



Garrard County Family and Consumer Sciences Newsletter

Hello Everyone!

The busy days of summer are in full swing. I hope you're all having a fun time and staying safe in this heat. Don't forget that the County Fair is July 9th through 13th. If you'd like to enter exhibits and have the chance to earn some ribbons and premiums, don't miss out. Entry days are June 8th and June 9th from 9am until noon. Bring your items out to the fairgrounds, and we will help you enter them. A complete list of rules and categories can be found on our website, or you can stop by the office to pick up a printed copy. Check out our upcoming events at the Garrard County Extension Office. Hope to see many of you around soon! Happy Summer!

**County Extension Agent for
Family and Consumer Sciences**



CHECK US OUT ON
SOCIAL MEDIA!



[HTTPS://WWW.FACEBOOK.COM/GARRARDCOUNTY FCS](https://www.facebook.com/garrardcountyfcs)

**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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Upcoming Events

FRIENDLY FIBERS GROUP MEETS EVERY 4TH MONDAY AT 1:30 AT THE OFFICE. JOIN ANYTIME IF YOU LIKE KNITTING, CROCHET, OR OTHER TYPE OF NEEDLEWORK!



YOGA CLASS!

INSTRUCTOR: KRISTINA BEAMAN
 COST: \$5 PER CLASS
 TIMES:
 TUESDAYS AT 7PM (BEGINNER AND ADVANCED)
 THURSDAYS AT 9AM (CHAIR YOGA)



FOR MORE INFO, PLEASE CALL THE OFFICE OR CHECK OUT THE "YOGA W/ KRISTINA" FACEBOOK GROUP!

Martin-Gatton
 College of Agriculture,
 Food and Environment
 University of Kentucky

Garrard's Gardeners

Open to the public
 Please call to register: 859-792-3026
 Held at the Garrard Co. Extension Office

Next meeting: July 25th at 4pm
 Topic: Hummingbirds



Cooperative Extension Service
 MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
 University of Kentucky

LUNCH AND LEARN FREE MONTHLY COOKING CLASS

JULY 2ND
 12PM OR 6PM

GARRARD COUNTY
 EXTENSION OFFICE
 1302 STANFORD
 ROAD

PLEASE CALL TO
 REGISTER:
 859-792-3026



Take your taste buds on a trip!
 We will still be cooking through the UK Food and Nutrition calendar as usual, but now we will also explore the cuisine and culture of a new country each month. Grab a friend and join us!

COUNTRY OF THE MONTH: MOROCCO
 RECIPE: QUICK COUSCOUS SALAD



Cooperative Extension Service
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 Health and Consumer Services
 4-H Youth Development
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 University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension
 Lexington, KY 40546



FCS MEETS THE FARMER'S MARKET! MONDAY, JULY 8TH, 3-6PM!

I WILL BE SET UP AT THE GARRARD COUNTY FARMER'S MARKET THE 2ND MONDAY OF EVERY MONTH! COME OUT. GRAB SOME GREAT PRODUCE AND SAY HI! I WILL BE GIVING OUT SAMPLES. PROMOTING EXTENSION AND MEETING WITH THE COMMUNITY!



GARRARD COUNTY FAIR

FCS OPEN CLASS

RULES AND CATEGORIES NOW AVAILABLE!
 ANY GARRARD COUNTY RESIDENT MAY ENTER.

CALL THE GARRARD COUNTY EXTENSION OFFICE FOR MORE INFORMATION ON HOW TO ENTER! 859-792-3026

ENTER FOR A CHANCE TO WIN RIBBONS AND PRIZE MONEY! CATEGORIES INCLUDE PHOTOGRAPHY, NEEDLECRAFTS, CANNING, FLOWERS, ART AND MORE!





FIRST AID/ EMERGENCY PREPAREDNESS NIGHT



Garrard County Extension Office
Monday, July 15th at 6pm

FREE AND OPEN TO THE PUBLIC!



We will have a guest speaker from Emergency Management, and we will be creating our own first aid kits.

Hosted by the Garrard Go-Getters Homemaker Club

Cooperative Extension Service

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4-H Youth Development
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Lexington, KY 40506



Individuals accommodated with prior notification.



Garrard County KEHA Homemakers
ARTS 'N CRAFTS SWAP, BUY AND SELL
Saturday, July 27th
9 AM - 2 PM
Garrard County Extension Office

Artisans and Crafters have cleared out those dark cubbies, closets and cabinets in their studios, craftrooms and everywhere to swap, buy and sell gently used supplies, new craft/art items too. You might find something that you can actually use, need or want!

Free Admission - Admission Donation Accepted
Silent Auction Raffles

Proceeds will benefit KEHA local education programs and activities and the Kentucky Foster Care System
1302 Stanford Rd., Lancaster 859.792.3026



LAUGH & LEARN

MONTHLY PLAYDATE

July 23rd
10-11am

Garrard County
Extension Office
1302 Stanford Rd.

July Topic:
Summer/Sun

This is a Kindergarten readiness program for ages 2-5. Each session will include story time, snacks, crafts, and activities that will engage your little one and provide developmentally supportive play to help prepare them for school! Parents or guardians must be present at all Laugh and Learn playdates!

Please call to RSVP: 859-792-3026

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NATIONAL EXTENSION WORKING GROUP

LEARN THE BASICS ABOUT DIABETES.

MAKE HEALTHIER VERSIONS OF FAMILIAR FOODS.

LEARN NEW COOKING TECHNIQUES.

SAMPLE HEALTHY RECIPES.

Aug. 1st, 15th, 29th, and Sept. 12th

5pm - 7pm

Garrard County Extension Office

Please call the Garrard County Extension Office to register for this 4 part series. 859-792-3026



Homemaker Happenings

Upcoming Dates

July 1st: Volunteer Hours Due
(Can be turned into the Extension Office or your club president)

Countryside Club: No July meeting

July 15th: First Aid and Emergency Preparedness Program at 6pm (Sponsored by Go-Getters)

July 29th: Homemaker Council Meeting at 6pm and Annual Meeting Planning at 4pm



Fort Harrod Area Homemaker's Day Out Maysville

September 13
Meet at the National Underground Railroad Museum at 10:30am

- National Underground Railroad Museum
- Lunch at Tumbleweed Mexican Restaurant
- Kentucky Gateway Museum Center with world-class miniatures and the Old Pogue Experience
- River murals at the end of the day. View at your own pace as you leave town

Cost is \$5 for the Railroad Museum (cash only) and \$10 for the Gateway Museum. You'll also pay for your lunch & anything you purchase. Call your county office to RSVP by September 6.

National Underground Railroad Museum 38 West 4th Street	Tumbleweed 511 Market Square Drive	Gateway Museum Center 215 Sutton Street
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Fort Harrod Area

Extension Homemakers Officer & Chairperson Training

FREE TRAINING WITH LUNCH PROVIDED

Join the Fort Harrod Area FCS Extension Agents for this area-wide training! Leave the day feeling equipped to lead your county and energized for the upcoming Homemaker year!

Topics discussed will include membership, recruitment, service projects, parliamentary procedure, and more!

August 20th
10am-1pm

Mercer County Extension Office

1007 Lexington Rd,
Harrodsburg, KY 40330

Please register by
August 13th by calling
859-734-4378

SAVE THE DATE
SEPTEMBER 27, 2024



GARRARD COUNTY ANNUAL HOMEMAKERS MEETING

HOMEMAKER VOLUNTEER HOURS ARE NOW DUE. PLEASE USE THE FOLLOWING PAGE TO TALLY UP YOUR NUMBERS FOR THE YEAR. IF YOU NEED ADDITIONAL COPIES, STOP BY THE OFFICE. PLEASE TURN IN ASAP. THANK YOU!



July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Homemaker Volunteer Hours Due</i>	2 <i>Lunch & Learn 12pm and 6pm</i>	3	4 <i>Office closed for 4th of July</i>	5	6
7	8 <i>County Fair Exhibit Check-In 9am-12pm</i>	9 <i>County Fair Exhibit Check-In 9am-12pm County Fair</i>	10 <i>County Fair</i>	11 <i>County Fair</i>	12 <i>County Fair</i>	13 <i>County Fair</i>
14	15 <i>Go-Getters First Aid Event 6pm</i>	16	17	18	19	20
21	22 <i>Bingocize 10am Friendly Fibers 1:30pm</i>	23 <i>Laugh and Learn 10am</i>	24 <i>Bingocize 10am</i>	25 <i>Garden Club 4pm</i>	26	27 <i>Arts & Crafts Swap 9am-2pm</i>
28	29 <i>Bingocize 10am Planning Meeting and Homemaker Council 4pm and 6pm</i>	30	31 <i>Bingocize 10am</i>			