hours

Volunteer service hours from July 1, 2022 through June 30, 2023 need to be turned in to the Extension Office by July 15, 2023. Thank you for your commitment to serving the community. Your dedication is greatly appreciated!



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June is **D-Day Anniversary**, **Flag Day**, **Father's Day**, and **Juneteenth** month! Volunteer or donate to our local Veteran's group, place flags around your community and cemeteries, give a helping hand to Dad and let them know they are appreciated, celebrate, and remembrance. Reach out to a neighbor, friend, shut-in, local family, etc. Go for a visit, send a card, or make a call. Giving feeds the soul and makes our community a better place!



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### Let Your Light Shine!

Each month we will "feature" a Homemaker Club. Your club will be asked to send us information about your club. Where have you been? Any special projects? Community service? A club outing? etc. We like pictures too!

Your club will be spotlighted in the FCS Newsletter, Facebook, the Z93 Daily, and the Wayne Weekly. The month that your club has been assigned, you will be asked to do an article about your club, with a picture, or you can have a picture and a small write-up each week of your featured month. It is your choice.

This will be **FUN**, and we need to let others know how much fun it is to be a Wayne County Extension Homemaker.

**June 2023 - Pots & Pans**



**July 2023 - Crafter's Anonymous**

\*\*Remember: You are welcome and encouraged to share your club happenings **anytime** and not just in your featured month. Please share your homemaker experience with others.





**Creative Writing Class**  
**Instructor: Ranny Grady**  
**Thursday, June 8, 2023 @ 10:00 a.m.**  
**Small Upstairs Meeting Room**  
Class is FREE & open to the Public.  
Everyone is welcome to attend.  
Please call to register.

**Crafter's Anonymous Extension**  
**Homemaker Club**  
**Wednesday, June 14, 2023 @ 1:30 p.m.**  
**Downstairs Meeting Room**

**Crafting Corner Project - Rock On**  
All supplies provided (there will be no cost for the supplies).  
Registration Deadline: June 12, 2023  
To receive a craft kit, PLEASE call and let us know if you will be attending.



**Quilts from El's Kitchen!**  
**Wednesday, June 28th @ 10:00 a.m.**  
Wayne County Extension Office  
Downstairs Meeting Room  
Please arrive by 9:30 a.m. to set up your sewing station so class can begin at 10:00 a.m.  
We will be doing the Sage Bud & Turkey in the Straw Blocks.



**Home preservation is an excellent way to prevent food waste, save on your budget, be more food secure, a safe healthy way to feed your family and much more. Take a look at our upcoming classes.**

### **Salsa Class - Water Bath Canning**

**June 8, 2023 @ 5:00 p.m.**

Upstairs Meeting Room

Registration Fee: \$10.00 (Prepaid)

Please call to register.

Learn water bath canning techniques to make homemade salsa.



### **Freezing Basics**

**July 13, 2023 @ 5:00 p.m.**

Upstairs Meeting Room

Registration Fee: \$5.00 (Prepaid)

Please call to register.

Freezer corn and other garden produce will soon be ready for the freezer. Freezing is an excellent way to preserve your produce.

Please call to register.



### **All Dried Out**

**Drying Your Foods for Preservation.**

**August 10, 2023 @ 5:00 p.m.**

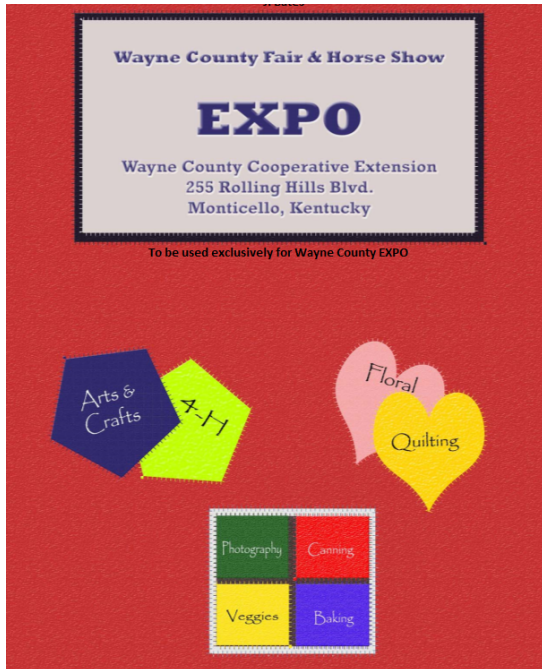
Upstairs Meeting Room

Registration Fee: \$5.00 (Prepaid)

Please call to register.

Fruits, veggies, herbs; drying produce for long term storage is an excellent and space saving way to preserve foods to feed your family.





## Wayne County Fair EXPO

Entry Day - Monday, July 3, 2023 - 8:30 a.m.-1:00 p.m.

Public Viewing - July 4th- 10:00 a.m.-2:00 p.m.

Public Viewing - July 5th & 6th - 8:00 a.m.-7:00 p.m.

Pick-up Day - Friday, July 7 - 8:00 a.m.-12 noon

Please bring your items for the EXPO! Entry catalogs are available at the Extension Office.

We are looking for VOLUNTEERS to help with entry day, viewing days, and pick-up day. **Please let us know if and when you would be willing to help.**

Call the Extension Office to sign up to help us out.

## "Christmas in July Paint Party"

July 26, 2023

Beginning at 10:00 a.m.

Wayne County Extension Office

Paint Party for all Extension Homemaker Clubs & Mailbox Members.

Let's make outdoor decorations beautiful again!

- We will have a Potluck Lunch (if you have had the safe food handling class, please bring a dish. If you haven't, please bring something pre-packaged or prepared.)
- Dirty Santa Game - If you would like to participate in the Dirty Santa Game, bring something from home that you no longer use.
- The paint party will be outside weather permitting or in the downstairs meeting room at the Extension Office.



## The Quilt Show of the Little Mountains

Friday, September 1, 2023 -  
9 a.m.-5 p.m. EDT

Saturday, September 2, 2023 -  
9 a.m.-4 p.m. EDT

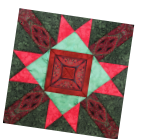
The quilt show is hosted annually by the Contented Heart Quilt Guild at the Aspire Center in Monticello, Kentucky. The show features: Juried quilt contest with ribbons and cash prize awards, block contest with ribbons and cash prize awards, vendor's mall, quilting demonstrations, quilt give-away. Quilts to be entered in the show will be accepted at the Quilt Shoppe for several days prior to the show.

Quilts will be accepted August, 23, 24, 25, and 26 from

10 a.m. until 4:00 p.m. at the Quilt Shoppe, 24 North Main St.,

Monticello, KY 42633

Phone (606-340-0015)





Seth Hart,  
Program Assistant  
for Community Arts

## 4-H Wood Science Small Blue Bird House



# MATERIALS

### FIVE WOODEN BOARDS

FLOOR (STEP 1): 3.5 INCHES X 5 INCHES

BACK (STEP 2): 3.5 INCHES X 5 INCHES

SIDE PIECE (STEP 3): 5.5 INCHES X 7 INCHES

SIDE PIECE (STEP 4): 5.5 INCHES X 7 INCHES

ROOF (STEP 5): 5.5 INCHES X 7 INCHES

### WOOD GLUE

### SIXTEEN NAILS (#6)

### TWO SCREWS (8 X 5/8)

### TWO HANGERS (1 HOLE)

### ONE SCREW (4 X 1/2)

### ONE LATCH

**HAMMER, SCREW GUN  
&  
ELECTRIC SANDER ALSO REQUIRED**

**INSTRUCTIONS ON BACK**

## SMALL BLUE BIRD HOUSE



4-H WOOD SCIENCE

# LEVEL ONE

MADE FROM A KIT

SIMPLE ITEM THAT INCLUDES PRE-CUT AND PRE-DRILLED PARTS; YOUTH DEMONSTRATE KNOWLEDGE OF ASSEMBLY, SELECTION AND USE OF FASTENERS (NAILS, SCREWS AND/OR GLUE), SANDING TECHNIQUES AND APPROPRIATE FINISHES.

*Provided By*

*Seth Hart*

*Extension Program Assistant for Fine Arts  
Wayne County Cooperative Extension Office  
255 Rolling Hills Blvd.  
Monticello, KY 42633  
606 - 348 - 8453  
seth.hart@uky.edu*

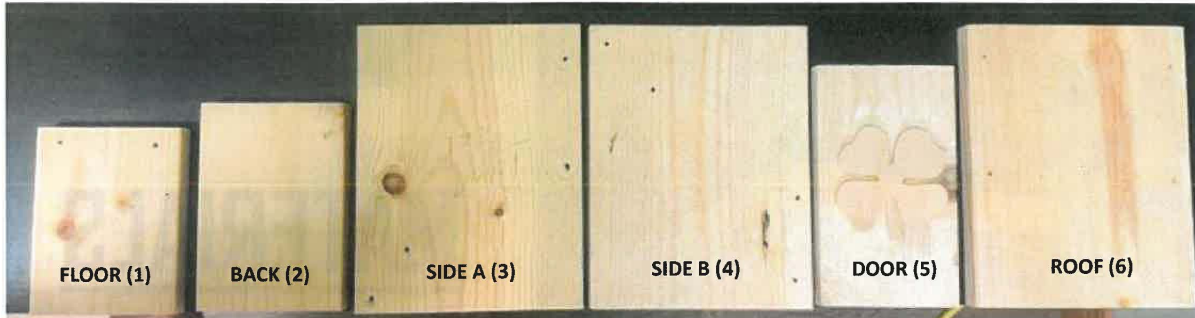


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Seth Hart,  
Program Assistant  
for Community Arts

## 4-H Wood Science Small Blue Bird House



**BEFORE STARTING, MAKE SURE EACH WOODEN PIECE IS SANDED.  
WHEN BUILDING, PRE-DRILL AND GLUE EACH PIECE BEFORE NAILING.**

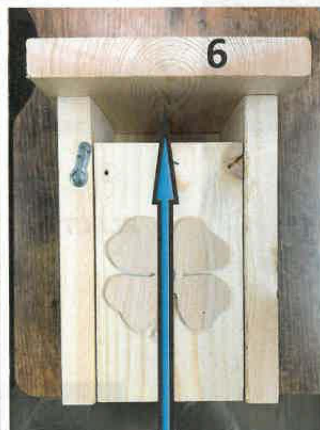
**ASSEMBLE FLOOR (1) AND BACK (2)** - THE SHORT END OF FLOOR PIECE SHOULD OVERLAP AND BE FLUSH WITH THE SHORT END OF BACK PIECE.

**ATTACH SIDE PIECE A (3) TO FLOOR AND BACK** - SIDE A SHOULD OVERLAP THE FLOOR AND BACK AND SHOULD BE FLUSH WITH THE TOP OF BACK PIECE.

**ATTACH SIDE PIECE B (4) TO FLOOR AND BACK** - SIDE B SHOULD OVERLAP THE OPPOSITE SIDE OF FLOOR/BACK AND SHOULD BE FLUSH WITH THE TOP OF BACK PIECE

**ATTACH DOOR (5)** - THE SHORT END OF DOOR SHOULD BE FLUSH WITH THE BOTTOM OF BOTH SIDE PIECES. USING A SCREW GUN, ATTACH LATCH TO THE EDGE OF SIDE PIECE (LEFT OF DOOR) AS A WAY TO LOCK DOOR.

**ATTACH ROOF (6)** - THE SHORT END OF ROOF SHOULD OVERLAP AND BE FLUSH WITH THE BACK AND SIDES. THE EDGES OF ROOF SHOULD ALSO OVERHANG BOTH SIDES (THEY WON'T BE FLUSH WITH THE SIDES). ALSO, SCREW HANGERS INTO THE REAR SHORT END OF ROOF.



SCREW HANGERS ONTO SHORT  
END OF THE REAR SIDE OF ROOF  
(ABOUT 3 INCHES APART)

SCREW IN LATCH  
ON LEFT SIDE

THE ENTRANCE HOLE IS A ONE INCH GAP  
BETWEEN THE ROOF AND DOOR



## June is Men's Health Month



Joy McGinnis,  
FCS Program Assistant

June is Men's Health Month, an annual awareness dedicated to the health and wellness of men and boys resulting in better health outcomes and longer life expectancies. Take action to be healthy and encourage other men and boys in your life to make their own health a priority. Being a healthy father is not always easy, but you can set an example with healthy habits. Know your numbers. Pay attention to your body and any changes. Make sure to keep track of your numbers for blood pressure, blood glucose, cholesterol, and body mass index (BMI). Here are recommendations for each:



- Blood pressure: Less than 120/80 mm Hg
- Blood glucose: (Fasting) 100 mg/dL
- Cholesterol: Total less than 200 mg/dL; LDL ("bad" cholesterol) less than 100 mg/dL; HDL ("good" cholesterol) 40 mg/dL or higher
- Body mass index: (normal or healthy weight) 18.5-24.9 Get a checkup. Do not wait! Certain diseases and conditions may not have symptoms, so checkups help identify issues early or before they can become a problem.
- Men: If you are under 30 and healthy, do not smoke, have no disease risk factors (including being overweight) and don't take prescription medications, get a checkup every two to three years.
- Healthy individuals ages 30-40 should get a physical every other year.
- Annual physicals start around age 50.

**Quit Smoking** - Smoking leads to disease, disability, and harms nearly every organ in the body. Set an example by choosing not to smoke and encourage the men in your life to quit smoking.

**Sleep** - Adults need between 7-9 hours of sleep per day. The amount of sleep a person gets can be influenced by work, family demands, or even binge watching a television show. However, if you do not get enough sleep, you are at an increased risk for obesity, diabetes, high blood pressure, coronary heart disease and stroke, poor mental health, and even early death.

**Move More** - Physical activity is anything that gets your body moving. Find fun ways to be active together with your kids. Adults need 2-1/2 hours of physical activity each week. Adding more movement into your daily routine can help control your weight, reduce your risk of heart disease and some cancers.

**Eat Healthy** - Eat a variety of fruits and vegetables every day. Fruits and vegetables have many vitamins and minerals that may help protect you from chronic diseases.

Limit foods and drinks high in calories, sugar, salt, fat, and alcohol.

## Safe Handling of Melons

The recent salmonella outbreak traced to cantaloupes grown in Indiana has many Kentuckians concerned about consuming melons, but it doesn't necessarily mean that you have to abstain from eating this fresh summer delicacy. When properly handled, melons can be a safe, satisfying treat.

Here are some tips on how to safely handle melons:

- Buy melons from a local, reputable source. The shorter the distance food has to travel from farm to table, the less of a chance that microorganisms have grown on the produce. Microorganisms need time to multiply.
- Wash your hands before and after handling fresh produce.
- Before consuming, rinse melons with clean, running water and use a clean vegetable brush to scrub away debris on the skin, even if they have been prewashed. Washing the skin of fresh produce is important even if you are going to only eat the inside of the fruit as bacteria on the skin can be transferred to the flesh of the fruit when it is sliced.
- Do not use dishwashing or hand soap to wash produce. These items have not been tested for use on food.
- Cut melons using clean, sanitized knives and cutting boards.
- Once sliced, melons must be stored below 40 degrees Fahrenheit and consumed within a few days.
- Avoid consuming any melons if the store, restaurant, or market does not know where they were grown. You may also want to avoid purchasing pre-sliced melons as you do not know whether proper safety precautions were taken in their processing.

Source: Jackie Walters, UK Extension Specialist



## Watermelon Salsa

**2 cups** chopped seedless watermelon  
**1 cup** fresh blueberries  
**1 cup** chopped cucumber  
**½ cup** chopped onion

**½ cup** chopped red pepper  
**½ teaspoon** garlic salt  
**1 teaspoon** lime juice  
**2 tablespoons** balsamic vinegar

**Combine** watermelon, blueberries, cucumber, onion and pepper in large serving bowl. **Sprinkle** with garlic salt. **Toss** to coat. **Stir** in lime juice and balsamic vinegar. **Cover** and **chill** one hour.

**Yield:** 10, ½ cup servings  
**Nutritional Analysis:**  
25 calories, 0 g fat,  
0 mg cholesterol, 50 mg sodium,  
7 g carbohydrate, 1 g fiber,  
5 g sugar, 1 g protein.



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

## Grilling Safety & Nutrition Reminders

The scent of charcoal and delicious meats and marinades cooking on the grill are sure signs of summertime. As we spend more time cooking outdoors, it is important that we also remember food safety and nutrition. Food safety ensures that food is prepared and cooked in a way that kills harmful bacteria that cause foodborne illness. Many grilling food safety practices are the same as with indoor food preparation.

- Wash your hands for at least 20 seconds with soap and warm water before and after handling all food. Do not cross-contaminate raw and cooked foods. Wash cutting boards, utensils and dishes before preparing each new item and always use a clean platter when removing foods from the grill.
- Safely defrost frozen foods in the refrigerator, microwave or in cold water. Never thaw food at room temperature. If your recipe requires you to marinate your food, do so in the refrigerator. Make enough marinade to divide between raw meats and the sauce. Do not reuse marinade that was placed on raw meats as a sauce on cooked foods. Juices from raw meats can contaminate cooked food.
- When grilling, use a meat thermometer to make sure the meat is cooked to a high enough temperature to kill any bacteria. Cook ground meats, including beef, pork, lamb and veal, to an internal temperature of 160 degrees F. Other cuts of these meats, including steaks, roasts and chops, need to reach 145 degrees F after a 3-minute rest period. Grill all chicken and poultry to an internal temperature of 165 degrees F. Without using a meat thermometer, you may be tricked into thinking a meat is cooked before it actually reaches a safe temperature, because the outside of meat browns quickly on the grill. All grilled meats need to maintain a temperature of 140 degrees F before serving. Accomplish this by keeping meat on the side of the grill away from direct heat or placing it in an oven warmed to 200 degrees F.
- While meats are the first foods that often come to mind when we talk about grilling, they are not the only foods that are tasty when cooked on the grill. You can grill a lot of fruits and vegetables. Peaches, pears, pineapples, bananas, apples and melons grill well. Select firm fruit that is not too ripe. Over-ripe fruit can end up too soft when grilled. You can enhance their flavor by applying olive oil or lemon juice before placing them on the grill.
- Place firm vegetables like corn on the cob, asparagus and eggplant directly on your grill's cooking grid. Brush with olive oil and season with fresh herbs. Frequently turn vegetables to keep them from burning. Wrap smaller or chopped vegetables, along with a little oil and seasoning, in aluminum foil before grilling.
- Cooked food should not set outside for more than two hours. If it is warmer than 90 degrees F, then food should not set out for more than one hour.

Source: Annhall Norris, Extension Specialist



# Grilled Pepper and Portabella Mushroom Sandwich

1 large red bell pepper	½ cup extra virgin olive oil	4 whole wheat buns
1 large tomato	Salt and pepper to taste	4 1-ounce slices fresh mozzarella cheese
1 small sweet onion	4 portabella mushroom caps, ¾ inch thick	4 tablespoons garlic hummus
16 fresh basil leaves		

**Preheat** outdoor grill to medium heat; **spray** grill grid and grill skillet with non-stick cooking spray. **Cut** pepper in half; **remove** core and seeds. **Cut** lengthwise, in ½ to 1 inch strips. **Cut** tomatoes and onion into ½ inch slices. **Wash** basil and remove stems. **Whisk** salt and pepper with olive oil. **Brush** both sides of mushroom caps with seasoned oil. **Place** on grill grate and cook until tender. **Remove** and keep warm. **Brush** pepper strips and onion slices with seasoned oil; **put** in grill skillet and **place** on grill. **Cook** until tender. **Separate** the buns and lightly **brush** halves with seasoned oil; **place** halves, oil

side down, on grill grate; **grill** until warm with grill marks. On the bottom bun, **add** 1 slice mozzarella cheese. **Heat** until slightly melted. **Remove** from grill. On top of the cheese, **add** one grilled mushroom cap, one tomato slice, one slice grilled onion, four grilled pepper strips and four basil leaves. **Spread** top half of bun with one tablespoon hummus and **add** to sandwich.

**Yield:** 4 sandwiches

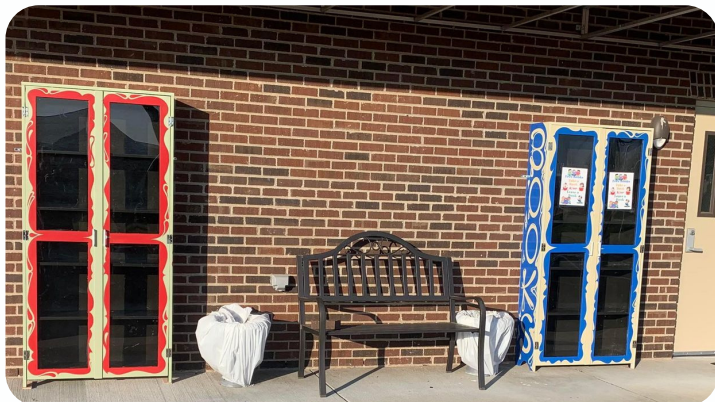
**Nutritional Analysis:** 470 calories, 29 g fat, 7 g saturated fat, 20 mg cholesterol, 549 mg sodium, 36 g carbohydrate, 3 g fiber, 10 g sugars, 16 g protein.

## Canning & Freezing Publications

The Cooperative Extension Service has FREE canning and freezing publications available for those who preserve home-grown food or fruits and vegetables purchased from Farmers' Markets or other producers. Call 606-348-8453 to request copies or stop by our office. We also check canner gauges for accuracy (the type with a numbered gauge with a needle, (Presto), not the "jiggler" type). This service is also FREE!



## "Book Towers"



The "**Book Towers**" are doing a great job of providing books and games to local families and citizens. The **Blue Book Tower** holds books. There will be a shelf for 5 & under, grade school age, teen/young adult, adult, and magazines. The **Red Book Tower** holds games, puzzles, and media. Thank you to everyone who has been donating. Stop by and check out what's available. Help spread the word it's FREE. Sharing & Caring!



# Congratulations

## KEHA State Cultural Arts Winners



Denise Grady - Purple & Blue Ribbons-Davy Crockett Frog Marionette-Grand Champion in Doll/Toy Making Category



Polly Sartin-Blue Ribbons Doily-Crochet Category Red Birds-Lap Size Quilt Category



Carson Payne-Blue Ribbon Elf Carving Art 3-D Category



Marilyn Rush - Blue Ribbon Appliqued Squares Fussy Cut Quilts-Hand Applique Category



Joyce Owens - Blue Ribbon Appalachian Dancing Doll Art-Natural-Wooden Category



A special thank you to Polly Sartin and Helen Massengale for making (4) 12" finished blocks for the State Quilt Block Auction. Proceeds from the silent auction goes to help offset the cost of the KEHA State Meeting. Start your blocks now to donate to the 2024 Quilt Block Auction!

## Farmers' Market



The Farmers' Market located at 112 Harper Drive in Monticello is now open on Saturdays from 8:00 a.m.-12 noon. Vendors will have flowers, eggs, tomato plants, vegetables, jams and jellies, etc. available for sale. Please come support your local vendors.

## KEHA State Meeting

The KEHA State Meeting was held in Louisville this year. A special thank you to Grace Rogers, Linda Darnell, Karen Abner, and Margo Couch for representing Wayne County.



The Wayne County Extension Office will be closed on Monday, June 19, 2023 for Juneteenth Holiday.

*Debbie Shepherd*

**Debbie Shepherd, CEA FCS**  
Wayne County Extension Agent  
for Family & Consumer Sciences  
[debbie.shepherd@uky.edu](mailto:debbie.shepherd@uky.edu)

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