

BUILDING STRONG FAMILIES FOR KENTUCKY 2017



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



LEWIS COUNTY FAMILY AND CONSUMER SCIENCES

June/July 2017

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Fourth of July



From Your FCS Agent

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As of June 20th, it has officially been one calendar year since I started working at the extension office! The past year has been filled with many events and programs, but all in all I feel like I am truly starting to settle into the job. I look forward to hopefully having many more years as well!

Now that Summer is upon us, we will be starting to do programming at the farmers market again. If you have children or grandchildren make sure to come out to one of our Kids Bucks sessions!

With the 2016-2017 homemaker year wrapping up and Summer flying by, make sure you take the time to enjoy yourself! Whether it be on a vacation, or from the comfort of your own home, have wonderful time and I'll see you soon!

Important Reminders

Homemaker Council Meeting

August 17th, 2017 1:00 PM

Be sure to mark your calendars for the first fall homemaker council meeting! We will be discussing the upcoming year, as well as planning for the LRA Area meeting that we are hosting on October 24th.

Mandi Broderick

Lewis County FCS Agent



Cooperative Extension Service
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

In Memorium

In great sadness, I share news of the passing of Mary Margaret Krahulec, KEHA President 2016-2017. In May 2015, Mary Margaret Krahulec, Shelby County KEHA member, was elected as the president-elect for the Kentucky Extension Homemakers Association. She brought to the position energy, enthusiasm and a dedication to the future of the organization. In July 2016, she began her term as president with a focus on reaching new audiences, teaching mastered skills and inspiring a new generation of leaders. Unfortunately, her term as president was cut short as she lost her battle with ovarian cancer in June 2017. Her bright smile, engaging personality and enthusiastic leadership will be missed.



Notes of condolence can be sent to: M.J. Krahulec, 6177 Cedarmore, Pleasureville, KY 40057

Firework Safety

With the fourth of July coming up, it is important to remember that if not handled properly, fireworks can be extremely dangerous and for children and adults. Here are some important safety tips to follow during your own families celebration!

- Sparklers should only be handled by children older than 12 with adult supervision: Make sure to light fireworks outside and away from face, clothing, and hair.
- Never smoke around fireworks.
- Never point or throw fireworks at others. Fireworks have been known to backfire or shoot in the wrong direction.
- Keep all fireworks away from brush, leaves, flammable substances, and homes.
- Light only one firework at a time and NEVER re-light a dud (a firework that did not work the first time).
- Never carry fireworks in your pocket and don't



pick up or allow children to pick up pieces of fireworks. Some may still be lit and can suddenly explode.

- Always keep a bucket of water nearby and soak all fireworks at least 10 minutes before throwing them in the trash can.
- In the event your child is injured by fireworks, take them immediately to the nearest medical treatment facility.
- If an eye injury occurs, do not flush the eye with water or try to put ointment on it. Cut out the bottom of a paper cup, place it around the eye and seek immediate medical attention.
- If a burn occurs, remove clothing from the burned area and run cool, not cold water on the site (do not use ice). Seek medical attention immediately.
- Be mindful of your pets. Animals are extremely sensitive to loud noises and can be easily frightened or stressed by fireworks. The busiest time of the year for shelters and pounds are the two days following the fourth of July. Keeping your pet indoors reduces the likelihood that they will be injured or get loose and run away.

International Meeting



On June 5th, the Lewis County homemakers held the international dinner. This year speaker Mandi Broderick spoke about her trip to Ghana, Africa. The homemakers tasted foods that were specialties of Ghana including jollof rice, fried chicken, pineapple hot pot, sweet potato bread, banana nut cake, coconut pudding, and sweet potato pudding.



Kids Bucks

Starting this July, Kids Bucks will be back at the farmers market. Kids age 4-18 will be able to stop by the extension table, learn a quick lesson, and receive \$5 in veggie bucks to be spent that day on produce.



July 11, July 13, July 27,
August 5; 9am—12 pm

Very Berry Salsa

- 4 cups** apples, finely diced
- 1 cup** blueberries
- 1 cup** strawberries, diced
- 1 cup** raspberries, halved
- 1 cup** blackberries, halved
- 1 tablespoon** fruit preserves
- ½ tablespoon** sugar
- ½ tablespoon** brown sugar

Directions: In a large bowl, **combine** apples and berries. In a small bowl, **mix** together preserves and sugars until well blended. **Pour** preserves mixture over fruit and **toss** to coat. **Cover** and **chill** in refrigerator for at least 30 minutes.

Yield: 32, 2 ounce servings

Nutritional Analysis: 20 calories,
0 g fat, 0 mg cholesterol, 0 mg sodium,
5 g carbohydrate, 1 g fiber, 4 g sugar,
0 g protein.



FOOD PRESERVATION

3-DAY WORKSHOP

TURN YOUR FRESH FOODS INTO PANTRY STAPLES



Learn to can tomatoes, dry apple chips and freeze fresh green beans. Gain the skills to safely preserve homemade jam, salsa and a variety of fruits and vegetables.

Preserve to:

- Save money
- Reduce food waste
- Limit sugar and salt
- Follow family traditions
- Gain a sense of satisfaction
- Get better-tasting food



DATE: August 1-3 2017

TIME: 9:30 AM - 3:00 PM

LOCATION: Lewis County Extension Office

TO SIGN UP, Mandi Broderick
CONTACT: 606-796-2732

COOPERATIVE
EXTENSION
SERVICE



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LRA Leader Training

The Licking River Area will once again be completing the leader trainings for Fall in one session at Montgomery County. If you would like to go, call the office to RSVP.

August 24th @ Montgomery County Extension Office.

July 2017

Sat

Fri

Thu

Wed

Tue

Mon

Sun

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2	3	4 Office Closed	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
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