

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.





Millian Mills 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!!!





















Calendary of Emilia

- 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

American Marianes

- 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

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.

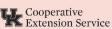
Lessons Include:

- Using your Air Fryer
- Making Friends with Food: Power of Positive Food Talk
- Stretching your Dollar: What to do when the ends dont 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?







HOLY REDEEMER CATHOLIC CHURCH

239 KY-59

VANCEBURG, KY 41179

COOKING THROUGH THE CALENDAR



FISTEN TO MKKS

IN CASE OF A

CANCELLATION OR

WATCH FACEBOOK

10:45 AM AUGUST 6TH SEPTEMBER 3RD

OCTOBER 1ST NOVEMBER 5TH

DECEMBER 3RD

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

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

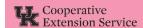
THIS EVENT IS FREE

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APRON SEWING *WORKSHOP *

AUGUST 20, 2025 10AM-2PM

Lewis County Extension Office







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Triple Berry Crisp

Cooking spray

1¾ cup fresh blackberries 1¾ cup fresh blueberries 1¾ cup fresh strawberries 3 tablespoons white sugar

1/2 cup flour

¾ teaspoon cinnamon 1/2 teaspoon nutmeg 1/2 cup butter

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, 1/2 cup servings

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



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 1/2 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

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.

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August 2014

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Source: www.fruitsandveggiesmatter.gov