

MAY/JUNE/JULY

HENRY COUNTY FAMILY & CONSUMER SCIENCES

Quarterly Newsletter

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Agent Notes

KRISTA PERRY

Spring has sprung; flowers are blooming, gardens are being planted and the days are getting longer. Wow, how fast the last seven months have gone! There has been so much happening with our FCS program and Homemaker Clubs; programs being conducted, events being planned, Farmers' Market beginning soon and more! Follow the Henry County Family & Consumer Sciences Facebook page for upcoming programs and events or contact me at the office (502) 845-2811.

Self-Awareness

In April, the Eminence Police Department collaborated with the FCS program on a topic that each person should take seriously, being self-aware. Major John Dudinski discussed the most simple ways people are not being aware and provided tips on staying safe while at home, driving, shopping and even online; some of the tips seemed simple, but could protect you. Participants had the chance to participate between two sessions to better serve those who worked



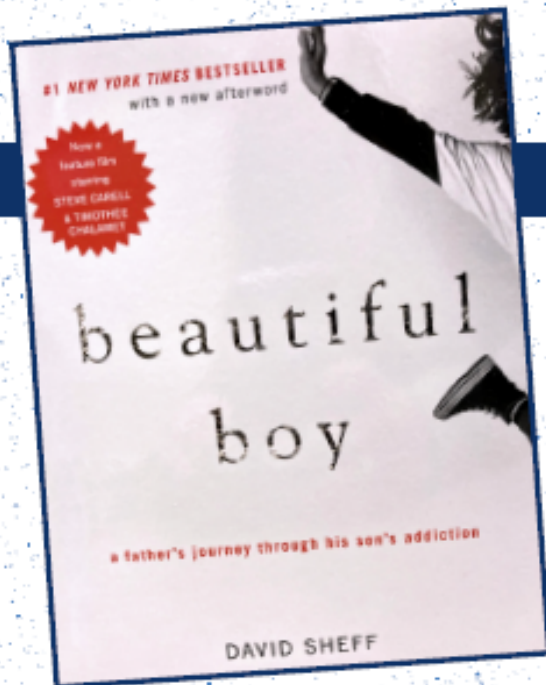
during the day and those who enjoyed daytime events. Those who participated found the program to be beneficial and made some changes to be more aware.

Big Blue Book Club

For three weeks in April, a Family & Consumer Sciences Specialist at UK lead the latest Big Blue Book Club on the book, The Less People Know About Us, written by Axton Betz-Hamilton via zoom.

Each week, participants came to the Extension Office to participate as a group in the discussion of the book. The final week we wrapped up, the author joined the zoom to give an update on her Family, her research of identity theft, and to answer questions. This was an excellent read and program! Check out the flyer for the next Big Blue Book Club happening in July!

BIG BLUE BOOK CLUB



Announcing our next book in the
BIG BLUE BOOK CLUB

BEAUTIFUL BOY: A FATHER'S JOURNEY THROUGH HIS SON'S ADDICTION by DAVID SHEFF

Join us for *Beautiful Boy: A Father's Journey through his Son's Addiction* by David Sheff, an honest account of one family's experience with addiction. Through moments of tenderness, anguish, and despair, we see hope for those living with addiction and the people who love them. *Beautiful Boy* sheds light on many aspects of addiction, including the complicated mix of factors that cause addiction as well as how families can respond to support their loved ones.

**Big Blue Book Club will be
July 12, 19, 26 - 7:30 pm ET**

Just scan the QR code or click this link

<https://ukfcs.net/BBbc2022Book2>
to register by July 1.



The first 200 registered participants will receive a free copy of the book.

DATES TO REMEMBER

**Opening Day of the
Farmers' Market
June 4, 2022**

**Big Blue Book Club
for July registration
is due July 1, 2022**

**Henry County Fair
July 19-23, 2022**

**Harvest Showcase
July 30, 2022**

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digitally! Scan the QR
code below to get
signed up or contact the
Extension Office at
(502) 845-2811.**



Recipe of the Month

Apple Sage Pork Chops

- 1 tablespoon flour
- 1 teaspoon dried sage
- 2 tablespoons garlic powder
- 1/2 teaspoon ground thyme
- 1 teaspoon salt
- 4 boneless center cut pork chops
- 2 tablespoons oil
- 1/2 large onion, thinly sliced
- 2 thinly sliced red apples
- 1 cup unsweetened apple juice
- 2 tablespoons brown sugar (optional)

Wash hands with soap and warm water, scrubbing for at least 20 seconds. Gently clean all produce under cool running water. Mix flour, sage, garlic, thyme, and salt together in a small bowl. Sprinkle 1 1/2 tablespoons of the mixture over both sides of the pork chops. Remember to wash hands after handling raw meat. Heat oil in a large skillet over medium-high heat. Sear pork chops for 2 to 3 minutes on each side. Pan will smoke a little. Remove pork chops from the pan and set aside. Reduce heat to medium. To the same skillet, add onion and cook for 2 minutes, or until soft. Add apples, and continue cooking until tender, about 2 minutes. Add apple juice, brown sugar, and remaining spice mixture and stir to dissolve. Return pork chops to the skillet by nestling them in the pan. Bring the liquid to a boil, reduce heat to low, and simmer for 5 minutes or until the pork is cooked through and reaches 145 degrees F on a food thermometer. Refrigerate leftovers within 2 hours.

Yield: 4 servings. **Nutrition Analysis:** 310 calories, 10g total fat, 1.5g saturated fat, 50mg cholesterol, 660mg sodium, 35g total carbohydrate, 3g fiber, 25g total sugars, 7g added sugars, 22g protein, 6% DV vitamin D, 2% DV calcium, 6% DV iron, 15% DV potassium.



Kentucky Apples

SEASON: Early summer through December

NUTRITION FACTS: Apples are high in fiber and contain a good amount of vitamin C and potassium.

SELECTION: Look for firm, crisp, well-colored fruit. Avoid those with shriveled skin, bruises, worm holes, and decayed spots. Always handle apples gently to avoid causing bruises, blemishes, or other defects.

STORAGE: Use those with bruises or skin breaks as soon as possible. Apples that are slightly underripe should be stored in a cool place to ripen. Once ripe, apples will keep a week or longer stored in the refrigerator vegetable drawer or in a plastic bag.

PREPARATION: Raw apples will darken when the cut surface is exposed to the air. Protect cut or peeled apples from darkening by squeezing a bit of lemon juice on the cut surface.

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences University of Kentucky, Dietetics and Human Nutrition students

Source: FruitsAndVeggies.org

March 2022

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



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

Henry County Farmers' Market Opening Day

Saturday, June 4, 2022
8:00 am - Noon
Henry County
Courthouse Square



Love Local!
Come support our Farmers'
Market as we open for the
season!



Cooperative Extension Service
 Agriculture and Natural Resources
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 4-H Youth Development
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 LEXINGTON, KY 40546



QUILTING GROUP

Last month, an informational meeting on Quilting was held and what a turnout! There was such a range of quilting experience represented, discussions had and decisions made! The quilting program will operate with two open sew days each month, the 2nd & 4th Mondays from 10AM-4PM at the Extension Office. These days are for anyone to bring in a project they are working on and would like suggestions, to simply work on a project with others, or practice the technique that will be taught at the group meeting each month. For the open sewing days, people can bring their own sewing machine or utilize a sewing machine at the Extension Office, come when you would like and stay as long as you want.

The monthly group meetings will be held on the 3rd Thursday at 10AM. These meetings will have a show and tell from a member or two of the group and a special technique will be shared! If you are interested in joining, feel free to attend any of the meetings!

If you are unable to meet during the daytime, but are interested in learning more about quilting, contact Krista at the Extension Office (502) 845-2811.

UPCOMING MEETINGS:

MAY 9, 2022: OPEN SEW DAY, 10AM-4PM

MAY 19, 2022: QUILTING GROUP MEETING (TECHNIQUE WILL BE STRIP QUILTING), 10AM-12PM

MAY 23, 2022: OPEN SEW DAY, 10AM-4PM

JUNE 13, 2022: OPEN SEW DAY, 10AM-4PM

JUNE 16, 2022: QUILTING GROUP MEETING (TECHNIQUE IS TBD), 10AM-12PM

JUNE 27, 2022: OPEN SEW DAY, 10AM-4PM



23

CANVA STORIES



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

Paint with Gogh Crazy

Need a new a Door Hanger for the Summer?!

Join us for a fun evening of painting either a flower, flipflops or a watermelon!



When: June 27th at 6:00 pm

Where: Henry County Extension Office

Cost: \$15

Registration Deadline: June 17th

To register, contact the Extension Office at (502) 845-2811. You can make your payment by cash or by check made payable to the Henry County District Board.



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4-H Youth Development
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HEALTHY CHOICES

FOR HEALTHY FAMILIES



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This material was partially
funded by USDA's
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equal opportunity provider.



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by the Expanded Food
and Nutrition Education
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National Institute of
Food and Agriculture.

Health benefits of gardening

Growing your own food can be fun, rewarding, and healthful. In addition to delicious food, gardening has many health benefits. Fresh fruits and vegetables are full of fiber, vitamins, and minerals. Research shows that eating fruits and vegetables as part of an overall healthy diet can reduce the risk of long-term diseases, such as heart disease, stroke, and some types of cancer.

Gardening has also been shown to improve mental health and lower stress. Some studies have shown that being physically active in nature, or even simple exposure to nature, can improve mood, reduce anxiety, and enhance self-esteem. Children can also benefit from growing and caring for edible plants. Some studies have found that kids involved with gardening tend to make healthier food choices, eat more fruits and vegetables, and have improved social skills. Gardening is also a way for families to spend quality time together, manage and share garden tasks, and reap the benefits of the harvest.



If you do not think you have room for a backyard garden, think again. Some vegetables like carrots, lettuce, kale, and peppers do not require much space. They can be planted in containers, pots, or small spaces. Contact your local

Extension office for more information on growing your own food.

Source: Adapted from
<https://newsinhealth.nih.gov/2016/04>.
Plants: Partners in Health®





FOOD FACTS

Strawberries

Season:

May through June

Nutrition facts:

Strawberries are low in calories and high in nutrients. One cup of strawberries contains 55 calories. Strawberries are a great source of vitamin C. They also contain vitamin A, iron, fiber, and folic acid. Folic acid is especially important for childbearing women. When consumed in adequate amounts, it has been proven to prevent certain birth defects.

Selection:

Choose fully ripened, bright red berries. Strawberries do not ripen after they have been picked. Berries should be plump and have a natural shine with bright green, fresh-looking caps. Use strawberries as soon after picking as possible for the best flavor and highest nutritional value.

Storage:

Store strawberries in the refrigerator, covered, unwashed, with the caps on. Do not crowd. If you have the space, gently spread the berries on a cookie sheet and cover with plastic wrap. Use berries within 2 to 3 days.

Handling:

Handle strawberries gently. Never remove the caps before washing. The cap prevents water from soaking into the berry, which lessens the flavor and changes the texture. To wash, cover berries in cold water and lift gently out of the water to drain. Dry by placing berries in a single layer on paper towels. After washing, remove the caps if necessary. Give the cap a gentle twist or use the point of a sharp paring knife or pointed spoon. Pat berries dry with paper towels before serving whole or sliced, fresh or cooked.

Source: University of Kentucky
FCS Extension Plate It Up KY Proud

BASIC BUDGET BITES

More ways to save

Avoid paying top dollar for fruits and vegetables by using these tips:

- **Have a plan.** Before you shop, check what is currently in your home and think about how much food you need before you go shopping. Make a list and only buy items that you will be able to consume before they go bad. It may be worth checking a grocery store website to see what items are on sale.
- **Round up recipes.** Skim through PlanEatMove.com for healthy, low-cost recipes. Check out the videos on PlanEatMove to master cooking skills. The more comfortable you are cooking, the more likely your recipe will come out well which reduces food waste.
- **Explore the store.** Buying fruits and vegetables when they are in season is one way to save money. Consider comparing prices of fresh produce with canned or frozen items. They have similar nutritional content and often the prep work is already done for you. Aim for low-sodium or no-salt-added versions of canned products.

Source: Adapted from
<https://www.usda.gov/media/blog/2020/05/29/how-save-more-fruits-and-vegetables>



HOMEMAKER HUB

HENRY COUNTY HOMAMAHER OFFICERS:
PRESIDENT- TERRY HEFFLEY
VICE PRESIDENT- KATHY SCHWANDNER
SECRETARY- CYNTHIA DARE
TREASURER- IRENE SMITH
CULTURAL ARTS CHAIR-CINDY MOORE

COMMUNITY PROJECTS

May

Hygiene products, paper products, cleaning supplies for Hope Center

June/July

Consider taking cleaning supplies to the Henry Trimble Animal Shelter- bleach, detergent, paper towels

Cultural Arts Contest

In March, Homemakers from around our county submitted entries into our cultural arts contest. We had entries ranging from crocheting and photography, to painting and upcycling. From our county contest, we had 31 items taken to the Area Cultural Arts Contest in Bullitt county to represent our county.

From the Area Cultural Arts Contest, we had 14 items chosen to represent our county at the state cultural arts contest this month and we could not be more thrilled!



Each year an estimated 20,000 women in the United States get ovarian cancer. It is the 8th most common cancer of women. Ovarian cancer is the 5th leading cause of cancer death in the United States.

WHAT IS OVARIAN CANCER?

Cancer is a disease where cells grow out of control. The cancer is named for the location where it starts, even if later it spreads to other body parts. If the cancer starts in the ovaries it is called ovarian cancer. The ovaries are in the pelvis of a woman where they make female hormones and produce eggs.

WHO GETS OVARIAN CANCER?

Any woman can get ovarian cancer - although some women may be at higher risk.

- Women who have a family history of breast or ovarian cancer
 - Women with a personal history of cancer
 - Women over the age of 55
 - Women who were never pregnant
- Women who are having menopausal hormone replacement therapy

OVARIAN CANCER FUNDRAISER

Each year, our Homemakers collect money to support ovarian cancer research. This year, they decided to raffle a Henry County Local basket filled with all things Henry County.

Included in the basket are specialty items made from Henry County artisans, gift certificates from local businesses, and hair products from local hair salons: Edie's Gold Shears & Get Spruced.

Each chance cost \$1.00 and the drawing will happen during the Henry County Homemaker Annual Meeting in June; therefore, you do not need to be a Homemaker or present to win. Stop by the Extension Office to purchase your ticket today!



Highlights

The Country Ladies Homemaker Club held an "antique roadshow" at their latest meeting. They had an assortment of items from kitchen collectibles pottery, quilts, tapestries from France to vintage toys, including a "naughty Nellie!"



The Homemakers in Progress club had a great first meeting back with a special guest! Mary Kay Beauty Consultant, Linda McClanahan shared beauty tips and tricks, skin care products and new sun care products to protect your face and lips for the Summer.



During their April meeting, the Jericho Homemaker club had fun decorating 100% cotton handmade crocheted bonnets made by Marcia Rieder, her sister and their friend. The bonnets were made for cancer patients at a local cancer center and decorated with crocheted flowers and other embellishments. Each club member also made a bonnet for themselves as pictured below.



HOMEMAKER CLUBS

**COUNTRY LADIES:
TERRY HEFFLEY**

**JERICHO:
CYNTHIA DARE**

**MAKE & MEND:
DARLENE BATES**

**TOWN & COUNTRY:
NANCY HEIGHTCHEW**

**HOMEMAKERS IN
PROGRESS:
FRAN MCCALL**

**"THE HOME
SHOULD BE THE
TREASURE CHEST
OF LIVING."
-LE CORBUSIER**

KEHA
RECOMMENDED
BOOK LIST

Family and
Consumer Sciences

CAN I RECYCLE THIS: A
GUIDE TO BETTER
RECYCLING AND HOW TO
REDUCE SINGLE-USE
PLASTICS- JENNIE ROMER &
CHRISTINE YOUNG (2021)

MAGNOLIA TABLE, VOLUME
2: A COLLECTION OF
RECIPES FOR GATHERING
BY JOANNA GAINES (2020)

MAKE THRIFT MEND:
STITCH, PATCH, DARN,
PLANT-DYE AND LOVE
YOUR WARDROBE BY
KATRINA RODABAUGH
(2021)

Fiction

BURNT SUGAR BY AVNI
DOSHI (2021))

NO SUCCESSFUL
CONCLUSIONS: A MEMOIR
BY NORA MCINERNEY (2020)

ONE FOR THE ROAD: A
BOURBON TOUR MYSTERY
BY MARY ELLIS (2020)

SEND FOR ME BY LAUREN
FOX (2021)

THE COOKBOOK CLUB BY
ELIZABETH M. HARBISON
(2020)

June's Excerpt from the KEHA Inspirational Booklet

THROUGH NEW EYES

BY LINDA OAKES RUSSELL, TAYLOR COUNTY

**SHOES, TOES IN GRASS, TICKLES,
CONCRETE AND BLACKTOP, ROUGH
CAREFUL!**

UPWARD, UPWARD

**VERDANT BOUGHS DANCE WITH THE
WIND,**

**ELEPHANTS AND WHALES GLIDE ACROSS
THE SKY,**

**BIRDS SING A SYMPHONY AS THEY FLY-
UPWARD, UPWARD**

**CORBELS, ROOF LINES STEEPLES,
RAINBOWS AND ENDLESS STARS.**

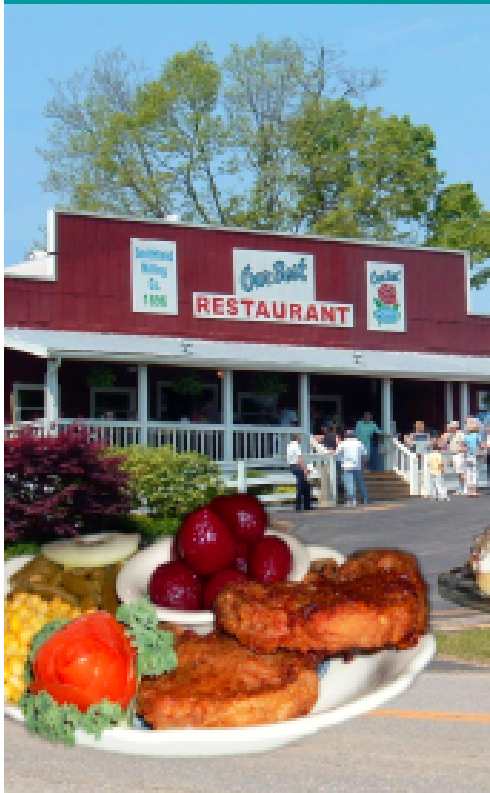
**"LOOK" SAYS MY CHILD
AS HIS HOLD HOLDS MINE.**

UPWARD, UPWARD!

Henry County Extension Homemakers' Annual Meeting

Thursday, June 9, 2022

Henry County Extension Office



Catered by Our Best
Restaurant



Registration: 5:30 pm
Meeting Time: 6:00 pm

Registration Cost: \$12.00
Due by: June 6, 2022

Program provided by
Barbara Callahan



Louisville Area Extension Homemakers' Annual Meeting

Thursday, June 23, 2022

Spencer County Extension Office

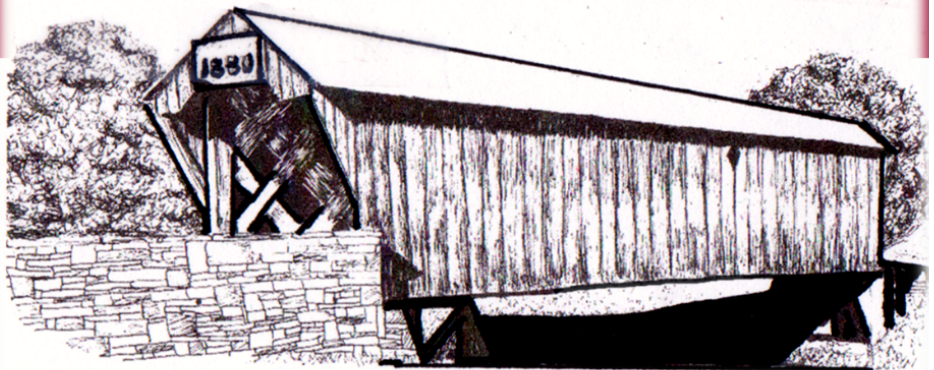


Hometown Love



Catered by The Tea Cup

KEHA, WE'VE GOT YOU COVERED



Registration: 9:30 am
Meeting Time: 10:00 am

Registration Cost: \$22.00
Due by: May 23, 2022

Program provided by
Taylorsville vocal group
"Victory Road"





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 with prior notification.