The recent Mediterranean Diet Cooking School was very successful! We had 17 people learn about the benefits of the diet, plus they learned how to prepare some of the popular foods of the Mediterranean region. They prepared and tried 22 new recipes!

Judging at County Fairs

It’s time to brush up on your judging skills and put them to work! Several counties have requested judges for their fairs.

Sevier County – August 16. Meet at EH Center at 8:00 a.m. to travel to DeQueen. Those signed up include: Evalou, Gladine, Vivian, Nelda, Deb, Pam, Louise and I need three more. Please call the office if you would like to help with judging at this fair.

Pike County – September 20. Meet at EH Center at 8:30 a.m. to travel to Glenwood. Those signed up include: Evalou, Nelda, Liz, and Louise.

Judging is a great learning activity and it is part of your scoresheet! If you need to brush up on your skills, check with the Extension Office. We have a couple of fair judging manuals for you to read and study. You will be judging with someone else, which makes it easier to judge. A couple of the fairs need some more judges. Please contact the office at 870-845-7517, if you would like to judge and help out!

4-H Pickle Workshop

A 4-H Pickle Workshop is scheduled for Tuesday, August 9 at 9:00 a.m. at the EH Center in Nashville. 4-H members will be learning to make both sweet and dill pickles in this hands-on workshop. If you would like to help and learn how to make pickles at home, feel free to attend the workshop. Pickles are super easy to make!
“Growing a Winter Garden”

Most of us enjoy fresh vegetables through the summer months. Why not enjoy them through the winter months too? In fact, many vegetables need the cooler weather to grow! Greens, broccoli, lettuce, carrots and sweet potatoes are just some of the delicious vegetables that grow in the winter.

This month’s leader training lesson will focus on tips and techniques for setting up and growing during the late fall and winter months. Red Dirt Master Gardener Rita Rector will present the program scheduled for **Tuesday, August 23 at 10:00 a.m.** at the EH Center in Nashville.

All Foods and Nutrition leaders are encouraged to attend this meeting. Anyone is welcome. Spread the word and invite your friends to this meeting. If you have any questions about this training, feel free to contact the Extension Office at 870-845-7517.

August Board Meeting

The August Extension Homemakers Board Meeting is scheduled for **Tuesday, August 23 at 1:00 p.m.** at the EH Center in Nashville. All Howard County EHC board members including club presidents are encouraged to attend. Any member may attend, but only voting members may actually vote. If you are a voting member and cannot attend, please appoint someone to fill your spot.

Items for discussion at the meeting will include:

- Howard County Fair
- Fundraising
- Judging at other fairs
- Plus much more!

Farmers Market Food Demonstration

Jean will be doing a food demonstration utilizing in season vegetables and/or fruits at the Nashville Farmers Market on **Friday, August 26 at 8:45 a.m.** She will be sharing new recipes and it will give you a chance to see what is happening at the market. If you haven’t checked out the market this summer, let me encourage you to visit them! They are open each Friday morning at 7:00 a.m. until the produce is gone, which is usually 9:30 a.m.

The market has been having some really great produce this summer! Come check them out!

Nametag and Shirt Orders!

Nametag and shirt orders are due in the county office no later than **August 26.** The nametags are in the shape of Arkansas and are hard plastic. The shirts are polo type, cotton, and red with the AEHC logo on it. They are great for wearing to county events and events outside of the county. Contact the office for more information.
Howard County Fair

It’s time to start gathering up all your exhibits for the 2016 Howard County Fair scheduled for September 5-10. All exhibits will be entered on Tuesday, September 6 from 8:00 a.m. until 6:00 p.m. Great exhibits make a great fair! Please consider entering any item you have made or canned since the 2015 fair. Even if you haven’t made any educational items, you can still make and enter baked goods! Baked goods will be accepted through Wednesday morning until 9:00 a.m. Please consider making cookies, a cake, a pie, bread, or any item that does not require refrigeration. No cream pies or those with an egg meringue will be accepted. Entries will be picked up on Sunday, September 11 from 2-4:00 p.m.

Educational Fair Booths

One of the best things at the Howard County Fair is the educational booths! Our EHC and 4-H Clubs always have great educational booths. If your club is planning to have a booth, please let the office know by September 1 so a space can be reserved for your club! I look forward to some great booths this year!

Booths can be set up on Monday, September 5. They must be in place by 6:00 p.m. on September 6.

Fair Volunteer Training

A Fair Volunteer Training will be held on Friday, September 2 at 9:00 a.m. at the Howard County Fair Grounds. The training will help you become familiar with taking in entries, displaying to the best advantage, working with judges, etc. If you would like to volunteer to help out at the fair, contact Jean at the office.

Reports! Reports! Reports!

The end-of-year reports are due in the Extension Office by September 15. This includes volunteer scoresheet, perfect attendance, club scrapbooks and club of the year reports. Jean uses the reports to help complete some of her state reports, so please take a few minutes to fill them out! If you need scoresheets, contact the office. We will be glad to get one to you! The individual club member scoresheet can be found in the middle of the 2015-2016 Yearbook.

The reports are also used to determine club member awards for the Fall Council Meeting. You all have completed great projects and deserve recognition for all your hard work!
Sew with Cotton Contest

Do you enjoy sewing or quilting? The 2016 Sew With Cotton Contest may be of interest to you. This year’s contest is scheduled for December 1. Entry forms are due in the Extension Office by October 24. Categories for this year’s contest include Adult Division Dressy Cotton Ensemble, Cotton Sportswear, Special Category (where you sew an outfit for someone else) and the Quilt/Wall Hanging Category.

All entries must be made of 100% cotton and made by the contestant. If you are interested in participating in this contest, or have questions, please contact Jean at the Howard County Extension Office at 870-845-7517 for complete contest rules.

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