

# FAMILY & CONSUMER SCIENCES

Creating Healthy & Sustainable Families



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

JUNE 2021

## Cooperative Extension Service

Fayette County Extension

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## Let's Cook Together

You are invited to virtually Cook Through the 2021 Calendar. Each month, on the 1<sup>st</sup> Wednesday of the month at 11:00am, join me as we cook together some of 2021's selected best recipes. This class is designed for participants to prepare each recipe at home during the session. If you choose to cook along, you should have a tasty dish prepared for lunch or dinner. A list of ingredients will be sent upon registration. If you do not have all of the ingredients, feel free to join in on the fun. Register online:

<https://fayette.ca.uky.edu/lets-cook-together>

June 2: Rockin' Chicken Tacos



July 7: Garden Patch Salad



## Preserve Now ~ Enjoy Later

Hopefully you are planting your own garden and/or looking forward to the bounty of local farmers this summer. We anticipate that the extension kitchen will be available for food preservation workshops later in the summer but until then, the following resources are available to guide you through the process. Your questions are always welcomed and readily replied to by calling the Extension Office, 859-257-5582 or e-mailing [ddoggett@uky.edu](mailto:ddoggett@uky.edu). Remember to take photos and show and tell your summer's successful canning, freezing or drying.

Food preservation publications and videos (Boiling Water Bath and Pressure Canners, Using Your Pressure Canner Safely, Preserve Zesty Salsa using Boiling Water Bath Canner, Venting Pressure Canners) can be accessed on our website:

<http://fayette.ca.uky.edu/content/food-preservation>

GET AHEAD OF CANNING SEASON

## Pressure Canner Gauge Testing

To ensure that your food is canned safely and properly, get your gauge tested every year.

Canner gauge testing!

Just bring in the  
canner lid!



## Agent Update

Hats off to Homemaker Club Members who have responded to the past year in such a positive manner. You persevered, stayed connected, made masks and remained optimistic. I know that you are so anxious to return to normalcy and encourage clubs to get together this summer in advance of our full program kick off in the fall. The 2021-22 Homemaker lesson schedule, along with club officer/member update forms, will be sent out to club presidents in June. After missing out on personal Homemaker interaction for over a year, it will be so gratifying to see one another again. I want to express a heartfelt thanks for the cards and encouragement during the recent passing of my brother and mother. Many of you have experienced loss over the past few months as well. Even pandemics do not preclude the need to help others and Homemakers are uniquely equipped to provide such support. Thanks for all you do. Best, Diana

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LEXINGTON, KY 40546



Disabilities  
accommodated  
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## Join us for Job Club

The Fayette County Cooperative Extension Service, the University of Kentucky (UK) Alumni Association, and UK Human Resources STEPS Temporary Employment are pleased to announce the summer 2021 Central Kentucky Job Club schedule. In an effort to continue to provide Job Club, an important community resource, while practicing responsible social distancing during the evolving COVID-19 situation, the summer schedule will be offered online via Zoom Webinar®.



The purpose of Job Club is to provide a positive environment for motivated job seekers to meet, connect, share and learn. The free group is open to the public and meets the second and fourth Tuesday of each month, from 9:00–10:15 a.m. Job Club is for you if you are a motivated professional and currently out of work, underemployed or looking to make a career transition. In addition, recruiters and employers are always welcome and introduced to Job Club attendees.

For more information, call the UK Alumni Association at 859-257-8905, the Fayette County Cooperative Extension Office at 859-257-5582 or UK Human Resources STEPS Temporary Employment at 859-257-9555, Option 2. Additional information including testimonials from former Job Club participants can be viewed at: [www.ukalumni.net/jobclub](http://www.ukalumni.net/jobclub).

### **Job Club Meeting Schedule:**

#### **June 8: Strategic Interview Prep**

*Presented by Nicole Keenan, MA, Director of Student Success and Career Development, College of Pharmacy, UK*

Going into an interview without a plan or strategic preparation is a big risk that may leave you empty handed. Attend this session to learn tips and strategies to approach your next interview with the confidence you will need to land your dream job.

REGISTER HERE: [https://uky.zoom.us/webinar/register/WN\\_3VM6JN\\_LRnecDvBT2dYg](https://uky.zoom.us/webinar/register/WN_3VM6JN_LRnecDvBT2dYg)

#### **June 22: How to Write a Job-Winning Resume**

*Presented by Queen-Ayanna Sullivan, MS, Career Counselor, Alumni Career Services, UK*

This presentation will help the audience build a solid resume foundation by addressing preferred resume formats and how to target your resume and skills to the specific position. Learn strategies to get through Applicant Tracking Systems (ATS) and highlight your accomplishments.

REGISTER HERE: [https://uky.zoom.us/webinar/register/WN\\_Lt1cZMVNRQ6VEnqiGmojxw](https://uky.zoom.us/webinar/register/WN_Lt1cZMVNRQ6VEnqiGmojxw)

## Big Blue Book Club is Back for Round Three

We are excited to announce that Big Blue Book Club is back for another session! We invite returning book club members and new members alike to participate in our third series. Our third book is *Just a Few Miles South: Timeless Recipes from Our Favorite Places* by **Ouita Michel**. Ouita Michel is a renowned Bluegrass chef with multiple James Beard Foundation nominations, and along with her many restaurants, she is regularly featured in local and national media. This book not only features the delicious recipes created by Chef Michel and her amazing team of culinary artists at each of her restaurants, but also the stories behind the recipes. In this series, we will not only read the book together, but we will also tempt our taste buds with some of these delectable Kentucky cultural treasures. This series begins July 13 and runs through the 27<sup>th</sup>. We will gather together around the Zoom "table" each Tuesday evening at 7 p.m. CDT/8 p.m. EDT.

Week 1 (July 13) ~ Breakfast and Sandwich Building Blocks - Chapters 1-2

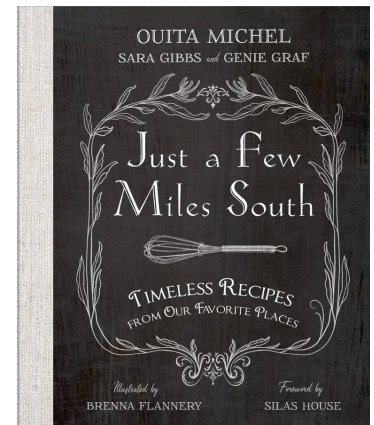
Week 2 (July 20) ~ Po'Boys, Burgers, Salads, and Soups - Chapters 3-6

Week 3 (July 27) ~ Sweet Satisfaction - Chapters 7-8

We have a limited number of books available. Please complete the registration form available at <https://ukfcs.net/BBbcRegistrationBook3>, if you would like to reserve a copy of the book. Books will be delivered to local UK Cooperative Extension Service offices. If you do not register in time to get one of our reserved copies, we encourage you to pick up the book at your local library or purchase from an online or local bookseller. For more information, visit the publisher's website: <https://www.kentuckypress.com/9781950564095/just-a-few-miles-south/>

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

**BIG BLUE  
BOOK CLUB**



# Homemaker President's News

GREETINGS TO ALL FOR THE MONTH OF JUNE!

I hope this message finds all of you well and ready for summer to really begin. It is hard to believe that half of the year is gone. I do believe we are all ready for summer--for if you remember a year ago--our summer and our lives were in question due to the COVID 19 virus. I pray we are all better in our homes, minds, families and health as we begin June 2021. June is named after JUNO--the goddess of Spring and Growth and is a great symbol for us, as Homemakers. A few notable days in June:

June 1 is National Milk Day!

June 2 is National Rocky Road Day (Yum)

June 3 is National Egg Day!

June 4 is Hug Your Cat Day!

June 5 is National Donut Day! (Yum Yum)

June 6 is National Gardening for Exercise Day!

June 7 is National Chocolate Ice Cream Day! (Triple Yum)

June 8 is National Best Friends Day!

I could go on and one but I think you get the picture of great positive and summer time days to get our minds and bodies ready for some REST and RELAXATION. Most of our clubs have taken a break for the summer or perhaps from ZOOM time. Those that are continuing to meet may have more opportunities to do so in restaurants and planned outside events and activities. The Extension Office is undergoing renovation with expectation to finish by midsummer. That should correspond to the time in-person meetings can be planned and attended. Normal operation are expected this Fall.

Let's take advantage of all the Extension programs for cooking, canning, gardening as well as youth activities that will be opening soon. Technology has allowed us to view programs on YouTube that you can enjoy in the comfort and coolness of your homes. If you have planted a garden, fresh produce will be coming soon. And if not, the Farmers Markets are there for our non-gardeners.

Please continue to keep our Agent Diana Doggett and family in your thoughts and prayers--she recently experienced the death of her mother last week.

Please continue to stay SAFE and HEALTHY in the days ahead.

Lastly, just for fun, check out your flower IQ: WHO AM I? (Answers on page 5)

1. I am a brand of milk
2. I am a part of the eye
3. I am a bovine accident
4. I like to be remembered

5. I am a very nice man
6. I look like I have been in a fight
7. Everything is better with me on it
8. You use me to kiss your husband

9. I like to roar
10. If you find me--please pick me
11. I am loaded with pins and needles
12. I am a noted Rambler

Take Care and Happy Father's Day! President Alyce Emerson

## Old Canning Jars Might be Unsafe for Preserving Food

Many of us found it difficult to purchase canning supplies last year during the pandemic. With everyone staying at home and the uncertainty of the food supply, having a garden and preserving your own food seemed the way to go. Boiling water bath canners and pressure canners sold out everywhere and you could not find a jar or box of lids. With this shortage of supplies at retail stores and online, people began purchasing jars at flea markets and antique malls. And while there is not necessarily a food safety risk in using canning jars purchased at these locations, there is a risk of breakage because of the age of the jars. Canning jars do not have a manufacture date stamped or embossed into the jar. They may have a date or even a large number (0-15) on the bottom of the jar, but that date is the patent date and the large number is the mold date. Unfortunately, neither of those reflect the year the jar was made.

The National Center for Home Food Preservation says, "Very old jars can weaken with age and repeated use; they break under pressure and heat." Jars should always be examined carefully for cracks, nips, and chips in the body and around the sealing edge before use. It also helps to know the history of the jars and how and where they were stored. Extreme changes in temperature can weaken the glass, which cannot be seen upon visual examination.

Antique canning jars should only be used for decoration or dry food storage, not food preservation. In addition, vintage jars with wire bales and rubber rings should not be used for canning. Purchasing new jars is a better investment over time than buying used jars at a flea market or yard sale. If you take good care of your jars, always use a rack in the bottom of the canner, protect them from extreme temperatures, and avoid chipping or cracking, you can use them for many years.

For more information on canning, contact your local Extension office or visit <http://fayette.ca.uky.edu/content/food-preservation>.

**Reference:** National Center for Home Food Preservation, <https://nchfp.uga.edu/>

**Source:** Annhall Norris, Extension Specialist for Food Safety and Preservation





## Spinach and Mushroom Quiche

<b>1 tablespoon</b> olive oil	<b>8</b> large eggs
<b>4 cups</b> chopped spinach	<b>1 cup</b> shredded Colby-Jack cheese
<b>2 cups</b> chopped mushrooms	<b>1 cup</b> skim milk
<b>1/2</b> medium yellow onion, chopped	<b>4 tablespoons</b> melted butter
<b>1 teaspoon</b> crushed red pepper flakes	<b>2</b> (9-inch) unbaked pie shells
<b>1/2 teaspoon</b> garlic powder	<b>4 tablespoons</b> grated parmesan cheese

**Preheat** oven to 400 degrees F. In a medium skillet, **heat** the olive oil. **Add** the spinach, mushrooms, onion, red pepper flakes, and garlic powder. **Cook** over medium heat for 8 minutes. In a mixing bowl, **beat** the eggs until smooth. **Stir** in the Colby-Jack cheese, milk, cooked mixture, and melted butter until evenly blended. **Divide** the mixture between the two uncooked pie crusts. **Sprinkle** parmesan cheese on top. **Bake** in preheated oven for 15 minutes at 400 degrees F. **Reduce** the oven temperature to 350 degrees F and **bake** an additional

30 to 35 minutes. Quiche will be rich golden brown, and a knife inserted in the center will come out clean. **Cool** slightly before serving. **Serve** warm.

**Yield:** 12 servings; serving size is 1/6th of one quiche. Recipe makes two quiche.

**Nutritional Analysis:** 280 calories; 19g total fat; 9g saturated fat; 0g trans fat; 150mg cholesterol; 330mg sodium; 19g carbohydrate; 0g dietary fiber; 2g total sugars; 0g added sugars; 9g protein; 6% DV Vitamin D; 10% DV Calcium; 6% DV Iron; 4% DV Potassium.



For More Plate It Up Recipes, Visit:  
<https://fcs-es.ca.uky.edu/content/plate-it-kentucky-proud>

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 current programs  
 and educational  
 resources.



## How to Use a Meat Thermometer

No one wants their dining guests or family to get sick from food they have prepared, but many people run the risk each day by not using a meat thermometer to check their food for proper doneness, relying on the color of the meat or the appearance of clear juices instead.

Meat that has not reached the proper cooking temperature runs the risk of transmitting bacteria that can cause foodborne illness to your family and friends. Meat thermometers are the only way you can ensure meat is properly cooked.

Some thermometers are oven safe, which means they are inserted into the meat before cooking and can withstand high oven temperatures. They produce readings throughout the cooking process. Instant-read thermometers either produce a dial reading or a digital reading within 15 seconds of being inserted into the meat. Use these thermometers to check meat temperatures after removing the food from the oven or the grill. Do not leave instant-read thermometers in the oven because they cannot withstand oven temperatures.

All these thermometers will give you accurate readings. The most important thing is to purchase one if you do not already have one. Fairly inexpensive models are available at most grocery stores.

Here are some additional tips for using a meat thermometer.

- Know the proper cooking temperatures for different kinds of meat. Ground meat should be cooked to an internal temperature of 160 degrees F. Fish, shellfish and pork should reach 145 degrees F. Poultry, casseroles and any leftovers should reach an internal temperature of 165 degrees F.
- Calibrate your thermometer before using and check its calibration often to ensure accurate readings. To calibrate, place the thermometer into an ice slurry (glass of crushed ice and water) being careful not to touch the sides or bottom of the glass. Wait at least 30 seconds before adjusting. The thermometer should read 32 degrees F. If the thermometer is not calibrated correctly, you may either need to change the battery if it is a digital one or manually calibrate the dial to 32 degrees F while still immersed in the ice slurry by turning the nut under the dial using a small wrench.
- Insert the thermometer into the thickest part of the meat without touching fat or bone. To get accurate readings on thinner cuts of meat, like hamburger and chicken strips, insert the thermometer into the meat sideways.
- Always clean the thermometer stem and tip between uses to prevent cross contamination.

Using a meat thermometer can give you peace of mind that you have properly prepared your meal, especially when cooking for others. More food safety information is available at the Fayette County Extension office.

*Source: Annhall Norris, extension specialist*

## Regular Physical Activity Can Improve Your Mental Health

Most of us know that physical activity provides numerous physical benefits to our bodies, but a lesser-known benefit of physical activity is that it also improves our mental health.

Physical activity promotes positive changes in your brain including neural growth, reduced inflammation and new activity patterns that promote calmness and improved well-being. During exercise, the brain releases endorphins, which are chemicals that can help improve your mood and raise your spirits. Physical activity can also give you a break from your daily worries, as it allows you to focus on something else.

Research has shown that regular physical activity, which is 150 minutes of moderate-to-vigorous movement each week for adults and 60 minutes each day for children, can improve brain function. Improved brain function occurs regardless of your age, ability, ethnicity, shape and size.

Some of these results occur immediately after one workout and include reduced short-term anxiety, improved sleep and improved cognitive function.

Improved cognitive function can result in better academic performance for students, including improved test taking skills and higher grades. Research has also shown that regular physical activity reduces the risk of depression and improves the moods of young people between the ages of 6 and 17.

In adults, physical activity can speed up brain processing, improve memory and lead to a higher quality of life. As physical activity becomes a regular part of your daily routine, you can experience long-term mental health benefits including reduced anxiety, lower stress levels, higher self-esteem, deeper sleep, stronger planning and organization skills, and more control over your emotions and behaviors. Harvard University researchers found that when people increase their physical activity to 35 minutes a day, they have a reduced risk of depression, even if they have a genetic predisposition to the condition. Physical activity has also shown to reduce the risk of dementia, including Alzheimer's disease.

If you have not worked out in a while and are ready to start adding physical activity into your day, you may want to consult a medical professional before beginning. However, most people can achieve moderate intensity exercise, which would include brisk walking, with few adverse issues.

If 150 minutes each week seems like a lot, you can break up the 150 minutes into segments as small as 10 minutes to help you work physical activity into your day. Normal household chores like mowing the grass and vacuuming count toward your weekly physical activity goals.

More information on the benefits of physical activity, contact the Fayette County office of the University of Kentucky Cooperative Extension Service.

*Source: Natalie Jones, extension specialist for family health*

## Three Easy Steps for Adapting Recipes

Cooking for better health doesn't mean you have to give up your favorite recipes. Equipped with a little information, you can learn how to adapt recipes to meet your dietary goals. Whether you're trying to lose weight, lower your cholesterol, lower your sodium intake, or just be healthier, you can alter or substitute ingredients in recipes to improve your eating habits. The path for a healthier lifestyle includes developing good dietary habits. Remember, children younger than 2 have special dietary needs, so check with your local registered dietitian or physician before altering their diet.

Recipes are chemical formulas. Any change made in a recipe will alter the end result, which you may or may not be happy with. Food safety and quality, of course, is the aim. While most recipes can be altered safely, food preservation recipes are USDA-tested to keep you from becoming ill or even dying. Do not substitute ingredients in these recipes.

Follow these three steps for successful substitutions:

1. Identify nutrients you wish to limit depending on health conditions or dietary needs. These nutrients may include fat, cholesterol, sugar, or sodium.
2. Find healthier substitutions to replace ingredients you wish to limit. You can reduce the amount of an ingredient or substitute a similar ingredient that is more healthful. Sometimes you can eliminate the unhealthy ingredient completely.
3. Change your cooking method by trying sautéing or roasting instead of frying.

With a little practice and some good recipes, you can change your diet, one ingredient at a time.

**Reference:** Bastin, Sandra. Adapting Recipes, <https://fcs-hes.ca.uky.edu/sites/fcs-hes.ca.uky.edu/files/fn-ssb-001.pdf>

**Source:** Dr. Sandra Bastin, RDN, LDN, Extension Professor, Food and Nutrition Specialist

### Flower Quiz Answers

- |                     |                                |
|---------------------|--------------------------------|
| 1. Carnation        | 8. Tulips                      |
| 2. Iris             | 9. Dandelion or Tiger lily     |
| 3. Cowslip          | 10. Peony (because they droop) |
| 4. Forget-me-not    | 11. Pincushion Flower          |
| 5. Sweet William    | 12. Rose                       |
| 6. Black-eyed Susan |                                |
| 7. Blue Bonnet      |                                |



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# Fayette County Extension Family and Consumer Sciences Newsletter

Diana Doggett  
County Extension Agent for Family and Consumer Sciences



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