

From your FCS Agent

Another year, now in its third quarter. Grass beginning to brown a bit, beautiful sunrises are a little later and sunsets a little earlier. Are your flowers beginning to show their signs of aging? A year doesn't seem nearly as long as it once did. Dad used to tell us that when we were 2, each year was half of our lives...as we got older, he would say, when you're 20, each year is 1/20th of your life and so on... and now, at 66, each year is 1/66th of my life. It is a Fast Run Race!!!

For those of you who attended our International Night about Pakistan, thank you for bringing the recipes none of us had probably seen, but sure enjoyed tasting. As you could see, a lot of the same spices are in most of the food from India/Pakistan. Included in this newsletter are some pictures I wanted to share with you from that evening. Our guest speaker, Janis Barton did a fabulous job, and she definitely exhibited a passion for the people there and said she would like to return. She even had clothing with her that she had gotten on her trip. Thank you, Janis!

August is the month of our Lewis County Homemaker Council Meeting, Fall Homemaker Leadership Training Day, and other events. It seems we will not slow down any through the end of 2025!

Be sure to check out the rest of the newsletter for important dates!

Respectfully,
Christa O'Cull
Lewis County FCS Agent



International Night 2025



The Tollesboro Lion's Club Fair was a big success this year. Much goes into the planning stages, and the magic begins when the carnival arrives, gates open and the Floral Hall is stocked with beautiful, handcrafted products from all across Lewis County. The overall winner this year painted a beautiful picture of a lion (pictured below). Please take a few minutes to view the pictures of quilts, crocheted items, other hand-crafted items, canned goods, fresh produce, and photography. A HUGE SHOUTOUT to all of you who created and entered items with a BIG CONGRATULATIONS to all who took home premiums. I'm sure glad I cannot be a judge!!!



Calendar of Events

- August 9th: Customer Appreciation Day at the Farmer's Market 8am-11am
- August 14th: Farmer's Market 8am-11am
- August 19th: Homemaker Council Meeting at 10 am at the Lewis County Extension Office
- August 19th: Registration due for Homemaker Training Day - Montgomery Co.
- August 20th: Apron Class for Parent/Child Extension Office - Bring a pair of your blue jeans - Free Event!
- August 26th: Homemaker Leadership Training Day - Montgomery Co. 10am
- September 1st: Office Closed for Labor Day
- September 20th: Harvest Fest at the Farmer's Market 8am-2pm
- October 16th: LRA Annual Meeting - Bath Co. 11am
- November 15th: Homemakers Christmas Bazaar
- November 18th: Christmas Garland Class at the Lewis County Extension Office
- November 27th - 28th: Office Closed for Thanksgiving Holiday
- December 24th - January 2nd: Office Closed for Christmas Holiday

Agent Updates

- Beginning in August I have added a FREE class called Cooking Through the Calendar to my schedule at the Holy Redeemer Catholic Church. Please see the flyer that is included in this newsletter for more information.
- A class will begin at Lighthouse with Lonna Bussell (Adult Training Program) that will include basic meal preparation/skills.
- Laugh & Learn will be back this fall at the Little Dippers Child Care Center in Vanceburg.
- I will also continue to do monthly visits to the Lewis County Senior Center in Vanceburg.

LICKING RIVER AREA

HOMEMAKER LEADERSHIP TRAINING

WHEN: TUESDAY, AUGUST 26TH AT 10 AM

WHERE: MONTGOMERY COUNTY EXTENSION
OFFICE
104 E. LOCUST STREET MT. STERLING, KY 40353

Join us in Montgomery County for our annual Leadership Lesson Training Day. This day is for ANY and ALL Homemakers. It is a fun (FREE) day of learning the yearly lessons and fellowship with other Homemakers.

Lessons Include:

- ✓ Using your Air Fryer
- ✓ Making Friends with Food: Power of Positive Food Talk
- ✓ Stretching your Dollar: What to do when the ends don't meet.

REGISTER BY
AUGUST 19TH!

Call your local extension office
to register.



ARE YOU LOOKING FOR SOMETHING FUN TO DO ON THE
FIRST WEDNESDAY OF THE MONTH?

LEARN A DIFFERENT
RECIPE EACH MONTH

WE WILL PREPARE,
DISCUSS AND SERVE A
SAMPLE TO ALL
ATTENDEES



COME JOIN US AT
HOLY REDEEMER CATHOLIC CHURCH

239 KY-59

VANCEBURG, KY 41179

FOR

COOKING THROUGH THE CALENDAR



10:45 AM

AUGUST 6TH

SEPTEMBER 3RD

OCTOBER 1ST

NOVEMBER 5TH

DECEMBER 3RD

LISTEN TO WKKS
IN CASE OF A
CANCELLATION OR
WATCH FACEBOOK

CONTACT THE LEWIS
COUNTY EXTENSION OFFICE
AT (606) 796-2732
TO GET YOUR SPOT
RESERVED

SPOTS ARE LIMITED SO BE ONE OF THE FIRST 20 TO SIGN UP!

THIS EVENT IS FREE

APRON SEWING *WORKSHOP*

AUGUST 20, 2025
10AM-2PM

Lewis County Extension Office

FREE
EVENT!

GRAB A PAIR OF YOUR OLD BLUE
JEANS AND COME JOIN FCS AGENT
CHRISTA O'CALL AND OUR MASTER
CLOTHING VOLUNTEERS



LIMITED SPOTS! CALL THE OFFICE TO GET
REGISTERED (606) 796-2732

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Triple Berry Crisp

Cooking spray	3 tablespoons white sugar	¾ teaspoon cinnamon
1½ cup fresh blackberries	¾ cup brown sugar	½ teaspoon nutmeg
1½ cup fresh blueberries	½ cup flour	½ cup butter
1½ cup fresh strawberries	½ cup oats	

Preheat oven to 375 degrees F. Spray the bottom and sides of an 8-by-8 inch baking pan with nonstick cooking spray. **Wash** berries. Do not let berries soak in water. Hull strawberries by removing the stems and green tops. **Place** blueberries, blackberries and strawberries in a mixing bowl. **Sprinkle** berries with white sugar and **stir**. **Set** aside. In a separate, large bowl, **mix** the brown sugar, flour, oats, cinnamon and nutmeg. **Cut** in the butter until crumbly.

Pour berry mixture into baking pan. **Sprinkle** crumbly mixture over the berries. **Bake** for 30 minutes or until the top is golden brown.

Yield: 12, ½ cup servings

Nutritional Analysis: 160 calories, 6 g fat, 3.5 g saturated fat, 15 mg cholesterol, 0 mg sodium, 27 g carbohydrate, 3 g fiber, 19 g sugars, 2 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Kentucky Blackberries

SEASON: June to September

NUTRITION FACTS: A ½ cup serving of raw berries contains 35 calories, has no fat, and is a good source of potassium, vitamin C and fiber.

SELECTION: Look for plump fruit that is uniform in color and appears fresh. Berries should be free of stems or leaves. Avoid moldy, crushed or bruised fruit. Avoid berries that contain extra moisture.

STORAGE: Store unwashed and covered berries in the refrigerator. Use within two days.

PREPARATION: Handle all berries gently. Wash berries by covering them with water and gently lifting the berries out. Remove any stems and drain on a single layer of paper

towels. Blackberries are delicious cooked, which intensifies the flavor, or eaten fresh as a snack or in a salad.

PRESERVING: Berries may be preserved by canning or freezing. They can be made into jellies or jam. For more information, contact your local County Extension Office.

KENTUCKY BLACKBERRIES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

August 2014

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KENTUCKY

College of Agriculture,
Food and Environment

Source: www.fruitsandveggiesmatter.gov

