

Bell County Homemaker Newsletter

May/June 2024

Quote of the Month

**"Where flowers bloom so
does hope."**

— Lady Bird Johnson



Announcements

Our office will be closed the
following dates:

May 21st- Election Day

May 24th

May 27th- Memorial Day

Upcoming Programs

Learn, Laugh, and Craft

May 16th, 1:00pm

3rd Floor Meeting Room

Tasty Tuesday-Apple Coleslaw

May 28th, 1:00pm

Extension Office



Homemaker Council Meeting

June 5th, 10:00 am, 3rd Floor Meeting Room



Bell County Fair

This years entries list for the fair is attached to this
newsletter!

Drop-Off 9:00 am-2:00 pm

Judging 2:00 pm-3:00pm

Exhibit Display 5:00pm- 8:00 pm





Lightning Safety

Lightning strikes can occur at any time of the year, but we associate thunderstorms and lightning with warmer weather.

The National Weather Service reports that lightning strikes the United States 25 million times a year. These strikes kill approximately 20 people while others who are struck by lightning can be severely injured. About 90% of those struck by lightning do survive but there can be long-term health effects.

Below are some basic tips to help you stay safe during a thunder or lightning storm

- Always remember and act on, “When Thunder Roars, Get Indoors.”
- During a storm, no outdoor space is safe. Get indoors immediately. If you can hear thunder, then the accompanying lightning is close enough to strike you.
- Indoors means a substantial structure with electricity or plumbing. If you are not able to get indoors immediately, an enclosed metal-topped automobile with closed windows is also a safe shelter during a lightning storm.
- Even after the storm has passed, experts say to stay indoors for 30 minutes after the last rumble of thunder.
- Stay off elevated areas such as peaks, hills, and mountains.
- Stay away from bodies of water such as ponds, lakes, and rivers.
- Do not shelter under an isolated tree or rock overhangs, such as a cliff.
- When indoors during a storm, the National Weather Service recommends taking the following steps to stay safe:
 - Stay off corded phones, computers, and other electrical equipment that put you in direct contact with electricity. Cordless phones and cell phones are safe to use.
 - Avoid plumbing, including sinks, baths, and faucets, activities such as taking a bath or shower, and washing dishes during a storm.
 - Stay away from windows and doors, and stay off porches.
 - Do not lie on concrete floors, and do not lean against concrete walls.
- Stay away from outside objects that can conduct electricity such as power lines, metal fences, etc.

Source: Hardin Stevens, senior Extension associate, University of Kentucky, College of Agriculture, Food and Environment, January 2024

Recipe of the Month



Fruited Coleslaw

Servings: Makes 6 Serving Size: 1/2 cup

Ingredients:

- 2 tablespoons mayonnaise
- 1/2 teaspoon apple cider vinegar (or any type of vinegar)
- 2 teaspoons sugar
- 3 tablespoons 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)

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.

Source: Adapted from Iowa State University Extension

Nutrition facts per serving: 100 calories; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 16g total carbohydrate; 2g dietary fiber; 14g

BELL COUNTY 4-H NEWSLETTER



4-H CAMP 2024

As of now, our counties cabins are at full capacity for this years camp at Feltner! Our kids are "patiently" waiting for their favorite week of the year, and so are we!

**CAMPING DATES:
JUNE 11TH- 14TH**

BELL COUNTY FAIR

Showcase your talent, craftsmanship, and hobbies at this years fair!

Youth ages 9-18 can enter submissions that will be awarded either a blue, red, or white ribbon with the grand champion from each class moving on to the Kentucky State Fair in August.

For a guideline book on acceptable submissions, stop by our office to pick one up, or we can email one to you.

We will be offering county fair project workshops in Pineville and Middlesboro this June. For those dates, keep an eye our on our Facebook and website.

MIDDLESBORO 4-H CLUB

Our Middlesboro 4-H Club were out bright and early Saturday, April 27th, to set up a bake sale at this spring's "Paper Clovers" event hosted by Tractor Supply in Middlesboro. With the help of their club leader, Elizabeth Bisceglia, and parent volunteers, the club members sold baked goods and coffee to members of our community.



Club members received hands-on experience with customer service, money handling, and community engagement. We are so proud with how they represented their club, and themselves. Thank you members for your dedication.



Thank you to Tractor Supply and our community for supporting our 4-H Youth!



FUNGUS AMONG US MUSHROOM CLUB

Join us to learn about the fun world of Fungi! In April participants learned how to inoculate logs with mushroom spores. They had the chance to chose between Shiitake or Oyster mushrooms.

Future meetings will teach participants about the different kinds of mushrooms in Southeastern Kentucky, and the best way to identify and locate them. We will also be exploring mushroom photography, and cooking with mushrooms.

Check our Facebook page for future meeting dates.

Did You Know?

Some Jack O' Lantern mushrooms can glow in the dark with a pale green light. They are a very cool to look at but eating them can make you really sick!



Michelle Brock

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Wilderness Road



Beekeepers Club

Wilderness Road Beekeepers Club meets the **last Tuesday of the month at 5:30pm, in the Old Pineville Courthouse.**

The club is open to EVERYONE! If you have 100 hives or you're just thinking about getting a hive and have no idea where to start, this is the group for you!

Please call to register for meetings and classes.



Let's Talk Tomatoes!

Tomatoes are one of our favorite garden vegetables and one of the most anticipated in the summer garden. It's hard to beat a good, garden tomato sandwich! When getting ready to grow tomatoes we have to decide what we want from those tomato plants. The first thing to decide is whether or not we want determinate or indeterminate varieties.

What is the difference between Determinate and Indeterminate tomatoes?

Determinate tomato plants are shorter than indeterminate plants. They can be staked, caged, or trellised, and need to be pruned only once. The harvest period is shorter compared to indeterminate types. You will harvest more tomatoes over a shorter period of time compared to indeterminate types.


Some varieties of determinate tomatoes are:

- Celebrity
- Mountain Fresh
- Carolina Gold (golden yellow)
- Plum Dandy (paste)
- Terenzo (cherry)

Indeterminate tomato plants must be trellised in order to stay upright. Pruning lower suckers (side branches) as the plants grow taller is recommended. Tomato harvest continues throughout the summer season as the plant grows.

Some varieties of indeterminate tomatoes are:

- Better Boy
- Beefsteak (large fruit)
- Early Girl
- Juliet (grape)
- Jolly (pear shaped)
- Supersweet 100 (cherry)
- Sungold (golden yellow cherry)
- Cherokee Purple (heirloom, dark purple)
- Brandywine (heirloom, red, pink, and yellow types)

 If you have any questions about growing better tomatoes, please contact me!



Michelle Brock

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Open Exhibits

July 10-13, 2024
Bell County Fairgrounds
Fourmile, Kentucky

Rules

Open classes are open to all Bell County residents.

1. **Registration of entries:** Bell County Fairgrounds at Fourmile, KY, under pavilion Wednesday, July 10- 9:00 a.m. – 2:00 p.m. Registration closes promptly at 2:00.
2. **Judging:** Wednesday, July 10- 2:00 p.m. – 3:00 p.m.
3. **Exhibits on display:** Wednesday, July 10- 5:00 p.m. – 8:00 p.m.
4. **Pick up exhibits:** Wednesday, July 10 by 8:00 p.m. If unable to pick up items, can pick up at Bell County Extension Office Thursday, July 11 from 8:00 – 4:00.
5. Only one entry per person per Class #. Please have Class # on each item you enter.
6. Labels provided at the time of registration.
7. Fruits, vegetables, and foods entered on white Styrofoam plates. Be sure baked food is well cooled before wrapping with clear plastic wrap or gallon size storage bags. Canned food must be in a standard canning jar and sealed.
8. **Ribbons:** 1st, 2nd, or 3rd place for each Class. **Premiums** for 1st is \$5.00, 2nd is \$3.00, and 3rd is \$2.00. Premiums are paid by the Bell County Fair Board.
9. **Champion:** A Grand and Reserve Champion chosen for each Division.
10. Bell County Cooperative Extension Service and Bell County Fair Board are NOT responsible for lost or damaged items.

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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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Disabilities
accommodated
with prior notification.

Division I – Hand Crafted Item

- 100A – Basketry- Cane
- 100B – Basketry- Dyed
- 100C – Basketry- Miniature
- 100D – Basketry- Novelty
- 100E – Basketry- Plain
- 101A – Beading- Bead Weaving
- 101B – Beading- Non-jewelry Item/Wearable
- 101C – Beading- Miscellaneous
- 102A – Ceramics – Hand-Formed
- 102B – Ceramics – Molded
- 102C – Ceramics – Pre-Made
- 103A – Crocheted Article-Large
- 103B – Crocheted Article-Medium
- 103C – Crocheted Article-Small
- 104A – Cross Stitch-Aida Cloth- count 14 & under
- 104B – Cross Stitch-Aida Cloth- count 16-22
- 104C – Cross Stitch-Specialty Cloth
- 105A – Decorations – Fall
- 105B – Decorations – Spring
- 105C – Decorations – Summer
- 105D – Decorations – Winter
- 106A – Doll/Toy Making- Cloth
- 106B – Doll/Toy Making- Porcelain/China
- 107A – Drawing- Pastels
- 107B – Drawing- Pen and Ink
- 107C – Drawing- Pen and Ink with Oil Roughing
- 107D – Drawing- Pencil or Charcoal-Black
- 107E – Drawing- Pencil- Color
- 108A – Embroidery- Basic
- 108B – Embroidery- Candle Wicking
- 108C – Embroidery- Crewel
- 108D – Embroidery- Redwork
- 108E – Embroidery- Smocking
- 108F – Embroidery- Swedish
- 108G – Embroidery- Tatting/Lace Making
- 109A – Knitted Article- Large
- 109B – Knitted Article- Medium
- 109C – Knitted Article- Small
- 110 – Leather item
- 111 – Mod Podge Item
- 112 – Nature craft
- 113A – Needlepoint-Cloth Canvas
- 113B – Needlepoint-Plastic Canvas
- 114A – Painting- Art- Acrylic
- 114B – Painting- Art- Oil
- 114C – Painting- Art- Watercolor
- 114D – Painting- Decorative- Metal
- 114E – Painting- Decorative- Wood
- 114F – Painting- Decorative- Other
- 115A – Paper Crafting- Card Making
- 115B – Paper Crafting- Origami
- 115C – Paper Crafting- Quilling
- 115D – Paper Crafting- Scrapbooking 1 page
- 116 – Pillow- Decorative
- 117A – Pottery – Large
- 117B – Pottery – Medium
- 117C – Pottery – Small
- 118A – Quilt- Baby-size or Lap-size- hand quilted
- 118B – Quilt- Baby-size or Lap-size- machine quilted
- 118C – Quilt- Hand Applique- hand quilted
- 118D – Quilt- Hand Pieced- hand quilted
- 118E – Quilt- Machine Applique- machine quilted
- 118F – Quilt- Machine Pieced- hand quilted
- 118G – Quilt- Machine Pieced- machine quilted
- 118H – Quilt- Novelty- hand stenciled, embroidered, miniature, etc.
- 118 I – Quilt- Novelty- machine stenciled, embroidered, miniature, etc.
- 118J – Quilt- Technology Based- hand or machine quilted
- 118K – Quilt- Miscellaneous
- 119A – Recycled Article- Clothing
- 119B – Recycled Article- Household
- 119C – Recycled Article- Other
- 120A – Rug Making- Braided
- 120B – Rug Making- Hooked
- 120C – Rug Making- Punch Needle
- 120D – Rug Making- Woven
- 121 – Stained Glass Item
- 122 – Stamped Item
- 123 – Stuffed Animal
- 124 – Tole Painting
- 125A – Wall/Door Hanging- Fabric
- 125B – Wall/Door Hanging- Other
- 126A – Weaving – Hand (Macramé, Caning)
- 126B – Weaving – Loom
- 127A – Woodcraft – Large
- 127B – Woodcraft – Medium
- 127C – Woodcraft – Small
- 127D – Woodcraft – Miniature Carvings
- 150M – Hand Crafted Miscellaneous

Division II – Clothing

- 200 – Clothing Accessories
- 201 – Costume
- 202 – Doll Clothes
- 203A – Dress Clothes- Adult
- 203B – Dress Clothes- Youth
- 204 – Embellished Clothing (any article, purchased or hand-made, then embellished with ribbons, beads, etc.)
- 205 – Formal Wear
- 206A – Leisure Clothes- Adult
- 206B – Leisure Clothes- Youth
- 210M – Clothing Miscellaneous

Division III – Foods

- | | |
|---|--|
| 300 – Biscuits -plate of 5 | 304 – Decorated cake, decorating skill only (foam
or cardboard may be substituted for cake) |
| 301A – Bread- Banana -½ loaf | 305A – Fudge- Chocolate - Plate of 5 pieces |
| 301B – Bread- Yeast -½ loaf | 305B – Fudge- Peanut Butter- plate of 5 pieces |
| 301C – Bread- Zucchini -½ loaf | 306A – Muffins- Blueberry -plate of 5 |
| 301D – Bread- Made in Bread Machine -½ loaf | 306B – Muffins- Cornbread -plate of 5 |
| 301E – Bread- Any Quick Bread -½ loaf | 307 – Peanut Butter Roll |
| 302 – Brownies- plate of 5 | 308 – Pumpkin Roll |
| 303A – Cookies- Chocolate Chip -plate of 5 | 309 – Rolls- Yeast -plate of 5 |
| 303B – Cookies- Oatmeal -plate of 5 | 350M – Prepared Foods Miscellaneous |
| 303C – Cookies- Oatmeal Raisin -plate of 5 | |
| 303D – Cookies- Peanut Butter -plate of 5 | |
| 303E – Cookies- Sugar -plate of 5 | |

Division IV – Food Preservation

(not more than 2 years old)

Dried Foods

- | | |
|---------------------------------------|--------------------------------|
| 400A – Dried Apples | 406A – Blackberries |
| 400B – Dried Bananas | 406B – Blackberry Juice |
| 400C – Dried Berries | 407 – Blueberries |
| 400D – Dried Grapes/Raisins | 408 – Peaches |
| 400M – Dried Fruit Miscellaneous | 409 – Pears |
| 401A – Dried Beans | 410 – Wildberries |
| 401B – Dried Carrots | 450M – Jar Fruit Miscellaneous |
| 401C – Dried Peppers | |
| 401D – Dried Squash | |
| 401M – Dried Vegetables Miscellaneous | |

Jam, Jelly, Preserves

- 402A – Jam Apricot
- 402B – Jam Blackberry
- 402C – Jam Black Raspberry
- 402D – Jam Blueberry
- 402E – Jam Raspberry
- 402F – Jam Strawberry
- 402M – Jam Miscellaneous
- 403A – Jelly Apple
- 403B – Jelly Blackberry
- 403C – Jelly Grape
- 403D – Jelly Peach
- 403E – Jelly Plum
- 403F – Jelly Pepper
- 403G – Jelly Raspberry
- 403M – Jelly Miscellaneous
- 404A – Preserves Blueberry
- 404B – Preserves Peach
- 404C – Preserves Strawberry
- 404M – Preserves Miscellaneous

Jar of Preserved Fruit

- 405A – Apples
- 405B – Apple, Butter
- 405C – Apple, Chutney
- 405D – Apple, Cider
- 405E – Apples, Fried

Jar of Preserved Vegetables

- 411 – Beans
- 412 – Chow-Chow
- 413A – Corn
- 413B – Corn Relish
- 414 – Green Beans
- 415 – Greens- Mustard
- 416 – Kale
- 417A – Peppers- Banana
- 417B – Peppers- Hot
- 417C – Peppers- Sweet Mixed
- 418A – Pickle- Beets
- 418B – Pickle- Bread & Butter
- 418C – Pickle- Dill Cucumber
- 418D – Pickle- Okra
- 418E – Pickle- Relish
- 418F – Pickle- Sweet Cucumber
- 418G – Pickle- White
- 419 – Poke
- 420 – Salsa
- 421 – Sauerkraut
- 422 – Soybeans
- 423 – Spinach
- 424 – Squash
- 425A – Tomatoes- Green
- 425B – Tomatoes- Red
- 425C – Tomatoes- Yellow
- 425D – Tomato- Juice
- 425E – Tomato- Sauce
- 425F – Tomato- Soup
- 451M – Jar Vegetables Miscellaneous

Division V – Honey

500 – Honey- Light- Extracted -1 quart jar
501 – Honey- Light- with Comb -1 quart jar

502 – Honey- Dark- Extracted -1 quart jar
503 – Honey- Dark- with Comb -1 quart jar
510M – Honey- Miscellaneous

Division VI – Specialty Farm Products

(products grown/made/produced by you, not purchased)

601 – Butter	603C – Eggs- Chicken -Mixed	605 – Shampoo
602 – Cheese	603D – Eggs- Chicken -White	606 – Soap
603A – Eggs- Chicken -Brown	603E – Eggs- Duck	607 – Yogurt
603B – Eggs- Chicken -Colored	603F – Eggs- Goose	610M – Farm Miscellaneous
	604 – Milk- Fresh from Farm Animal	

Division VII – Home Grown Fruits and Vegetables

Fruit

700A – Apples- Green -3
700B – Apples-Red -3
700C – Apples- Yellow -3
700D – Apples-Miscellaneous -3
701A – Berries- Blackberries -3
701B – Berries- Blueberries -3
701C – Berries- Red Raspberries -3
701D – Berries- Strawberries -3
702 – Cantaloupe -1
703A – Cherries -3
703B – Cherries- Black Tart -3
704 – Grapes -1 bunch
705 – Peaches -3
706 – Pears -3
707 – Pomegranate -1
708 – Watermelon -1
750M – Fruit- Miscellaneous

Vegetables

710A – Beans- Bush -12 pods
710B – Beans- Greasy -12 pods
710C – Beans- Pole -12 pods
710D – Beans- Wax -12 pods
710E – Beans- White Half Runner -12 pods
711 – Beets -3
712 – Broccoli -1 head
713A – Cabbage- Green -1 head
713B – Cabbage- Red -1 head
714 – Carrots -3
715 – Cauliflower -1 head
716A – Corn -3 ears (unhusked)
716B – Corn-Sweet -3 ears (unhusked)
717A – Cucumbers- Green -3
717B – Cucumbers- Pickling -3
717C – Cucumbers- Yellow -3
718 – Cushaw -1
719 – Eggplant -1
720A – Gourd – large
720B – Gourd – medium
720C – Gourd – small

721A – Herbs- Fresh Garlic
721B – Herbs- Fresh Mint
722 – Kale
723 – Lettuce
724 – Mushrooms
725A – Okra- Green -5 pods
725B – Okra- Red -5 pods
726A – Onions- Red -3
726B – Onions- Tater -3
726C – Onions- White -3
726D – Onions- Yellow -3
727 – Peas -12 pods
728A – Peppers- Banana -3
728B – Peppers- Bell- Green -3
728C – Peppers- Bell- Red -3
728D – Peppers- Bell- Yellow -3
728E – Peppers- Cayenne -3
728F – Peppers- Green- Small -3
728G – Peppers- Jalapeno -3
728H – Peppers- Other Variety -3
729A – Potatoes- Gold -3
729B – Potatoes- Red -3
729C – Potatoes- Sweet -3
729D – Potatoes- White -3
730 – Pumpkin -1
731 – Radish -3
732 – Rhubarb
733 – Sprouts -1 bundle
734A – Squash- Butternut -3
734B – Squash- Spaghetti -3
734C – Squash- Summer -3
734D – Squash- Zucchini -3
735 – Tomatillo -3
736A – Tomatoes- Cherry -3
736B – Tomatoes- Green -3
736C – Tomatoes- Red -3
736D – Tomatoes- Yellow -3
736E – Tomatoes- Roma -3
736F – Tomatoes- Miscellaneous -3
751M – Vegetable- Miscellaneous

Division VIII – Photography

Matted (no frames). black/white or color

801 – Animals
802 – Black and White Only
803 – Birds
804 – Flowers

805 – Insects
806 – Landscapes
807 – People
810M – Photo- Miscellaneous

Division IV – Flowers

Potted

900 – African Violets
901 – Annuals- Potted
902 – Cactus
903 – Dish Garden
904 – Hanging Basket
905 – Herbs- Potted
906A – House Plant- Large
906B – House Plant- Medium
906C – House Plant- Small
907 – Orchid
908 – Rose of Sharon
910M – Potted- Miscellaneous

Cut Specimens: (Bring your own vase)

920 – Dahlia
921 – Flowering shrub
922 – Gladiolus -1 spike
923 – Hibiscus
924 – Lily
925 – Marigold -3 blooms
926 – Mums -3 blooms
927 – Rose
928 – Summer Mix
929 – Zinnia -3 blooms
930M – Cut Specimen- Miscellaneous

(Revised 4/11/2024)

For more information contact the Bell County Cooperative Extension Service at 337-2376.

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RETURN SERVICE REQUESTED

Bell County Cooperative Extension Newsletter

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 Bell County Cooperative Extension Service

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paperless? We are now offering our
Bi-Monthly Joint Newsletter via
email! If you're interested in making
the switch, call our office.***

