

Cooperative Extension Service

Trigg County P.O. Box 271 Cadiz, KY 42211-0271 (270) 522-3269 Fax: (270) 522-9192 www.ca.uky.edu/ces





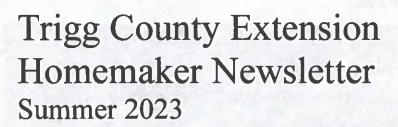
Austin Cavanaugh is the 2023 Homemaker Scholarship winner. Best Wishes as he attends Murray State University in the fall.

The Trigg County FCS position has yet to be fulfilled, however interviews are ongoing. Kentucky State University oversees filling this position. If you know of anyone interested, please tell them to contact the extension office.

Mark your calendars for the Trigg Co. Homemakers Annual Meeting and Meal September 20,2023 Doors open at 4:00. Senior Citizens Center 127 Joy Lane, Cadiz Potluck-salad-sandwiches-dessert Speakers: Clara Beth Hyde Mallory Lawrence



See Ham Festival Entry #'s included



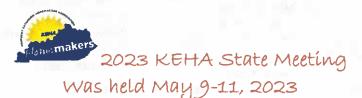


Wallet Sewing Class Presented by Deborah Clark

Who: Advanced Sewist When August 3rd and 10th 1-4pm Where: Trigg County Extension Office

A list of materials will be sent to you after sign ups. There are sewing machines at the extension office for use or you may bring your own





Congratulations to Laura Medley and Janeen Tramble on your state Cultural Arts entries. Janeen earned a blue ribbon on her upcycle entry.

Anyone wanting to help set up at the Gala of Tables August 7th please contact the extension office











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

Blueberry Cheesecake Bars





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

Crust:

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

Topping:

- 11/2 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)
- Preheat oven to 300 degrees F.
- 2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- 8. 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.

LEXINGTON, KY 40546

- 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).
- 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

Nutrition facts per serving:

110 calories; 5g total fat: 2.5g saturated fat; Og 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

Cooperative Extension Service

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

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Family & Consumer Sciences Division-General Rules for all Contests

Exhibits are under the supervision of the Trigg County Extension Homemakers and are open to any Trigg County resident or member of the Trigg County Extension Homemakers.

All contest entries will be made on Thursday, October 12^{th} , between 9:00 a.m. and noon at the Cadiz Baptist Church Annex Building. Call the Trigg County Extension Office (270-522-3269) for additional details.

All work entered in the arts and crafts contest must be done by the exhibitor in the past year. Only one entry per class

Neither the Festival Fair Board or the Trigg County Extension Service, nor the facility owners will be responsible for loss or damages.

All classes are judged as follows: 1^{st} - blue ribbon - \$3.00, 2^{nd} - red ribbons - \$2.00 and 3^{rd} - white ribbons - \$1.00. Judges decisions are final. Overall winners will be awarded in the Canning, Pork Recipe, and Bake Off contests, and Best of Show will be chosen by the judges in the Arts & Crafts contest. Prize money in the amount of 1^{st} - \$40, 2^{nd} - \$30 and 3^{rd} - \$15.00 will be awarded to these exhibitors.

Prize money support provided by the State Department of Agriculture (50%) and the Trigg County Ham Festival, Inc. (50%). Prize money can be picked up on Monday October 11th from 8:00 a.m. until 10:00 am at the Cadiz Baptist Church Annex along with your entries.

ARTS AND CRAFTS

All entries should have been completed in the last year. Best of Show will be awarded as follows \$40.00, \$30.00 and \$15.00, selected by judges.

нм	144	Afghans-knitted or crocheted	
	145	Basketry	
	146	Ceramics	
	147	Christmas Ornaments	
	148	Counted Cross Stitch	
	149	Crochet - Hand	
	150		
		Decoupage	
	151	Decorative Hand Lettering	
	152	Dolls	
	153	Drawing Charcoal/Pastels	
	154	Drawing - Ink/Pen/Pencil	
	155	Embroidery - Hand	
	156	Embroidery Machine	
	157	Fleece Items	
HM	158	Flower Arrangements-Dried	
HM	159	Flower Arrangements-Silk	
HM	160	Gourd Crafts	
HM	161	Holiday Decorations-Fall	
HM	162	Holiday Decorations-Spring	
HM	163	Holiday Decorations-Summer	
HM	164	Holiday DecorationsWinter	
MH	165	Jewelry	
HM	166	Knitting - Hand	
НМ	167	Miscellaneous-CATEGORY DESIGNATED FOR ITEMS THAT DO NOT FIT ANY OTHER	CLASS
НМ	168	Needlepoint/Canvas	
НМ	169	Needlepoint/Plastic Canvas	
HM	170	Painting - Tole	
	171	Painting Oil/Acrylic	
	172	Painting - Watercolor	
	173	Photography - Color (mounted or framed)	
	174	Photography Black & White (mounted or framed)	
	175	Pillows	
	176	Potterv	
	177	Quilts (hand-pieced and guilted; all work by exhibitor))	
	178		
	179	Quilts (machine pieced and quilted; all work by exhibitor)	
	180	Recycled Crafts (Include a before picture)	
		Rug Making	
	181	Sewing Garments	
	182	Sewing Bags, totes, purses	
	183	Sewing - Other	
HM	184	Stained Glass	

HМ	185	Verdigris finished item
MH	186	Weaving
HM	187	Woodcraft - Furniture
MH	188	Woodcraft - Hand Carved Figures
HM	189	Woodcraft - Lathe Turned
HM	190	Woodcraft - Other
HM	191	Wreaths
HM	192	Scrapbooking (2 page spread)
HM	193	Card Making
MH	194	First Timer's
MH	195	Children's Division - 10 and under
MH	196	Children's Division - 11-18 years

HOME CANNING CONTEST

USDA Recommendations must be followed. Standard canning jars and lids must be used (all jars must have canning rings on top). Canning must have been done within the past year. Rings and lids must be clean and free from rust. Jars will not be opened. Label all jars on side as to contents (but no name). Overall winners will be awarded based on the amount of points received in the amount of 1^{st} - \$40, 2^{nd} - \$30 and 3^{rd} - \$15.00.

Do I really need to leave a certain amount of headspace in the jar? Yes, 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



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 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.

HEADSPACE GUIDELINES: These headspace recommendations come from the National Center for Home Food Preservation. When in doubt, please consult the Extension Family and Consumer Sciences Agent. •

- · Vegetables: Most vegetables require a one-inch headspace
- Tomatoes, Tomato Juice, Salsa: ⅓ inch
- Tomato Sauce: ¼ inch Tomato Ketchup, Tomato Relish: ¼ inch
- · Spaghetti Sauce: 1 inch
- Fruit Juices: 4 inch headspace
- Fruit: ⅓ inch headspace
- Jellies, Jams, Preserves: ¼ inch headspace
- Applesauce: ½ inch headspace
- Apple Butter, Fruit Butters: ¼ inch headspace

Classes:

Jams					
HM 001	Apricot				
HM 002	Blackberry				
HM 003	Elderberry				
HM 004	Grape				
HM 005	Peach				
HM 006	Plum				
HM 007	Raspberry				
800 MH	Strawberry				
HM 009	Other (contents must be labeled)				
Jelly					
HM 010	Apple				
HM 011	Blackberry				
HM 012	Cherry				

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HM 013 Crabapple
HM 014 Grape
HM 015 Mint
HM 016 Muscadine
HM 017 Peach
HM 018 Pepper
HM 019 Plum
HM 020 Raspberry
HM 021 Strawberry
HM 022 Other (contents must be labeled)
Preserves
HM 023 Apple
HM 024 Apricot
HM 025 Blackberry
HM 026 Cherry
HM 027 Peach
HM 028 Pear
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