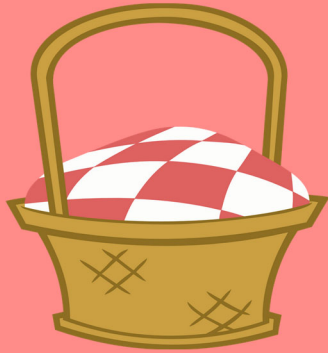




University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Warren County Extension HOMEMAKER HORIZONS



August/ September 2022 (cn)

County Cultural Arts Contest

Warren County Cultural Arts Contest

Thursday, August 11th

Drop Off Time: 9am - 11am

Judging: 11am - 12pm

Pick Up Time: 1pm

Cooperative Extension Service

Warren County
5162 Russellville Rd.
Bowling Green KY 42101
(270) 842-1681
<http://warren.ca.uky.edu>

Inside This Issue

Homemaker Game Day!	2
Birthday's and Events	3
Annual Day	4
Green Cleaning Class	5
Recipe & Calendar	6/7/ 8

Kristi Shive

Kristi Shive
Warren County Extension
Agent for Family and
Consumer Sciences



Join us for a fun filled day of crafts, gifted arts and talents. Be sure to bring your items to showcase all of your talents to your friends of warren county. All items must have been made within the last two years.

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Homemaker Game Day

*Tuesday, September 27th
9:30 AM - 2:00 PM*

*Bring a food item, a game and a friend!
Enjoy this public event for you to invite
someone to learn more about the
homemakers!*



Warren County Cooperative Extension Office
5162 Russellville Rd. Bowling Green 42101

Happy Birthday!!

Jane Haley August 11th
Ruth Moyers August 30th

Barbara Parks September 12th
Mila Sledge September 24th
Janet Hagerman September 26th
Carol Harrison September 27th
Velma Koostra September 9th

Happy Birthday

Join us for Farm & Home

with Kristi Shive & Joanna Coles

on WBKO

Monday - Friday between
5:15 a.m. - 5:30 a.m.

on Local ABC
&

7:15 a.m. - 7:30 a.m.
on Local Fox



Be sure to like
“Living Well in Warren County”
on Facebook
to keep with all the
homemaker events!



Upcoming Events

- August 5th: Transfer Day/Program of Work 9:30 AM-11:00 AM
 - August 11th: County Cultural Arts Contest (See times on front)
 - August 25th: Executive Board 9:00 AM
Advisory Council 10:00 AM
 - August 29th: Club Officer Training 10:00 AM – 11:00 AM
 - September 8th: MCA Cultural Arts Contest *County champion winners may enter*
- *Registration times*
- 8:00 AM – Warren
 - 8:30 AM – Logan, Barren, Butler
 - 9:00 AM – Edmonson, Metcalfe & Simpson
 - 9:30 AM – Allen, Monroe, & Hart
 - 11:00 AM – Judging to Begin
- September 29th: October Homemaker Leader Lesson: Farmer Cheese 10:00 AM



Annual Day



We want to extend a thank you to our current county officers and chairmen and incoming officers and chairmen for all that you do for Warren County Homemakers!



Thank you to our outgoing officers and chairmen for their hard work and service to the Warren County Homemakers.



A special thanks to Judy Hatcher, 2nd Vice President, and the Annual Meeting Committee for hosting a wonderful Annual Day!

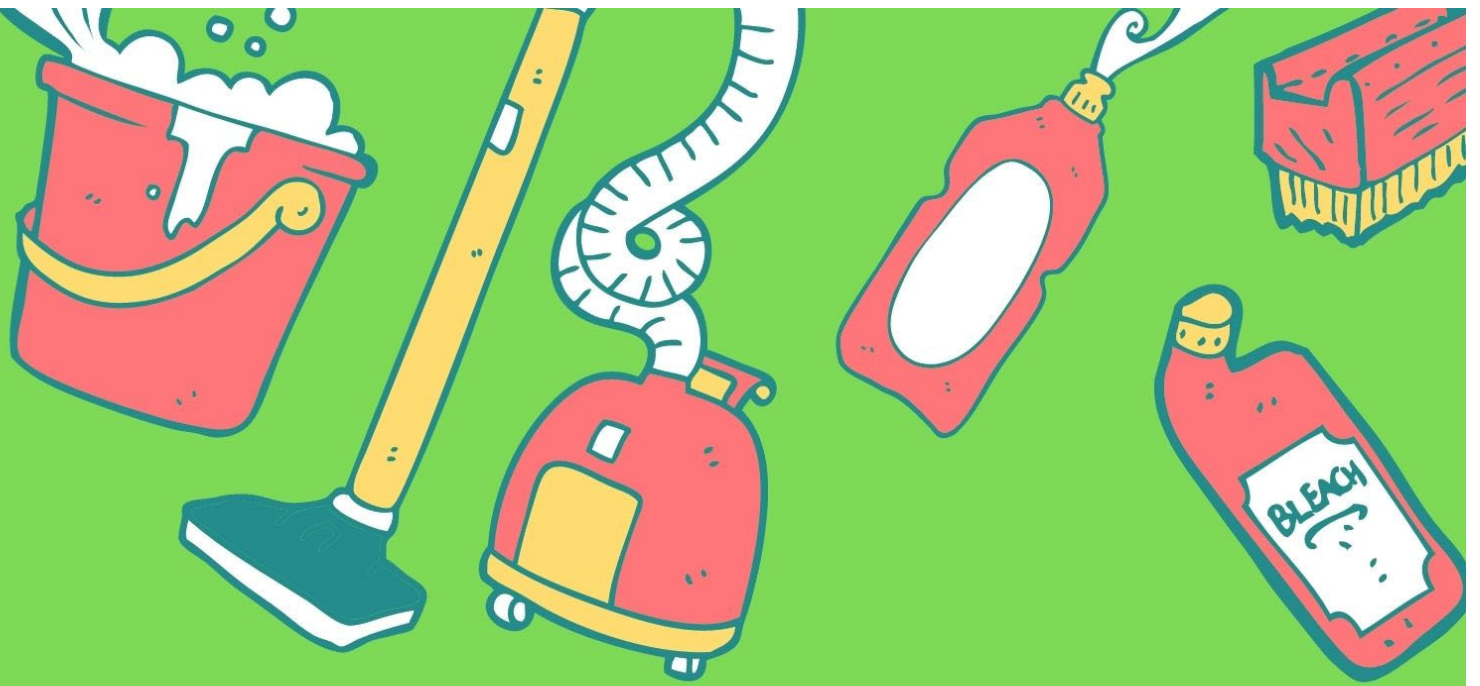
Outgoing Officers and Chairmen

Treasurer: Brenda Herrington
Environment Housing & Energy:
Ernestine Grimes
Food Nutrition & Health: Carol Lee

Incoming Officers and Chairmen

President- Elect: Eileen Capps
1st Vice President: Nell Kemp
Treasurer: Ruth Moyers
Environment Housing & Energy:
Debbie Hayes
Food, Nutrition & Health:
Margaret Belk

Congratulations to all the winners and those recognized for their efforts!



GREEN CLEANING WITH KRISTI

Thursday September 15th

at 10:30 AM or 5:30 PM

Simply make and take. Make and take two different types of home cleaners. Spray bottles and ingredients provided at no cost to you!

RSVP by Thursday September 1st to choose your time and reserve your spot!

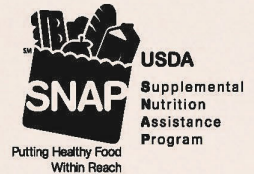


Warren County Cooperative Extension Office
5162 Russellville Rd. Bowling Green, KY 42101

Learn how to prepare Green Cleaning Recipes, Completely FREE!



EASY BAKED FISH WITH PINEAPPLE SALSA



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

- *Nonstick cooking spray*
- *1 1/2 pounds fish fillets (any mild-flavored fish like tilapia, catfish, cod, etc.)*
- *1 teaspoon salt-free herb blend*
- *2 tablespoons butter, melted*
- *Juice of 1 lime (optional)*

1. Preheat oven to 400 degrees F. Coat the inside of a 9-by-13 baking pan with nonstick spray.
2. Arrange the fish fillets in a single layer in pan. After handling raw fish, wash hands with warm water and soap, scrubbing for 20 seconds.
3. Sprinkle herb blend over fish.
4. Pour melted butter over fish.
5. Finish with a squeeze of fresh lime juice, if desired.
6. Cover pan with foil.
7. Bake for 20 minutes, or until fish flakes easily with a fork and has reached an internal temperature of 145 degrees F.
8. Serve with Pineapple Salsa.
9. Store leftovers in the refrigerator within 2 hours.

Pineapple Salsa

- *1 (20-ounce) can pineapple tidbits, drained*
- *1/4 red onion, finely diced*
- *1/2 small jalapeno, finely minced and seeds removed*
- *2 tablespoons lime juice*
- *2 tablespoons cilantro or parsley (optional)*

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Gently rub red onion and jalapeno under cool running water before preparing. Rinse cilantro under cool running water and pat dry before chopping.
3. Drain pineapple. (Juice can be saved to drink.)
4. In a medium-sized bowl, combine pineapple, onion, jalapeno, lime juice, and cilantro or parsley.

Makes 6 servings

Serving size: 4 ounces fish

and 1/6 of salsa recipe

Cost per recipe: \$11.10

Cost per serving: \$1.85

Nutrition facts per serving:

200 calories; 7g total fat; 3.5g saturated fat; 0g trans fat; 75mg cholesterol; 85 mg sodium; 17g total carbohydrate; 1g dietary fiber; 14g total sugars; 0g added sugars; 19g protein; 70% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium.

Sources:

Fish: Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension

Pineapple Salsa: Lorie Dunn, Grant County SNAP-Ed Program Assistant Senior



August 2022



SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	2	4	5	6
	8	9	10	11	12	13
	Sandhill 6pm	Cross Country 10am Briarwood 12pm Woodburn 10am		County Cultural Arts Contest Oakland 6pm	Transfer Day/ Program of Work 9:30am	Stitchers 10am
14	15	16	17	18	19	20
	Oakview 10:30am		Eastside 11:30am	Hays 10:30am Jack and Jill 6pm		
21	22	23	24	25	26	27
				Executive Board 9am Advisory Council 10am		
28	29	30	31			
	Club Officer Training 10am					



September 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3 <i>Stitchers 10am</i>
4	5 <i>Warren County Extension Office Closed Sandhill 6pm</i>	6 <i>Cross Country 10am Briarwood 12pm Woodburn 10am</i>	7	8 <i>MCA Cultural Arts Contest Oakland 6pm</i>	9	10
11	12 <i>Oakview 10:30am</i>	13	14 <i>Eastside 11:30am</i>	15 <i>Green Cleaning Class 10:30am Hays 10:30am Jack and Jill 6pm</i>	16	17
18	19	20	21	22	23	24
25	26	27 <i>Homemaker Game Day</i>	28	29 <i>October Homemaker Leader Lesson: Farmer Cheese</i>	30	