

August/September 2023

# Building Strong Families in Scott County



**Martin-Gatton**  
College of Agriculture,  
Food and Environment

**Scott County**  
**Cooperative Extension Service**  
1130 Cincinnati Road  
Georgetown, KY 40324-8931  
Phone: (502) 863-0984  
scott.ext@uky.edu

This month...



**Keep Cool in the Summer Heat**



**Avocado Cucumber Salad**

regular and mailbox members. Date: \_\_\_\_\_

Enrollment Form for \_\_\_\_\_

Scott County Extension Homemakers Association

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Name of Club \_\_\_\_\_

Phone: Home ( ) \_\_\_\_\_ Work ( ) \_\_\_\_\_

Cell ( ) \_\_\_\_\_ Fax ( ) \_\_\_\_\_

Birth year (Optional): \_\_\_\_\_

Race (Optional - circle one): White Black or African American  
Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (Optional - circle one): Hispanic Non-Hispanic

Gender (Optional - circle one): Female Male

Date joined: \_\_\_\_\_

I, (print full name) \_\_\_\_\_ hereby grant permission to the University of Kentucky, including its Extension Service, to use my name and photograph in \_\_\_\_\_

**Homemaker Enrollment Form**

## FCS Today

### KEEP COOL IN THE SUMMER HEAT

Source: Amy Kostelic, Associate Extension Professor

Amid Kentucky's extreme summer temperatures, high humidity and prolonged heat can make being outdoors uncomfortable and dangerous. During this time, you need to know the signs and symptoms of heat-related illnesses and how to treat them. These include heat exhaustion, heat cramps and the most serious—heatstroke (also known as sun stroke).

Heat-related illnesses occur when a person's body cannot properly cool itself. These sicknesses can occur at any age, but people at greatest risk include infants and children up to four years old,

*Continued on Page 2*

Sincerely,

Alivia Faris

Scott County Extension  
Agent for Family and  
Consumer Sciences



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## Cooperative Extension Service

Agriculture and Natural Resources  
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4-H Youth Development  
Community and Economic Development

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Disabilities accommodated with prior notification.

# BEATING *the Kentucky* HEAT

*Continued from Page 1*

adults 65 and over and those who are overweight. Additional factors that may lead to heatstroke include exertion in hot weather, sudden exposure to hot weather and lack of air conditioning, Certain illnesses and medications, such as antihistamines and antipsychotics, can also increase risk of heat-related illnesses. Wearing too many layers or clothes that prevent sweat from evaporating, drinking alcohol and becoming dehydrated may trigger heatstroke.

Older adults are at risk for many reasons. Sweat glands, which help cool the body, often diminish in number with age, and those remaining may not function as well as they once did. Existing health problems, especially involving the heart, lung and kidneys and some medications can also increase older adults' risk of heat-related illness.

You can take steps to protect yourself and your loved ones from overheating. Here are some tips from the Centers for Disease Control and Prevention:

- Keep up-to-date on the weather forecast and stay in your home or another air-conditioned facility, such as a mall, public library or heat-relief shelter if the temperatures and humidity are forecasted to be extreme.
- Avoid strenuous outdoor activities, such as exercise or gardening, during the hottest hours of the day.
- Stay hydrated by drinking plenty of water, fruit or vegetable juices. Drink even when you are not thirsty. Avoid caffeine and alcohol.
- Wear loose, lightweight and light-colored clothing.
- Avoid using your oven and cover windows that receive direct sunlight to keep your house cooler.
- Take cool showers or baths to help yourself cool down.

Know the signs of heatstroke—high body temperature, dizziness, fatigue, lack of coordination, cold and clammy skin, racing heart rate, headache, nausea/vomiting, changes in cognition and/or behavior, rapid breathing, muscle spasms and/or cramps and ankle swelling. Heatstroke is a potentially life-threatening condition that requires immediate medical attention.

If you are a neighbor, friend or family member of an older adult, regularly check on them during warm days and extended/excessive hot periods to ensure they stay cool and hydrated and have access to air conditioning and proper clothing. Seek immediate medical attention if someone has signs of a heat-related illness. More summer safety tips are available at the Scott County Extension Office.



# Upcoming Dates to Remember

## August 2023

1st: Hook and Cook @ 6:00 PM

3rd: Rug Hookers @ 10:00 AM

3rd: Adult Advanced Quilt Class @ 6:00 PM

10th: Rug Hookers @ 10:00 AM

10th: Scott County Homemakers Council Meeting @ 10:00 AM

12th: Quilt Guild Sit and Sew @ 9:00 AM

14th: Homemaker Officer/Chair Training Day @ 10:00 AM

15th: Quilt Guild Meeting @ 5:00 PM

17th: Needlework Club @ 10:00 AM

17th: Food Preservation Workshop @ 10:00 AM

18th: Food Preservation Workshops @ 10:00 AM

21st: Homemaker Leader Lesson @ 5:00 PM

24th: Rug Hookers @ 10:00 AM

28th: Adult Beginning Sewing @ 6:00 PM

31st: Rug Hookers @ 10:00 AM

31st: Adult Beginning Quilt Class @ 5:30 PM

## September 2023

7th: Rug Hookers @ 10:00 AM

7th: Adult Advanced Quilt Class @ 6:00 PM

8th: Quilt Retreat @ 9:00 AM

9th: Quilt Retreat/Sit-n-Sew @ 9:00 AM

14th: Rug Hookers @ 10:00 AM

18th: Homemaker Leader Lesson @ 10:00 AM

19th: Quilt Guild Meeting @ 5:00 PM

21st: Needlework Club @ 10:00 AM

25th: Adult Beginning Sewing @ 6:00 PM

28th: Rug Hookers @ 10:00 AM

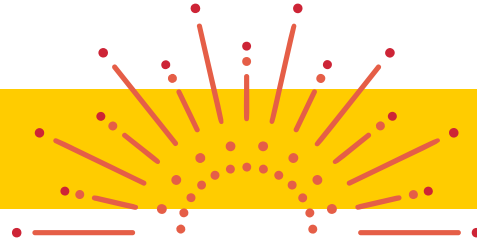
## October 2023 (First Week)

5th: Rug Hookers @ 10:00 AM

5th: Adult Advanced Quilt Class @ 6:00 PM

# THINGS TO KNOW

- ANNOUNCEMENTS - UPCOMING EVENTS - SAVE THE DATES -



## Creamy Avocado Cucumber Salad

<b>1 ½ cups</b> diced cucumber	<b>1 cup</b> diced yellow pepper	<b>2 tablespoons</b> balsamic vinegar
<b>1 teaspoon</b> dried basil	<b>1 cup</b> chopped fresh parsley	<b>1 tablespoon</b> fresh lemon juice
<b>1 cup</b> diced tomato	<b>1 cup</b> chopped fresh mint	Salt and pepper, to taste
<b>1 cup</b> diced sweet onion	<b>1 tablespoon</b> olive oil	

**Wash** fresh ingredients. **Remove** cucumber ends and peel if skin is tough or bitter. **Slice** lengthwise, **remove** large seeds, if needed, and **finely dice**. **Place** diced cucumber in a colander over a bowl, **sprinkle** evenly with basil, **stir** and let **stand** 15 minutes. **Finely dice** and **chop** tomato, onion, avocado, yellow pepper, parsley, and mint. **Place** in a large bowl and **add** cucumber.

**Drizzle** with olive oil, balsamic vinegar, and lemon juice. **Toss**, **add** salt and pepper to taste, and **serve**.

**Yield:** 8, 1-cup servings

### Nutritional Analysis:

70 calories, 3.5 g fat, 0.5 g saturated fat, 0 mg cholesterol, 10 mg sodium, 9 g carbohydrates, 3 g fiber, 2 g protein, 3 g sugars, 0 g added sugars.



## Homemaker Council Meeting August 10th at 10:00 AM



Our Office will be  
**CLOSED** on  
Monday, Sept. 4th  
in recognition of  
Labor Day

## August Health Bulletins

Scan here to read full issues!





**UK** Martin-Gatton  
 College of Agriculture,  
 Food and Environment  
 University of Kentucky.

*Bluegrass Area  
 Extension Homemakers'  
 Annual Meeting*  
**OCTOBER 13, 2023**

*Spotlighting  
 Carlisle, Kentucky*

HOME OF THE LAST KENTUCKY  
 CABIN OF DANIEL BOONE  
 \$15 PER PERSON

*Featuring  
 Paula and Randy Hunter  
 portraying  
 Daniel and  
 Rebecca Boone*



**Cooperative  
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 Family and Consumer Sciences  
 4-H Youth Development  
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Lexington, KY 40506



Disabilities  
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 with prior notification.



# Lunch Menu:

*Option 1:*

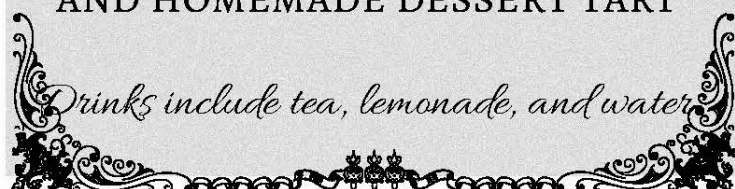
CHICKEN SALAD ON CROISSANT  
WITH CHIPS, PASTA SALAD, AND A  
HOMEMADE DESSERT TART

*Option 2:*

HAM AND CHEESE ON CROISSANT  
WITH CHIPS, PASTA SALAD, AND  
HOMEMADE DESSERT TART

*Option 3:*

VEGGIE WRAP, PASTA SALAD,  
AND HOMEMADE DESSERT TART



*Drinks include tea, lemonade, and water.*

**\$15 PER PERSON**

## Please Join Us:

*When:*

FRIDAY, OCTOBER 13, 2023

*Where:*

NICHOLAS COUNTY ELEMENTARY SCHOOL CAFETERIA  
133 SCHOOL DRIVE  
CARLISLE, KY 40311

*Time:*

9:00 A.M. REGISTRATION

9:30 A.M. CALL TO ORDER

(MUFFINS, FRUIT, JUICE, AND COFFEE WILL BE AVAILABLE)

**REGISTRATION DEADLINE  
SEPTEMBER 25, 2023**

*Bluegrass Area Cultural Arts:*

AVAILABLE FOR VIEWING IN THE  
GYMNASIUM ADJACENT TO THE  
CAFETERIA

FOR QUESTIONS:

CALL 859-289-2312 OR EMAIL  
ASHLEY.VICE@UKY.EDU



### **Bluegrass Area Homemaker Annual Meeting Registration**

Complete & return by September 25, 2023 to your County Extension Office with your check payable to:  
Scott County Extension Office

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Club Name: \_\_\_\_\_ Mailbox Member \_\_\_\_\_ Guest \_\_\_\_\_

Lunch Selection:

Chicken Salad  Ham and Cheese  Vegetarian Option



**Martin-Gatton**  
College of Agriculture,  
Food and Environment

WELCOME BACK!

# HOMEMAKER OFFICER TRAINING DAY

ALL CLUB OFFICERS, CHAIRS, OR MEMBERS WHO WOULD LIKE TO LEARN MORE ABOUT HOMEMAKER LEADERSHIP ARE WELCOME TO ATTEND.

## AUGUST 14TH

STARTING AT 10:00 AM

AT THE SCOTT COUNTY  
EXTENSION OFFICE

### MUST RSVP

TO SIGN UP

CALL (502)863-0984

### Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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Disabilities  
accommodated  
with prior notification.



**Martin-Gatton**  
College of Agriculture,  
Food and Environment

SCOTT COUNTY EXTENSION

# Food Preservation Workshops

**AT THE SCOTT COUNTY EXTENSION OFFICE**

**August 17th and 18th**  
**Beginning at 10:00 AM each day**

**You MUST sign up to participate.**  
**To register call (502) 863-0984**

**We will cover the basics of Pressure  
Canning, Boiling Water Bath Canning,  
and Dehydrating.**

**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.



# Home Canning Basics

*Sandra Bastin, PhD, RD, LD, CCE, Extension Food and Nutrition Specialist,  
and Annhall Norris, Extension Associate*

## Introduction

People choose to can foods at home for many reasons: to preserve the harvest from their gardens or local farmers markets for year-round enjoyment; to gain more control over what is in their food by limiting or avoiding salt, sugar or preservatives; to save money; to get better-tasting canned foods; to follow family traditions; or just for the sense of satisfaction that home canning provides.

Home canning has changed over the last 200 years. Scientists have found ways to produce safer, higher quality products, including the design of better home canning equipment and supplies. Because many microorganisms live and multiply quickly on the surfaces of fresh fruits and vegetables, methods of home canning should always follow research-based recommendations. The advantages of home canning are lost when you start with poor quality fresh foods; when jars fail to seal properly; when food spoils; or when color, texture, flavors and nutrients deteriorate during prolonged storage. Following the correct procedures can ensure safely canned foods that are of top quality and may be stored for up to two years.

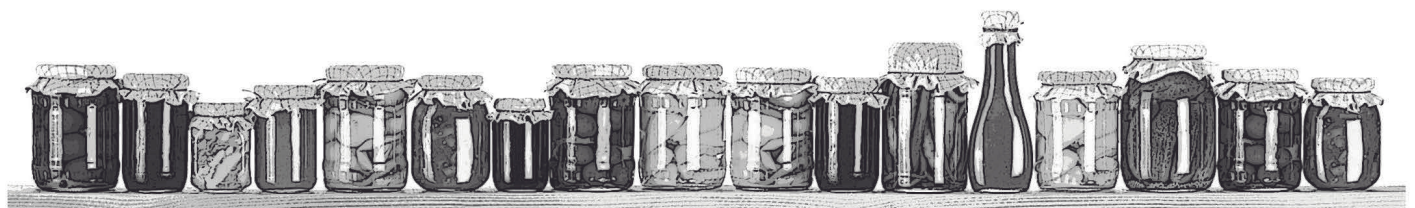
## Jars and Equipment

Home canning requires the use of specialized jars that have been designed to be reused under home canning methods. The USDA recommends Mason-

type jars with two-piece screw-on caps. Jars come in a variety of sizes for efficient use of your home-canned products. There are numerous manufacturers of canning jars. It is important that you purchase jars and lids that were manufactured and advertised as canning jars. Canning jars go through a tempering process during manufacturing and are less susceptible to breakage. Commercial single-use jars from mayonnaise, peanut butter, etc., should not be used because they are more prone to breaking during the canning process.

Jars advertised as storage jars should not be used for canning. Likewise you should not use glass mason jars purchased in the crafting section of certain stores. Storage jars and crafting jars cannot withstand the repeated heating and cooling associated with the canning process and are more susceptible to breakage. In addition, the necks of the jar and sealing edges are often different than canning jars so lids and bands do not apply correctly.

Before use, all empty jars should be washed with soap and hot water and rinsed, with a dishwasher if desired. Hard water films may be removed easily with a soak in a solution containing 1 cup of vinegar per gallon of water. All jars to be processed less than 10 minutes should be sterilized for 10 minutes. They can be boiled in the boiling water canner before using it for processing. Jars that



will be processed 10 minutes or longer should be washed and rinsed but do not need to be boiled.

A canning funnel, flexible spatula, jar lifter, and lid wand will make home canning easier. These items are usually available from any local grocery store that carries home canning supplies.

## Filling

You must correctly fill jars and adjust the two-piece caps for successful home canning. There are two methods of packing food into the jars: raw pack and hot pack.

The raw pack method is used for delicate foods that are usually easier to handle raw. There may be shrinkage during processing, causing some foods to float to the top of the jar or expand into the headspace.

The hot pack method involves preheating the food for a specified length of time before placing it into the hot jars. Heating the food first allows for a tighter pack that requires fewer jars and removes more air from the food. In the boiling water canner, hot packed food also requires less time for the canner to reach boiling because the food and jars are already hot. Hot packed home canned foods maintain color and flavor better than raw packed foods.

Headspace is the space between the top of the jar and the top of the food. The less air in this space, the higher the quality of the canned product. As a general rule, juices, jams, and jellies require a quarter inch of headspace; high-acid foods, fruits, tomatoes, pickles, and relishes require a half inch; and low-acid foods, vegetables, and meats require a headspace of one inch or more. A USDA-recommended recipe will specify the correct headspace to use.

Once the jars are packed with food, any air bubbles should be removed. A plastic knife or spatula can be pressed from the side of the jar into the food to release trapped air. Do not use metal

utensils as this may result in glass chipping or breakage. After removing air bubbles, adjust the headspace if necessary by adding more product.

The research-recommended two-piece metal cap consists of a screw band and a flat lid. The lid has a sealing compound inside the edge, designed to allow air to escape as the food in the jar is heated during processing and then to adhere to the glass rim as the jar cools and a vacuum is formed. Lids are designed to be used only once, but bands may be reused if they are without rust or nicks. Before use, wash lids and bands in hot soapy water and rinse well. Dry the bands and set aside. Follow the manufacturer's instructions for preparing the lids. Many no longer require preheating before use. Do not boil the lids. The jar rim should be wiped clean before adding the lid. The band should be tightened only fingertip tight to prevent disturbing the seal when you remove the band for storage. Over tightening may also cause the metal lid to buckle during processing.

## Processing

Presently, only two research-based methods are acceptable for the home canning of safe and quality products: the boiling water method or the pressure canner method. The method used to process home canned products depends on the type of raw product and whether or not the recipe has the addition of an acid. To ensure that the finished product is safe, it is crucial not to change or modify the recipe, processing method or processing time. There are no USDA-approved conversions between boiling water canner and pressure canner processing times available to home canners. Inspect your equipment and supplies for proper working condition before you begin to process food.

**Note:** Currently, open-kettle canning, oven canning, and the use of small pressure cookers are *not* recommended for home canning.

Pressure cookers are sometimes advertised as canners but should not be used for pressure canning.

Research by the National Center for Home Food Preservation (NCHFP) has found atmospheric steam canners safe for processing high acid foods or acidified foods with a pH of 4.6 or below. Examples include peaches, pears, apples, salsa or pickles. USDA research-based recipes and process times and methods, along with other guidelines are recommended to produce a safe and good tasting product. Atmospheric steam canners are not appropriate or safe to pressure can low acid foods, such as vegetables. For more information on safely using an atmospheric steam canner for home food preservation, contact your local Extension Office or [http://nchfp.uga.edu/publications/nchfp/factsheets/steam\\_canners.html](http://nchfp.uga.edu/publications/nchfp/factsheets/steam_canners.html).

## *The Boiling Water Method*

High-acid foods can be processed in a boiling water canner. Fruits are considered naturally high-acid foods. With the addition of lemon juice, citric acid, or vinegar in the right proportion, tomatoes, pickles, and relishes also become high-acid foods. When high-acid foods are processed at a boiling water temperature (212°F) for the time specified in the recipe, the process is adequate to inactivate enzymes and destroy molds, yeast, and some bacteria. (Tomatoes are usually considered a high-acid food, but some varieties are not high acid; thus, it is recommended to add an acid to safely process tomatoes in a boiling water canner.)

### **Steps for successful boiling water canning**

1. Assemble all equipment and utensils. Rinse ingredients as needed.
2. Fill the canner half full of clean warm water. Center the canner over the burner and preheat the water to 180°F. If you have a canner rack, position it in the canner. Begin preparing the recipe while the water is preheating. In about 20 to 30 minutes the water will begin to boil.
3. Prepare the recipe, fill the jars to the appropriate headspace, and remove any air bubbles. After adjusting the two-piece caps, load the jars into the canner one at a time. (A jar lifter will make this activity safer and more efficient.) Keep the jars upright at all times to prevent food from spilling into the sealing area and interfering with the final seal.
4. Add more boiling water if needed so that the water level is at least one inch above the jar tops.
5. Turn up the heat so that the water boils vigorously. Place the lid on the canner. When the water begins to boil, begin timing the process, as indicated in the recipe. The heat setting may be lowered as long as a gentle but complete boil is maintained for the entire processing time.
6. Set a timer for the total number of minutes indicated in the recipe.  
**Note:** If the water stops boiling at any time during the process, increase the heat to return to a complete boil and start the timing of the process all over again.
7. When the jars have been processed in boiling water for the recommended time, turn off the heat and remove the canner lid. Wait five minutes before removing jars.
8. Using a jar lifter, remove the jars one at a time, keeping them upright. Carefully place them on a towel, leaving a one-inch space between the jars for proper cooling.
9. Leave the jars undisturbed for at least 12 hours. (As the jars cool, the vacuum seal forms.)
10. After 12 to 24 hours, test seals and remove bands. Wash outside of jars and lid surfaces. Date and label jars and store in a cool, dry place for up to two years.

**To read more use the following link:**

***<https://fcs-heres.ca.uky.edu/publications-list/22>***

**OR Scan the QR Code**



**ATTENTION**

# Homemaker Dues

Dues are **\$10.00** per person and must be received by the Extension Office no later than **November 30, 2023**. **Please make checks payable to Scott County Extension Homemakers**. Dues may be dropped off at the office or mailed to: Scott County Extension Office, 1130 Cincinnati Rd. Georgetown, KY 40324. Please note this **form MUST** be included with all dues - for all new, old, regular and mailbox members.

You are welcome to submit the dues for your entire club on one check as long as you have forms for each member filled out and turned in with the check.

**QUILT GUILD DUES:** Quilt Guild dues are an **additional \$10.00** and a **separate check must be made out to Scott County Extension with the memo line "Quilt Guild Dues."**

Date: \_\_\_\_\_

## Enrollment Form for

Scott County Extension Homemakers Association

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Email \_\_\_\_\_

Name of Club \_\_\_\_\_

Phone: Home (\_\_\_\_) \_\_\_\_\_ Work (\_\_\_\_) \_\_\_\_\_

Cell (\_\_\_\_) \_\_\_\_\_ Fax (\_\_\_\_) \_\_\_\_\_

Birth year (Optional): \_\_\_\_\_

Race (Optional – circle one):    White    Black or African American  
   Asian/Pacific Islander    American Indian    Hawaiian    Other

Ethnicity (Optional - circle one):    Hispanic    Non-Hispanic

Gender (Optional - circle one):    Female    Male

Date joined: \_\_\_\_\_

I, (print full name) \_\_\_\_\_, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

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- Where do my dues go?**
- \$5.00 State Dues**
- \$0.50 Area Membership**
- \$1.00 Ovarian Cancer Research**
- \$2.50 County Membership**
- \$0.50 4-H Camp Scholarships**
- \$0.50 Scott County Student Scholarships**