

# Rockcastle County

## Family and Consumer Science



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

February 2023 Newsletter

### What's Happening This Month?

#### Heart Mug Rug

February 8th  
10 am

For each mug-rug please bring;  
3 Coordinating 8in squares of  
valentine fabric (NO LARGE PRINTS)  
thread that matches the fabric,  
8 in square of fusible web  
and good fabric sissors

\*Registration required by 2/7 @4pm

#### Water Marbling Workshops

February 9th  
1 pm & 6 pm

FREE to any Rockcastle  
resident  
Recommended for age 13 and  
older

\*Registration Required by 2/6 @ 4 pm

#### Sit n' Sew

February 10th  
10 am

FREE to any Rockcastle  
resident  
Bring your own project

\*Registration required by 2/9 @ 4pm

#### Cook Together, Eat Together

Session Two

February 23rd  
5:30 pm

Free for any member of a Rockcastle  
homemakers club.

\$10 fee for non-members

\*Registration REQUIRED by 2/20 at 4 pm

All events will be held at the Rockcastle County Extension Office  
1050 West Main St. Mt. Vernon, KY



# Coming This Spring

## Food Preservation Workshops

April 18th: Pressure Canning- 6 pm

May 2nd: Freezing and Drying- 6 pm

May 16th: Jellies and Jams- 6 pm

FREE but registration is REQUIRED for the workshop series by April 14th at 4 pm. Call (606) 256-2403



## Cast Iron Cooking

Indoor and Outdoor Use

\*\*Tentative Dates

May 15th @ 6 pm

May 22nd @ 6 pm

FREE Classes- registration will open on April 10th



Hazel Jackson  
Rockcastle FCS Agent



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