

OWEN COUNTY

Family & Consumer Sciences

EXTENSION HOMEMAKER NEWSLETTER



AUGUST 2025



Cooperative
Extension Service
Family and Consumer Sciences

Owen County

265 Ellis Road
Owenton, KY 40359
(502)484-5703
owen.ca.uky.edu

August is bursting with energy, creativity, and community spirit! We don't want you to miss a moment. Whether you're showcasing your talents, gathering around the table, or making plans for fall, there's something for everyone this month in the Owen County Family and Consumer Sciences Homemaker Extension newsletter.

We start with Reliable Digital Sources on Thursday, August 14th at 10:00 am, led by Rick. This informative session will help you navigate the digital world by identifying trustworthy online information and avoiding sensationalized content. It's a must for anyone who wants to be better informed in today's media landscape.

Next up is the Cultural Arts exhibit entries on Wednesday, August 20th, where you can submit entries between 9:00 am - 12:00 pm. Don't forget to review the enclosed information on pages 4-6 with updated judging criteria, ribbon procedures, and category clarifications. This is your time to shine!

Then, join us for the 79th Annual Meeting on Thursday, August 21st, a special occasion to celebrate achievements, connect with fellow members, and look ahead to a new year. Full event details and schedule can be found in the flyer on page 7.

Wrap up the week with a seat at the table for the popular Farm to Table Dinner on Saturday, August 23rd hosted by Owen County Farm and Craft Market at The Ebony at Slippery Rock. Come enjoy a delightful evening of local cuisine and conversation in a beautiful setting.

Looking ahead, mark your calendar for the 2025 Triennial Area Homemaker Meeting on Thursday, October 16th, at the Grant County Extension Office. Registration and payment are due to the Owen County Extension Homemakers by Tuesday, September 23rd. Don't miss this opportunity to connect and collaborate with homemakers across the area.

And finally, included as an insert is the Homemaker Enrollment form for 2025-2026 program year. To remain an active member, please submit your completed form and payment by Monday, December 1st.

With so much happening, now's the perfect time to get involved, reconnect, and participate. Read on for more programs, important deadlines, and opportunities to learn, create, and grow!

BACK
to
SCHOOL
AUGUST 13TH



Kendal Bowman
Kendal Bowman
Owen County
Ag & Natural Resources Agent



Bryce Charles
Bryce Charles
Owen County
4-H Youth Development Agent

Cooperative
Extension Service

Agriculture and Natural Resources
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Owen County Homemaker Officers

Donna Bryant	President
Linda Williams	Vice President
Lana Jones	Secretary
Beverly Kincaid	Treasurer
Judy Williams	Educational Chair



Owen County Homemaker Council Meeting

September 17th
1 PM

Owen County Extension Office

Homemaker Area Meetings

September 24th Carroll County
(1:00 PM)

KEHA Website

<https://keha.ca.uky.edu/> to
locate all information for
Kentucky Extension
Homemakers.

Treasures of Autumn
Northern Kentucky Area Homemakers
2025 Triennial Meeting

OCTOBER 16, 2025
8:30- 10 AM: Registration,
cultural arts check-in, silent
auction
10 AM: MEETING BEGINS

SPECIAL GUEST:
MELODY STAFFORD

COST: \$20

Grant County Extension
105 Baton Rouge Road
Williamstown, KY 41097

Counties should compile
registrations and send one check
to Grant County Homemakers by
Oct 1st, 105 Baton Rouge Road,
Williamstown, KY 41097



2025 OWEN COUNTY FAIR BEST OF SHOW RESULTS

Congratulations to the following participants! (not pictured Audri Dollin for Art).



**Hazel Jo Arnold Award &
Homemakers**
Amy Williams



Culinary
Beverly Coleman



Clothing
Kathy Collins



Needlework
Pat Wright



Canned Fruits & Vegetables
Laura Sharp



Top Family
The Cope Family



4-H Best of Show
Josiah Jury



Top Individual & Handicraft
Jeremiah Jury



Agriculture Education
Grayson Olds



Flowers
Megan Hearn



Knitting & Crocheting
Kitty Cammack



Farm Crops
Easton Baldwin

The Book Club Hotel by Sarah Morgan (2023)

With its historic charm and picture-perfect library, the Maple Sugar Inn is considered the ultimate vacation destination. But widowed far too young, and exhausted from juggling the hotel with being a dedicated single mom, Hattie Coleman dreams only of making it through each day.

Simplicity and Excellence: Elizabeth Kremer from Beaten Biscuits to Shaker Lemon Pie by Deirdre A. Scaggs (2024)

Born long ago in Cynthiana, KY, Elizabeth Cromwell in all things. From the home economics classrooms of the University of Kentucky to the fine dining restaurants of Louisville and New York City, Kremer's dedication helped her build a legacy that celebrated the simplicity of good, traditional Kentucky cooking. In 1967, after taking a long break to raise her family, then sixty-five-year-old Kremer reentered the business world to open a restaurant for Kentucky's newly restored Shaker Village at Pleasant Hill.

- These books can be found at the Owen County Public Library.



Scan the QR code using the camera on your mobile device to download the complete list of Kentucky Extension Homemakers Association Cultural Arts and Heritage Book List for the 2025-2026 program year.



Keep records of each book you read throughout the year to log for Volunteer Service hours at the end of the year.

Reliable Digital Sources



Join us for a discussion on how to find reliable information online and avoid sensationalism.



THURSDAY August 14, 2025 || 10AM - 12PM



OWEN COUNTY EXTENSION OFFICE
265 Ellis Rd Owenton, KY 40359

REGISTER AT: OWEN EXTENSION OFFICE or (502) 484-5703

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 40506



Disabilities accommodated with prior notification.

2025-2026 CULTURAL ARTS EXHIBIT CATEGORIES

1. SEWING (Apparel & Home Décor)
 - a. Basic Garment APPAREL
 - b. Specialty Garment APPAREL
 - c. Accessory APPAREL
 - d. Basic HOME DÉCOR
 - e. Specialty HOME DÉCOR
2. ART, 3-Dimensional
 - a. Carving
 - b. Sculpture
3. ART, Natural
 - a. Wood
 - b. Other
4. ART, Repurposed & Upcycled (Must include a BEFORE photo)
 - a. Clothing (end product)
 - b. Household (end product)
 - c. Other
5. BASKETRY
 - a. Cane (includes Nantucket)
 - b. Wooden Base (excludes Nantucket)
 - c. Miniature (under 4 inch)
 - d. Novelty
 - e. Non-Ribbed, Traditional
 - f. Ribbed, Traditional
6. BEADING
 - a. Bead Weaving
 - b. Non-Jewelry Item/Wearable
 - c. Miscellaneous
7. CERAMICS
 - a. Hand-formed
 - b. Molded
 - c. Pre-made
8. COUNTED CROSS STITCH
 - a. 14 Count Fabric & Under
 - b. 16 to 22 Count Fabric
 - c. Specialty Cloth (linens, etc.)
9. CROCHET
 - a. Accessories
 - b. Garment
 - c. Home Décor & Afghans
 - d. Thread
 - e. Figurine
10. DOLL/TOY MAKING
 - a. Cloth Handmade Toy other than
 - b. Porcelain/China or Cloth
 - c. Porcelain/China
11. DRAWING
 - a. Pastels
 - b. Pen and Ink
 - c. Pen and Ink with Oil Roughing
 - d. Pencil or Charcoal-Black
 - e. Pencil-Color
12. EMBROIDERY
 - a. Basic
 - b. Candle Wicking
 - c. Crewel
 - d. Machine
 - e. Ribbon
 - f. Smocking
 - g. Swedish
 - h. Tatting/Lace Making
 - i. Chicken Scratch
 - j. Punch Needle (under 60" perimeter)
 - k. Miscellaneous
13. FELTING
 - a. Needle Method
 - b. Wet Method
14. HOLIDAY DECORATIONS
 - a. Autumn
 - b. Spring
 - c. Summer
 - d. Winter
15. JEWELRY
 - a. Beaded
 - b. Mixed Media (wire, chain maille, mixed with beads)
 - c. Original Design
16. KNITTING (HAND- with knitting needles)
 - a. Accessories
 - b. Garment
 - c. Home Décor and Afghans
 - d. Figurine
17. KNITTING (OTHER- machine/loom)
 - a. Other
18. NEEDLEPOINT
 - a. Cloth or Canvas
 - b. Plastic
19. PAINTING, ART
 - a. Acrylic
 - b. Oil
 - c. Watercolor
20. PAINTING, DECORATIVE
 - a. Metal
 - b. Wood
 - c. Other
21. PHOTOGRAPHY (mounted or framed)
 - a. Black and White
 - b. Color
22. QUILTS
 - a. Baby-size or Lap-size (hand quilted)
 - b. Baby size or Lap-size (machine quilted)
 - c. Hand Applique (hand quilted)
 - d. Hand Pieced (hand quilted)
 - e. Machine Applique (machine quilted)
 - f. Machine Pieced (hand quilted)
 - g. Machine Pieced (machine quilted)
 - h. Novelty (hand quilted) (stenciled, embroidered, miniature, etc.)
 - i. Novelty (machine quilted) (stenciled, embroidered, miniature, etc.)
 - j. Technology Based (hand or machine quilted)
 - k. Miscellaneous (hand or machine quilted)
23. PAPER CRAFTING
 - a. Card Making
 - b. Origami
 - c. Quilling
 - d. Scrapbooking
24. RUG MAKING
 - a. Braided
 - b. Hooked
 - c. Punch Needle, rug (over 60" perimeter)
 - d. Woven
25. WALL OR DOOR HANGING
 - a. Fabric
 - b. Other
 - c. Diamond Art Mosaic
26. WEAVING
 - a. Hand (macrame, caning)
 - b. Loom (includes pin weaving)
27. MISCELLANEOUS
 - a. Miscellaneous

CULTURAL ARTS and HERITAGE Exhibit Category / Sub-Category CLARIFICATIONS

Please refer to this section to assist with sub-category placement of entries. As time and resources permit, this list will grow to expand upon and clarify most Categories.

PLEASE contact the State Cultural Arts Chairperson with any questions.

1. SEWING (Apparel & Home Décor)

- Items are constructed by SEWING

Sewing Sub-Category definitions:

- a. Basic Garment APPAREL** = features more basic sewing techniques
- b. Specialty Garment APPAREL** = features tailoring techniques, more structure; includes appliqued and quilted apparel
- c. Accessory APPAREL** = tote bags / purses / hats
- d. Basic HOME DÉCOR** = ex: simple pillows / pillowcases
- e. Specialty HOME DÉCOR** = ex: rope bowls; includes appliqued or quilted pillows, runners

4. REPURPOSED & UPCYCLED

- Exhibits must be accompanied by a “before” picture that depicts items in their original form before they were “repurposed or recycled” into the final exhibit item
- Subcategories describe the resulting (end) project, for example, if a CLOTHING ITEM is “upcycled” into something for the HOUSEHOLD, then the exhibit should be entered in “b. Household”

5. BASKETS

- Baskets should be woven with natural materials (e.g., reed, cane, x, or x); no rope baskets (rope baskets may be entered in 1. SEWING e. Specialty Home Décor)
- Dyed materials should be placed in the same sub-category as undyed materials
- Baskets with a wooden base that has a hole where it was attached to the mold during weaving, should have the hole closed with a wooden plug and sealed
- Chairs and stools with woven seats should be entered in 26. WEAVING a. Hand
- Where size is concerned, handles are not included in this measurement

Basket Sub-Category definitions:

- a. Cane** = includes Nantucket baskets; ribbed, woven with cane (cut from rattan plant, has a hard, smooth, shiny side and a dull, fibrous side); any shape or size allowed in which a wooden mold has been used for shaping; staves/stakes or hardwood, cane, or flat oval reed are inserted/attached to a wooden base; rim is hardwood, cane, or flat oval reed; if wooden base has a hole where it was attached to the mold during weaving, the hole should be closed with a wooden plug and sealed
- b. Wooden Base** = any size reed basket (ribbed or non-ribbed) made with a wooden base (excludes Nantucket baskets)
- c. Miniature** = 4” maximum in any direction (handles not included in measurement); includes Nantucket baskets, but other wooden base baskets of “miniature size” should be placed in the “wooden base” subcategory
- d. Novelty** = any WOVEN item used for something other than a traditional basket (decorations, wall hanging, gourds, leather, etc.); COILED baskets made from natural materials (not rope or fabric)
- e. Non-Ribbed, Traditional** = Any non-ribbed traditional reed basket larger than 4” in diameter that does not have a wooden base
- f. Ribbed, Traditional** = Traditional Appalachian, no less than 4” in any direction, woven on an oak frame with a series of ribs emerging from the lashing, binding parts of the frame together

13. FELTING

- All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

21. PHOTOGRAPHY

- Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

22. QUILTS

- Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

23. PAPERCRAFTING

- 23d. Scrapbooking entries are limited to 1 or 2 pages; If the entire scrapbook is sent, please designate pages to be judged.

CULTURAL ARTS and HERITAGE

Cultural Arts Exhibit – JUDGING CRITERIA

A. Three-dimensional art, decorative painting, drawing, art painting, and ceramics:

1. Originality
2. Artistic promise
3. Technique
4. Composition

B. Apparel, beading, counted cross stitch, crochet, embroidery, felting, holiday decorations, jewelry, knitting, natural art, needlepoint, pillows, quilts, recycled art, rug making, toy/doll making, wall or door hanging, weaving, and miscellaneous:

1. Originality
2. Workmanship
3. General appearance

C. Baskets:

1. Made with natural materials (e.g., reed, cane, NO FABRIC / NO ROPE)
2. Level of difficulty
3. Uniform shape
4. Proper finishing: tight rim lashing, trimmed lashing, excessive splinters are clipped or sanded
5. Start / stop rows hidden
6. Packed weave (no gaps)
7. For wooden base baskets: Hole in the center of base is plugged and sealed

D. Photography:

1. Originality
2. Content (Subject matter)
3. Clarity (Is it in focus? Good use of lighting?)
4. Technical competence (When appropriate, demonstrates awareness of aperture and shutter speed)
5. Composition

E. Scrapbooking — Please indicate page(s) to be judged if entire scrapbook is sent. Contest is limited to one-page and two-page layouts only.

1. Balance and symmetry
2. Color coordination
3. Quality of photography
4. Use of space
5. Neatness
6. Lettering
7. Journaling
8. Use of embellishment
9. Does it tell a story

CULTURAL ARTS and HERITAGE

Cultural Arts Exhibit – RIBBON PROCEDURES

There are 27 CATEGORIES

- 25 of the 27 Categories also include Subcategories
- There are a TOTAL of 100 Category/Subcategory designations

Qualified entries should be placed in the most appropriate Category/Subcategory Entries advancing to the next level (County to Area; Area to State) should remain in the same, appropriate Category/Subcategory the entire time

RIBBONS (suggested recognitions)

- Blue = 1st Place
- Red = 2nd place (optional at the County and Area levels; not used at the State level)
- White = 3rd place (optional at the County and Area levels; not used at the State level)
- Purple = “Best of” (optional at the County and Area levels; 27 awarded at the State level)

At the COUNTY LEVEL

- COUNTIES may award ribbons in Categories/Subcategories AS THEY SEE FIT
- COUNTIES should select only ONE top-winning entry from EACH of the 100 Categories/Subcategories at the COUNTY Level to advance to the AREA LEVEL Cultural Arts Exhibit
- Only ONE item from each of the 100 Subcategories advances from the COUNTY Level to the AREA Level

At the AREA LEVEL

- AREAS may award ribbons in Categories/Subcategories AS THEY SEE FIT
- AREAS should select only ONE top-winning entry from EACH of the 100 Categories/Subcategories at the AREA Level to advance to the STATE LEVEL Cultural Arts Exhibit
- Only ONE item from each of the 100 Subcategories advances from the AREA Level to the STATE

Level At the STATE LEVEL

- State Exhibit receives up to 100 items from each of the 14 Areas (up to 1,400 entries)
- State Judges award BLUE RIBBONS for what they deem the highest quality work
- Judges may award as many Blue Ribbons per Category/Subcategory as they see fit
- Red Ribbons and White Ribbons are not awarded at the State Level
- PURPLE RIBBONS are awarded to ONE ITEM within each of the 27 Categories
- A State Purple Ribbon item is chosen from a State Blue Ribbon winner
- Purple Ribbons are not awarded by Subcategory at the STATE LEVEL

HAPPY HOMEMAKERS

2025 Extension Homemakers 79th Annual Meeting

AUGUST 21, 2025

OWEN COUNTY EXTENSION OFFICE

\$15.00

Cultural Arts entries taken in
August 20th
9am-12pm

Doors open at 5:00 PM
Dinner at 5:30 PM
Meeting at 6:00 PM

Melody Stafford will be entertaining us!



**Please call 502.484.5703 to register
by Friday, August 15th.**

menu

**PORK LOIN WITH GRAVY
ALICE SPRINGS CHICKEN
MASHED POTATOES
GREEN BEANS
MACARONI AND CHEESE
SALAD
DESSERT**

Owen County Farm and Craft Market Farm to Table Dinner August 23, 2025

6pm

The Ebony at Slippery Rock
1370 Slippery Rock Road
Owenton, KY 40359

Tickets available weekly at the market or
email ocfacm@gmail.com

Tickets:

\$45 - single

\$80 - couple

\$125 - family four pack





Fall 2025

CRAFTIN' FOR THE COMMUNITY

Hosted by the Owen Co. Memory Makers Homemakers

SATURDAY, SEPTEMBER 13TH 2025

At the Owen County Extension Office

Join us for a fun-filled event where all donations raised will benefit the Educational Excellence Foundation of Owen County. We'll also be collecting non-perishable food and toiletry items for Meeting the Needs, as well as pet supplies for Owen County Friends of Animals. Enjoy a variety of silent auction items, sign up for hands-on classes to learn a new skill or hobby, and shop from local vendors to show your support for the community!





Craftin' For The Community

Registration Form



**Checks should be made to the Memory Maker Homemakers and mailed to
Dawn Davis PO Box #2 New Liberty, KY 40355**

NAME: _____

ADDRESS:

PHONE: _____

E-MAIL: _____

I would like to sit near (not guaranteed but we will try our best):

Dietary needs (please be specific if any allergies)

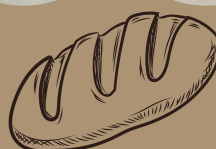
Please indicate the table size that you are requesting:

_____ ½ table (\$30 each)

_____ full table (\$55 each)

_____ Sorry, I am unable to attend, but would like to make a
donation toward the Educational Excellence Foundation of Owen County
(EEFOC). If making a donation, please make check to EEFOC.






THIS IS A HANDS ON CLASS PRESENTED BY CHRISTY EASTWOOD
FAMILY AND CONSUMER SCIENCES AGENT FOR CARROLL COUNTY

BEGINNERS SOUR DOUGH BREAD CLASS

Please bring a large bowl with a lid. Space is limited.
Call the Owen County Extension Office to register.

**OCTOBER 1, 2025
1:30 PM**

REGISTRATION IS REQUIRED BY 9/29/2025

 (502) 484 - 5703

OWEN COUNTY EXTENSION OFFICE

265 Ellis Road
Owenton, KY 40359

Cooperative Extension Service

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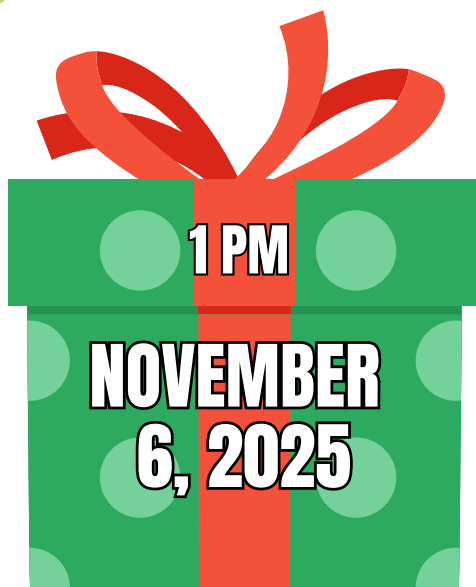


 Cooperative
Extension Service

MINGLE & JINGLE

Join the Owen County Homemakers as they host "Mingle and Jingle!"
Celebrate the season with a few crafts, delicious recipes, and
fellowship! This is a festive program and is similar to the Holiday
Trimmings program. Limited space available!

Be sure to call (502) 484-5703 to register and secure your spot!



**\$5 PER PERSON
PAYMENT MAY BE MADE
BY CASH OR CHECK.**

**OWEN COUNTY
EXTENSION OFFICE**

**265 ELLIS ROAD
OWENTON, KY 40359**

ADULT HEALTH BULLETIN



AUGUST 2025

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

Owen County Extension Office
265 Ellis Road
Owenton, KY 40359
(502) 484-5703
owen.ext@uky.edu

THIS MONTH'S TOPIC

PREVENTING HEATSTROKE IN THE "DOG DAYS" OF SUMMER



The "dog days of summer" are the hottest and most humid days of the year, usually in July and early August. The term comes from ancient times. People noticed that this period of very hot weather happened around the time the star Sirius, also called the Dog Star, rose in the sky with the sun. People believed that the heat came from this star shining so brightly. Today, we know it's just the time of year when our part of the earth is closest to the sun because of the earth's tilt. During the dog days of summer, it's especially important to be aware of the health risks of extreme heat, including heatstroke.

Heatstroke is a serious illness that happens when your body gets too hot and cannot cool down. It usually happens after spending too

Continued on the next page ➔

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OWEN COUNTY FCS-HMK NEWSLETTER

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PAGE 13



One of the best things
you can do is drink
plenty of water,
even if you don't feel thirsty.
Wear light-colored,
loose-fitting
clothes and a hat
to protect yourself
from the sun.

➔ **Continued from the previous page**

much time in the sun or doing hard physical activity in very hot weather. When someone has heatstroke, their body temperature can rise to 104 degrees F (40 degrees C) or higher. This can be very dangerous because it can damage the brain and other organs. Common signs of heatstroke include a high body temperature, red or dry skin, fast heartbeat, confusion, headache, or even fainting. It is important to treat heatstroke quickly by moving the person to a cooler place, using cool water to lower their temperature, and calling for medical help right away. Heatstroke can be life-threatening if not treated in time.

A regular stroke and a heatstroke are two very different medical problems, even though they both have the word “stroke” in their names. A regular stroke happens when blood flow to the brain is blocked or a blood vessel in the brain bursts. This can damage parts of the brain. That can cause problems like trouble speaking, weakness on one side of the body, or confusion. It is a brain-related emergency. On the other hand, heatstroke happens in the body. Heatstroke affects the whole body and can damage organs, including the brain. Both conditions are serious and need medical

help right away. But they are caused by different things and affect the body in various ways.

To avoid heatstroke, it's important to stay cool and hydrated, especially when the weather is very hot. One of the best things you can do is drink plenty of water, even if you don't feel thirsty. Wear light-colored, loose-fitting clothes and a hat to protect yourself from the sun. Try to stay in the shade or indoors with air conditioning during the hottest parts of the day, usually between 10 a.m. and 4 p.m. If you have to be outside or do physical activity, take lots of breaks and rest in a cool place. Never sit in a parked car on a hot day, as the heat in enclosed areas can increase quickly to dangerous levels. By following these steps, you can help protect yourself from heatstroke and stay safe in hot weather.

REFERENCE:

<https://www.cdc.gov/heat-health/about>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock

AUGUST 2025

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

					1 Owen County Farm & Craft Market 10 AM	2
3	4	5 SEW ALL DAY Owen CES 9 AM- 4 PM	6	7	8	9
10	11 Sew & Go Owen CES 11 AM	12	13 OWEN COUNTY PUBLIC SCHOOLS BACK TO School	14 127 YARD SALE Reliable Digital Sources Owen CES 10 AM	15 127 YARD SALE Owen County Farm & Craft Market 10 AM	16 127 YARD SALE KY STATE FAIR
17 127 YARD SALE	18	19 Cotton Club Owen CES 6 PM Extension District Board Meeting Owen CES 5 PM	20 Pleasant Home Owen CES 11 AM Enter Cultural Arts Exhibits Owen CES 9 AM - 12 PM	21 Extension Homemakers 79th Annual Meeting Owen CES 5 PM - Doors Open 5:30 PM- Meal 6 PM- Meeting	22 Owen County Farm & Craft Market 10 AM	23 Owen County Farm & Craft Market Farm to Table Dinner The Ebony at Slippery Rock (1370 Slippery Rock Road Owenton, KY 40359) 6 PM
24 KY STATE FAIR	25 KY STATE FAIR	26 KY STATE FAIR	27 KY STATE FAIR	28 KY STATE FAIR	29 KY STATE FAIR	30 KY STATE FAIR
31 KY STATE FAIR ENDS	1 Contact the Extension Office if you are interested in being a club leader for Craft Club.	2 Embroidery Class Owen CES 6 PM	3 Crochet & Fellowship Owen CES 11 AM	4	5 Owen County Farm & Craft Market 10 AM	6
	EXTENSION OFFICE CLOSED LABOR DAY	2 SEW ALL DAY Owen CES 9 AM- 4 PM	3	4 Pleasant Home Owen CES 11 AM	5 Owen County Farm & Craft Market 10 AM	6



Martin-Gatton

College of Agriculture,
Food and Environment
University of Kentucky

Owen County Extension Office
265 Ellis Road
Owenton, KY 40359

CHICKEN BURGERS



Ingredients:

- 1 pound 98% fat-free, ground chicken breast
- ¼ cup barbecue sauce
- ½ cup green onions, finely chopped
- 1 teaspoon garlic powder (or 1 clove of garlic, minced)
- ¼ teaspoon salt
- Nonstick cooking spray
- 4 whole-wheat hamburger buns
- 2 cups romaine lettuce, torn or shredded
- 1 large tomato, cut into 8 slices
- **Optional:** 2 tablespoons cheese, such as blue cheese, feta, or shredded cheese

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a medium bowl, combine chicken, barbecue sauce, green onion, celery, garlic powder, and salt.
3. Using wet hands (to prevent mixture from sticking), form chicken mixture into four ½ inch thick patties. Wash hands with warm water and soap after handling raw poultry.
4. Preheat a large skillet over low to medium heat and spray with nonstick cooking spray.
5. Place burgers in the preheated skillet. Cook until burgers reach an internal temperature of 165° F as measured on a meat thermometer, about 5 minutes per side.
6. To serve, place each burger on a bun. Top each ½ cup shredded lettuce, 2 tomato slices, and optional ½ tablespoon of cheese.
7. Refrigerate leftovers within 2 hours.

Source: Andrea Wilde, NEP Area Nutrition Agent,
University of Kentucky Cooperative Extension Service