

HOMEMAKER HAPPENINGS

FAMILY & CONSUMER SCIENCES

JUNE & JULY 2025



Cooperative Extension Service
Meade County

1041 Old Ekron Road
Brandenburg KY 40108
(270) 422-4958
FAX: (270) 422-3773
meade.ca.uky.edu



New Clothes and Linens: Wash First

Wearing a brand-new outfit that is neat and crisp can be very satisfying. The same goes for having brightly colored towels or sheets that are not faded or frayed. But as much as we want to preserve the “like new” appearance of our clothing and linens, it’s **best to wash new items before wearing or using**. Follow the care labels for best results. Keep an eye out for phrases like, “wash before wearing,” or “wash before use.”

Much of our clothing and linens (sheets and towels) arrive with **finishes or chemicals on them that may cause skin irritation or bother allergies**. These fabric treatments are usually applied to ease the manufacturing process, prevent damage during storage or shipment, or they may be related to the fabric dye or performance features. Although some finishes (such as “non-iron” or “water-repellant”) are meant to remain on fabrics after repeated washings, **washing new items ensures excess residue is removed**.

Washing new clothes also **eliminates dust, dirt, and germs** that may be present because of hanging out in stores or being tried on by other consumers. Washing first also helps **prevent dye-transfer**. This happens when color rubs off one item onto another. Ever wonder why your white socks turn blue when you wear new jeans? That’s why! Care labels for **clothing that is brightly or deeply colored will usually suggest washing separately** for the first few washes.

Remember to **launder your linens before their first use, too**. Towels and sheets become **more absorbent and softer** after their first wash. For best washer and dryer efficiency, wash towels and sheets in separate loads. Don’t use too much detergent. And keep things fresh in the washer by trying a quarter cup of white vinegar *instead of* liquid fabric softener.

What about “fancy” clothes or “dry-clean only” items? Sometimes it may not make sense to wash an item before wearing, and dry cleaning may not be an easy option. That’s OK. **Do what works for your situation**. But keep in mind that buying new clothes, sheets, or towels simply because you don’t feel like washing your dirty ones is not the best solution.

Reference

<https://www.consumerreports.org/appliances/laundry/wash-new-clothes-before-wearing-them-for-the-first-time-a8763351216/>

Source: Jeanne Badgett, Senior Extension Associate for Clothing, Textiles, and Household Equipment

Sincerely,

Extension Agent for Family and Consumer
Sciences Education Meade County

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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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

**The Extension Office will be closed on
June 19th and July 4th!**



Cultural Arts Blue Ribbon Winners



Pam Patterson — Sewing Notions Door Hanging

Pam Patterson — Doll Dress

Pam Patterson — Crochet Shawl

Pam Patterson — Monkey

Pamela Hicks — Framed Angel Tapestry

Pamela Hicks — Framed "I believe in angels"

Pamela Hicks — Framed "Christmas Peace"

Pam Patterson — Peacock Shirt

Pam Patterson — Woodland Pillow

Geraldine Shanahan — UK Baby Quilt



Dear Members,

Just wanted to keep you abreast of the latest happenings in the world of Kentucky Extension Homemakers (KEHA). Three new KEHA state officers and chairs were elected at the state meeting this year. President- Henrietta Sheffel, Breathitt County (was President-Elect); Secretary – Barbara Seiter, Boone County; 4-H Youth Development Educational Chairman – Peggy Tracy, Bourbon County; and Management and Safety Educational Chairman – Diana Morgan, Grant County.

Total attendance this year at the KEHA state meeting was 500, which is a new record. There were 106 first time attendees. Cultural arts entries totaled 741. Out of those 741 Meade County won ten blue ribbons. Congratulations to Pam Patterson, Pamela Hicks, and Geraldine Shanahan. Additionally, Meade County Extension Homemakers won 1st Place in the Kentucky Academy/Ghana Library donation; 2nd Place in the Contribution to Evans/Hansen/Weldon Scholarship; 2nd Place in Contribution to Homemaker Member Scholarship; and were listed in the Ovarian Cancer Awards with having over 100% donations. Thanks also go out to those who contributed quilt squares for the quilt square auction.

More than \$8,000 was raised to support designated projects through the basket raffle, silent auction, and quilt square auction. The basket raffle generated \$2,927.00 to help fund the 2026 KEHA Leadership Academy; the silent auction raised \$2,759.00 to benefit the 4-H Foundation and the 301 handmade quilt squares auction raised \$2,328.00 to help offset the cost of hosting the KEHA state meeting. A check in the amount of \$43,077.44 was presented this year to the UK Ovarian Cancer Research and Screening Program. There were over 30 workshops and eleven craft classes and there were training workshops for officers and educational chairmen provided at the state meeting. As you can see there was a lot of activity going on at the state meeting this year.

Your voting delegates this year were Virginia Smiley and Janet Hobbs. Geraldine Shanahan from the Garrett Extension Homemakers also attended the state meeting and was fortunate enough to have a one on one with Heather French Henry. If you do not remember, Heather French Henry, won the title of Miss America in 2000. Not only has she competed as a beauty queen, but she is known for her talents as an American fashion designer, politician, and veteran's advocate. Being the gracious lady that she is she gave Geraldine something to talk about by allowing her to wear her Miss America crown for a few minutes of glory as can be seen in the picture of Ms. Henry and Geraldine. Way to go Geraldine!



Please make note of next year's KEHA state meeting which will take place May 12-14, 2026, at the Hyatt regency in Lexington, KY.

As a matter of information in case any of you may be interested, the 4-H International Exchange Committee needs more Host Families for incoming youth and chaperones. For every family recruited from the county, they will give the county \$100 for educational programming. Each county may send three to five names of possible Host Families. Applications are to be submitted as soon as possible. The young people (ages 13-18) and chaperones are coming from Taiwan, Korea, and Japan. They are coming to experience American culture as part of a family. They will stay from Taiwan from July 3 – August 2 and from Japan and Korea from July 21 – August 16. If you may be interested, please contact Jennifer Bridge at 270-422-4958.

The KEHA year ends on June 30. Please remember that the due date for club reports, to include both educational program of work and volunteer service logs are due to the Meade County Extension Office no later than July 1.

I look forward to seeing everyone at our Meade County Extension Homemaker Annual Meeting on June 17. Remember each club is responsible for a donation of a theme basket with a raffle value of a minimum of \$35. Proceeds from the raffle baskets will go toward the Backpack Program so please be generous. Also, each member should bring a covered dish to feed 8-10 people. The Meade County Extension Homemaker Council will provide meat and bread. Please fulfill your club duties as assigned in conjunction with this event.

After our annual county meeting our next big event will be the Meade County Fair. It is hard to believe we are already preparing for the county fair. Please take note of your club's assigned host times at the fair during the week of July 21 – July 27 and if you are volunteering as a supervisor in a particular location in the Home and Garden building please arrive and be ready to start taking entries by 7:00 a.m.

Thank you sincerely for all that each of you do in any way to help make our Extension Homemaker year a success. As I have always said, everyone has something to offer, no matter how small or large the offer is because when we put it all together it means success.

See you at the Meade County Annual Meeting on June 17.

Janet Hobbs
Meade County Extension Homemakers President



JULY 19th - 26th, 2025

884 Hillcrest Drive ~ Brandenburg KY 40108



SCAN ME

**Be sure to check out our website for information
regarding the rules for exhibit entries!!**

<https://meade.ca.uky.edu/2025-meade-county-fair>

King Arthur Baking Contest

July 22nd @ 1:30 PM

Location: Meade County Extension Office

Open to: Junior/Youth (Ages 6-18); Adults (Ages 18 and Up)

see attached for the rules and entry form



2025 Meade County Fair Work Schedule

Home & Garden Exhibit Hall

DAY	DATE	TIME	EVENT	WHO
Thursday Friday (if needed)	07/17/25 07/18/25 (if needed)	9:00a.m.	Clean-Up	Anyone Willing and Sect. Supervisors
Monday	07/21/25	7:00a.m.– 12:30p.m.	Check-In	Section Supervisors and Assistants
Monday	07/21/25	6:00p.m.- 9:00p.m.	Host	Busy Bees
Tuesday	07/22/25	11:00—Noon 5:00p.m.- 9:00p.m.	Host	Bluegrass
Wednesday	07/23/25	11:00a.m.-1:00p.m. 3:00p.m.– 6:00p.m. 6:00p.m.- 9:00p.m.	Host Host Host	Doe Valley Creative Stitches Nite Owls
Thursday	07/24/25	5:00p.m.- 9:00p.m.	Host	Garrett
Friday	07/25/25	5:00p.m.- 9:00p.m.	Host	Midway
Saturday	07/26/25	5:00 p.m.- 9:00 p.m.	Host	Town & Country and Superintendents
Sunday	07/27/25	1:30 p.m.– 2:30 p.m.	Check-Out	Section Supervisors and Assistants



2025 King Arthur Baking Contest

DATE: Tuesday, July 22, 2025

TIME: Check in entries no later than 1:30 PM

LOCATION: Meade County Extension Office, 1041Ekron Rd, Brandenburg KY 40108.

Judging will begin at 1:35 pm

RULES:

1. The contest is open to ages 6 and over.
2. Contestants must submit 3 muffins of choice.
3. Entries must be submitted for judging no later than 1:30 PM.
4. Must provide a legible recipe, with the entry, preferably typed.
5. Must use King Arthur flour and bring the opened bag or UPC code from the bag with the entry.
6. Entry forms must accompany the entry.
7. Failure to follow the rules may result in disqualification.
8. Entries will be judged based on:

Taste	50 points
Texture	25 points
Creativity + Overall Appearance	<u>25 points</u>
Total	100 points



BAKING CONTEST PRIZES FROM KING ARTHUR FLOUR

Adult Prizes: 1st place: \$75 gift card;

2nd place: \$50 gift card;

3rd place: \$25 gift card

Youth Prizes: 1st place: \$40 gift card;

2nd place: \$25 gift card;

3rd place: \$25 gift card

All winners will also receive a rosette ribbon

ENTRY FORM KING ARTHUR FLOUR BAKING CONTEST

Name: _____ Telephone number: _____

Mailing Address: _____

Email address (optional) _____

Check the one that applies:

☐ Youth (Ages 6 - 18)

☐ Adult (Ages 18 and above)



Questions? Contact Jennifer Bridge at the Meade County Extension Office.

Phone: 270-422-4958 | Email: jennifer.bridge@uky.edu





POP CLUB

POWER OF PRODUCE



Join Teri King, Senior Nutrition Education Program Assistant and Jennifer Bridge, Extension Agent for Family and Consumer Sciences as we explore the foods we eat!

When: Every Tuesday in June & July

Who: Ages 3-17

What: Fun activities, in-season food samples, and up to \$5 in market cash each week to spend at the Meade County Farmers' Market

Parents: Welcome to taste the recipes, but only kids earn tokens

Come learn, taste, and support local farmers

Program Dates: Tuesdays

Week 1: June 10

Week 2: June 17

Week 3: June 24

Week 4: July 1

Week 5: July 8

Week 6: July 15



Time:

11 am - 2 pm

**Meade County
Extension Pavilion**

LAUGH & LEARN

A one hour play date for you and your child to engage in playful activities that are designed to prepare them for Kindergarten.

STORIES - SONGS - CRAFTS - SNACKS
at every play date!

JUNE 13 & JULY 11
10-11 AM

We will meet the second Friday of every month
February - JULY
from 10 am - 11am, Meade County Extension Office

OPEN TO AGES 5 AND UNDER
must be accompanied by an adult

Sign up Now!
Meade County Extension Office
1041 Old Ekron Road
Brandenburg KY 40108
270-422-4958

WITS WORKOUT

An engaging, interactive, and educational brain health program

Work out your brain.
Age healthy.

Meade County Cooperative Extension presents
WITS WORKOUT

4th Wednesday of each Month:
February through October

2:00 PM

at the Meade County Extension Office
1041 Old Ekron Rd

ILLINOIS Extension
COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES



3-DAY COOKING CAMP

SHINE IN THE KITCHEN WITH YOUR NEW COOKING SKILLS!



Have you dreamed of having your own restaurant or cooking show? Maybe you just want to learn how to make a tasty afterschool snack for friends. Join us for the Super Star Chef cooking camp for participants ages 9 to 12. No previous cooking experience required for this free program, where you will receive cooking tools and learn how to:

- Master a variety of cooking techniques, like chopping, dicing, blending, folding and whipping.
- Make homemade meals like fiesta dip, fruit and yogurt parfaits, pizza, carrot muffins and more!
- Discover foods that fuel your body and energize you.
- Learn how to read a nutrition facts label and what it takes to be "food safe"!



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

DATE: July 15-17, 2025

TIME: 9 AM—1:30 PM

LOCATION: Meade County
Extension Office

INSTRUCTOR: Jennifer Bridge,
Extension Agent for Family and
Consumer Sciences

Registration required, space is limited.

CALL TO REGISTER: 270-422-4958

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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Disabilities
accommodated
with prior notification.

JOIN US!

Why not join an existing club or start a new one. If your time is limited, become a mailbox member. Mailbox membership allows you to receive all educational materials, bulletins and our monthly newsletters plus other mailing sent right to your home.

To become a member of the Meade County Extension Homemakers, complete the form and mail, come by the office or call (270) 422-4958. We look forward to hearing from you!



Judge Executive Troy Kok signing a proclamation declaring second week of October as Meade County Extension Homemaker Week

Name: _____
 Address: _____
 Email: _____
 Phone: _____

- ☐ Sign me up for a mailbox membership.
 (Enclosed is \$8 yearly fee)
- ☐ I want to join a club, please contact me.

Return form and \$8 to:
 Meade County Extension Office, 1041 Old Ekron Road, Brandenburg KY 40108.
Checks are to be made payable to MCEH.

Summer Veggie & Wild Rice Bake

1 (6 ounce box) wild rice with herbs and seasoning
1 **tablespoon** olive oil
1 medium eggplant, peeled and diced
2 yellow squash, cut lengthwise, sliced crosswise

1 green pepper, chopped
1 medium onion, chopped
6 **cloves** garlic, minced
3-5 tomatoes, coarsely chopped

½ cup coarsely chopped fresh basil
2 **teaspoons** salt
1 **teaspoon** pepper
1 **cup** low fat shredded Italian cheese blend

Heat oven to 350 degrees F. **Prepare** wild rice in saucepan according to package directions. **Remove** from heat; **drain** excess water; **stir** in packet seasonings. **Heat** oil to medium high in large skillet. **Add** eggplant, squash, pepper and onion; **stir** and cook 5 minutes or until tender crisp. **Stir** in garlic and cook 1 minute. **Add** tomatoes, basil, salt and pepper; **stir** occasionally and **cook** 2 minutes until heated through. **Stir** in wild rice and spoon into a 9-by-13 inch baking dish

that has been coated with cooking spray. **Top** with cheese and **cover** with aluminum foil. **Bake** 35 minutes or until bubbly. **Uncover** and **bake** an additional 5 minutes.

Yield: 16
Serving Size: ½ cup

Nutritional Analysis:
 90 calories, 2.5 g fat, 1 g saturated fat, 5 mg cholesterol, 469 mg sodium, 13 g carbohydrate, 2 g fiber, 3 g sugars, 4 g protein.

