



BUILDING STRONG FAMILIES FOR KENTUCKY

JUNE/JULY 2022



College of Agriculture, Food and Environment
Cooperative Extension Service

2022 COOKING THRU THE CALENDAR

WE WILL CONTINUE OUR VIRTUAL COOKING CLASSES ON **JUNE 15TH AND JULY 20TH AT 11 A.M.** VIA FACEBOOK LIVE. COOKING CLASS CAN BE FOUND ON THE HENDERSON COUNTY EXTENSION FAMILY AND CONSUMER SCIENCES **FACEBOOK PAGE**. STOP BY THE OFFICE IF YOU WANT A HARD COPY OF THE CALENDAR!

New Walking Club

Join us on June 7th at 1:00 p.m. to learn more about our new walking club. We will meet in the Expo Building room 1 and 2.

Charcuterie Board Class

June 22, 2022 at 2:00 p.m.

Sign up today for the next charcuterie board class.

This is a repeat of the other charcuterie classes.

It will be held at the library and you must sign up through the Library.



Watch, Listen and Follow

Tune Into Lifestyles on News 25 the 2nd Tuesday of each month at 11 a.m. Listen to WSON Thursday mornings at 6:45 a.m.

Follow us on Facebook- Henderson County Extension-Family and Consumer Sciences

Sustainable Eating

We will be offering a 5-week program on why a healthy food system is important and we will provide practical strategies for consumers to implement that will make their diet healthier and more sustainable.

The classes will be offered Friday, June 10th, 17th, 24th, July 1st and 15th at 10:00 a.m. Expo Building 1 and 2. You must call and sign up to register. Program is FREE.

FOOD PRESERVATION CLASS

Join us on (W) July 13th at 10:00 a.m. in the Expo Kitchen to learn more about canning, freezing and drying. Class is limited so call to sign up.

Class is FREE.



Amanda L. Hardy

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County Extension Agent for Family and Consumer Sciences

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

HOMEMAKERS

Club Meetings

June Thought for the Month:

"It is the month of June, the month of leaves and roses, when pleasant sights salute the eyes and pleasant scents the noses."

-Natanial Parker

June Roll Call:

What is your favorite summer flower?



Green River Area Annual Meeting

"Showers of Blessings"

September 13, 2022

Hawesville Baptist Church

Registration 10:30 a.m.

Program 11:00 a.m.

Hosted by the

Hancock County Extension Homemakers

Registration cost and more information

will be coming soon!

Henderson County Homemakers

Annual Meeting

Town and Country- Extension Expo Kitchen on June 20th and July 18th at 6:00p.m.

Happy Knitters- every Tuesday at 10 a.m. in Expo Conference Room.

Niagara- will meet June 15th at 10 a.m. at Cash Creek Baptist Church to leave for a trip to Adams Breezy Hill. Contact Judy Powell, Club President, for more information. No meeting in July or August.

Central- 2nd Thursday of each month at 11:00 a.m. in Expo Project Room.

If you would be interested in joining a club or starting a new club, please give our office a call at 270-826-8387.



KEHA State Meeting

*So proud of our 2 state officers
Karen Hill- outgoing President
Marilyn Watson-International Chairmen*





DIABETES TIPS AND TASTINGS

Do you or a loved one have diabetes? Do you like to sample foods and get tasty recipes? Do you like to meet others who know what it is like to live with diabetes? Do you like to have fun? Then this is the group for you!

Free & Open
To the Public

Meets 3rd Thursday each month April—October

Time: 5:30 pm-6:30 pm

Location: Henderson Co. Cooperative Extension Office, 3341 Zion Rd.

Enter through side door.

Registration
Not Required!

Sponsored by:



MEETING DATES FOR 2022

APRIL 21	JULY 21
MAY 19	AUGUST 18
JUNE 16	SEPTEMBER 15
	OCTOBER 20



Cancer Support Group

The monthly cancer support group will meet on June 20th and July 18th at 5:00 p.m. at the Extension Office Main Building.

Bingocize

Bingocize will start back again in August. Look for dates in the next newsletter.



Sun protection clothing

The sun provides energy and visible light that are necessary for our survival. However, what we don't see are the harmful ultraviolet (UV) light waves that can damage our skin. Sunscreen, when properly applied, can protect our skin from these rays for a certain amount of time based on its SPF (sun protection factor). But in addition to sunscreen, our clothing can also provide significant protection. This rating is called the UPF (ultraviolet protection factor). Clothing's UPF is based on how the fabric is made or whether it is treated with a special finish that deflects UV rays.

UPF ratings may be included on the garment label or tag, and these numbers relate to the percentage of available UV radiation that can pass through the garment.

50+ UPF = Excellent protection (less than 2% of UV rays can pass through)

30 UPF = Good protection (about 3% of UV rays can pass through)

15 UPF = Minimum protection (about 7% of UV rays can pass through)

In addition to the UPF rating, consider these other clothing characteristics:

Color – Believe it or not, darker clothing and vivid-colored clothing offer more protection than light or white clothing because darker colors absorb more UV rays, preventing them from passing through to the wearer. Put in perspective, a white T-shirt has a 5 UPF, which means about 20% of UV rays can pass through the clothing.

Fabric Construction – Look for denser or more tightly woven or knit fabrics that limit the amount of light that can pass through.

Fiber Content – Garments made with synthetic fibers such as polyester or nylon are better because they are more likely to reflect UV rays. Untreated natural fibers – such as cotton – absorb UV rays.

Fit – Avoid clothing that is too tight or that stretches, as the gaps in the fabric may allow the UV rays to pass through.

Wet clothing offers less protection; therefore, having a change of clothing for activities that involve water may be beneficial.

Clothing created or treated to offer sun protection may become less effective over time because of frequent wearing and washing. Follow the care label's laundering instructions for best results. If the care label is illegible, try these basic tips:

Rinse UPF bathing suits after each use.

Wash in cool water, by hand, or on a delicate machine cycle.

Use mild detergent.

Dry on low or air dry, avoiding direct sunlight.

Source: Jeanne Badgett, Senior Extension associate for Clothing, Textiles, and Household Equipment

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Henderson County
 3341 Zion Road
 Henderson KY 42420

RETURN SERVICE REQUESTED

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Summertime Sensation Casserole

- 4 strips turkey bacon
- 1/2 cup minced onion
- 3 tablespoons diced green pepper
- 4 ears fresh sweet corn
- 1/2 teaspoon salt
- 1/2 cup reduced fat shredded cheddar cheese

- 1. In a large skillet, cook turkey bacon until crisp. Drain turkey bacon on paper towel, chop and put aside. Do not drain pan. Cook onion and green pepper in bacon drippings over medium heat until tender.
- 2. Cut corn from cob and add to onion and green pepper mixture in skillet.
- 3. Top with shredded cheddar cheese.
- 4. Pour skillet contents into a greased 1-1/2 quart casserole dish.
- 5. Bake at 350°F for 30 minutes, or until cheese is melted and bubbling. Yield: 5 1/2 cup servings.



Plate it up!
 Nutrition Analysis: 160 calories, 7 g fat, 2.5 g sat. fat, 25 mg cholesterol, 680 mg sodium, 19 g carbohydrate, 3 g fiber, 7 g sugar, 8 g protein.

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



Office will be closed on June 20 and July 4.

Save the Date
 The 2022 Kentucky State Fair is
 scheduled for August 18-28!