

Homemakers F&CS



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FAMILY & CONSUMER SCIENCES - EXTENSION HOMEMAKER NEWSLETTER

JUNE/JULY 2024

Thoughts from Ronda...

Hello All,

Wow, what a busy time of year! There is so much going on and I hope that you are enjoying all the graduations and celebrations.

First, I would like to Thank everyone for their cards and words of encouragement in the loss of my mother-in-law. She was a wonderful lady, and I could not have asked for a better mother-in-law. I feel so much love from this community and I am so appreciative to have each one of you in my life.

Congratulations to the Blue Winners at the KEHA State Convention: See photos enclosed in this Newsletter.

- Linda Kahmann—Apparel Quilted Jacket-
- Linda Kahmann—Quilts Hand Applique (hand quilted) Full size Quilt
- Sue Keller—Quilts Miscellaneous (hand or machine quilted) Ballerina
- Sue Keller—Embroidery Machine Cardinals
- Sue Keller—Holiday Decoration Spring/Easter Hanging
- Ange Morris—Holiday Decoration Summer Ice Cream Pillow

Attention: Those who were registered for the Flower Pot People Class--We are rescheduling for June 21st at 1:00 p.m. We will call those who were registered to make sure you can come on the 21st. And, remember the Quilling Class on June 20th at 1:00 p.m. Our own, April Meyung will be teaching this class. It will be a lot of fun.

And last but certainly not least, Thank YOU volunteers and leaders for helping with the Peony Festival 5K Fun Run/Walk and we look forward to the Fair Open Exhibits Event June 12th—14th.

Until our next newsletter in August, Be Well and Be Safe and have an awesome Summer!

Ronda Rex 
Co. Extension Agent for Family & Consumer Sciences

Upcoming Dates to Remember

May 27—Memorial Day—The Extension Office will be closed

June 6—Embroidery Club—9 am—4 pm—Will meet at the Extension Office

June 11— Quilt Club—9am—4pm—Will meet at the Extension Office

June 11—Napoleon Homemakers—6:30 pm—will meet at Zalla Lodge

June 8-15 Gallatin County Fair—Glencoe, KY

June 16— Happy Father's Day

June 19—The Cross County Homemakers will be having a day out at Augusta

June 19—Juneteenth—The Extension Office will be closed

July 1-5—4-H Camp—Carlisle, Kentucky

July 4—Independence Day—The Extension Office will be closed

July 8—County Homemaker Council—11:30 am—will meet at the Extension Office

Looking ahead... >>>

August 19—Homemaker Ice Cream Social & Homemaker Year Kick-Off—More information to come!



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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

State Homemaker Meeting



Congratulations to the Blue Winners at the KEHA State Convention:

- Linda Kahmann—Apparel Quilted Jacket
Linda Kahmann—Quilts Hand Applique (hand quilted)
Full size Quilt
- Sue Keller—Quilts Miscellaneous (hand or machine quilted) Ballerina
- Sue Keller—Embroidery Machine Cardinals
- Sue Keller—Holiday Decoration Spring/Easter Hanging
- Ange Morris—Holiday Decoration Summer Ice Cream Pillow

Thank You!

Dear Homemakers,
I would like to thank each and every one who took part in my retirement celebration on April 26th. Thank you for the phone calls, gifts, cards, well wishes and visits. It was an emotional day for me and all of you made it special!
I was totally humbled by the outpouring of love and support. Thank you again.

You all are the Greatest!
Cindy



Cooking Through the Calendar

June— Fruited Cole Slaw

Ingredients:

- 2 Tbsp, Mayonnaise
- 1/2 tsp. apple cider vinegar (or any tupe vinegar)
- 2 tsp. sugar
- 3 Tbsp, crushed pineapple canned in 100% juice, including juice
- 2 cups shredded or finely chopped cabbage
- 1/2 cup chopped apples (or fruit of choice: orange, mandarin oranges, pear)
- 1/2 cup raisins or dried cranberries

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Combine mayonnaise, vinegar, sugar, and pineapple in a small bowl. Stir to mix well.
4. In another bowl, combine cabbage and other fruit.
5. Pour dressing over cabbage and fruit. Stir to mix.
6. Serve right away.
7. Refrigerate leftovers within 2 hours.

Makes 6 servings—Serving Size: 1/2 cup

Cost per recipe: \$1.57

Cost per serving: \$.26



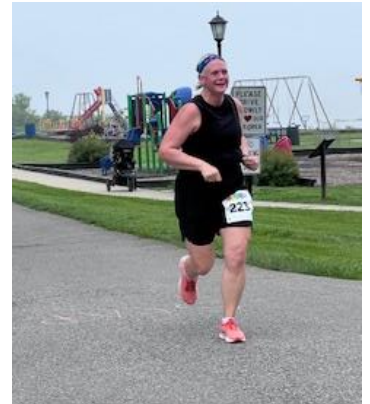
Nutrition facts per serving: 100calories; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 16g total carbohydrate; 2g dietary fiber; 14g total sugars; 1g added sugars; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

Source: Adapted from Iowa State University Extension

Homemaker Happenings



Peony 5K Highlights



Our Gallatin Homemakers attendees at the KEHA State meeting held at Bowling Green, KY on May 7-9th.



The Cross County Homemakers had a great group at their May meeting!



Cindy with some of the Extension Agents she has worked with over the years taken at her retirement celebration. Congratulations Cindy!

Be sure to send us your pictures of club activities! You can email those to Ronda at: rrex@uky.edu

2024 Gallatin County Showcase

OPEN CLASS GENERAL EXHIBIT RULES

1. All General Rules and Regulations apply.
 2. Any person may enter fair exhibits.
 3. No entry fee will be charged.
 4. Only **ONE ENTRY PER CLASS PER EXHIBITOR**. No limit to number of classes or departments in which exhibitor enters.
 5. No class changes will be allowed. Items not suitable for listed classes will be accepted for **DISPLAY ONLY**.
 6. No entries by professionals will be accepted unless class is so specified. **Professional** - anyone who sells or who has received payments for that type of item on a regular basis. **Amateur** - anyone who has never received payment for/or sold that type of item.
 7. All entries must be entered under the name of the person who made/grew the item.
 8. If an entry does not warrant a premium, one will not be awarded.
 9. Champion and Grand Champion Awards are at the discretion of the judges.
 10. Decisions of the judges are final.
- **RECEIVING ENTRIES:** All open exhibit entries will be received on **Wednesday, June 12th from 9:00 a.m. until 12 noon** at the Gallatin County Fair Grounds.
 - Exhibit Building will be open to the public June 13 & 14th from 4:00 p.m. - 9:00 p.m. If you have entries of great monetary value, please use judgement in leaving them on display. **Items will not be under surveillance at all times**
 - **RELEASING ENTRIES:** Friday, June 14th between 7:00 and 9:00 pm.
 - **PREMIUM:** Blue Ribbon - \$3, Red Ribbon - \$1, Department Grand Champion - \$5, Overall Grand Champion- \$10

ART DEPARTMENT

RULES

- All Open Class Exhibit Rules apply.
- All art work must be original, whether a reproduction or original design. Work traced from an original is not acceptable. Please note on the back of work whether work is original or a reproduction from a kit.
- Artwork should be framed or matted and equipped with hangers. (This is for protection of the artwork and display purposes; frames will not be a criteria for judging.)

JUDGED ON: Artistic Expression, Presentation, Pattern & Harmony of Color, Interpretation

AMATEUR CLASSES

1. Acrylic, landscape
2. Acrylic, modern or abstract
3. Acrylic, people
4. Acrylic, seascape
5. Acrylic, still life
6. Acrylic, nature
7. Acrylic, floral
8. Acrylic, other not listed
9. Chalk or Charcoal
10. Character or Cartoon
11. Collage, any medium
12. Oil, landscape
13. Oil, modern or abstract
14. Oil, people
15. Oil, seascape
16. Oil, still life
17. Oil, nature

18. Oil, floral
19. Oil, other not listed
20. Pen
21. Pencil
22. Watercolor, scenic
23. Watercolor - human interest
24. Watercolor - animals
25. Watercolor - people
26. Watercolor - nature
27. Watercolor - floral
28. Watercolor - other not listed
29. Pottery, handmade
30. Sculpture, any medium
31. Metal
32. Woodcarving
33. Turned Wood item

PROFESSIONAL CLASSES

34. Acrylic, landscape
35. Acrylic, modern or abstract
36. Acrylic, people
37. Acrylic, seascape
38. Acrylic, still life
39. Acrylic, nature
40. Acrylic, floral
41. Acrylic, other not listed
42. Chalk or Charcoal
43. Character or Cartoon
44. Collage, any medium
45. Oil, landscape
46. Oil, modern or abstract
47. Oil, people
48. Oil, seascape
49. Oil, still life
50. Oil, nature

51. Oil, floral
52. Oil, other not listed
53. Pen
54. Pencil
55. Watercolor, scenic
56. Watercolor - human interest
57. Watercolor - animals
58. Watercolor - people
59. Watercolor - nature
60. Watercolor - floral
61. Watercolor - other not listed
62. Pottery, handmade
63. Sculpture, any medium
64. Metal
65. Woodcarving
66. Turned Wood item

PHOTOGRAPHY DEPARTMENT

JUDGED ON / RULES:

- Subject, Interpretation, Subject Selection, Overall/Focus/Depth
- All Open Class Exhibit Rules apply.

AMATEUR PHOTOGRAPHY BLACK AND WHITE

1. Scenic
2. Human Interest
3. Animals
4. People
5. Nature
6. Floral
7. Other

AMATEUR PHOTOGRAPHY COLOR

8. Scenic
9. Human Interest
10. Animals
11. People
12. Nature
13. Floral
14. Other

PROFESSIONAL BLACK AND WHITE

15. Scenic
16. Human Interest
17. Animals
18. People
19. Nature
20. Floral
21. Other

PROFESSIONAL COLOR

22. Scenic
23. Human Interest
24. Animals
25. People
26. Nature
27. Floral
28. Other

HORTICULTURE DEPARTMENT

JUDGED ON / RULES:

- All Open Class Exhibit Rules apply.
- All entries will be displayed on paper plates. Paper plate will be provided.
- Entries will NOT be returned.
- Entries must be specified amount/number or will be disqualified.
- Entries must be ripe or nearly ripe – not immature. (Immature items will be disqualified.)

VEGETABLES

JUDGED ON: Uniformity, Shape, Size and Product Quality/Ripeness/Color

VEGETABLE CLASSES:

- | | | | |
|-------------------------------------|------------------------------------|--|---|
| 1. Asparagus, any variety, 6 spears | 15. Cucumbers, for slicing, 3 | 29. Peppers, hot, small, 3 | 41. Squash, Zucchini, 1 |
| 2. Beans Green, Bush, 6 | 16. Cucumbers, pickling, 3 | 30. Peppers, any other variety, 6 | 42. Squash, other, 1 |
| 3. Beans Green, Pole, 6 | 17. Herbs, 1 bunch same variety | 31. Potatoes, red, plate of 3 | 43. Squash, any other variety, 1 |
| 4. Beans, Lima Bush, ¼ cup | 18. Kale, other Greens, bunch | 32. Potatoes, white, plate of 3 | 44. Tomatoes, red, plate of 3 |
| 5. Beans, Lima Pole, ¼ cup | 19. Lettuce, Bibb, bunch | 33. Potatoes, any other variety, 3 | 45. Tomatoes, yellow, plate of 3 |
| 6. Beets, 6 topped | 20. Lettuce, Head, 1 | 34. Pumpkin, 1 whole | 46. Tomatoes, green, plate of 3 |
| 7. Broccoli, any variety, 3 heads | 21. Lettuce, Leaf, 1 bunch | 35. Radishes, red, plate of 3 | 47. Tomatoes, cherry or grape |
| 8. Brussel Sprouts, 6 | 22. Onions, yellow, plate of 3 | 36. Radishes, white, plate of 3 | 48. Tomatoes, any other variety, plate of 3 |
| 9. Cabbage, Drumhead, 1 | 23. Onions, white, plate of 3 | 37. Rhubarb, green variety, 1 bunch of 4 | 49. Turnips, 3 topped |
| 10. Cabbage, Flathead, 1 | 24. Onions, other variety, plate 3 | 38. Rhubarb, red variety, 1 bunch of 4 | 50. Other vegetable not listed |
| 11. Cabbage, any other variety, 1 | 25. Okra, any variety, ¼ cup | | |
| 12. Carrots, bunch of 4 | 26. Peas, edible pods, ¼ cup | | |
| 13. Corn, sweet white, 3 ears | 27. Peas, green, shelled, ¼ cup | | |
| 14. Corn, sweet yellow, 3 ears | 28. Peppers, green, plate of 2 | | |

FRUITS

JUDGED ON: Condition- freedom from marks of insects, diseases, and other blemishes. **Uniformity-** of size, shape, and color as to its variety

FRUITS CLASSES:

- | | |
|--------------------------------------|--------------------------------------|
| 51. Apples, any variety, plate of 3 | 57. Plums, plate of 3 |
| 52. Blackberries, any variety, ¼ cup | 58. Raspberries, any variety, ¼ cup |
| 53. Blueberries, any variety, ¼ cup | 59. Strawberries, any variety, ¼ cup |
| 54. Cherries, any variety, ¼ cup | 60. Other fruit not listed |
| 55. Grapes, any variety, 1 bunch | |
| 56. Peaches, any variety, plate of 3 | |

FIELD CROPS

JUDGED ON: Uniformity, Shape, Color and Quality

FIELD CROP CLASSES:

- | | | |
|-------------------------------|---------------------------------------|--|
| 61. Corn, yellow (old) 5 ears | 67. Field Seed, Rye, 1 quart | 73. Hay, Grass, ¼ square bale |
| 62. Corn yellow (new) 5 ears | 68. Field Seed, Wheat, 1 quart | 74. Hay, Mixed, ½ square bale |
| 63. Popcorn, red, 5 ears | 69. Field Seed, Barley, 1 quart | 75. Soybeans, 1 quart |
| 64. Popcorn, yellow, 5 ears | 70. Field Seed, Milo, 1 quart | 76. Soybeans, display on vine |
| 65. Popcorn, white, 5 ears | 71. Field Seed, Shelled Corn, 1 quart | 77. Tobacco, Burley, 1 stick of 5 stalks |
| 66. Field Seed, Oats, 1 quart | 72. Hay, Alfalfa, ½ square bale | |

Honey

JUDGED ON / RULES:

- **General Appearance, Color**

1. Shallow frame of comb honey, white
2. Shallow frame of comb honey, amber
3. Deep frame of honey, white
4. Deep frame of honey, amber
5. Container of extracted honey, white
6. Container of extracted honey, amber
7. Container of extracted honey, dark amber
8. Container of chunk honey, other color
9. Hard plastic 4" x 4" box of cut comb honey, white
10. Hard plastic 4" x 4" box of cut comb honey, amber
11. Beeswax, molded and dipped

CULINARY DEPARTMENT

JUDGED ON / RULES:

- All Open Class Exhibit Rules apply.
- No baked goods will be returned.
- Place all entries on paper plate and cover with clear plastic wrap
- **No Commercial Mixes**
- Entry must include correct number of items or will be disqualified
- "Decorated Cake" entries may be on cardboard, styrofoam form etc. and will only be judged on "decorating ability, design, color, style appropriateness."

CAKES

CAKES JUDGED ON:

For Layer Cakes: General Appearance, Texture, crumb and Flavor **Frosting & Filling:** Suitability, Flavor and Consistency

- | | | |
|---|--|--|
| 12. Angel Food Cake, no frosting (1/2 cake) | 17. Devil's Food Cake, any frosting (1/2 cake) | 22. White Layer Cake, frosted (1/2 cake) |
| 13. Applesauce Cake, any frosting (1/2 cake) | 18. German Chocolate Cake (1/2 cake) | 23. Yellow Layer Cake, any frosting (1/2 cake) |
| 14. Decorated Cake, Amateur (See rule above) | 19. Jam Cake, Caramel Icing (1/2 cake) | 24. Cup Cakes, plate of 5 |
| 15. Decorated Cake, Professional (See rule above) | 20. Pound Cake, no frosting (1/2 cake) | 25. Any Cake, other than listed above (1/2 cake) |
| 16. Chocolate Cake, frosted (1/2 cake) | 21. Spice Cake, any frosting (1/2 cake) | |

COOKIES

COOKIES JUDGED ON: General Appearance, Uniformity of size, shape, and color, Flavor/Taste, Texture and Crumb

- | | |
|--|---|
| 26. Bar Cookies, plate of 6 | 30. Plain Sugar Cookies, plate of 6 |
| 27. Brownies, plate of 6 | 31. Oatmeal Cookies, plate of 6 |
| 28. Chocolate Chip Cookies, plate of 6 | 32. Any Cookie, other than listed above, plate of 6 |
| 29. Peanut Butter Cookies, plate of 6 | 33. Non-Baked Cookies, plate of 6 |

BREADS

BREADS JUDGED ON: General Appearance, Color, Flavor, Texture, Consistency, Grain

QUICK BREADS

34. Biscuits, plate of 5
35. Coffee Cake, Quick, ½ loaf
36. Quick Fruit Bread, ½ loaf
37. Quick Bread, Any Flavor, ½ loaf
38. Corn Bread, Corn Sticks, or Corn Muffins, plate of 5
39. Muffins, Bran, plate of 5
40. Muffins, Fruit, plate of 5
41. Muffins, other than above, plate of 5

YEAST BREADS

42. Sour Dough Bread, ½ loaf
43. Yeast Bread, White, ½ loaf
44. Yeast Bread, Other, ½ loaf
45. Yeast Rolls, plate of 5
46. Yeast Coffee Cake, ½ loaf
47. Yeast Sweet Rolls, plate of 5
48. Donuts, plate of 5
49. Bread machine bread, white, ½ loaf
50. Bread machine bread, other than white, ½ loaf

CANDY

JUDGED ON: General Appearance, Consistency, Texture, Flavor

51. Caramels, plate of 6 pieces
52. Chocolate Fudge, with nuts, plate of 6 pieces
53. Chocolate Fudge, without nuts, plate of 6 pieces
54. Peanut Butter Fudge, plate of 6 pieces
55. Cream Candy, plate of 6 pieces
56. Mints, any flavor, plate of 6 pieces
57. Peanut Brittle, plate of 6 pieces
58. Other candy, plate of 6 pieces

PIES

JUDGED ON / RULES:

- General Appearance, Flavor, Color, Tenderness/Flakiness of Crust, Texture, quality of filling
- *No purchased crusts or filling*
- *Disposable pie tin allowed*
- *No cream or custard pies for food safety precautions, rules and regulations*

59. Apple Pie
60. Cherry Pie
61. Berry Pie Fruit Pie, other
62. Nut Pie, any nut
63. Other Pies - **NO CREAM or CUSTARD PIES**

FOOD PRESERVATION DEPARTMENT

- All entries must be in Regulation Canning Jars
- Fruits and vegetables in pint or quart jars
- Pickles, relishes in ½ pint or pint jars
- Jams, jellies, preserves in ½ pint jars
- Jams, jellies- **no paraffin allowed**
- Rusted Lids Not Accepted
- Unsealed lids/products will not be accepted and will be disqualified.

PICKLES/RELISH/SALSA

PICKLES/RELISH/SALSA JUDGED ON: Product Color, Pack, General Appearance, Product Uniformity, Product Quality

- | | | |
|-----------------------------|------------------------|---|
| 1. Beet Pickles | 7. Vegetable Pickles | 13. Salsa, tomato |
| 2. Bread and Butter Pickles | 8. Vegetable Relish | 14. Salsa, other |
| 3. Dill Pickles | 9. Green Tomato Relish | 15. Chutney |
| 4. Dilled Vegetables | 10. Tomato Relish | 16. Mustard |
| 5. Mixed Sweet Pickles | 11. Pickle Relish | 17. Other pickle, relish, salsa product |
| 6. Sweet Cucumber Pickles | 12. Chili Sauce | |

JAMS & JELLIES

JAMS/ JELLY JUDGED ON: Fill, Clearness, Consistency, General Appearance

- | | | |
|------------------------------|---------------------------------|---------------------|
| 18. Apple Butter | 23. Other Preserves, not listed | Jams |
| 19. Fruit Butter, not listed | Jellies | 28. Blackberry Jam |
| Preserves | 24. Grape Jelly | 29. Strawberry Jam |
| 20. Peach Preserves | 25. Apple Jelly | 30. Raspberry Jam |
| 21. Blackberry Preserves | 26. Blackberry Jelly | 31. Jam, not listed |
| 22. Strawberry Preserves | 27. Jelly, Not listed | 32. Applesauce |

FRUITS/VEGETABLES

FRUITS/VEGETABLES JUDGED ON: General Appearance, Product quality, Product pack, Product uniformity, Color

- | | | |
|-----------------|-------------------|---------------------------|
| 33. Apples | 39. Beets | 45. Peas |
| 34. Berries | 40. Carrots | 46. Potatoes, any variety |
| 35. Cherries | 41. Corn | 47. Tomato Sauce |
| 36. Peaches | 42. Green Beans | 48. Tomato Juice |
| 37. Pears | 43. Lima Beans | 49. Tomatoes, any variety |
| 38. Other Fruit | 44. Shellie Beans | 50. Other Vegetable |

CRAFT DEPARTMENT

CRAFTS JUDGED ON: Workmanship, General Appearance, Pattern & Harmony of Color

- | | | | |
|--|---------------------------|---|--------------------------------|
| 1. Accessory, not sewn | 6. Basket, with handle | 12. Cloth Painting, any medium | 18. Holiday Decoration, Winter |
| 2. Artificial Floral Arrangement | 7. Basket, without handle | 13. Copper or Tin Punch | 19. Holiday Decoration, Spring |
| 3. Artificial Arrangement, other than floral | 8. Basket, Novelty | 14. Doll (other than crochet, dressed, knit, or sewn; ex. mop doll) | 20. Holiday Decoration, Summer |
| 4. Basket - plain | 9. Basket, other material | 15. Embellished Clothing (on hanger) | 21. Holiday Decoration, Fall |
| 5. Basket, w/dyed material | 10. Ceramics, stained | 16. Grapevine Art, hand made | 22. Jewelry, handmade |
| | 11. Ceramics, glazed | 17. Holiday Decoration, Christmas | 23. Model Craft |

- | | | | |
|--|--|--|---------------------------------|
| 24. Paper Twist Creation | 32. Wreath, holiday | 38. scrapbook pages | 42. Scrapbooking, Other |
| 25. Photo Album, Embellished | 33. Wreath, other | 39. People Scrapbooking - Entry: one entire scrapbook or/2-3 scrapbook pages | 43. Decorated Item, kitchen |
| 26. Plastic Canvas | 34. Centerpieces | 40. Scrapbooking - Entry: one entire scrapbook or/2-3 scrapbook pages | 44. Decorated Item, bath |
| 27. Recycled (from recycled materials) | 35. Embellished T-Shirts and Sweatshirts | 41. Scrapbooking - family layout | 45. Decorated item, living room |
| 28. Stenciling | 36. Painted T-Shirts and Sweatshirts | 42. Scrapbooking, vacation | 46. Stuffed toy |
| 29. Woodcraft, hand made | 37. Historical Scrapbooking – Entry: one entire scrapbook or/2-3 | | 47. Miscellaneous Craft |
| 30. Woodcraft, small, refinished | | | |
| 31. Wall Hanging, other than listed | | | |

FLORAL DEPARTMENT

JUDGED ON:

- **Bloom Condition** - free from marks of insects, diseases, or other blemishes
- **Uniformity** - of size, shape, and color as to its variety
- **Specimens** shall be exhibited in clear glass containers, such as soft drink bottles. The exhibitor must furnish the container.

POTTED PLANTS:

- | | | | |
|--|--|---------------------------------|-------------------|
| 1. African Violet | 4. Blooming Houseplant, other than violet or begonia | 7. Flowering Hanging Plant | 11. Terrarium |
| 2. Animal Name Plant (Zebra, Piggy Back, etc.) | 5. Fern | 8. Ivy | 12. Wandering Jew |
| 3. Begonia | 6. Foliage Hanging Plant | 9. Succulent, cactus | 13. Other plant |
| | | 10. Succulent other than cactus | |

FLORAL:

****Entries in the following classes must be brought in bottle/vase**

Roses – Hybrid Teas (with bud permitted)

- White, single specimen
- Pink single specimen
- Red, single specimen
- Yellow, single specimen
- Peace, single specimen
- Best collection of 5 or more (not to exceed 10)

Floribundas

- Red, single specimen
- Pink, single specimen
- Any other color, single specimen
- Floribundas, collection of 3

Any other variety

- Single specimen

- Collection of 3

Gladiolus

- White, single specimen
- Blue or lavender, single specimen
- Single specimen, any other color
- Best collection of 3

Dahlias

- Single specimen, decorative
- Single specimen, pom-pom
- Single specimen, cactus

Annuals and Perennials

- Asters, 5 or more specimens
- Cockscomb or prince's feather, single specimen
- Gaillardias, 5 or more blooms

- Hardy phlox, single specimen

- Day lily, single stem

- Asiatic lily, single stem

- Tiger lily, single stem

- Calla lily, single stem

- Lily other, single stem

- Hydrangea, pink, single specimen

- Hydrangea, blue, single specimen

- Hydrangea, any other color, single specimen

- Marigolds, 3 or more stems, large flowering variety

- Marigolds, 3 or more stems, small flowering variety

- Nasturtiums, 5 or more, exhibitor's own bowl

- Shasta daisies, 3 stems

- Petunias, 3 sprays, single

- Petunias, 3 sprays, double

- Petunias, 3 sprays, ruffled

- Snapdragons, 3 spikes

- Zinnias, 3 large flowering

- Zinnias, 3 fantasy

- Zinnias, 5 or more small variety

- Zinnias, collection of 5 or more different varieties

- Other Flower

- Buffet Arrangement

- Dried Flower Arrangement

- Rose Arrangement for Table

TEXTILES DEPARTMENT

RULES

- Entries must have been made within the past two (2) years and never previously exhibited.
- All entries must be clean.
- No unfinished articles allowed
- Apparel should be on wire or padded hangers.
- If there is more than one article in any exhibit (2 piece garment, placemats, etc.), they should be securely fastened together.

TEXTILES JUDGED ON: Workmanship, General Appearance, Pattern & Harmony of Color, Fabric/finishing selection

- | | | | |
|--|---|--|---|
| 1. Accessory, Sewn | 21. Dolls, knitted | 39. Knitted Garment | 57. Baby Quilt, machined pieced and quilted |
| 2. Garment, Sewn and Appliqued | 22. Dolls, sewn | 40. Knitted Accessory not listed | 58. Quilted Item – Table runner |
| 3. Casual Wear, Sewn | 23. Embroidery, crewel | 41. Other Knitted Item | 59. Quilted Item – Wall hanging |
| 4. Children's Wear (3 yrs. & older) Sewn | 24. Embroidery, crewel framed | 42. Needlepoint, canvas | 60. Quilted Item – Other |
| 5. Dress, Sewn | 25. Embroidery, floss | 43. Pillow, with cording | 61. Recycled Textile Item |
| 6. Smocked Garment | 26. Embroidery, floss, framed | 44. Pillow, without cording | 62. Recycled Other |
| 7. Tailored Wear | 27. Embroidery, floss, redwork | 45. Polar Fleece Throw, Blanket sewn | 63. Rugs, Latch Hook |
| 8. Costume, Sewn | 28. Embroidery, floss, candlewicked | 46. Polar Fleece Throw, Blanket non-sewn | 64. Rugs, Rag |
| 9. Afghan or blanket, Baby, knitted or crochet | 29. Embroidery, silk ribbon | 47. Quilt, patchwork | 65. Rugs, other |
| 10. Afghan, crochet | 30. Embroidery, silk ribbon framed | 48. Quilt, appliqued | 66. Tablecloth/Placemat, appliqued |
| 11. Afghan, knitted | 31. House Decoration, Counted Cross Stitch | 49. Quilt, Appliqued, machine | 67. Tablecloth/Placemat, embroidered |
| 12. Bedspreads, handmade | 32. House Decoration, crochet | 50. Quilt, embroidered | 68. Tablecloth/Placemat, counted cross |
| 13. Counted Cross Stitch on garment | 33. House Decoration, sewn | 51. Quilt, embroidered, machine | 69. Tablecloth/Placemat, crochet |
| 14. Crocheted Accessory | 34. Infant Wear (2 yrs. & under), appliqued | 52. Quilt, hand pieced, hand quilted | 70. Tatting |
| 15. Crocheted Garment | 35. Infant Wear (2 yrs. & under), crochet | 53. Quilt, hand pieced, machine quilted | 71. Toys, crochet |
| 16. Crocheted Other | 36. Infant Wear (2 yrs. & under), knitted | 54. Quilt, machine pieced and quilted | 72. Toys, knitted |
| 17. Cross Stitch, counted | 37. Infant Wear (2 yrs. & under), sewn | 55. Baby quilt, hand pieced, hand quilted | 73. Toys, sewn |
| 18. Cross Stitch, printed design | 38. Knitted Scarf | 56. Baby Quilt, hand pieced, machine quilted | 74. Sweatshirt or Sweatpants with sewn decoration |
| 19. Dolls, crochet | | | |
| 20. Dolls, dressed | | | |

ANTIQUES

RULES: Antiques must be 100 years or older.

ANTIQUES JUDGED ON: Age, Rarity and Condition

1. Oldest dated Bible (must contain both Old and New Testament and have original copyright date)
2. Kentucky Letter or Document
3. Letter or Document – other than Kentucky
4. Postcard – Kentucky Scene, Building or Event
5. Black History Memorabilia
6. Knife or Sword
7. Military Relic (other than Firearm, Knife or Sword)
8. KY Veteran's Memorabilia
9. Civil War Item
10. Fishing Item
11. Sports Item
12. Medical Item
13. Advertising Item (Other than product container – may not exceed 12" x 12")
14. Pin Backs and Award Medals
15. Political Campaign Item
16. Any article made of metal
17. Transfer Printed or Hand Painted China
18. Small tool
19. Bank (still or mechanical)
20. Doll (not to exceed 18" size limitations both vertically or horizontally if can be displayed sitting)
21. Child's toy
22. Cultural Celebration Item (i.e. Christmas, Halloween, Hanukkah, etc.)
23. Miniature tintype, daguerreotype or photograph, including one or two subjects only
24. Photograph of a group of 3 or more subjects (size not to exceed 12" in length, or width including frame)
25. Photograph of a building or event (size not to exceed 12" in length, or width including frame)
26. Piece of clothing (excluding jewelry and clothing accessory)
27. Clothing accessory (excluding jewelry) (i.e. hat, gloves, scarf, shoes)
28. Railroad memorabilia
29. Earthenware Piece
30. Antique article made of wood
31. Cut Glass piece
32. Pressed glass piece
33. Carnival glass piece
34. Art glass piece
35. Milk Glass
36. Glass, not listed
37. Pottery, any article
38. Porcelain, any article
39. Any article not mentioned above (items that do NOT have a class listed above)

Come by the Extension Office to receive your complete free set of Green Cleaning Recipe Cards. Below are some examples in the set you will receive:

Home Maintenance: Protect Your Investment
Green Cleaning

1

ALL-PURPOSE CLEANER

3 tbsp. white vinegar
½ tsp. washing soda
½ tsp. vegetable oil based liquid soap
2 cups hot water

Mix ingredients in spray bottle or bucket. Apply and wipe clean.



Home Maintenance: Protect Your Investment
Green Cleaning

2

DISINFECTANT

2 tbsp. borax
¼ cup vinegar
2 cups hot water

Combine the borax and vinegar with the water in a spray bottle. Use as you would any commercial all-purpose cleaner.



Home Maintenance: Protect Your Investment
Green Cleaning

12

FRAGRANT KITCHEN CLEANSER

2 tbsp. white vinegar
2 pints water
4 drops essential oil (lavender, tea tree oil, lemon, lemongrass, or rosemary)

Combine ingredients in spray bottle and use as a final rinse after cleaning kitchen surfaces. Store in a cool, dark place.



Home Maintenance: Protect Your Investment
Green Cleaning

18

MIRROR & WINDOW POLISH

For sparkling glass.

cornstarch
water

Mix together cornstarch and water to make a paste. Use a soft cloth to apply the paste to the mirror. Rub gently then wipe clean with a soft cloth.



ADULT HEALTH BULLETIN

JUNE 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

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THIS MONTH'S TOPIC

STEP INTO NATURE, SUMMER EDITION



As the weather warms up, the sun shines brighter and it is light outside for longer each day. These environmental changes make it more enticing to spend time outdoors. Perhaps you find yourself staring out the window, distracted from your work tasks. Don't fight the urge to step outside! Give in to your wandering mind, take a break in the sunshine, and reap the benefits of being outdoors in the summertime. You may be familiar with a quote from Hippocrates, "Nature itself is the best physician." Whether you take a walk around your block, sit in the shade under a tree, or take a hike through the woods, spending time outdoors is good for your health.

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Disabilities accommodated with prior notification.

When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

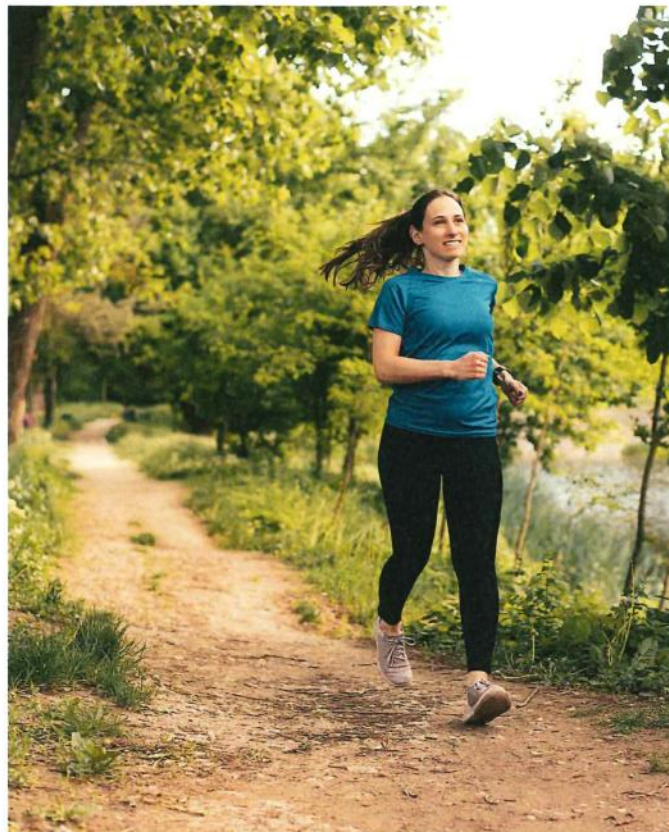
→ Continued from the previous page

There are both mental and physical benefits to spending time outdoors during the summer. Studies have shown that people enjoy being outside in the summer, and being outdoors provides good motivation to be physically active. People who exercise outdoors are more likely to be active for a longer time and enjoy it more than those who exercise indoors. Additionally, there are many activities to do in the summer outdoors. From walking, hiking, or running, to gardening, doing yard work, playing sports, and more, there are many ways to be active in the great outdoors whether you live in an urban or rural area.

Another physical benefit of spending time outdoors is the quality of air that you breathe in. Overall, air quality outdoors is typically better than that inside. When you exercise, your body needs more air, and you breathe more deeply. This provides extra oxygen to your body and breathing outdoors tends to reduce the amount of toxins that you take in through the air. Breathing deeply helps you to relax, lowering your stress levels, cortisol, and heart rate. All of these contribute to overall heart health, reducing and managing chronic diseases such as high cholesterol, blood pressure, and heart disease. Additionally, being outdoors awakens your senses, helping you to enjoy the atmosphere outdoors: the sights, smells, sounds, tastes, and textures around you.

Tuning into your senses outdoors also has mental health benefits. Spending time outside reduces stress levels, decreases feelings of depression and anxiety, and helps you to feel more regulated. Spending time outside has shown to help people recover from trauma faster as well. When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

Summer weather tends to make spending



time outside enjoyable, but there are some precautions you should take as well. If you are going to spend time out in the sun, remember to wear protective clothing or sunscreen, sunglasses or hat, and drink plenty of water to stay hydrated. Your body will appreciate the additional vitamin D, but you do not want to overexpose your skin to damage from the sun.

REFERENCE:

<https://www.fs.usda.gov/features/wellness-benefits-great-outdoors>

**ADULT
HEALTH BULLETIN**

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