

Powell County Extension News

June, 2024

This month at the Extension Office

June 4th

1 p.m. Homemakers Annual Meeting Planning Committee

June 7th

4-H Camp Application Deadline

June 10th

Powell & Clark Beekeepers

June 12th, 13th, & 14th

Super Star Chef

June 13th

Home Energy Workshop

June 19th

Juneteenth
Extension Office Closed

June 20th

Savor the Flavor

June 24th

Cost-share Informational Mtg.

June 25th

4-H Camp Orientation

June 26th

4-H Camp Orientation

June 28th

Date Night Cooking

July 1st, 2nd, & 3rd

Food Preservation

July 10th & 11th

Senior Farmers' Mkt. Vouchers

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.



4-H Youth Development



Emilee Bryant

Powell County Agent for 4-H Youth Development

Emilee Bryant



606-663-6405



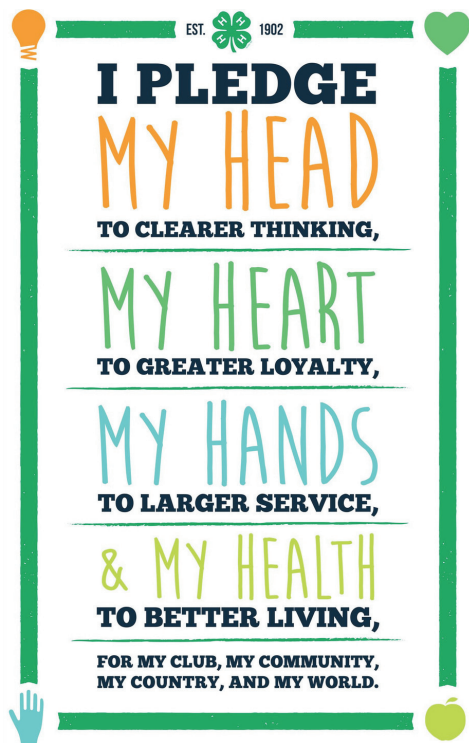
Emilee.Hager@uky.edu



Powell County 4-H



powell.ca.uky.edu/4H_Youth_Development



Kentucky 4-H camp serves 25,000 guests annually! Is your 4-H'er signed up for camp?

Learn more by contacting Emilee at the Powell County Extension Office at 663-6405.



UK Cooperative Extension Service

25,000



KENTUCKY 4-H CAMPING

Kentucky 4-H operates four camping locations serving 25,000 guests annually in various programs: summer camp, environmental education camp, extension-sponsored events, camp-sponsored events, and non-extension user rentals.

Contact your local county office to sign up for camp!



Under the Big Top

BE THE STAR OF THE SHOW



4-H Camp 2024

July 15 - 19, 2024

JM Feltner 4-H Camp London, KY

Cost: \$300

Includes lodging, food,
t-shirt, activities & class fees

Application deadline is June 7th!

Help send a child to camp by making a
donation any amount is appreciated!



Scan the code to donate online
Or

Mail Checks to:
Powell Co. 4-H Council
169 Maple Street
Stanton, Ky. 40380



FAMILY AND CONSUMER SCIENCES

Building strong families. Building Kentucky. It starts with us.



Kendyl Redding

Powell County Agent for Family & Consumer Sciences

Kendyl Redding

606-663-6405

 Kendyl.Redding@uky.edu

 Powell County FCS Extension

 powell.ca.uky.edu/fcs

UK Cooperative Extension Service

It's canning season!

Pressure Gauge Testing

Do you have a dial gauge pressure canner? Have you had it tested recently? We recommend having it tested annually to ensure accuracy. Contact the Powell County Extension Office to schedule a FREE gauge testing!

CONTACT POWELL COUNTY FCS EXTENSION AGENT, KENDYL REDDING, AT 663-6405 OR KENDYL.REDDING@UKY.EDU

Preventing foodborne illness is in your hands!

Listen as LaToya Drake from our Kentucky Nutrition Education Program - KYNEP recounts a personal experience with foodborne illness and provides tips for helping you protect your family from a similar fate. With picnic season upon us, it is in your health interest to listen to this show!

ukfcs.net/TalkingFACS6-46



NOW on Talking FACS!

The Dangers of Foodborne Illness

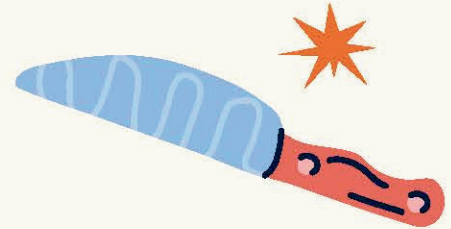
with LaToya Drake, MS
Extension Specialist | Food Access and Equity
KY Nutrition Education Program

ukfcs.net/TalkingFACS6-46



Become a

Super Star Chef



Have you dreamed of having your own restaurant or cooking show? Maybe you just want to learn how to make a tasty after-school snack for friends. Join us for the Super Star Chef cooking camp for participants ages 9 to 12. No previous cooking experience required.

JUNE 12-14

10:00 AM - 2:00PM

POWELL COUNTY EXTENSION OFFICE



Registration Required!
Space limited.





**BLUEGRASS
GREENSOURCE**

HOME ENERGY EFFICIENCY WORKSHOP

Join us for a home energy efficiency workshop where you'll gain insights into the current energy landscape, get hands-on experience using our home energy audit kit, and learn simple DIY improvements that can help you lower your energy consumption and reduce the cost of utilities.



THURSDAY
JUNE 13TH, 2024
6:00 pm - 7:00 pm



**Powell County
Extension Office**
169 Maple St, Stanton,
KY 40380

BENEFITS

- Save money on utilities!
- Free home energy audit kit

For More Information
Contact Alli Johnson:



(859) 266-1572



alli@bggreensource.org

REGISTER NOW



Savor the Flavor



BUILDING FLAVOR WITH HERBS

Which herbs should I have in my pantry? Which is best — fresh versus dried? How do I know when to use them? These are common questions people have about using herbs in the kitchen. Join us for this lesson where you will learn about various types of herbs, how to incorporate them into your favorite dishes, and enhance flavor while cooking!

We look forward to seeing you!



Menu includes:

- One-pot Pasta with Fresh Tomato Sauce
- Zucchini Rosemary Pizza
- Blackberry and Cucumber Salad



Thursday, June 20th

5:30pm-7:30pm

Powell County Extension Office

Registration is required, space is limited!





June

DATE NIGHT COOKING

GRAB YOUR SPOUSE, PARTNER, FRIEND, OR OTHER LOVED ONE ON THE LAST FRIDAY OF EACH MONTH AND SPEND AN EVENING COOKING TOGETHER! LEARN WAYS TO MASTER THE KITCHEN AND PREPARE HEALTHY, DELICIOUS DISHES FOR TWO.

**FRIDAY JUNE 28TH
6:00 – 8:00 PM
POWELL COUNTY
EXTENSION OFFICE**

Registration required!
Space is limited





UK Cooperative Extension Service

Summer Food Preservation Workshops

Turn your Fresh Foods into Pantry or Freezer Staples! During this hands-on program, you'll learn how to safely preserve homemade jam, salsa and a variety of fruits and vegetables. You'll save money, reduce food waste and store healthy foods for your family when you start preserving. Before you can, freeze, or dry foods, learn basic techniques to ensure your food is safe to eat and store. You'll learn how to preserve using the new recommendations and safest methods. Bring your questions. Leave with answers, preserving skills, recipes and more!

JULY 1 - BOILING WATER CANNING

JULY 2 - PRESSURE CANNING

JULY 3 - HOME CANNING MEATS



**EACH CLASS WILL BE HELD AT THE
POWELL COUNTY EXTENSION
OFFICE FROM
5:30 P.M. TO 7:30 P.M.**

**REGISTRATION IS REQUIRED
CLASS LIMITED TO 15 PARTICIPANTS**

CONTACT US

for more information

*Powell County Extension Service
606-663-6405*

*Kendyl Redding, CEA for Family
and Consumer Sciences*



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.

NUTRITION WORKSHOP

B I N G O *cize*[®]

**BINGO + EXERCISE =
BINGOCIZE**

FREE PRIZES!

**A 10-WEEK HEALTH
PROMOTION PROGRAM
THAT COMBINES EXERCISE
WITH INCLUSIVE EXERCISE!**

When

Every Wednesday, beginning May 1st

Where

Stanton Senior Citizen Center

Time

10:30 a.m.

UK Martin-Gatton
College of Agriculture,
Food and Environment



ADULT

HEALTH BULLETIN



JUNE 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Powell County Extension Office
169 Maple St.
Stanton, KY 40380
(606) 663-6405

THIS MONTH'S TOPIC

STEP INTO NATURE, SUMMER EDITION



As the weather warms up, the sun shines brighter and it is light outside for longer each day. These environmental changes make it more enticing to spend time outdoors. Perhaps you find yourself staring out the window, distracted from your work tasks. Don't fight the urge to step outside! Give in to your wandering mind, take a break in the sunshine, and reap the benefits of being outdoors in the summertime. You may be familiar with a quote from Hippocrates, "Nature itself is the best physician." Whether you take a walk around your block, sit in the shade under a tree, or take a hike through the woods, spending time outdoors is good for your health.

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Disabilities accommodated with prior notification.

When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

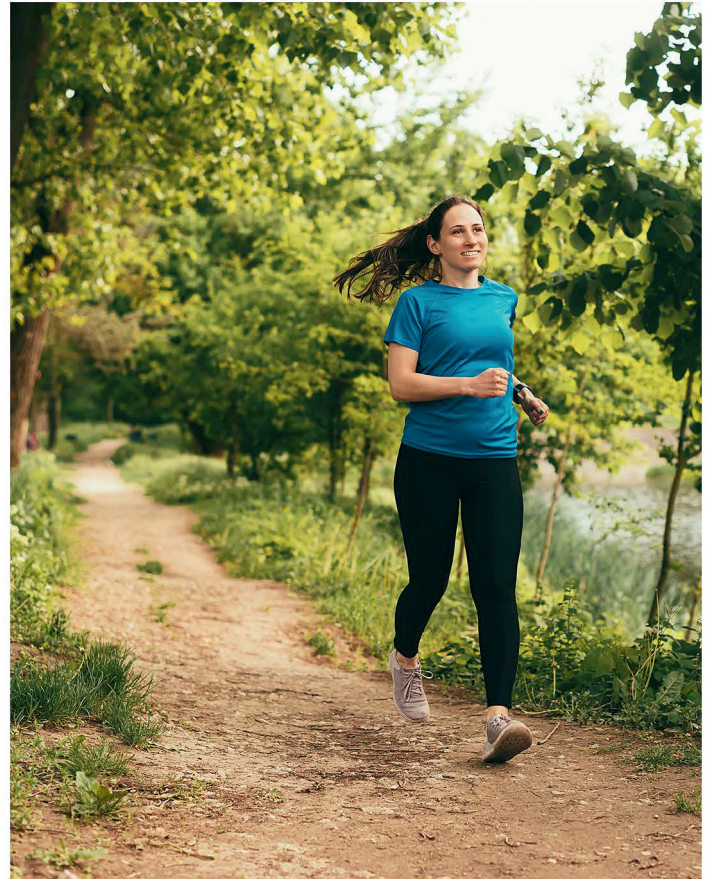
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There are both mental and physical benefits to spending time outdoors during the summer. Studies have shown that people enjoy being outside in the summer, and being outdoors provides good motivation to be physically active. People who exercise outdoors are more likely to be active for a longer time and enjoy it more than those who exercise indoors. Additionally, there are many activities to do in the summer outdoors. From walking, hiking, or running, to gardening, doing yard work, playing sports, and more, there are many ways to be active in the great outdoors whether you live in an urban or rural area.

Another physical benefit of spending time outdoors is the quality of air that you breathe in. Overall, air quality outdoors is typically better than that inside. When you exercise, your body needs more air, and you breathe more deeply. This provides extra oxygen to your body and breathing outdoors tends to reduce the amount of toxins that you take in through the air. Breathing deeply helps you to relax, lowering your stress levels, cortisol, and heart rate. All of these contribute to overall heart health, reducing and managing chronic diseases such as high cholesterol, blood pressure, and heart disease. Additionally, being outdoors awakens your senses, helping you to enjoy the atmosphere outdoors: the sights, smells, sounds, tastes, and textures around you.

Tuning into your senses outdoors also has mental health benefits. Spending time outside reduces stress levels, decreases feelings of depression and anxiety, and helps you to feel more regulated. Spending time outside has shown to help people recover from trauma faster as well. When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

Summer weather tends to make spending



time outside enjoyable, but there are some precautions you should take as well. If you are going to spend time out in the sun, remember to wear protective clothing or sunscreen, sunglasses or hat, and drink plenty of water to stay hydrated. Your body will appreciate the additional vitamin D, but you do not want to overexpose your skin to damage from the sun.

REFERENCE:

<https://www.fs.usda.gov/features/wellness-benefits-great-outdoors>

**ADULT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock





Supplemental Nutrition Assistance Program



April Tipton

Powell County NEP Program
Assistant Senior



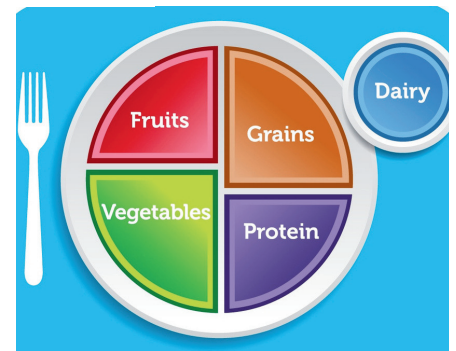
606-663-6405



april.tipton28@uky.edu



Powell County Nutrition Education



USDA
Supplemental
Nutrition
Assistance
Program

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

Nutrition

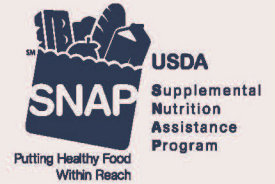
- Fruits, such as apples, are sources of many essential nutrients that people do not get enough of, including potassium, dietary fiber, vitamin C, and folate.
- One of the MyPlate goals is to vary your veggie intake. This recipe is an example of a way to use cabbage.
- Added sugars are sugars and syrups that are added to foods or beverages when they are made. This does not include sugars found in milk and fruits. The Dietary Guidelines for Americans recommends reducing intake of added sugars. In this recipe, there is a very minimal amount of added sugar coming from the table sugar.

Cooking Tips

- Try topping a chicken or fish taco with this slaw.
- This dish would be delicious with many different fruits. Mandarin oranges and blueberries would be a nice complement to this dish.
- Make cleanup even easier by making the dressing in the bottom of a large bowl, then add the salad ingredients directly over it. Use tongs to evenly coat everything.



Fruited Coleslaw



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

Nutrition facts per serving:

100 calories; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 16g total carbohydrate; 2g dietary fiber; 14g total sugars; 1g added sugars; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source:

Adapted from Iowa State University Extension

- 2 tablespoons mayonnaise
 - 1/2 teaspoon apple cider vinegar (or any type of vinegar)
 - 2 teaspoons sugar
 - 3 tablespoons crushed pineapple canned in 100% juice, including juice
 - 2 cups shredded or finely chopped cabbage
 - 1/2 cup chopped apples (or fruit of choice: orange, mandarin oranges, pear)
 - 1/2 cup raisins or dried cranberries
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
 3. Combine mayonnaise, vinegar, sugar, and pineapple in a small bowl. Stir to mix well.
 4. In another bowl, combine cabbage and other fruit.
 5. Pour dressing over cabbage and fruit. Stir to mix.
 6. Serve right away.
 7. Refrigerate leftovers within 2 hours.

Makes 6 servings
Serving size: 1/2 cup
Cost per recipe: \$1.57
Cost per serving: \$0.26



Needing farm improvements?

Don't miss this opportunity to learn more about what CAIP has to offer!

INVESTMENT AREAS INCLUDE

- ✓ Fencing
- ✓ Farm storage facilities
- ✓ Small animals (bees, rabbits, swine)
- ✓ Large animals & large animal handling facilities
- ✓ and much more!

County Agricultural Investment Program (CAIP) Informational Meeting

Monday, June 24th at 6 p.m.

at the Powell County Extension Office

169 Maple St., Stanton

For more information contact Jason Vaughn, Powell County Ag & Natural Resources Agent, 663-6405.

Burgers and hot dogs provided by the Powell County Livestock Association



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Lexington, KY 40506



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Powell County



Martin-Gatton
College of Agriculture,
Food and Environment

FARMERS Market

SENIOR NUTRITION VOUCHERS

JULY 10TH & 11TH 9 a.m. - 4 p.m. while supplies last

Senior Farmers' Market Nutrition Vouchers will be given out July 10th and 11th during the Farmers' Market Pop-up event.

Eligibility Requirements for vouchers:

- Age: 60+ at the day of issuance
- Must provide proof of age

Income Guidelines:

Visit <https://www.kyagr.com/consumer/senior-farmer-market.html>.



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169 Maple St., Stanton

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