

# FCS/Homemaker Newsletter



August 2025

Hello Homemakers!

I want to say thank you to all who were able to stop by for the meet and greet on July 21<sup>st</sup>. It was so nice of you all and I have been welcomed to the office so graciously. I'm very excited about the next few months and all of the events and workshops being offered. Please take the time to read through this newsletter and see what you can be a part of.

Chelsey Redd

## Upcoming Events

August 21<sup>st</sup> - Pearls of Wisdom  
Training at the Christian Co.  
Extension Office from 10am -  
2pm. Deadline to sign up is  
August 11<sup>th</sup> and there is a \$20 fee.

September 8<sup>th</sup> @ 9am -  
Homemaker Council Meeting

September 16<sup>th</sup> @ 5:30-7pm - Seven  
Springs Floral Academy Workshop

September 2<sup>nd</sup> - @ 10am -  
Homemaker Watch Party

September 25<sup>th</sup> - Trigg County  
Homemakers Annual Meeting

## Contact Info

Chelsey Redd  
FCS Agent  
Email: [chelsey.redd@kysu.edu](mailto:chelsey.redd@kysu.edu)  
Phone: 270-522-3269

September 30<sup>th</sup> - Due date for  
Homemaker Enrollment forms  
and \$12 fee

October 10<sup>th</sup> & 11<sup>th</sup> - Trigg County  
Country Ham Festival Exhibit





Trigg County Homemakers Annual Meeting  
Thursday, September 25th at the Trigg County  
Senior Citizens Center.

Doors will open at 4:30 for Registration,  
a Potluck Meal will begin at 5:15 with meeting to  
follow.

Please call the office at 270-522-3269 or email Chelsey at  
[chelsey.redd@kysu.edu](mailto:chelsey.redd@kysu.edu) to register by September 15th.

Please bring a potluck dish to share and you are welcome to bring guests  
who may be interested in becoming Homemaker members.

## Thank You!

We can't thank Ms. Lina Sverlow  
enough for all of her hard work on our  
community project in July. She made  
26 pillowcase book holders for our  
local preschool children to use.



## Upcoming Club Meetings

Ebony Twilight,  
2nd Saturday each month, 1:00 pm

Happy Homemakers,  
2nd Monday each month, 6:30 pm

Millennial Homemakers,  
4th Thursday each month, 5:00 pm

Roaring Springs,  
2nd Monday each month, 6:00 pm

### Cooperative Extension Service

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

### MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities  
accommodated  
with prior notification

# FLORAL WORKSHOP

Mrs. Ashley Nichols will be coming to share her new passion with us. She recently opened Seven Springs Floral Academy where you can pick your own flowers to create beautiful arrangements. She will be here at our Extension office with a flower bar.

**Tuesday, September 16<sup>th</sup>  
5:30-7pm**

**Trigg Co. Extension Office  
Cost per person is \$5.**

All you will need to bring is a vase and your creativity. Please call or email to guarantee your spot in this workshop.

## Contact Info

Email: [chelsey.redd@kysu.edu](mailto:chelsey.redd@kysu.edu)  
[shelley.crawford@uky.edu](mailto:shelley.crawford@uky.edu)

Phone: 270-522-3269





## Air Fried Okra Tots with Tangy Dipping Sauce

- 12 ounces okra stalks
- 2 tablespoons olive oil
- 2 tablespoons salt-free seasoning

### Tangy

#### Dipping Sauce:

- 1 cup plain low-fat yogurt
- 3 tablespoons mayonnaise
- 1 tablespoon dried parsley
- 2 teaspoons dried dill
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt

Wash hands with warm water and soap, **scrubbing** for at least 20 seconds. **Cut** the ends off the okra. **Cut** the okra into 2-inch (tater tot sized) chunks. In a large bowl, **place** the cut okra, olive oil, and seasoning. **Toss** to coat. **Add** to the basket of your air fryer in a single layer. Depending on the size of your air fryer, you may need to cook in batches so the okra is in a single layer, which allows air to circulate and okra to be crispy. **Cook** at 350 degrees F for 10 minutes or until crispy, tossing halfway through. While the okra cooks, **prepare** the sauce by **mixing** all of the ingredients in a small bowl. **Refrigerate** the sauce until ready to serve. **Serve** okra tots with tangy dipping sauce. **Store** leftovers in the refrigerator within two hours.

**Yield:** 5 servings. **Serving Size:** 1/5 of recipe. **Nutrition Analysis for Okra Tots with Tangy Dipping Sauce:** 170 calories, 13g total fat, 2.5g saturated fat, 10mg cholesterol, 330mg sodium, 14g total carbohydrate, 2g fiber, 4g total sugars, 0g added sugars, 4g protein, 0% DV vitamin D, 10% DV calcium, 6% DV iron, 8% DV potassium. **Nutrition Analysis for Okra Tots (no sauce):** 70 calories, 6g total fat, 1g saturated fat, 0mg cholesterol, 0mg sodium, 10g total carbohydrate, 2g fiber, 1g total sugars, 0g added sugars, 1g protein, 0% DV vitamin D, 4% DV calcium, 0% DV iron, 6% DV potassium.



## Kentucky Okra

**SEASON:** June through September

**NUTRITION FACTS:** Okra is a good source of Vitamin C, folic acid, and fiber. Fiber helps lower cholesterol which reduces the risk of heart disease.

**SELECTION:** Select small, crisp, tender pods, 2 to 4 inches long. Pods should be free from blemishes. Pods that have passed their prime will have a dull, dry appearance, contain coarse fibers, and are stringy when opened.

**STORAGE:** Refrigerate unwashed, dry okra pods in the vegetable crisper, loosely wrapped in perforated plastic bags. Okra will only keep 2 to 3 days before it starts to deteriorate.

### PREPARATION:

Wash okra pods before cooking. Cut off stem end, leaving small pods whole. Cut large pods in 1/2-inch slices.

Okra exudes a unique juice that will thicken soups and stews. The taste complements tomatoes, onions, corn, and fish stock.

### FREEZING:

The best method for long-term storage is freezing. Okra must be blanched before freezing to hold the flavor and quality. It will keep in the freezer for one year.

### Kentucky Proud Project

County Extension Agents  
for Family and Consumer Sciences  
University of Kentucky, Dietetics  
and Human Nutrition students

Source: FruitsAndVeggies.org

July 2022

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand. [PlateItUp.ca.uky.edu](http://PlateItUp.ca.uky.edu)



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

# 2025 Family and Consumer Sciences Trigg County Ham Festival Exhibit Entry Rules and Information

Who can enter exhibits:

Any Trigg County resident or Trigg County Extension Homemaker

Where to enter exhibits:

Trigg County Baptist Church Annex

When to enter exhibits:

Thursday, October 9<sup>th</sup> 9-12pm

When is exhibit pickup at the Annex:

Saturday, October 11<sup>th</sup> 3-5pm, Monday, October 13<sup>th</sup> 9-12pm

What Categories are available to enter:

Arts & Crafts, Baking, Canning, and Pork Recipe

All entries must have been made by the exhibitor within the past year and have not been entered in the Ham Festival prior to 2025. All Judges decisions are final. Bring items at your own risk, the Ham Festival board, extension service, nor the facility will not be responsible for any loss or damages. Each exhibitor will be given an exhibitor number at the registration table to be used on all entries. One entry per class per exhibitor.

Prize money: Blue=\$4.00 Red =\$3.00 White=\$2.00

Overall Winners will be awarded in each: Arts & Crafts, Canning, and Baking  
1<sup>st</sup>=\$40.00, 2<sup>nd</sup>=\$30.00, 3<sup>rd</sup>=\$15.00

Pork recipe 1<sup>st</sup> Place winners will be awarded \$20.00 in each category: Appetizer, Main, and Casserole

Contact Trigg County Cooperative Extension for any questions 270-522-3269

# Arts and Crafts

HA 001	Afghans-knitted or crocheted	HA 036	Quilt-hand pieced & hand quilted
HA 002	Basketry	HA 037	Quilt-machines pieced & machine quilted
HA 003	Card Making	HA 038	Recycled Crafts-before pictures
HA 004	Ceramics	HA 039	Rug Making
HA 005	Christmas Ornaments	HA 040	Scrapbooking-2 page spread
HA 006	Counted Cross Stitch	HA 041	Sewing-Garments
HA 007	Crochet-Hand	HA 042	Sewing-Bags, Totes, Purses
HA 008	Decoupage	HA 043	Sewing-Other
HA 009	Decorative Hand Lettering	HA 044	Stained Glass
HA 010	Dolls	HA 045	Verdigris Finished Item
HA 011	Drawing-Charcoal/Pastels	HA 046	Weaving
HA 012	Drawing-Ink/Pen/Pencil	HA 047	Woodcraft-Furniture
HA 013	Embroidery-Hand	HA 048	Woodcraft-Hand Carved Figure
HA 014	Embroidery-Machine	HA 049	Woodcraft-Lathe Turned
HA 015	First Timer's	HA 050	Woodcraft-Other
HA 016	Fleece Items	HA 051	Wreath
HA 017	Flower Arrangements-Dried	HA 052	Children's Division-10yr and under
HA 018	Flower Arrangements-Silk	HA 053	Children's Division 11-18 yr
HA 019	Gourd Crafts		
HA 020	Holiday Decorations-Fall		
HA 021	Holiday Decorations-Spring		
HA 022	Holiday Decorations-Summer		
HA 023	Holiday Decorations-Winter		
HA 024	Jewelry		
HA 025	Knitting-Hand		
HA 026	Miscellaneous-Items that do no fit any other class		
HA 027	Needlepoint/Canvas		
HA 028	Needlepoint/Plastic Canvas		
HA 029	Painting-Tole		
HA 030	Painting-Oil/Acrylic		
HA 031	Painting-Watercolor		
HA 032	Photography-Color (mounted or framed)		
HA 033	Photography-Black & White (mounted or framed)		
HA 034	Pillow		
HA 035	Pottery		

2025 Family and Consumer Sciences  
Trigg County Ham Festival Exhibit  
**Baking Contest Guidelines**

Baked items must be brought on a paper plate and inserted into a zip lock style bag and sealed.

¼ of a cake, pie or bread is considered an entry.

4 cookies, candy, biscuits, or cornbread is considered an entry.

Only enter one item per class.

HB 001 Cake-Angel Food  
HB 002 Cake-Chocolate  
HB 003 Cake-Fruit  
HB 004 Cake-Pound  
HB 005 Cake-Spice  
HB 006 Cake-White  
HB 007 Cake-Yellow  
HB 008 Cake-Other  
HB 009 Pie-Nit  
HB 010 Pie-Chess  
HB 011 Pie-Fruit  
HB 012 Pie-Other  
HB 013 Brownie  
HB 014 Cookie-Bar  
HB 015 Cookie-No Bake  
HB 016 Cookie-Drop  
HB 017 Cookie-Other  
HB 018 Fudge  
HB 019 Divinity  
HB 020 Candy-Pulled  
HB 021 Candy-Other  
HB 022 Biscuits  
HB 023 Cornbread  
HB 024 Yeast Bread  
HB 025 Bread-Fruit/Nut  
HB 026 Bread-Other  
HB 027 Breakfast/Coffee Cake

2025 Family and Consumer Sciences  
Trigg County Ham Festival Exhibit  
**Pork Recipes Contest Guidelines**

A copy of the recipe used is required

Pork Recipe Categories

HP 001	Appetizer
HP 002	Main Dish
HP 003	Casserole

2025 Family and Consumer Sciences  
Trigg County Ham Festival Exhibit  
**Canning Contest Guidelines**

USDA recommendations must be followed. Standard canning jars and lids must be used. All jars must have canning rings and lids. No rust will be allowed. Jars will not be opened at the contest. Place a label on the side of the jar with the contents, but do not include exhibitor's name.

Headspace Guidelines from the National Center for Home Food Preservation:

Vegetables: Most vegetables require a one-inch headspace

Spaghetti Sauce: 1 inch

Tomatoes, Tomato Juice, Salsa: ½ inch

Tomato Sauce: ¾ inch

Tomato Ketchup, Tomato Relish: 1/8 inch

Fruit Juices: ¾ inch

Fruit: ½ inch

Jellies, Jams, Preserves: ¾ inch

Applesauce: ½ inch

Apple Butter, Fruit Butters: ¾ inch

Important Information:

Leaving the specified amount of headspace in a jar is important to assure a vacuum seal. If too little headspace is allowed, the food may expand and bubble out when air is being forced out from under the lid during the processing. The bubbling food may leave a deposit on the rim of the jar or the seal of the lid and prevent the jar from sealing properly. If too much headspace is allowed, the food at the top of the jar is likely to discolor. Also, the jar may not seal properly because there will not be enough processing time to drive all the air out of the jar.



# Canning Categories

## Jams

HC 001 Apricot  
HC 002 Blackberry  
HC 003 Elderberry  
HC 004 Grape  
HC 005 Peach  
HC 006 Plum  
HC 007 Raspberry  
HC 008 Strawberry  
HC 009 Other

## Jelly

HC 010 Apple  
HC 011 Blackberry  
HC 012 Cherry  
HC 013 Crabapple  
HC 014 Grape  
HC 015 Mint  
HC 016 Muscadine  
HC 017 Peach  
HC 018 Pepper  
HC 019 Plum  
HC 020 Raspberry  
HC 021 Strawberry  
HC 022 Other

## Preserves

HC 023 Apple  
HC 024 Apricot  
HC 025 Blackberry  
HC 026 Cherry  
HC 027 Peach  
HC 028 Pear  
HC 029 Plum  
HC 030 Raspberry  
HC 031 Strawberry  
HC 032 Other

## Fruit Butter

HC 033 Apple  
HC 034 Peach  
HC 035 Pear  
HC 036 Other

## Marmalade

HC 037 Cherry  
HC 038 Grape  
HC 039 Orange  
HC 040 Peach  
HC 041 Pear  
HC 042 Other

## Fruit

HC 043 Apple  
HC 044 Applesauce  
HC 045 Blackberry  
HC 046 Cherry  
HC 047 Elderberry  
HC 048 Peach  
HC 049 Pear  
HC 050 Plum  
HC 051 Strawberry  
HC 052 Other

## Fruit Juice

HC 053 Apple  
HC 054 Blackberry  
HC 055 Grape  
HC 056 Other

## Pie Filling

HC 057 Apple  
HC 058 Blueberry  
HC 059 Cherry  
HC 060 Elderberry  
HC 061 Peach  
HC 062 Other

# Canning Categories

## Vegetables

HC 063	Beans-Green
HC 064	Beans-Lima
HC 065	Beans-Other
HC 066	Beets
HC 067	Carrots
HC 068	Corn, Whole Kernel
HC 069	Greens
HC 070	Okra
HC 071	Peas-Black-eyed/Crowder
HC 072	Peas-Green/English
HC 073	Peas-Other
HC 074	Peppers
HC 075	Potatoes-Sweet
HC 076	Potatoes-White
HC 077	Potatoes-Cubed
HC 078	Soup
HC 079	Squash-Winter
HC 080	Tomatoes
HC 081	Tomato Juice
HC 082	Mixed Vegetable Juice
HC 083	Vegetables-Mixed
HC 084	Other

## Pickles

HC 085	Bread and Butter
HC 086	Dill
HC 087	Sour
HC 088	Sweet
HC 089	Other

## Relishes

HC 090	Corn
HC 091	Chow-Chow
HC 092	Dill Pickle
HC 093	Green Tomato
HC 094	Onion
HC 095	Sweet Pickle
HC 096	Zucchini
HC 097	Other

## Pickled Vegetables

HC 098	Beans-Green
HC 099	Beets
HC 100	Cauliflower
HC 101	Green Tomatoes
HC 102	Sauerkraut
HC 103	Mixed Vegetables
HC 104	Okra
HC 105	Peppers-Mild
HC 106	Peppers-Hot
HC 107	Zucchini
HC 108	Other

## Pickled/Spiced Fruit

HC 109	Apple Rings
HC 110	Peaches
HC 111	Pears
HC 112	Other

## Sauce

HC 113	Chili
HC 114	Salsa
HC 115	Tomato
HC 116	Tomato Catsup
HC 117	Spaghetti
HC 118	Other

## Meat

HC 119	Chicken
HC 120	Pork
HC 121	Beef
HC 122	Venison
HC 123	Sausage
HC 124	Other