

Cooperative Extension  
Service

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# Trigg County Extension Homemaker Newsletter Summer 2023



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.**



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

Cost: \$ 0.00  
save that money to put in your new wallet  
Call 270-522-3269 today to sign up



*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*



2023 KEHA State Meeting  
Was held May 9-11, 2023

**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 7<sup>th</sup> please contact the extension office



See Ham Festival Entry #'s included



# Blueberry Cheesecake Bars



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

### **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**



## 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<sup>th</sup>, 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<sup>st</sup> - blue ribbon - \$3.00, 2<sup>nd</sup> - red ribbons - \$2.00 and 3<sup>rd</sup> - 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<sup>st</sup> - \$40, 2<sup>nd</sup> - \$30 and 3<sup>rd</sup> - \$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 11<sup>th</sup> 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.

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



HM 185 Verdigris finished item  
 HM 186 Weaving  
 HM 187 Woodcraft - Furniture  
 HM 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  
 HM 194 First Timer's  
 HM 195 Children's Division - 10 and under  
 HM 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<sup>st</sup> - \$40, 2<sup>nd</sup> - \$30 and 3<sup>rd</sup> - \$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: ½ inch
- Tomato Sauce: ¼ inch • Tomato Ketchup, Tomato Relish: ½ inch
- Spaghetti Sauce: 1 inch
- Fruit Juices: ¼ inch headspace
- Fruit: ½ 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  
 HM 008 Strawberry  
 HM 009 Other (contents must be labeled)

**Jelly**

HM 010 Apple  
 HM 011 Blackberry  
 HM 012 Cherry

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