

AUGUST 2025

GRAVES COUNTY
FCS & HOMEMAKER

newsletter



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Cooperative Extension Service
Graves County
4200 State Route 45 N
Mayfield KY, 42066
270-247-2334

Mondays	10am Crochet Club
August 7	1pm Homemaker Book Club
August 21	10am & 5:30pm Greeting Card make & take
August 23	9am-12pm Cook Once, Eat Twice
August 25	10am-12pm Graves county Cultural Arts Day entering & judging
August 26	10am Graves County Homemaker Annual Day
August 27	10am Building a Better Smoothie
September 8	6:00pm Candle Making Class
September 9	10am Homemaker Officer & Chairman training
September 14	2-5pm Instant Pot class- fall recipes
September 22	10am Purchase Area Homeamker Cultural Arts Judging
September 23	Purchase Area Annual Day in Carlisle County - RSVP to office by 9/12
September 28	2-5pm Tamale Making Class
September 30	10am County Homemaker Educational Chairman follow-up meeting

A note from Debbie Smith, Graves County Homemaker President

I'm almost glad to see August!! Especially if it brings us some cooler weather. Graves County Homemakers hosted the Purchase Area Extension Homemakers Advisory Council on July 28. It was a "Bee-utiful" day for the group who guides all Extension Homemakers in the Purchase Area. There is usually good attendance when they come to Graves County because Mayfield is the "center" of the Purchase Area. It makes a difference when you have a short drive to your destination. The theme for the day centered around bees. Did you know that bees have five eyes and six legs? Or that they can't see the color red? And Albert Einstein has been quoted as saying, "If the bee disappears from the surface of the earth, man would have no longer than four years to live." Kentucky Extension Homemakers have even highlighted saving the bees. Be careful using dangerous insecticides that may kill the bees. You can make a "Bee Water Station" with just a shallow dish, some marbles or stones, and water. The shallow watering station is perfect for bees!

August is usually the start of our homemaker meeting year. We normally take July as a break because traditionally, many homemakers were busy in their gardens and on the farm. It's a time to shuck, silk, and either cut off or leave on the cob the wonderful corn that's grown in gardens. Or maybe you are pickling cucumbers. Some may be canning beans and peas or other vegetables. The busy time resulted in no July meeting. I can remember when my mom was a member of homemakers, her club would not meet in July, but would meet in August for a craft day! I have her acrylic grape cluster, the tray she made with a "J" in the center, and even her picture where they used different color stones to create a mosaic picture. My grandchildren are fascinated by the grapes!!

The first lesson for our new year will be presented on August 27 at 10 a.m. in Graves County. The subject is, "Build a Better Smoothie." Smoothies are flavorful and can be packed with important nutrients. This lesson will take you through the basic steps for building a smoothie without a recipe and with Ingredients you may have on hand in your home. Anyone can come to this presentation. We often have community members attend. If you know someone who drinks smoothies, tell them about this lesson and invite them to attend on the 27th or attend your September club meeting.

On August 26, we will have one of our most important meetings of the year. It will be our Annual Day meeting where we elect new officers and honor our members for things like attendance at meetings, reading awards, and Volunteer Service hours. We always have a good attendance that day, so please mark your calendar and join us. Our theme this year will be "Let's Have a Tea Party!" We will celebrate our accomplishments by having a tea party. You can even dress as if you are going to attend a tea party. (Our tea party will be indoors, not outdoors, for everyone's comfort!) I have found my mom's gloves that one would wear to a tea party! You might have a special hat you would love to show off at our tea party! It's just going to be a good time for all while we show off our accomplishments for the past year!! Festivities will begin at 10 a.m. at our Extension Office which will be turned into a beautiful venue for a tea party.

Graves County Extension Homemakers
Annual Day
TEA PARTY



Held at the Graves County Extension Office!

AUGUST 26 | 10:00 AM



Build a Better Smoothie

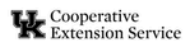
August 27, 10am

Smoothies are a refreshing meal, snack, or treat that come together in a matter of minutes, are flavorful, and can be packed with important nutrients. This lesson takes you through the basic steps for building a smoothie without a recipe and with ingredients you may have on hand in your home.

AUGUST 21

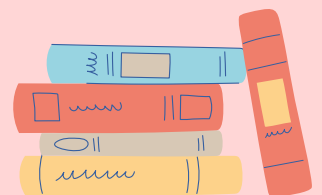
GREETING CARD CLASS

10AM & 5:30PM
4 projects for \$10



An Equal Opportunity Organization

Graves County Extension Office



Book Club

August 7th

Graves County
Public Library

The Cow Whisperer
by Skip Halmes

COOK ONCE, EAT TWICE

with Cortney Burgess!



\$15 per person - limited spots

Find meal planning inspiration for recipes that are just as good to eat later as when they are first made!

**Saturday
August 23, 2025
9 AM - 12PM**

Nonrefundable
Pay by 8/15

Candle Making

with Anne Burchard

MAKE A 24OZ SOY WAX CANDLE!
SEPTEMBER 8, 2025 | 6:00 PM | \$25 FEE
PAY FEE BY AUGUST 29!

Save the Dates!

Adult Crochet

EVERY MONDAY AT 10AM

Karen's Cake Classes

AUG 4 + 12 & SEPT 23

sign up through Karen's
Cake Creations Facebook



Greeting Card Classes

8/21 + 9/18, 10AM + 5:30PM

4 projects for \$10

Build a Better Smoothie

AUG 27, 10AM

Cook Once, Eat Twice

AUG 23, 9AM-12PM | \$15

registration opens August 5

*Office will be closed
for Labor Day*

SEPT 1, 2025

Candle Making Class

SEPT 8, 5:30PM | \$25

Instant Pot Class

SEPT 14, 2-5PM | \$15

registration opens August 18

Master Cattlemen Sessions

SEPT 16, 23 + 30, 5:30PM

Adult Sewing

SEPT 11, 5:30PM

Fall Fest

SEPT 18, 4:30-6PM

Florals & Fizz

SEPT 25, 5:30PM | \$30

registration opens August 4

Tamale Class

SEPT 28, 2-5PM | \$40

registration opens Sept 2

Mental Health Matters

SEPT 30, 10AM

**All classes are held at the Graves County Extension Office
4200 State Route 45 N Mayfield, KY 42066**

Call 270-247-2334 for more information!

PURCHASE AREA CULTURAL ARTS
BEULAH BAPTIST CHURCH
September 22, 2025

Check in for Cultural Arts will begin at 10:00 a.m. until 11:30 a.m.
Lunch will be served from 11:30 to 12:30
Judging will begin at 12:30

Each county will need to provide 1 helper and 1 judge. Other helpers are always welcome.

We will need help with logging in entries, placing items in the appropriate place, judging, judges assistance, and ribbon placers.

I will also need someone to assist with setting out lunch

Please let Elaine know who will be coming and what area they will be helping in. Email: mesteven@comcast.net Text: (270) 210-4013

Lunch will be served at 11:30.

Cost will be \$12.00. Deadline to register for lunch: September 15.

Menu: BBQ Pork, Bun, Potato Salad, Cole Slaw, Fruit, Cookie, Tea and Lemonade.

Name: _____

Phone: _____

Email: _____

County: _____

Amount enclosed \$ _____

I can help with: (circle one)	Registration	Runner	Judge
	Judge Helper	Ribbon Placer	Lunch

Make Checks payable to: PAEH

Mail to: Elaine Stevens, 5541 Hwy 60 W., Paducah, Ky 42001



CARLISLE COUNTY EXTENSION HOMEMAKERS
INVITE YOU TO CELEBRATE

KENTUCKY 
COOPERATIVE EXTENSION
UK MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

PURCHASE AREA EXTENSION HOMEMAKERS AREA ANNUAL MEETING

**TUESDAY,
SEPTEMBER 23, 2025**

COST \$15

FOOD, FUN, FELLOWSHIP
AND FUNDRAISING

*The Hidden Gems of the
Purchase Area*

WITH
GUEST SPEAKER
LT BLACK

MENU: MIXED GREEN SALAD, CREAMY CHICKEN TORTELLINI, GLAZED PORK
TENDERLOIN, SEASONED GREEN BEANS, ROASTED POTATOES, FALL SQUASH
CASSEROLE, CORNBREAD MUFFINS AND ROLLS

THE FELLOWSHIP HALL OF
BEULAH BAPTIST CHURCH

8039 STATE ROUTE 307
FANCY FARM, KY 42039

REGISTRATION 9:30 MEETING 10:00

LIGHT BREAKFAST WILL BE AVAILABLE DURING REGISTRATION

RSVP TO YOUR LOCAL EXTENSION OFFICE BY FRIDAY, SEPTEMBER 12

**AREA CULTURAL ARTS JUDGING MONDAY, SEPT 22,
SEE SEPARATE REGISTRATION FOR DETAILS**

**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.

Graves County
 4200 State Route 45 N
 Mayfield KY 42066

Blueberry Cream Cheese Pound Cake

1 (8 ounce) package fat free cream cheese	1 (5 ounce) package instant vanilla pudding extract	2 teaspoons vanilla
1/2 cup canola oil	mix	2 cups fresh blueberries
1 (18 ounce) package yellow butter cake mix	2 large egg whites	
	2 large eggs	

1. **Preheat** oven to 325° F.
 2. **Lightly spray** Bundt pan with nonstick cooking spray and dust with flour.
 3. **Combine** cream cheese and oil in a medium bowl; beat with mixer at high speed until smooth and creamy.
 4. **Add** cake mix, pudding mix, egg whites, eggs, and vanilla extract. Beat at medium speed until blended.
 5. **Fold** in berries.
- Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.
- Nutrition Analysis:** 260 calories; 10g fat; 1.5g saturated fat; 0g trans fat; 30 mg cholesterol; 390mg sodium; 38g carbohydrate; 1g fiber; 23g sugar; 4g protein.
- Yield:** 16 slices.
6. **Spoon** batter into prepared pan.
 7. **Bake** 60 minutes or until wooden toothpick inserted in center comes out clean.
 8. **Cool** cake in pan for 20 minutes. Remove from pan and cool completely.

