

FAMILY & CONSUMER SCIENCES

Creating Healthy & Sustainable Families



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

JULY 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 1st 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>

July 7

Garden Patch Salad



August 4

Peach and Blueberry Crumble



Food Preservation Classes

Register now for this free basic food preservation classes at the Fayette County Extension Office. There is a limit of 10 individuals per workshop. You must pre-register by calling 859-257-5582.

July 29 – Boiling Water Canning and Pressure Canning, 9:00 am - Noon **OR** 5:30 - 8:30 pm

July 30 – Canning Pickled Foods and Canning Jams & Jellies, 9:00 am - Noon



Sewing for a Cause July 22-23

Can you imagine owning only one dress and needing it to last a long, long time? Is this a scenario you can even imagine for your child? The hard truth is that this is reality for many children throughout the world. Rita Hardman will share/teach a new dress pattern workshop on July 22 and 23, 9:30 am – 3:00 pm. The program's goal is to provide 'special - one of a kind' dresses that any little girl would love to own and wear. This is not a pillowcase dress. Sewers will need to provide the following:

- 2 yards of fabric – appropriate for girls, toddler – teen. Fabric should medium shade, preferably prints. No white or very light shades.
- ¼ inch elastic
- Sewing machine and tools – contact office if you need a machine provided.
- Personal sack lunch and beverage

This is an international homemaker project that will benefit so many in need. To register, phone 859-257-5582. Limit 20 participants.

KEHA State Meeting Notes

Congratulations to Eddie Salone (Ceramics) and Dawn Allen (Basketry) for the 1st place finish at the KEHA State Meeting in Bowling Green. Plan now to enter those projects you worked on the past year at the next annual meeting.

Congratulations to Mary McIntyre for the 3rd place finish in the Poetry Contest.

Fayette County received awards for Over 100% participation in Ovarian Cancer donations and 3rd Place in Coins for Change donations.

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.

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.

Job Club Meeting Schedule:

July 13: Identifying and Communicating your Transferable Skills for Diverse Career Pathways

Presented by Ashley Sorrell, Ph.D., Assistant Director, Graduate Student Professional Enhancement & Faculty Instructional Consultant, CELT, UK

Transferable skills are acquired during any activity or career you have held in your life and can be key when seeking a job both inside and outside your areas of expertise. In this presentation, you will learn how to identify the transferable skills you have already acquired and the way to communicate these skills on a resume, cover letter, and in interview situations.

REGISTER HERE: https://uky.zoom.us/webinar/register/WN_won27--BTteEl-90EqH1Hg

July 27: Success Tips for Job Seekers 45 and Older

Presented by Reba Carroll, M.A., GCDF, CCSP, OMC, Assistant Director, Stuckert Career Center, UK & Diane Kohler, MA, CCMC, Career Coach, Career/Life Matters

Whether you identify as a Baby Boomer (born 1946-1964) or a member of Generation X (born 1965-1979), if it's been some time since your last job search, the playing field has likely changed. Now is the perfect time to review your search strategies. In this session, speakers will share job search tips, resources, and how to address common stereotypes facing older employees. Their presentation will also emphasize the job interview process with a focus on show-casing relevant, up-to-date skills and a growth mind-set to prospective employers.

REGISTER HERE: https://uky.zoom.us/webinar/register/WN_UkQwJ25hRbKAHlzqqdJBug

August 10: Be Your Own Boss

Presented by Tonya Parsons, Lexington Center Director, Kentucky SBDC & Amanda Berry, President & CEO, FranNet of Kentucky

During this session, we will discuss ways to shift from seeking a job to creating your own job. Be your own boss! Maybe you are looking to expand your side gig or hobby job into a small business, have an idea or passion that you want to do full-time, or want to buy a business that is up and running. The Kentucky Small Business Development Center (KSBDC) is tapped into an abundance of resources to assist you in this process.

REGISTER HERE: https://uky.zoom.us/webinar/register/WN_W7iol-rxTV6Ou6QY8DGHrA

August 24: Making Your Job Search Confetti Moment Happen

Presented by Jaclyn Badeau, President, Badeau Consulting, LLC

Experience the thrill of victory as you land the perfect job. Attend this webinar to learn tips and tricks for job hunting and interviewing and get some bonus insights around preparing your resume.

REGISTER HERE: https://uky.zoom.us/webinar/register/WN_UyLcNNB_TzevvoLLMGohDg

Homemaker President's News

July greetings to Fayette County Extension Homemakers:

Happy 4th of July and I hope you are planning to enjoy fireworks, family and friends along with some great food that is always yummy.

It is hard to believe that the year is more than half over and with some folks are already talking about Christmas in July. Let's just enjoy the sweet season of summer especially in lieu of how confused we were last year and wondering what was going on with the Covid 19 virus. Summer 2021 Rocks!

Please read the newsletter and take advantage of the online classes--recipes--and even our book club in July. I just tried the recipe for the mushroom spinach quiche from the June newsletter and highly recommend it. Remember to send in 2021-22 Homemaker Club lists for officers, chairpersons and lesson leaders. The office needs this information as soon as possible to complete the Homemaker Handbook.

Take advantage of the fresh produce and Farmers Market in your area. I am feeling so inspired this year watching my raised garden grow that was a Mother's Day gift from my husband. I am also enjoying my herb garden and thank God for the bountiful rain. Soon it will be time to begin food preservation and I am getting my canning equipment tested and ready to go. Ladies, let's get fired up.

Special prayers and condolences to the family of Amelia Brown Wilson who passed recently after a long illness and courageous fight. Amelia was a former FCS agent in the Fayette County Extension Office and was known for her sweet smile and spirit.

Please continue to enjoy the rest of the summer and look for upcoming meetings and events in the fall as the Extension office slowly opens up after the recent construction and of course the pandemic. I can't wait to see everyone as we kick off the 2021-22 Homemaker season.

Stay safe and healthy in the days ahead and enjoy the holiday.

Sincerely,

President Alyce Emerson

Ways to Keep Your Picnic Perfectly Safe this Summer

Summer has often been called picnic season. It is the perfect time to dine outside and enjoy all that nature has to offer – the sun, the trees, the breeze, even the bugs. It's also an opportunity for foodborne bacteria to grow. To protect yourself and your family from foodborne illness and reduce your chances of getting sick, plan ahead and follow these food safety picnic tips.

Planning

- Take only the amount of food you'll use.
- Clean and sanitize your cooler before you pack it.
- Wash produce before packing.
- Take disinfecting wipes for your hands or hand sanitizer in case you can't wash your hands.
- Take a food thermometer and use it to check cooking temperatures.

Packing

- Pack food in tightly sealed containers to avoid cross-contamination.
- Pack cold food first.
- Use ice, frozen gel packs, or frozen water bottles to keep food cold.
- Pack a separate cooler for drinks because people will open it more frequently.

Cooking

- Keep food cold until you are ready to cook.
- Cook meat and poultry to their safe internal temperatures.
- Beef, pork, lamb and veal (steaks, roasts, chops) – 145 degrees F with a three-minute rest.
- Ground meats – 160 degrees F
- Chicken (whole, pieces, ground) – 165 degrees F
- Use a clean plate for serving cooked food.
- Don't let raw meat juices touch other food or reuse the marinade.

Eating

- Wash your hands or use hand sanitizer or wipes before eating.
- Place leftovers in the cooler. Throw out any perishable food left out for more than two hours.
- In temperatures above 90 degrees F, food should not sit out more than one hour.

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



Broccoli Brunch Casserole

Nonstick cooking spray	1 1/2 cups shredded, part skim mozzarella cheese, divided	1 teaspoon ground black pepper
8 ounces ground turkey sausage	8 eggs	1/2 teaspoon salt
3 1/2 cups broccoli florets, chopped	1 cup part skim ricotta cheese	1 Roma (Plum) tomato , thinly sliced
	1/4 cup skim milk	

Preheat oven to 350 degrees F. **Spray** a 9-by-13-inch baking dish with nonstick cooking spray. **Place** a medium-sized skillet over medium heat. **Sauté** sausage until evenly brown, **drain** well, **crumble**, and **cool slightly**. In a medium bowl, **mix** cooked sausage, broccoli, and a 1/2-cup of mozzarella. In a separate bowl, **whisk** eggs until frothy and then **combine** with a 1/2-cup of mozzarella, ricotta cheese, milk, pepper, and salt. **Spoon** the sausage mixture into the prepared baking dish. **Spread** the egg mixture over the sausage mixture. **Sprinkle** with the remaining mozzarella,

and **arrange** the tomato slices on top. **Cover** with foil, and **bake** 30 minutes. **Uncover**, and **bake** for an additional 15 minutes. Let **stand** for 10 minutes before serving.

Yield: 8 slices

Nutritional Analysis:

260 calories, 16g total fat, 7g saturated fat, 0mg cholesterol, 550mg sodium, 7g total carbohydrate, 1g fiber, 1g total sugars, 0g added sugars, 20g protein, 6% DV vitamin D, 25% DV calcium, 10% DV iron, 6% DV potassium.



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

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 to stay up to date on current programs and educational resources.



Consumer Tips for Booking a Vacation Rental Home

Americans' interest in booking private homes, apartments and condos as vacation rentals is skyrocketing, as travelers prefer home-like amenities, such as a full kitchen, multiple bedrooms and a backyard, over a hotel room. Perhaps more importantly, private vacation rentals are often more economical than their hotel counterparts. As with any major expenditure, regardless of where or how it is done, it is important to do your research and be sure you are getting exactly what you expect.

Scammers can target potential travelers by hijacking available property listings and/or creating nonexistent rentals. You may show up and not have a place to stay and be out a significant amount of money.

To reduce your chances of falling victim to a scam, only rent from reputable sites or companies. Be leery of social media rental advertisements or if you are contacted by someone offering you a "free" or "significantly reduced" vacation. Reputable travel sites and agencies will have clear rental, cancellation and refund policies for their properties and a process for verifying homes and owners. Do not make a payment without obtaining and reviewing the rental's cancellation and refund policies. Perhaps it is even better to ask your friends and family if they have stayed in any vacation rentals near your destination or if they know someone who has, so you know the property actually exists.

Perform careful research. Verify the property's existence by using an address search site such as Google Maps. You can verify the property manager or owner's identity and the home's location through the rental website or property management group you are using. You can also use local tourism bureaus and rental management associations to verify the individual's identity and whether they are in good standing. Do a simple internet search for the property's address. If photos or advertisements for the property are posted by different property owners that should be a red flag that something may be amiss, and you should consider booking another rental.

Use a credit card to book your stay, as they can be tracked and offer more consumer protections than other payment methods. Do not pay in cash, cryptocurrency, check, gift card or wire transfer. Wire transfers are actually the most common payment method scammers use. None of these payment methods can be tracked, which would make it very difficult if not impossible to recoup your money if the rental turns out to be bogus. Travel insurance often does not cover rental fraud.

Remember if something sounds too good to be true, it probably is. More information on family financial management is available at the Fayette County office of the University of Kentucky Cooperative Extension Service.

Source: Nichole Huff, assistant extension professor of family finance and resource management

Save the Dates

Bluegrass Regional GAP Conference, October 21, 2021 (rescheduled from 3/25/21), registration information coming soon at <http://www.gapofky.org>

Bluegrass Area Annual Meeting, October 22, Harrison County, details TBA.

2021-22 Homemaker Leader Lessons

Day Trips in the Bluegrass - August 18, 6:00pm: Over the last year local tourism has been more important than ever with most long distance vacations being canceled or postponed. Kentucky is a beautiful state with lots to discover, but have you really explored the Bluegrass Area? This is the year to rethink your travel plans based upon these highlights of all of the great attractions and day trips in the Bluegrass Area awaiting you!

The Healing Power of Laughter - September 23, 6:00pm: You have probably heard that “laughter is the best medicine,” and it is true! Humor and the subsequent laughter have many therapeutic effects on the body. Laughing not only improves your mood and emotional state, it also has many social and physical health benefits. Learn the benefits of laughter and how to incorporate humor and happiness into your life in order to take advantage of these benefits.

Kitchen Tools and Gadget to Put on Your Wish List - October 27, 6:00pm: Are you thinking about purchasing a new kitchen gadget such as an air fryer or an electric pressure cooker? Some days you may wish that it didn't take quite so long to clean, peel, chop and prepare meals. Discover some of the latest, popular kitchen tools and gadgets that can save you time in the kitchen. Learn how to select and use electric pressure cookers, multi-cookers, air fryers, spiralizers, sous vide and several more.

Say Cheese! - November 17, 12:00pm: Cheese is very versatile as it partners with many other wholesome foods, including vegetable, fruits, whole-grain breads, cereals and carbohydrate-rich pastas. Learn about the many varieties of cheeses, nutritional value of these cheeses; how to properly store each of the varieties; principles of cooking with various cheeses and how to make cheese. Everything is better with cheese!

Communication Skills for Families of Alzheimer's & Dementia Patients - January 27, at 1:00pm (or mailout lesson): Alzheimer's and dementia can be a devastating term to hear, but one that seems to be creeping in more all the time. Join a real-world discussion on how to make the best of a difficult situation. Learn how to interconnect with others who are experiencing symptoms associated with dementia or Alzheimer's disease. Identify the warning signs for dementia and examine what happens within someone diagnosed with dementia or Alzheimer's. Acquire effective communication strategies for families and caregivers, as well as how to best respond to dementia behaviors. There will be a little something for everyone including tips for healthy living for your brain!

Food Trends and Fad Diets - February 16, 10:00am: What Americans eat has a tremendous impact on overall health. Personal preferences, tradition, culture, health concerns and cost are a few factors that influence our food choices. Many trending diets focus primarily on rapid weight loss, rather than on long-term nutrition and health. Popular diets such as Keto, Whole 30 and Paleo are often trending on social media based upon stories of dramatic weight loss. Examine the pros and cons and evaluate research based evidence and safety guidelines for these diets. Learn how to identify potential red flags of any diet plan so you can feel empowered to lead a healthy lifestyle.

Making the Most of Garlic - March 30, 10:00am: Garlic has long been used in global cuisine and it also offers health benefits. Learn all the basics regarding when and how to plant garlic; how to store it properly after harvesting; the meaning and use of terms related to garlic (garlic butter, chives, confit, oil, paste, powder, scapes) and the nutritional value of garlic. Discover the difference between facts and fiction about garlic's medicinal benefits and health benefits. Garlic – the season you can sink your teeth into!

Stock Your Pantry the Smart Way - April 28, at 6:00pm (or mailout lesson): A fully stocked pantry can really come in handy for preparing a healthy meal on the fly. Keeping your pantry stocked with a few basic food items will allow you to cook a simple, healthy meal at a moment's notice. Once your pantry is equipped with the essentials, you can simply buy fresh items from the grocery to cook with your stocked items. Building your pantry does not happen overnight. It is important to slowly build up your inventory as needed. Many of these foods are shelf-stable for several months and can be purchased in bulk or on sale. Helpful ideas will be shared for building your stockpile of staples for ready, on the spot, meal preparation.



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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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