

Montgomery County

FAMILY AND CONSUMER SCIENCES NEWSLETTER

SUMMER 2025

What's Inside:

Cultural Arts Winners 2-3

Volunteer Appreciation 4

Cooking - Calendar 5

Red, White, & Berries 6

POP Club 7

Reminders 8

Sarah Congleton



CEA for
Family &
Consumer Sciences
Education

106 E Locust Street
Mt. Sterling, KY 40353
859-498-8742

Sarah.Congleton@uky.edu



Hello friends!

First, let me start by thanking you for your patience—and also offering a quick apology for the delay in getting this newsletter to you. As many of you know, summer is one of the busiest seasons in Extension, filled with camps, community events, and hands-on learning opportunities for all ages!

While things have been bustling, I'm excited to finally share all the great things happening through our Family and Consumer Sciences program. From healthy cooking to home budgeting, gardening tips to parenting support—we've been hard at work bringing helpful, engaging, and practical programming to our community.

Thank you again for your continued support. I hope you enjoy this edition and find something new to try, share, or attend this summer!

Wishing you a safe and sunny season,
Sarah

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

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.

Congratulations, Mateys!

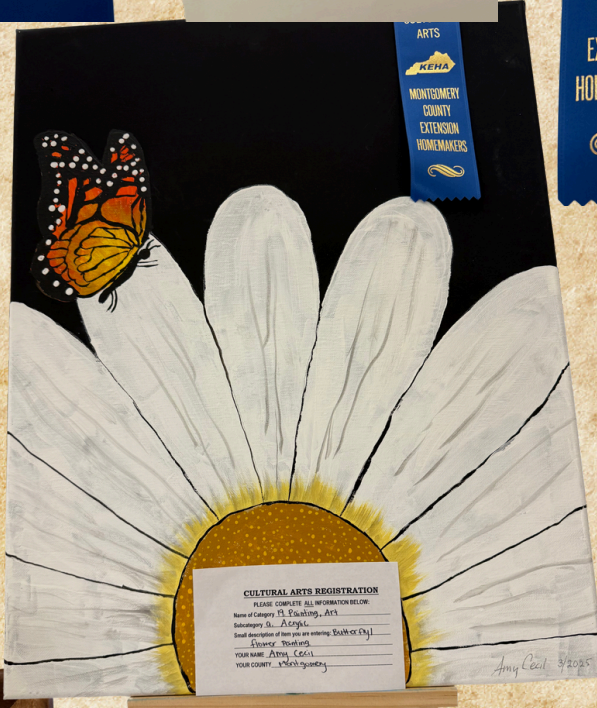
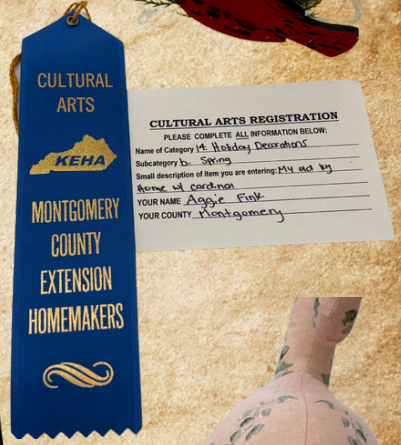
C o n g r a t u l a t i o n s

to our Homemaker Cultural Arts Entry Winners!

A big round of applause to all the talented individuals who showcased their creativity, skill, and heart in this year's Cultural Arts contest!

We are so proud of our Montgomery County Homemakers for their beautiful entries and hard work.

Category	Sub-Category	Description	Name	County	1 st	2 nd	3 rd
12. Embroidery	a. Basic	Blue/White Table Runner	Aggie Fink	Montgomery	X		
14. Holiday Décor	b. Spring	My Old KY Home with Cardinal	Aggie Fink	Montgomery	X		
19. Painting, Art	a. Acrylic	Butterfly/Sunflower	Amy Cecil	Montgomery	X		
19. Painting, Art	c. Watercolor	Fruit Basket with Honey Jar	Aggie Fink	Montgomery	X		
14. Holiday Décor	d. Winter	Busted Canvas Snowman	JoAnn Terry	Montgomery	X		
1. Sewing (apparel & home décor)	d. Basic Home Décor	Red/Black Basket with Moose and Trees	Amy Cecil	Montgomery		X	
1. Sewing (apparel & home décor)	d. Basic Home Décor	Blue and White Plaid Cushions (4)	Amy Cecil	Montgomery	X		
10. Doll/Toy Making	a. Cloth	Pink Floral Cat	Amy Cecil	Montgomery	X		
1. Sewing (apparel & Home Décor)	a. Basic Garment Apparel	Cream with Lace Skirt	Aggie Fink	Montgomery	X		



THANK YOU!

A big shoutout and thank you to Amy Cecil, Aggie Fink, Jamie Sorrell, and Laci Sorrell for generously giving their time, talent, and hearts to help make Sew It, Grow It, Cook It Summer Camp with 4th and 5th graders from Mt. Sterling Elementary and Camargo Elementary a success!

Your guidance, encouragement, and patience helped our young participants build confidence and learn valuable skills they'll carry with them for years to come. Whether threading needles, teaching stitches, or offering a kind word, you each played a vital role in creating a positive and memorable experience for every child.

The project the students completed will be used for years to come - especially in summer months. Everyone could benefit from a popsicle koozie!

We are so grateful for your support and proud to have such dedicated volunteers in our Extension family. Thank you for making a difference!

With appreciation,
Sarah Congleton



COOKING THROUGH THE *Calendar*

**Every
3rd Wednesday
@ 12:00pm - 1:00pm**

**For more information on how you can attend
these FREE cooking classes, please contact
your local Cooperative Extension office:**

Montgomery County Cooperative
Extension Education Center
104 E Locust Street
Mt. Sterling, KY 40353
859-498-8741



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

space is limited - please call to register!

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

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



Red, White, and Berries



Join Horticulture agent, Cheyenne Lamb, and
Family Consumer Science agent, Sarah Congleton
on **Monday, June 30th at 11:00 a.m.**

to learn about berries from planting to harvest.
There will be a short presentation about planting,
growing, and harvesting berries then a berry bite
demonstration and sample.

Spots are limited so be sure to call and sign up!

Montgomery County Extension Office
Education Center

(859) 498-8741

Cheyenne Lamb
Cheyenne Lamb

CEA for Horticulture

cheyenne.lamb@uky.edu





The Power of Produce (POP) Club provides a fun opportunity for children ages 2-18 years old to engage in the local food system through conversations directly with farmers, educational games and demonstrations, and exposure to new fruits and vegetables.

In addition to participating in educational activities, POP Club kids receive vouchers (up to \$12.00/participant) to spend at the market, allowing them to make their own shopping decisions at the market.

Beginning July 12

10:00am - 12:00pm



Montgomery County
Health Department





**Office is
closed on
Friday, July
4th**

Licking River Area
Leader Lesson
Tuesday, August 24 @
10:00am
Montgomery County
Education Center

Saturday,
June 21st
Farmers Market
Opening Day

Saturday,
August 16
Small
Town
America

**Conny's
Retirement
Reception**
Friday, August 1st
2:00pm - 4:30pm