

Hart County Homemaker Newsletter

 Cooperative
Extension Service

Family & Consumer Sciences

Upcoming Events

Healthy Living
Every Monday at 1 pm at the
Extension Office

Bonnieville Club
July 10
August 14

Cub Run Club
July 17
August 21

Outreach Too
July 15
August 20

Quilt Club- Sew & Sew
July 25
August 22

Waterloo
July 11
August 8

Hardyville
July 18
August 15

July-August 2024

A Note from Sonya



Summer is here! Summer brings outside events, trips and the Hart County Fair. Here at the Extension Office we are gearing up for the Hart County Fair. I hope you are too. The fair has gained several sponsors this year and prize money will be given for winners at floral hall in the open division. I know so many of you have great talent! Make plans now to enter items in the fair. See inside the newsletter for upcoming events. Encourage your friends to join Homemakers and get in on the fun activities that we will be participating in.

Sonya Carter

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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HAPPENINGS IN JULY & AUGUST

Hart County Fair 2024

July 1st -6th the Hart County Fair will be happening! There is something for everyone. You can see all the events that are happening at the fair on the Hart County Fairgrounds Facebook page.

The floral hall has numerous categories that you can bring an item to enter. Look through those categories and bring in something that you have made in the past year. If not, just stop by the floral hall. It's so much fun to see creativity from our fellow Hart Countians.



HART COUNTY
HOMEMAKERS ANNUAL DAY

July 11, 2024
11 am CST

Cost: \$17
Register by Friday
June 28

Menu
Breaded Chicken
Seasoned Potato
Green Beans
Rolls
Salad
Dessert

@ the Hart County
Public Library

RSVP
270-524-2451

Hart County Homemaker Annual Meeting

The Hart County Homemaker Annual Day will be held at the Hart County Library on Thursday, July 11, 2024 at 11AM. Our guest speaker is Tracy Cowles Thornton. The Homemaker directory will be given out that day. The meal is being catered by White's Catering. The cost is \$17. Last day to register is June 28th.



Cultural Arts

TRIP to Stephen Foster Story

We are going on an evening trip on August 8th to see The Stephen Foster Story. We will be enjoying the play. It's always just a fun outing for us to enjoy time together. Cost for the tickets are \$28.

Be sure to sign up to ride in the van. Space is limited.

Area Annual Day

The Mammoth Cave Area Annual day will be held on October 17. It is being held HERE in Hart County at Munfordville Baptist Church. We will need all hands to help. We want for EVERYONE to attend. We are in the planning stage for the big event. Watch for more details about registering and cost.

Don't forget about our annual Cultural Arts competition. There is a category for everyone to enter something in. We have so many talented people in Hart County that could be winning the contest! The county contest entries should be brought in between August 19 and August 22. Bring in those ARTS!!



**Mammoth Cave
Area Homemaker
Annual Day
October 17, 2024
9:00 A.M. CST**

Munfordville Baptist Church 501 N West St,
Munfordville, KY 42765

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First Fruits at Farmers' Markets – Selecting the Freshest Sweet Corn

Knowing what to look for when purchasing sweet corn, and the best time to purchase it, will give you a bounty that will taste like summertime all year long!

If you want the freshest sweet corn, look for:

- silks that are brown and dry; the tips of the ears should be full
- ears that are full of kernels with no missing rows
- tender kernels that are milky and well developed
- kernels that are large enough to be compact on the cob with no spaces between rows



To check the corn, pull back the husks at the end of the ears.

For best quality, the corn should be in the milk stage, which means the corn is at its sweetest. If a kernel is broken, the white milk should come out of the corn. If there is no liquid, the ear has passed its prime, and the kernels will be doughy.

For maximum sweetness, enjoy right after harvest. If sweet corn cannot be eaten right away, leave in husks, remove long shanks and store uncovered in the refrigerator for no longer than 5 days. If it is necessary to refrigerate for later use, cool rapidly to below 40°F to retain sweetness and tenderness, because the sugar in corn turns to starch quickly at higher temperatures. Corn that is the sweetest will keep for about a week in the refrigerator. For longer storage, preserve by freezing, canning or drying. For best quality, corn should be preserved right after picking.

What varieties of sweet corn should I look for?

When purchasing your corn, consider that there are several varieties of sweet corn available. Some, such as super sweet, have more sugar than other varieties and will keep longer in the refrigerator. Corn also come in a variety of colors: white, yellow and the varieties that have both colors of kernels on the same ear. Individual preferences vary; try different varieties to find your favorite.

At farmers markets you can find farm fresh corn. When buying at the market or back of a truck, buy it in the morning. As it sits in the sun, sugar starts to convert to starch affecting flavor. Hot temperatures will definitely affect the flavor. So buy it on the way home rather than at the beginning of a shopping expedition.

Grill up some sweet corn on the cob for dinner tonight. It combines fresh sweet corn with savory herbs for that just right taste.

Sweet Corn on the Cob

- 8 ears of corn, silk removed
- 1 1/2 tablespoons olive oil
- 1/2 cup margarine, melted
- 2 tablespoons minced garlic
- 1 teaspoon crushed rosemary
- 1 teaspoon rubbed sage
- 1 teaspoon dried basil
- 1 teaspoon dried thyme leaves
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons pepper
- 1/2 cup grated Parmesan cheese



1. Peel back the husk, leaving it intact at the bottom and remove the silk.
2. Wash the ear well and pull husk back to top.
3. Soak corn in cold water for 1 to 3 hours.
4. Meanwhile in a separate bowl, combine all remaining ingredients.
5. Drain the corn well and pull back husk and pat dry.
6. Spread margarine mixture evenly on all ears of corn.
7. Pull husk back up on the corn, and tie the top of the husks, or twist tightly.
8. Preheat grill for medium heat. Grill for about 20 to 30 minutes, turning frequently.
9. Remove from the grill and check for doneness, if the corn is not done, continue cooking an additional 5-10 minutes.

Optional: If you are unsure about cooking with the husks on, place each corncob on a square of aluminum foil. Tightly wrap each ear and puncture to allow excess steam to escape while grilling.

Reference: University of Arkansas Cooperative Extension Service: Selecting the Freshest Sweet Corn. Retrieved June 24, 2024 from <https://www.uaex.uada.edu/counties/miller/news/fcs/fruits-veggies/selecting-the-freshest-sweet-corn.aspx>

Source: Carla Due, County Extension Agent - FCS, The Cooperative Extension Service, U of A System Division of Agriculture

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ADULT

HEALTH BULLETIN



JULY 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC

5 TIPS TO MANAGE ARTHRITIS



More than 20 percent, or 1 in 5, Americans have arthritis. Arthritis is a joint condition that is marked by swelling or tenderness. If you have been diagnosed with arthritis, or experience joint pain, there are some steps you can take to manage your symptoms and feel better.

The Center for Disease Control (CDC) Arthritis Management and Wellbeing Program promotes five key messages to help adults affected by arthritis. These messages can help arthritis patients control their condition and their lives.

- 1. **See a doctor.** If you have joint pain, seek medical care and a diagnosis. There are many treatment strategies that help you feel better. These include physical therapy, supplements, lifestyle management, and prescription treatment for certain types of inflammatory arthritis.

Continued on the next page



Adults should strive to get at least 150 minutes of moderate physical activity each week. You can break this up into short periods throughout the day and add it up over time.

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2. Be active. It can be difficult to want to move your body more when you are in pain. But believe it or not, the right kind of movement is key to reducing pain and improve function, and delay disability related to arthritis. Adults should strive to get at least 150 minutes of moderate physical activity each week. You can break this up into short periods throughout the day and add it up over time. If 150 minutes seems like too much, any physical activity is better than none. So, strive to be as active as you can.

There are evidence-based activity programs specifically for people with arthritis, such as Walk with Ease and Enhance Fitness, among others. These kinds of programs can help you learn how to move more safely and comfortably.

3. Watch your weight. Research shows that supporting a healthy weight can reduce limitations from pain, increase mobility, and limit disease progression. For some people that may mean taking steps to lose weight. For adults who are overweight, even a little weight loss can help arthritis-related pain and disability. For every 1 pound lost, there is a 4-pound reduction in the load exerted on the knee, a common joint where people experience arthritis.

4. Protect your joints. Be aware of activities that can put your joints at risk for injury, such as repetitive movements at work or with hobbies. Doing the same motion repeatedly can wear out a specific joint. It may be helpful to work with an occupational therapist to see if there are other movements that could save wear on those joints. Certain stretches or exercises can build up strength in surrounding muscles to protect your joints from injury, as well. There are also braces that you can wear to give your joints extra protection or prevent over-extension.

5. Take an arthritis management class. Interactive workshops teach self-management skills, are



generally low-cost, and are available across the country. Attending one of these programs can help a person learn ways to manage pain, exercise safely, and gain control of arthritis. Learn more about remote and in-person self-management education workshops at <https://www.cdc.gov/arthritis/interventions>.

Having arthritis may be a pain, but it does not have to define who you are or limit what you can do. Learning how to live with arthritis can help you to keep moving and enjoying your favorite activities with less pain.

REFERENCE:

<https://www.cdc.gov/arthritis/about/key-messages.htm>

ADULT
HEALTH BULLETIN

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Hart County Extension
P.O. Box 367
Munfordville, KY 42765-0367
RETURN SERVICE REQUESTED

Cooperative Extension Service 

Summer Squash Pizza



Topping

2 yellow summer squash, thinly sliced
1 cup thinly sliced onion
1 green pepper, thinly sliced

2 teaspoons chopped fresh rosemary
Salt and pepper to taste
3 tablespoons olive oil
2 tablespoons grated Parmesan cheese

Crust

½ tablespoon rapid rise yeast
1 tablespoon sugar
½ cup warm water
½-1 cup whole wheat flour
½ teaspoon salt
2 tablespoons olive oil

Preheat oven to 400 degrees F. **Place** sliced squash, onion and pepper in roasting pan. **Sprinkle** with rosemary, salt, pepper and 2 tablespoons of olive oil. **Toss** to coat. **Bake** in preheated oven for 20 minutes, or until onions are lightly brown and squash and peppers are tender. **Set aside.** **Increase** oven temperature to 450 degrees F. In a medium mixing bowl, **dissolve** yeast and sugar in warm water. Let yeast proof, about 10 minutes. **Stir** in ½ cup flour, salt and oil. **Mix** until smooth then **rest** for 5 minutes. **Add** additional flour as needed to be able turn dough out onto a lightly floured surface. **Roll** into a

flat ¼ inch thick crust. **Place** crust onto a baking sheet. **Bake** 5 minutes to set crust. **Remove** from oven and distribute vegetable mixture on crust. **Bake** an additional 10 minutes or until crust is firm, being careful not to burn. **Remove** from oven, **sprinkle** with cheese and remaining tablespoon olive oil. **Cut** into quarters and **serve.**

Yield: 4 servings

Nutritional Analysis: 310 calories, 19 g fat, 3 g saturated fat, 0 mg cholesterol, 340 mg sodium, 33 g carbohydrate, 6 g fiber, 7 g sugars, 9 g protein.