

July 2023

Building Strong Families in Scott County

UK Cooperative Extension Service
Martin-Gatton College of Agriculture, Food and Environment

Scott County
Cooperative Extension Service
1130 Cincinnati Road
Georgetown, KY 40324-8931
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This month...



Food Preservation Safety



Watermelon Salad



Homemaker Pink and Green Sheets

FCS Today

SAFE CANNING PRACTICES

Source: Annhall Norris, extension associate

Gardens are beginning to bear the fruits of your labor. Soon, it will be time to start thinking about preserving some of that excess produce for winter months. Safety is of utmost importance for those of us preserving food because improperly home canned food can lead to foodborne illness.

Bacteria, yeasts and molds can grow quickly on fresh fruits and vegetables. Oxygen and enzymes that can cause food to spoil are found all over and inside produce. Safe home canning methods help prevent the growth of these harmful bacteria, yeast and molds; remove excess oxygen from the food; destroy spoilage enzymes; and allow for

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Sincerely,

Alivia Faris

Scott County Extension
Agent for Family and
Consumer Sciences



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

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with prior notification.

SAFE *Canning* PRACTICES

Continued from Page 1

year-round enjoyment of the foods from your garden.

Despite what you may find on the Internet or social media, there are only two acceptable methods for home canning safe, quality products--the boiling water canner method and the pressure canner method. The type of food you are preserving will dictate which method to use. Boiling water canners can be used on foods that are naturally high in acid, like most fruits. Pressure canners must be used for all fresh vegetables, meat and poultry. Both methods, when used properly, can prevent botulism, a deadly form of food poisoning associated with canned food.

You can safely process foods that are naturally high in acid or foods that have been acidified with lemon juice or vinegar (like pickles, salsa and relishes) in a boiling water bath canner. The acid prevents the growth of harmful bacteria in these foods. However, vegetables, meats and poultry do not contain enough acid to prevent bacterial growth. For these foods temperatures between 240 and 250 degrees Fahrenheit are necessary to prevent the growth of bacteria. Temperatures this high can only be reached using a pressure canner. Therefore, you must process all vegetables and other low acid foods in a pressure canner.

Be sure to use up-to-date equipment that's in proper working condition. It's never a good idea to purchase a pressure canner at a yard sale or flea market as replacement parts and manufacturer's instructions may not be available. Pressure canners made after 1997 are designed with more safety features and weigh much less than older canners. You should test the gauge on dial-gauge pressure canners each year. Your local extension office can do this for you. It is also important to use only Mason-type canning jars and self-sealing, two-piece lids. Never reuse jars that once contained mayonnaise or other food products as they will crack and break during processing.

Always use research-based recipes to preserve foods. These recipes are available in UK Cooperative Extension Service home canning publications, the Ball Blue Book Guide to Preserving, or the National Center for Home Food Preservation's website <https://nchfp.uga.edu/>. Follow each recipe exactly as written. Do not make additions or changes unless options are provided in the recipe. Not following the recipe precisely or using a recipe that is not research-based, may result in sickness.

For more information on safe food canning and research-based recipes, contact your Scott County Cooperative Extension Service.



Upcoming Dates to Remember

July 2023

4th: OFFICE CLOSED

6th: Rug Hookers @ 10:00 AM

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

10th: Meat of the Season @ 5:00 PM

11th: Meat of the Season @ 5:00 PM

13th: Rug Hookers @ 10:00 AM

13th: FCS Book Club @ 1:00 PM

18th: Elkhorn Creek Quilt Guild Monthly Meeting @ 5:00 PM

20th: Needlework Club Meeting @ 10:00 AM

24th: Quilts of Valor Sit-and-Sew @ 9:00 AM

24th: Barnyard Applique Class @ 6:00 PM

27th: Rug Hookers @ 10:00 AM

31st: Hook and Cook @ 6:00 PM

August

1st: Hook and Cook @ 6:00 PM

Awesome Watermelon Salad

1 tablespoon balsamic vinegar
1 teaspoon lemon juice
1 teaspoon Dijon mustard
1 teaspoon chopped garlic
½ teaspoon fresh diced cilantro
¼ teaspoon fresh ground pepper

¼ cup olive oil
3 cups 2-inch, cubed watermelon
¾ cup crumbled, low-fat feta cheese
½ red onion, sliced very thin
Coarse ground black pepper
Cilantro for garnish

In a small bowl, **mix** vinegar, lemon juice and Dijon mustard. **Stir** in garlic, cilantro and black pepper. Slowly **pour** olive oil into the mixture while whisking vigorously. **Cover and refrigerate** until ready to use. **Combine** the watermelon, low-fat feta cheese and red onion in a large bowl; **toss** lightly to mix and **season** with coarse ground black pepper. **Pour** half of dressing over salad

mixture; gently **toss** to coat. **Refrigerate** for least 30 minutes. **Drizzle** remaining dressing over salad and garnish with cilantro just before serving.

Yield: 8, ½ cup servings

Nutritional Analysis: 110 calories, 9 g fat, 2 g saturated fat, 5 mg cholesterol, 190 mg sodium, 6 g carbohydrate, 1 g fiber, 4 g sugar, 3 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

THIS MONTH'S
Recipe

THINGS TO KNOW

- ANNOUNCEMENTS - UPCOMING EVENTS - SAVE THE DATES -



Barnyard Applique Class

July 24th at 6:00 PM
at the Scott County
Extension Office

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

Things to know:

- When you sign up let us know if you want to make a pig, dog, horse, goat, cow, sheep, rooster, or chicken tea towel or flour sack.
- You will need to supply your own flour sack or tea towel.
- You are welcome to bring your own sewing machine but you will need the manual with it, if not you are welcome to use one of our office machines.

Join us for our July
Cooking through the
Calendar Workshop!

This event is hosted every
other month at the Scott
County Public Library

To sign up contact the Scott County Public
Library or by using the following link:
<https://scottcounty.librarycalendar.com/event/cooking-through-calendar-2>



**Our Office will be
CLOSED on
Tuesday, July 4th
in recognition of
Independence Day**

Scan here to



learn more about
Firework Safety
from this episode of the
"Talking FACS" Podcast

**LISTEN AND
LEARN**

UK Cooperative Extension Service

SCOTT COUNTY EXTENSION PRESENTS A TWO DAY WORKSHOP

Meat of the Season

THIS SEASON FEATURES

BEEF



To register call the Scott County Extension Office at (502)863-0984

July 10th

July 11th

5:00 PM Meet at the Scott County Extension Office
5:15 PM Depart for University of Kentucky Meats Lab for a program on beef processing.

5:00 PM Meet at the Scott County Extension Office
5:15 PM Program on beef safety, preparation, and preservation.

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July Health Bulletins

The July 2023 health bulletins are now available!



Scan here to read full issues!



UK 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.



Announcement

August and September Newsletters will be combined.

Expect 1 newsletter with information for both months.

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HOOK and COOK

HARVEST YOUR OWN LOCAL MEAT

HOOK AND COOK

This course will teach you the basics of catching and cleaning fish. Whether you are an experienced angler or a first-time fisherman, this course will teach you the skills and knowledge you need to get started in fishing.

Georgetown, KY

July 31 & Aug 1, 2023

Event Details

Scott Co. Coop Extension Office
1130 Cincinnati Road
Georgetown, Ky 40324

Time: 6:00 p.m.—8:30 p.m.

*Participants must be 16+ years old or accompanied by an adult

To sign up for this event scan this QR code with the camera on your smart device.



More info: Easton.Copley@ky.gov or 502-330-1411

<http://app.fw.ky.gov/eventregistration/startpage.aspx?REGID=361>



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August: Personality Assessment

That's not the way I would have done it! Do you ever find yourself scratching your head at another person's reaction? The way one person processes, interprets, and reacts are often not the same responses of others in the same household, family, workplace, or surroundings. This workshop will shed light on different personality traits, help you learn more about yourself, and allow you to see other perspectives.

September: Lead Your Team: Health Literacy for the Win!

Have you ever been confused by the words your doctor was using during an appointment? Or maybe you were unsure when and how often to take prescription medicine? Maybe you want to be informed when you take your loved one to the doctor. It is estimated that 9 out of 10 adults have difficulty understanding and using health information, also known as health literacy. This lesson will focus on increasing health literacy and empower you to step up and lead your health-care team in reaching your overall health goals.

October: Healthy Holiday Meals

Planning meals is one of the best ways to save money and eat healthy meals. Learn some tips and tricks that will help to remove the stress of putting healthy meals on the table every night.

November: Savor the Flavor: Seasoning with Spices

Home prepared meals tend to be more nutritious, however it is often difficult to add flavor while keeping the meals healthy. This lesson encourages participants to use spices to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking.

January: Self-Care and Self-Pampering

Self-care is about realizing and prioritizing one's own importance and well-being. It means not ignoring individual needs, including things that feel good and spark happy feelings. Self-care is about extending the same time, kindness, and consideration to yourself as you do to those around you. This KEHA lesson will help you take control of your own well-being beyond the basic self-care recommendations.

February: Recognizing and Coping with Trauma after a Natural Disaster

This lesson will focus on coping with trauma that may occur after a natural disaster, or other events that disrupt your ability to cope due to significant loss. Participants will learn tips and skills to aid in recognizing trauma, how to help others in the community who might have experienced trauma and learn strategies that may be helpful for families to build a toolkit to prepare for the future.

March: Planning Thrifty Meals

The lesson focuses on healthy meal planning, staying within budget, kitchen time management strategies, preparing low-cost and delicious recipes, food safety tips, and maximize your leftovers to avoid waste.

April: Savor the Flavor: Building Flavor with Herbs

Home prepared meals tend to be more nutritious, however it is often difficult to add flavor while keeping the meals healthy. This lesson encourages participants to use herbs to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking.

SCOTT COUNTY HOMEMAKERS

Club Name: _____

Leader Lesson Training Sign-up

2023 – 2024

Lessons will be hosted at the Scott County Extension Office

DATE	LESSON	NAME	ADDRESS	PHONE
AUGUST 08/21/23 at 5:00 PM	<i>Personality assessments</i>			
SEPTEMBER 09/18/23 at 10:00 AM	<i>Lead your team</i>			
OCTOBER 10/30/23 at 5:00 PM	<i>Healthy holiday meals</i>			
NOVEMBER 11/20/23 at 10:00 AM	<i>Savor the flavor- Spices</i>			
~ NO DECEMBER LEADER LESSON ~				
JANUARY 01/22/24 at 5:00 PM	<i>Selfcare and pampering</i>			
FEBRUARY 02/26/24 at 10:00 AM	<i>Recognizing and coping with Trauma after a natural disaster</i>			
MARCH 03/18/24 at 5:00 PM	<i>Planning thrifty meals</i>			
APRIL 04/29/24 10:00 AM	<i>Savor the flavor- herbs</i>			





Please fill out all the information requested, even if you have the same officers as last year. If you do not have chairs for any or all subjects write "none" in the appropriate box.

Please return to the Scott Extension Office, 1130 Cincinnati Rd., Georgetown, KY 40324 by August 1, 2023.

PLEASE KEEP A COPY FOR YOUR FILES!

It is the responsibility of the current President to obtain this information and mail this form.

NAME OF CLUB _____

Club Officers:

	Name	Phone Number	Email Address
President			
Vice-President			
Secretary			
Treasurer			

Club Chairs:

	Name	Phone Number	Email Address
Cultural Arts & Heritage			
Environment, Housing, & Energy			
Family & Individual Development			
Food, Nutrition, & Health			
4-H Youth Development			
International			
Leadership Development			
Management & Safety			

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