

FAMILY & CONSUMER SCIENCES

June 11 – Food Preservation

- Home Canning Basics
 - Safe Canning
 - Using the Right Equipment
 - Storing
- Home Freezing Basics

June 18 – Cookout

- Beef 101
 - The Truth About Red Meat
- Summer Grilling Safety
- Cooking What You Grow

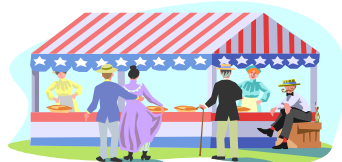
Sessions held 6:00 – 9:00p.m. at the Trimble County Extension Office, 43 High Country Lane, Bedford.

Jane E. Proctor
Cooperative Extension Agent
For Family & Consumer Sciences



FREEZING & CANNING PUBLICATIONS

If you freeze or can foods at home, please request our free publications using up-to-date information from USDA. Some methods have changed since your mother's or grandmother's recipes. Phone the Extension Office at 255-7188 and ask for preserving information to ensure food safety.



Trimble County Fair

Open Class

The entry date for Open Class exhibits at the Trimble County Fair will be TUESDAY, June 23, 2009, from 9 AM—12 Noon in the 4-H/FFA Building at the Trimble County Park, Highway 421 North, Bedford. Exhibits must be picked up by 9 PM on Saturday, June 27th.

STATE FAIR ENTRIES-Entry deadline for Open Class competitive entries for the 2009 Kentucky State Fair is July 1st. Entry forms, rules and guidelines for the cooking contests and competitive entry departments are listed in the 2009 Kentucky State Fair catalog, available at the Extension Office.



University of Kentucky Equine Initiative presents . . . 2009 Equine Field Day June 27, 2009 9:00—3:00 p.m.

UK's Maine Chance Equine Campus
Newtown Pike just north of I-75, Lexington

Learn about equine research being conducted at UK and the practical applications of this research for horse owners, farm owners, farm managers and veterinarians. Admission is free—lunch available for purchase.

Trimble Thimbles quilting club meets each Thursday from 12:30 -2:30 p.m., and the 1st Tuesday of each month at 6:00 p.m. at the Extension Office.

