



FCS NEWS & NOTES

Cooperative Extension Service
Muhlenberg County
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A Note from your new Family & Consumer Sciences Agent

Hi everyone! I am Alex Kelly the new FCS agent! I am so excited to meet you all and start working alongside you all. My husband and I just moved to Madisonville from Louisville. I graduated from Harding University with a degree in Family & Consumer Science so this position is a dream job! I am so excited to dive in and get started!

Upcoming Events for July

July 7: Join the Gardening Group at 9 AM at Paradise Park for an informational meeting with Farmers Market member, John Winn. Open to anyone who loves caring for plants. Tips on keeping your plants thriving will be shared.

July 8: Christmas in July Jingle Mingle Craft Day from 9:30 AM until 3:30 PM at the Extension Office. To sign up, bring your \$25 fee to the Extension Office. There will be door prizes and a silent auction as well!

July 11: Drop off your entries for the Exhibit Hall at the fairgrounds anytime between the hours of 4 PM to 7 PM.

July 12: Drop off your entries for the Exhibit Hall at the fairgrounds anytime between the hours of 8 AM to 10 AM. *Homemakers who are volunteering to help with entry check-in should arrive at the Exhibit Hall at 7:45 AM.*

July 13: Block of the Month Quilting Group meeting at 9 AM at the Extension Office.

July 15: Customer Appreciation Day at the Farmers Market at 8 AM until Noon. There will be prize drawings and demonstrations.

July 19: Fad Dieting Class led by Laura Buchanan at 10 AM at the Extension Office.

July 26: Cooking through the Calendar at the Extension Office at 11:30 AM. July's recipe is Tuscan Chicken and Pasta.

Looking Ahead to August

August 3: Bean Supper Planning Meeting at 10 AM at the Extension Office.

August 8: Identity Theft Class led by Nancy Sandlin at 6 PM at the Extension Office. Tips on identity theft prevention and recovery will be shared.

August 10: Block of the Month

Quilting Group meeting at 9 AM at the Extension Office.

August 11: Game Night at 5:30 PM at the Extension Office.

August 15: Imitation Club meeting at 11 AM at the Extension Office.

August 17: Homemaker Council meeting at 9:30 AM at the Extension Office.

August 17: Material Girls Club meeting at 5:30 PM at the Extension Office.

August 23: Forever Young Club meeting at 11 AM at the Extension Office.

August 31: Recognizing and Coping with Trauma after a Natural Disaster lesson at 10 AM at the Extension Office/5 PM via Zoom.


The Travel Group is planning a trip to Badgett Playhouse in Grand Rivers, KY in August. More details to come!



Thought for the Day

"It's not how many miles you walk, it's how many smiles you share."
-Unknown

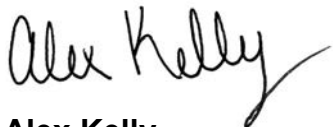
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Muhlenberg
County
Homemakers



Alex Kelly
County Extension Agent
Family & Consumer
Sciences Education

- the high 90s, they will not prevent heat-related illness.
- 5. Keep your house cool.** You can keep your house cooler by insulating it and covering your windows with drapes or shades. Use window reflectors such as aluminum foil-covered cardboard to reflect heat back outside.
 - 6. Dress appropriately and wear sunscreen.** Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing loose, lightweight, light-colored clothes, a wide-brimmed hat, and sunglasses. Put on a broad-spectrum sunscreen of SPF 15 or higher 30 minutes before going outside during the day. Sunscreen wears off, so reapply every two hours and after swimming, sweating, or toweling off.
 - 7. Avoid strenuous activities.** High heat and outdoor activities don't always mix well. Try to limit your outdoor activity to when it's coolest: morning and evening hours. Take frequent breaks in shady areas so your body has a chance to recover.
 - 8. Check on your family and friends.** Older adults, children, and people with chronic medical conditions are at high risk from heat-related injury and death.
 - 9. Eat light.** Hot, heavy meals add heat to your body.

If you do notice any heat-related illnesses, such as heat stroke, heat cramps, and heat exhaustion, seek a cool place and immediate medical attention (as needed).

As our climate patterns become more unpredictable, take steps to be more aware of the weather to keep you and your community safe and healthy.

References <https://www.fema.gov/blog/9-ways-stay-cool-extreme-heat>; <https://www.ready.gov/heat> **Source:** Hardin Stevens, senior Extension associate, University of Kentucky, College of Agriculture, Food and Environment, March 2023

Watermelon Salsa

- 2 cups chopped seedless watermelon
- 1 cup fresh blueberries
- 1 cup chopped cucumber
- 1/2 cup chopped onion
- 1/2 cup chopped red pepper
- 1/2 teaspoon garlic salt
- 1 teaspoon lime juice
- 2 tablespoons balsamic vinegar

1. Combine watermelon, blueberries, cucumber, onion, and

- pepper in a large serving bowl.
2. Sprinkle with garlic salt.
3. Toss to coat.
4. Stir in lime juice and balsamic vinegar.
5. Cover and chill one hour.

Yield: 10, 1/2 cup servings

Nutritional analysis: 25 calories; 0 g fat; 0 mg cholesterol; 50 mg sodium; 7 g carbohydrate; 1 g fiber; 5 g sugar; 1 g protein

Source: Kentucky Proud Project, county Extension agents for Family and Consumer Sciences, University of Kentucky, Dietetics and Human Nutrition students, June 2015

MUHLENBERG COUNTY HOMEMAKERS



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



Christmas IN JULY



Craft Single Mingle

SATURDAY, JULY 8

9:30 AM - 3:30 PM

\$25 FEE

Must be paid upon sign up.
Must sign up in advance!

CREATE YOUR CHOICE OF CRAFTS:

WOODEN BLOCK PRESENTS
COOKIE CUTTER ORNAMENTS
SNOWMAN HAT
GINGERBREAD MAN CRAFT

EVERYONE WILL MAKE A SOCK SNOWMAN
AND LEARN TO MAKE REINDEER BAIT!

Plus guest speakers discussing
Christmas in their countries!

LUNCH
PROVIDED

Ho! Ho!
Ho!



Muhlenberg County Extension Office
3690 State Route 1380
Central City, KY 42330

Questions? Call
270-338-3124

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Agriculture and Natural Resources
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Produce Storage Tips

When you buy Kentucky Proud, you're not only getting fresh, healthy, flavorful fruits and vegetables grown locally, you're also helping your community and farm families throughout the Commonwealth by keeping your dollars close to home.

Properly storing your food reduces waste from spoilage, decreases the risk of foodborne illness, and ensures your farm-fresh food tastes great!

Place in a Cool, Dark Spot:

Basil, Berries, Cantaloupe, Corn, Eggplants, Garlic, Onions, Peaches, Pears, Potatoes, Plums, Squash, Sweet Potatoes, Tomatoes, Watermelon

Best Practice:

Use berries on the countertop within 1–2 days.
If longer, store in the fridge.

Refrigerate in Crisper Drawer or Container:

Apples, Asparagus, Beans, Beets, Bok Choy, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Cilantro, Cucumbers, Greens, Kohlrabi, Mushrooms, Okra, Parsley, Peas, Peppers, Radishes, Turnips

Trim the leafy tops off and then refrigerate:

Don't throw away your leafy tops; use them in pesto, soups, and even salads.

Chef Tips:

01 Only wash your produce when you're ready to eat it! Washing early will cause the produce to spoil faster, especially berries and stone fruit.

02 Be sure to remove any rubber bands from your herbs and leafy greens. These break down the cells and can cause your produce to go bad faster!

03 Blanche and freeze vegetables you can't eat right away to preserve nutrients and enjoy the taste of summer all year long. To blanch, boil the whole or cut pieces of the vegetable for 12 minutes and then immediately place in ice cold water to stop the cooking process. This will keep your vegetables from getting freezer burn. Frozen vegetables will keep for up to a year. Freezing is not recommended for artichokes, Belgian endive, eggplant, lettuce greens, potatoes (other than mashed), radishes, sprouts, or sweet potatoes.



Seasonal Produce Guide

In Kentucky, there's something wonderful about every season – and that's especially true for our huge variety of locally grown fruits and vegetables. Take a look below to find fresh choices for spring, summer, fall, and winter.

Mar–May

SPRING

Asparagus (Apr–Jun)
Greens (Apr–Nov)
Kohlrabi (May–Jun)
Lettuce (May–Jun)
Maple Syrup (Feb–Mar)
Green Onions (May–Jun)
White Onions (Jan–Mar)
Peas (May–Jun)
Potatoes (Jul–Oct)
Radishes (Apr–Jun)
Strawberries (May–Jun)
Sweet Potatoes (Oct–Mar)
Turnips (May–Jun)
Winter Squash (Jan–Mar)

Jun–Aug

SUMMER

Apples (Jul–Dec)
Beans (Jun–Sep)
Beets (Jun–Nov)
Blackberries (Jun–Oct)
Blueberries (Jun–Jul)
Broccoli (Jun–Jul)
Brussels Sprouts (Jul–Nov)
Cabbage (Jun–Jul)
Cantaloupe (Jul–Sep)
Carrots (Jun–Aug)
Cauliflower (Jun–Jul)
Sweet Corn (Jul–Sep)
Cucumbers (Jun–Sep)
Eggplant (Jun–Sep)
Garlic (Jun–Aug)
Grapes (Aug–Sep)
Greens (Apr–Nov)
Kohlrabi (May–Jun)
Okra (Jun–Sep)
White Onions (Jan–Mar)
Peaches (Jun–Aug)
Peppers (Jul–Sep)
Plums (Jul–Sep)
Potatoes (Jul–Oct)
Raspberries (Jun–Sep)
Rhubarb (Jun–Sep)
Summer Squash (Jun–Oct)
Tomatoes (Jul–Oct)
Watermelons (Jul–Oct)
Zucchini (Jun–Oct)



Sep–Nov

FALL

Apples (Jul–Dec)
Beans (Jun–Sep)
Beets (Jun–Nov)
Blackberries (Jun–Oct)
Blueberries (Oct–Nov)
Bok Choy (Aug–Nov)
Brussels Sprouts (Jul–Nov)
Cabbage (Oct–Nov)
Carrots (Oct–Nov)
Cauliflower (Oct–Nov)
Greens (Apr–Nov)
Kohlrabi (Sep–Oct)
Lettuce (Sep–Oct)
Nut Crops (Sep–Nov)
Okra (Jun–Sep)
Green Onions (Oct–Nov)
White Onions (Jul–Sep)
Pawpaws (Aug–Oct)
Pears (Aug–Nov)
Peppers (Jul–Sep)
Plums (Jul–Sep)
Potatoes (Jan–Mar)
Pumpkins (Sep–Nov)
Radishes (Sep–Nov)
Raspberries (Jun–Sep)
Rhubarb (Jun–Sep)
Sorghum (Sep–Nov)
Summer Squash (Jun–Oct)
Sweet Potatoes (Oct–Mar)
Tomatoes (Jul–Oct)
Watermelons (Jul–Oct)
Winter Squash (Aug–Nov)
Zucchini (Jun–Oct)



Dec–Feb

WINTER

Apples (Jul–Dec)
Maple Syrup (Feb–Mar)
White Onions (Jan–Mar)
Potatoes (Jan–Mar)
Sweet Potatoes (Oct–Mar)
Winter Squash (Jan–Mar)

Greens refer to any number of different plants, including the traditional spinach, mustard, collard, turnip, etc., as well as newer Asian varieties and Swiss chard.

Through the use of season extension methods, many of the availability dates are commonly extended in either direction for many of these crops.



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

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THIS MONTH'S TOPIC: SAVING ON STAYCATIONS AND VACATIONS

As inflation remains high, Kentuckians may find themselves wondering if going on a vacation is realistic. If you're hoping to vacation on a budget, there are several ways you can try to save money and make travel fit within your means.

STAYCATIONS

A *staycation*, which joins the words *stay* and *vacation*, doesn't mean staying at home all day. Staycations include trips to local places that lower travel costs that come with longer-distance trips like hotels and transportation. Try exploring nearby tourist attractions you haven't visited yet. Kentucky offers something for everyone, from museums to industry (think horses, bourbon, cars, and sports) to outdoor adventures. Many are no- and low-cost options your family may enjoy. Learn about all Kentucky has to offer at <https://www.kentuckytourism.com/>. If you like to spend time outdoors, visit nearby parks or outdoor recreation areas to go hiking, camping, or to see nature. As the summer gets hotter, go to community pools or local lakes to unplug and cool off.

TRAVELING WITH OTHERS

Another way to save money on vacations is to go with friends or family. When traveling with others, you can share the costs of lodging, food, and transportation. For example, you might split the



cost of gas or short-term rentals. When traveling in groups, it also may be cost-effective to choose a place with a kitchen or grill. Parties can divide expenses, and take turns cooking. Eating in is a good way to save money on meals while selecting healthier foods that your family enjoys. Lastly, when traveling with others, look for group discounts for attractions, or split into smaller groups so everyone can visit the activities they are most interested in. Research ahead of time to see if there are discounts that may lower admission costs — such as for children, students, or seniors. Some attractions might also be cheaper on certain days or at certain times of the day.

PLANNING AHEAD

A simple but often overlooked strategy to save money on travel is to plan ahead. To start, carefully



KENTUCKY OFFERS SOMETHING FOR EVERYONE, FROM MUSEUMS TO INDUSTRY TO OUTDOOR ADVENTURES.



think about when you want to take your trip. Traveling during peak days or seasons means prices will be higher on airfare and accommodations. If you're flying, pick flights in the middle of the week, when possible. Flights tend to be more expensive on Mondays and Fridays. And always shop around – whether for lodging, transportation, or attractions. When it comes to lodging, short-term rentals or even camping can be cost-effective alternatives to hotels. You might also consider selecting a destination near family or friends who are willing to host you overnight. The further out you can plan a vacation, the more time you have to comparison shop, look for deals, and budget for your trip.

BUDGETING

Before your staycation or vacation begins, create a budget for your trip that includes expenses such as lodging, transportation, food, attractions, and souvenirs. Seeing the cost of your trip broken down

can help you rank what you spend money on. For example, how often will you eat out? Does your hotel offer a continental breakfast that can save you money? Can you eat in or cook during your trip? Perhaps set an amount that each family member can spend on fun purchases or souvenirs. Always look for free attractions such as landmarks near your destination to enhance your trip without dipping into your budget. Limit time spent in tourist-heavy areas where prices are likely to be higher.

RESOURCES:

Aderoju, D. (2018). How to save money on your next vacation. America Saves. <https://americasaves.org/resource-center/insights/how-to-save-money-on-your-next-vacation/>

Fay, B. (2021). Traveling on a budget: 10 tips to save cash. <https://www.debt.org/advice/traveling-on-a-budget-tips-to-save/>

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Blueberry Cream Cheese Pound Cake

1 (8 ounce) package fat free cream cheese	1 (5 ounce) package instant vanilla pudding mix	2 teaspoons vanilla extract
½ cup canola oil	2 large egg whites	2 cups fresh blueberries
1 (18 ounce) package yellow butter cake mix	2 large eggs	

- 1. Preheat** oven to 325° F.
- 2. Lightly spray** Bundt pan with nonstick cooking spray and dust with flour.
- 3. Combine** cream cheese and oil in a medium bowl; beat with mixer at high speed until smooth and creamy.
- 4. Add** cake mix, pudding mix, egg whites, eggs, and vanilla extract. Beat at medium speed until blended.
- 5. Fold** in berries.
- 6. Spoon** batter into prepared pan.
- 7. Bake** 60 minutes or until wooden toothpick inserted in center comes out clean.
- 8. Cool** cake in pan for 20 minutes. Remove from pan and cool completely.

Yield: 16 slices.

Nutrition Analysis: 260 calories; 10g fat; 1.5g saturated fat; 0g trans fat; 30 mg cholesterol; 390mg sodium; 38g carbohydrate; 1g fiber; 23g sugar; 4g protein.

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



Kentucky Blueberries

SEASON: Mid-June through July

NUTRITION FACTS: One half cup of blueberries has 40 calories and provides 22 percent of the Daily Value of fiber. Blueberries are rich in vitamin C and do not contain any fat or sodium.

SELECTION: Blueberries should be plump and firm and have a deep blue-black skin. They should also have a silvery sheen, which is referred to as *bloom*.

STORAGE: Cover and refrigerate blueberries for up to 14 days. Wash them just before using.

PREPARATION: Blueberries can be served fresh or used in cooking. Cooking blueberries in batter

may cause their color to turn greenish-blue, but change in color does not affect flavor.

Freezing: Place blueberries, unwashed and completely dry in a single layer on a cookie sheet in the freezer. Once the berries are frozen, transfer them to plastic freezer bags or freezer containers.

BLUEBERRY

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Nutrition and Food Science students

May 2011

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