

Cumberland County Extension Homemakers

AUGUST 2009

Cumberland County Fair

Inside this issue:

Focus on Krafty Kritters	2
Class Ideas	2
Daytrips	3
Recipe	3
Quilt Show	4
Debbie's Corner	4

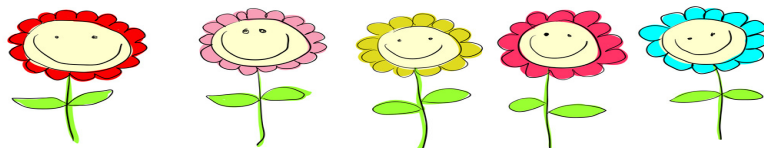


Remember, school starts back on August 10th. Be on the lookout for those busses.

I hope to see everyone at the fair, especially bringing in entries to Floral Hall on Wednesday. I am very happy that you are all so willing to help out and participate. To say that I am eager to see what wonderful things everyone has to enter is certainly an understatement. Remember, entries will be accepted from 9-11am. Judging will take place from 12-2 and viewing will be 3-6pm on Wednesday and 10am to 4pm on Thursday.

LEADER WORKSHOP AND BRUNCH

I would like to schedule a Leader Workshop on August 17th from 5-6pm for all club officers. I will provide a light meal. Recreation and Inspirational books will be handed out at that time as well as a few other items. I am thinking of having a monthly Leader Brunch for all officers to get together, socialize, and brainstorm. Be looking for more about this in the September newsletter.



FOCUS ON KRAFTY KRITTERS

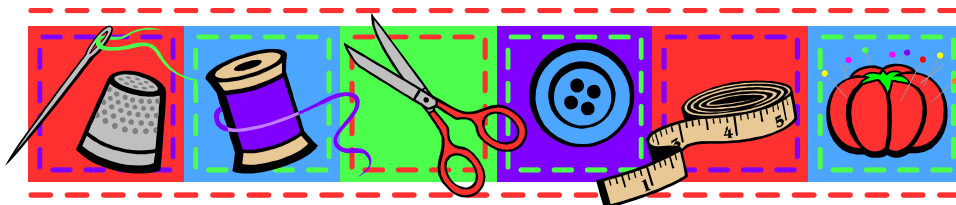


Krafty Kritters invited me along on their June outing to Dale Hollow Lake State Resort Park. We had a great turn out! There was wonderful food but even better company. Anytime that I have been in the presence of these women, I have been truly blessed and absolutely enjoyed myself. Thanks to all of you for inviting me along!

CLASS IDEAS

This is a request to all of you talented ladies that I talk and brag about all the time. I would like to start offering some classes through the Extension service on some of the things that appear to be a lost art.

Some of my thoughts are: basic sewing, crochet, weaving, basket making, painting. Please contact me with ideas (and to volunteer your expertise).



DAYTRIPS

I would like to schedule a couple of day trips between now and the beginning of fall that we could carpool to. I have a couple of ideas, however I would like to have some thoughts from you. One idea is to tour the shops in Berea. Another is to travel to Shakertown for a Riverboat ride. Please contact me with ideas that you have for a fun homemaker trip. Some have asked about a bus to the state fair. I did check on some prices and will be glad to work toward this for next year. If this is something that you would be interested in for next year, please let me know so that I can determine the level of interest.

Quesadillas

Ingredients

4-ounce can diced green chili peppers, drained
 Half a small onion, diced
 1/4 teaspoon ground cumin
 8 10-inch fat-free whole-wheat tortilla
 2 cups (8 ounces) shredded reduced-fat Monterey Jack cheese



Directions

In a bowl, combine peppers, onion and cumin. Sprinkle each tortilla with cheese, using 1/4 cup cheese on each. Divide pepper mixture among tortillas, spreading it over cheese. Roll up each tortilla and put in greased 9-by-13-inch baking pan. Cover pan with foil. Bake at 350 F for 10 to 15 minutes, or until cheese melts. Remove foil. Turn oven to broil. Broil 4 inches from heat for 1 1/2 minutes a side, or until lightly browned. Cut each tortilla into 4 pieces. Serve with your favorite salsa for dipping.

Calories 103 Fat 3 grams Carbohydrates 16 grams Fiber 6 grams Protein 6 grams

Source: Mayo Clinic

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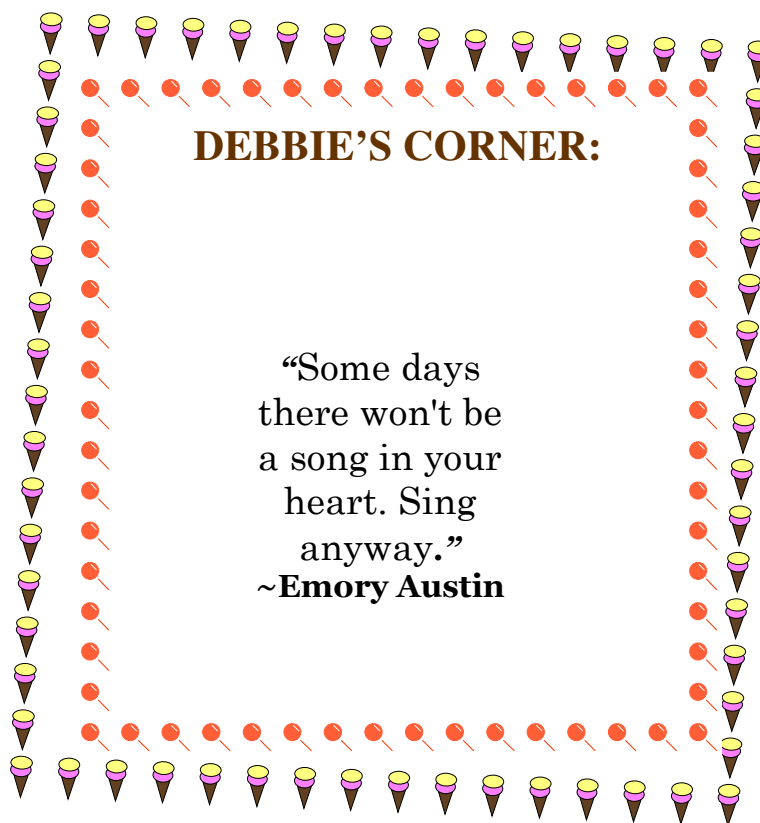
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DEBBIE'S CORNER:

“Some days
there won't be
a song in your
heart. Sing
anyway.”
~Emory Austin

The Lake Cumberland Quiltfest scheduled for August 21 & 22 has been cancelled. The sponsor was putting a significant amount of money into the event and registrations were not coming in to cover a good portion of the costs. Rather than continue the event with a low number of attendees, the planning committee has opted to go ahead and cancel the event for this year.

Quilt Show of the Little Mountains

September 4th and 5th

Sponsored by:

Contented Heart Quilt Guild, Inc
Owners/Managers of the
Quilt Shoppe

Location: Aspire Ctr. 90 Airport Rd

Monticello, KY

Admission: \$3 per person

12 and under free