

# Newsletter

## Family and Consumer Science

May



The Ballard County Homemaker Yard and Bake Sale will be Friday May 2 and Saturday May 3. **You may start bringing your items starting on the afternoon of April 29.**

Reminder the end of the homemaker year is June 30. Be sure to have all your VSU hours turned in and club POW forms.

The Ballard County Fair will be July 7-12. Ballard County Home and Garden Division Exhibit Check In will be Wednesday, July 9. A copy of the Home and Garden Division Categories is include in the newsletter. It can also be found of the County Webpage.

*Sarah E. Drysdale*

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## Calendar at a Glance

May 2-3  
Homemaker Yard and Bake Sale

May 6-8 @ Lexington  
KEHA State Meeting

May 21 @ 12:00-1:00 Graves Co  
Lunch and Learn over upcycling

May 26 Memorial Day  
OFFICE CLOSED

May 27-30 4-H Camp

May 29 @ 2 pm and 6pm  
Craft Class

June 2 @ 3:30  
County Homemaker Council

June 12 @ 12:30pm - 5:30pm  
Blood Drive

July 7-12 Ballard County Fair

July 9 @ 9:00 am- 12:00 pm  
Home and Garden Entries Check  
in

July 12 @ 9:00 am- 12:00 pm  
Home and Garden Entries Check  
out



# KEHA News

National Volunteer Outreach Network (NVON) Conference – The 26th annual NVON Conference will be July 8-10, 2025, in Springfield, IL. Any KEHA member is eligible to register and attend. Meeting details are available at <https://www.nvon.org/nvon-conference/>. Meeting registration deadline is June 1 and hotel registration deadline is June 7.

## Dates to Remember

June 1 – Registration deadline for NVON Conference.

June 7 – Registration deadline for NVON hotel.

June 30- End of Homemaker Year

July 8-10 – NVON Conference in Springfield, IL.

## Lifelong Learning Series

Healthy Eating Around the World  
Anna Morgan

We will take a trip around the globe to learn about dietary recommendations from other countries. Along the way, we will learn about new foods and ways of eating. As we arrive back in the U.S., we will reflect on what we learned and see how advice about a healthy diet is remarkably similar, no matter where on Earth we live. This lesson is part of the International Program of Work for 2022-2025.

Hickman Co.	04/29 @ 10 am
Graves Co.	04/30 @ 10 am
Marshall Co.	05/01 @ 10 am
McCracken Co.	05/02 @ 10 am

**If you are going to the lesson. PLEASE call ahead to the lesson Hub in order to receive all materials for your club.**

# Craft Class

This month's craft will be taught by Debbie Temple.

12x12 acrylic painting on mat board.

Date and Time: May 29 at 2 pm and 6 pm

Cost: \$3



**LIMITED TO 10**

**Please RSVP by Monday May 22 by calling  
the office 270-665-9118**







## Banana Pancakes



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

**Prep time: 10 minutes**  
**Cook time: 20 minutes**

- 2 large very ripe bananas
- 1 cup low-fat milk
- 2 tablespoons packed light brown sugar
- 1 1/2 tablespoons vanilla extract
- 1 1/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 teaspoons ground cinnamon
- 1/4 cup chopped pecans or walnuts (optional)
- Nonstick cooking spray

### Optional Topping

- Nonfat light vanilla yogurt
- Peanut butter
- Sliced bananas
- Cinnamon

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat a skillet or griddle on the stove over medium-low heat.
3. In a medium bowl, mash the very ripe bananas using a fork or masher. Stir in the milk, brown sugar, and vanilla extract. Mix until combined.

4. Add the flour, baking powder, salt, and cinnamon. Mix just until the batter is moistened with no dry spots remaining. Batter will be lumpy. Fold in nuts if using.
5. Spray the heated skillet or griddle with nonstick cooking spray. Drop about a 1/4 cup of the batter into sections of the pan and spread out each into a 4-inch round.
6. Cook pancakes until bubbles form on top and the edges start to brown, about 6 to 8 minutes. Flip and continue cooking until the bottoms of the pancakes are golden brown and easily release from the pan, about 3 to 4 minutes more.
7. Transfer the pancakes to a warm plate. Repeat, cooking the remaining batter.
8. To serve, stack 2 pancakes on a plate and top with desired toppings. Serve immediately.
9. Refrigerate leftovers within 2 hours.

Makes 8 servings  
Serving size: 2 pancakes  
Cost per recipe: \$9.03  
Cost per serving: \$1.13

### Nutrition facts per serving:

140 calories; 0.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 85mg sodium; 29g total carbohydrate; 2g dietary fiber; 9g total sugars; 4g added sugars; 3g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium

### Source:

Brooke Jenkins,  
Extension Specialist  
for Curriculum;  
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Extension Specialist  
for Food Systems,  
University of Kentucky  
Cooperative Extension





# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MAY 2025

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## THIS MONTH'S TOPIC: BUDGET-FRIENDLY VACATION TIPS

From transportation to lodging, food, or activities, it is easy for travel costs to skyrocket when taking a family trip. Planning ahead can help manage travel costs and provide extra savings while on vacation. Here are some tips for making lasting memories on road trips without breaking the bank.

### LOCATIONS AND LODGING

Choose low-cost destinations and accommodations when planning your next adventure. Road trips to national or state parks are affordable with endless chances for outdoor activity. Camping can also be a way to save money on lodging while adding adventure to your trip. No matter where you choose to go, compare the cost of hotels, camping sites, and rentals. Some accommodations have extra fees for amenities, cleaning, pets, or incidentals. Also, think about staying a few miles outside of major tourist areas or going in “off” seasons to find better deals.

### CUTTING FOOD COSTS

Road trips also allow you to bring food from home, which is often cheaper than buying groceries or eating out on your trip. Preparing simple meals in advance, or packing picnic lunches, can keep you from paying a high price to dine in touristy areas.



Pack drinks (including reusable water bottles) and snacks to save on overpriced convenience items. For more ways to make the most of meals while traveling, read [https://ukfcs.net/Traveling Meals](https://ukfcs.net/Traveling%20Meals).

### EXPERIENCES > EXPENSES

Finding affordable activities can add to any vacation. Opt for low-cost experiences and outdoor activities like hiking, beach or lake days, and picnics. Look for free entertainment within the community including tours, movie nights, concerts, or museums. These activities allow families to make memories without overspending. Visit <https://www.kentuckytourism.com/> to explore all the vacation choices the Commonwealth has to offer!

**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.

## AVOIDING TRAVEL SCAMS

The Federal Trade Commission offers tips for travelers to protect themselves from scams at <https://consumer.ftc.gov/articles/avoid-scams-when-you-travel>. Common travel scams are fake travel deals, pressuring you to make quick decisions, or asking for money by wire transfer or gift cards. Book your travel with reputable companies, be careful of unexpected requests, and stay vigilant throughout your trip to make sure you have a safe travel experience.

## CONSIDER SUMMER CAMPS

One more way to make priceless summer memories while saving on travel costs is to explore summer camps. From day camps to overnight adventures, reach out to your county Extension office to learn more about summer camp opportunities in your area. Camps may be grouped by age, a special theme, or offer something for the whole family.

### *May is Military Family Appreciation Month*



**FOR MILITARY YOUTH:** Military teens (13-18 years old of Active Duty, Guard, Reserve, and Retired personnel) have a chance to join adventure camps at little to no cost. These high energy, high adventure, and high experience camps are planned across the United States through Purdue Extension. Learn more: <https://extension.purdue.edu/4-H/get-involved/military-teen-adventure-camps/index.html>

**FOR MILITARY FAMILIES:** Kentucky Extension offers camps for military parents and their teenage children to attend together through funding from Purdue Extension. Come spend some time with your child whitewater rafting, hiking, rock climbing, ziplining, and more, all free! Each camp offers a unique outdoor experience that will allow you to build your leadership, self-confidence, and teamwork skills while engaging with the outdoors. Camps have funding available to assist with transportation costs. Learn more: <https://fcs-hes.ca.uky.edu/MTAC>

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## 2025 HOME & GARDEN EXHIBIT CATEGORIES

Pat Sullivan, President  
Ballard County Extension Homemakers Association

**\$600 will be  
awarded across all  
departments**

1. Open to all Ballard County residents.
2. All entries must be entered at the Ballard County Extension Office for **Check-in Wednesday, July 9, 9:00-12:00 noon; Judging at 1:00 pm.** Exhibits are not to be removed until **Saturday, July 12 – Check-out, 9:00-12:00pm. Any exhibit removed before 9 AM on July 12 will not be eligible for premium money.** Premiums will also be forfeited if entries are not picked up by designated time.
3. The management will use the utmost care to guard and protect exhibits but the Fair Board or County Extension Homemaker Association are not responsible for exhibits.
4. Item must have been completed within the last year.
5. No entry will be accepted unless it is listed in the Fair Book.
6. All fruits and vegetables must be clean and displayed on paper or foil plate provided by exhibitor.
7. All exhibitors will receive awards and cash.
8. The Fair Board or Ballard County Extension Homemaker Organization is not responsible for items not picked up by **12 PM, Saturday, July 12**

## FOODS DEPARTMENT

### BREADS

1. Biscuits - plate of 3
2. Coffee Cake – ½
3. Corn Sticks or Muffins - plate of 3
4. Dark Yeast Bread – ½ loaf
5. Fruit Bread – ½ loaf
6. Nut Bread – ½ loaf
7. Gluten-free – ½ loaf/plate of 3 (bread, biscuits, muffins)
8. White Yeast Bread - 2 loaf
9. Yeast Rolls - plate of 3
10. Muffins- any kind, plate of 3
11. Miscellaneous – ½ loaf/plate of 3

### CAKES

1. ½ cake, iced
2. ½ cake, not iced
3. Cake decorated by amateur; judged on appearance only

### CANDY

1. Chocolate Fudge - plate of 3
2. Divinity - plate of 3
3. Peanut Butter - plate of 3
4. Microwave - plate of 3
5. Miscellaneous Candy - plate of 3
- 6a. Novelty Snack- Sweet (i.e., caramel corn, covered pretzels, etc.) - 1 cup
- 6b. Novelty Snack- Nonsweet (i.e., party mix, cheesy popcorn, etc.) – 1 cup

### COOKIES AND SMALL CAKES

1. Brownies - plate of 3
2. Chip Cookies - plate of 3
3. Cupcakes - plate of 3
4. Oatmeal Cookies - plate of 3
5. Sugar Cookies - plate of 3
6. Miscellaneous - plate of 3

### PIES

1. ½ Chess
2. ½ Fruit
3. ½ Microwave
4. ½ Nut
5. ½ Pumpkin
6. ½ Miscellaneous



## **CANNING DEPARTMENT**

**ALL CANNING RULES AND JUDGING FALL IN ACCORDANCE WITH THE USDA. ITEMS WILL BE DISQUALIFIED IF THEY DO NOT COMPLY WITH THE USDA STANDARD!**

- 1. Canned food must be in standard canning pint or quart glass jar.**
- 2. Jellies and preserves must be in standard jar or standard jelly jar. All jars must be labeled on lower part of the jar with name of contents.**
- 3. Entries will not be judged if not in a standard jar.**
- 4. Unsealed jars, extremely dirty jars or those with rusty lids will automatically be disqualified.**
- 5. Bands are to be removed from jars before entering.**

### **PICKLES AND RELISH**

1. Beet Pickles - 1 jar
2. Bread & Butter Pickles - 1 jar
3. Corn Relish - 1 jar
4. Dill Pickles - 1 jar
5. Okra Pickles - 1 jar
6. Salsa - 1 jar
7. Sweet Cucumber Pickles – 1 jar
8. Sweet Relish – 1 jar
9. Miscellaneous – 1 jar

### **JELLY**

1. Apple - 1 jar
2. Blackberry - 1 jar
3. Grape - 1 jar
4. Plum - 1 jar
5. Strawberry - 1 jar
6. Miscellaneous - 1 jar

### **JAM**

1. Blackberry - 1 jar
2. Peach - 1 jar
3. Strawberry - 1 jar
4. Blueberry – 1 jar
5. Miscellaneous - 1 jar

### **PERSERVES**

1. Blackberry - 1 jar
2. Cherry - 1 jar
3. Peach - 1 jar
4. Plum - 1 jar
5. Strawberry - 1 jar
6. Other - 1 jar

### **FRUIT**

1. Apples - 1 jar
2. Blackberries - 1 jar
3. Cherries - 1 jar
4. Grape Juice - 1 jar
5. Peaches - 1 jar
6. Pears - 1 jar
7. Other - 1 jar

### **VEGETABLE**

1. Corn - 1 jar
2. Green Beans - 1 jar
3. Lima Beans - 1 jar
4. Soup Mixture - 1 jar
5. Tomato Juice - 1 jar
6. Tomatoes - 1 jar
7. Peas - 1 jar
8. Miscellaneous – jar

### **MISCELLANEOUS**

1. Pie Filling Any Variety – 1 jar
2. Syrup Any Variety – 1 jar
3. Butters- 1 jar
  - a. Apple
  - b. Pear
  - c. Peach
4. Ice Cream Topping Any Variety – 1 jar
5. Honey- 1 jar
6. Sauce- 1 jar
7. Other- 1 jar

## **FRUIT & VEGETABLE DEPARTMENT**

### **FRUITS**

#### **APPLES**

1. Any Variety - plate of 3

#### **BERRIES**

1. Blackberries - 1 pint
2. Blueberry - 1 pint
3. Any Variety - 1 pint

#### **CANTALOUPE**

1. Any Variety - plate of 1

#### **GRAPES**

1. Any Variety - plate of 3 bunches

#### **PEACHES**

1. Any Variety - plate of 3

#### **PLUMS**

1. Any Variety - plate of 5

#### **WATERMELON**

1. Any Variety - plate of 1

### **VEGETABLES**

#### **BEANS**

1. Green Bush - plate of 6 pods
2. Green Pole - plate of 6 pods
3. Lima Beans - plate of 6 pods
4. Other Beans - plate of 6 pods

#### **BEETS**

1. Any Variety, tops cut to 4" - plate of 3

#### **BROCCOLI**

1. Bunch - plate of 1

#### **CABBAGE**

1. Green Head - plate of 1
2. Red Head - plate of 1

#### **CARROTS**

1. Any Variety with tops - plate of 3

#### **CAULIFLOWER**

1. Head - plate of 1

#### **CUCUMBERS**

1. Gherkins - plate of 3
2. Pickle Type - plate of 3
3. Slicing Type - plate of 3

#### **EGGPLANT**

1. Any Variety - plate of 1

#### **LETTUCE**

1. Any Variety, Head - plate of 1
2. Leaf lettuce - plate of 1

#### **OKRA**

1. Green - plate of 6 pods

#### **ONION**

1. Green Bunching - plate of 6
2. Red Matured - plate of 3
3. White Matured - plate of 3
4. Yellow Matured - plate of 3
5. Garlic Bulb - plate of 3

#### **PEAS**

1. English - plate of 6 pods
2. Field - plate of 6 pods

#### **PEPPERS**

1. Banana - plate of 3
2. Bell - plate of 3
3. Hot - plate of 6
4. Pimento - plate of 3

#### **POTATOES**

1. Red - plate of 3
2. White - plate of 3
3. Any Variety - plate of 3

#### **PUMPKINS**

1. Halloween Type - plate of 1
2. Pie Type - plate of 1

#### **RADISHES**

1. Red - plate of 6
2. White - plate of 6

#### **SQUASH**

1. Green Summer - plate of 3
2. Yellow Summer - plate of 3
3. Any variety - plate of 3

#### **SWEET CORN**

1. Fresh White - 3 ears in shuck
2. Fresh Yellow - 3 ears in shuck
3. Miscellaneous - 3 ears in shuck

#### **TOMATOES**

1. Large Pink - plate of 3
2. Large Red - plate of 3
3. Large Yellow - plate of 3
4. Red, Cherry or Pear Type - plate of 5

#### **Miscellaneous**

1. Any variety - plate of 3

#### **COLLECTION**

1. Best general collection of vegetables grown by exhibitor. At least six (6) different kinds. The exhibit must be displayed in a decorative container.

## **CRAFT DEPARTMENT**

### **CRAFTS**

1. Basket
2. Fabric
3. Woven
4. Beading
  - a. Weaving
  - b. Miscellaneous
5. Clay Art (i.e., Polymer Clay, Metal Clay or Air-dried Clay)
6. Collage
7. Computer Art (photo-Shop etc.)
8. Decorated Hat
9. Decorated Sweatshirt
10. Diamond Art
  - a. wall hanging
  - b. other
11. Doll
12. Drawing (ink, pencil, charcoal)
13. Holiday Decoration
  - a. Spring
  - b. Summer
  - c. Fall
  - d. Winter
    - i. Christmas
      1. any 3 items
      2. fabric
      3. other materials
      4. miscellaneous
14. Jewelry
15. Applique
  - a. Hand
  - b. Machine
16. Monoprint (i.e., Gelli Arts print)
17. Painting
  - a. Abstract
  - b. Acrylic
  - c. Mixed Media
  - d. Oil
  - e. Pastel
  - f. Water Color
18. Paper Craft (paper beads, Origami, greeting cards, etc.)
19. Pillow

20. Photography – (must be mounted or framed)
  - a. Black & White
  - b. Color
21. Recycled/Upcycling
  - a. Clothing
  - b. Other
22. Scrap Booking –(1-2 pages)
  - a. Family Layout
  - b. Heritage Layout
  - c. Miscellaneous
23. Stamping
24. Swag
25. Wall Hanging
26. Wreath
27. Woodwork
28. Miscellaneous

### **CERAMICS**

1. Glazes
2. Stains
3. Underglazes
4. Miscellaneous



## **NEEDLEWORK DEPARTMENT**

### **CROCHET**

1. Afghan
  - a. Adult
  - b. Baby
2. Bedspread
3. Doilies
4. Hat or Scarf
5. Purse
6. Rug
7. Stole or Shawl
8. Sweater
9. Tablecloth
10. Miscellaneous

### **QUILTS**

1. Appliquéd
  - a. Hand
  - b. Machine
2. Baby
3. Embroidered
  - a. Hand
  - b. Machine
4. Hand Pieced
  - a. Hand Quilted
  - b. Machine Quilted
5. Machine Pieced
  - a. Hand Quilted
  - b. Machine Quilted
6. Pieced
7. Quilted Pillows
8. Miscellaneous

### **KNITTING**

1. Afghan
  - a. Adult
  - b. Baby
2. Hat or Scarf
3. Stole or Shawl
4. Purse
5. Sweater
6. Miscellaneous

### **HANDWORK OF SENIOR CITIZEN**

1. Any item made after reaching 65 years.

## **STITCHERY DEPARTMENT**

### **COUNTED CROSS STITCH**

1. Fabric 12" and under on 7-14 count in frame
2. Fabric 12" and under; count over 14 in frame
3. Fabric over 12" on 7-14 count in frame
4. Fabric over 12"; count over 14 in frame
5. Miscellaneous

### **EMBROIDERY**

1. Candle wicking
2. Crewel
3. Cut work
4. Machine
5. Needlepoint
6. Picture
7. Pillows
8. Pillow cases
9. Silk Ribbon
10. Smocking
11. Snowflake/Chicken Scratch
12. Tablecloth or Napkins

### **MISCELLANEOUS**

1. Tatting
2. Lace Making
3. Swedish weaving
4. Stamping
5. Other

## **SEWING DEPARTMENT**

### **CHILDREN CLOTHING**

1. Infant's Clothing
2. Child's Clothing under 12 - boys or girls
3. Teenagers Clothing
4. Costume
5. Miscellaneous

### **ADULT CLOTHING**

1. Apron
2. Blouse
3. Dress
4. Jacket or Vest
5. Lounge Wear
6. Skirt
7. Slacks or Shorts
8. Miscellaneous

### **NON-CLOTHING**

1. Accessory – (Purses, scarf, belt, etc.)
2. Miscellaneous

## **FLOWER DEPARTMENT**

**Must be grown by exhibitor; no  
commercial flowers may be  
exhibited.**

1. Best dried arrangement
2. Best mixed flower arrangement
3. Best arrangement
  - a. Small: 10" and under, any type flower(s)
  - b. Large: 10" and over, any type of flower(s)
4. Unusual arrangement
5. Flowering Bush
  - a. Crepe Myrtle – any color
  - b. Butterfly Bush
  - c. Hydrangeas
  - d. other
6. Herb
7. Herb Garden (collection of at least 3)
8. Flowering Outside Plant (no hanging baskets)
9. Rose (one stem)
  - a. Peach
  - b. Pink
  - c. Coral
  - d. Red
  - e. Variegated
  - f. White
  - g. Yellow
  - h. Other color
  - i. Miniature
10. Marigold
  - a. Large, 3 or more stems
  - b. Small, 3 or more stems
  - c. Miniature Arrangement (up to 5 inches)
11. Succulent Plant (cactus, hens & chicks, etc.)
12. Hosta (1 leaf to display)
13. Zinnia
  - a. 3 large
  - b. 3 or more small
  - c. arrangement
14. Fern
15. Wildflower
16. Houseplant
  - a. Flowering
  - b. Non-flowering
17. Daisy (3 stems)
18. Black-eyed Susan (3 stems)
19. Container Plant
  - a. Flowering
  - b. Non-flowering
20. Outdoor Container (mixed plants)
21. Hanging Basket
  - a. Flowering
  - b. Non-flowering
22. Sunflower
23. Phlox (one stem)
24. Gladiolus (one stem)
25. Lily (one stem)
26. Other