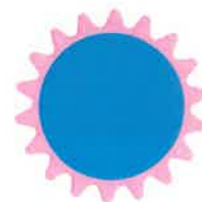


Hart County Homemaker Newsletter



University of
Kentucky®
College of Agriculture,
Food and Environment

May-June 2023



Upcoming Events

Healthy Living
Every Monday at 1 pm at the
Extension Office

Bonnieville Club
May 10
June 14

Cub Run Club
May 17
June 21

Outreach Too
May 16
June 20

Quilt Club- Sew & Sew
May 25
June 22

Waterloo
May 11
June 8

Hardyville
May 18
June 15

Walking Club in May & June
Every Thursday at 10AM at
Thelma Stovell Park

A Note from Sonya

Summer is almost here! We have several plans for summer. Here at the Extension office, we will be making Beeswax Wraps and going on a daytrip. Be sure to make plans to come and call to register.

Let's make some summer plans together. See inside the newsletter for more details!

Our Cook Book Sales are continuing.

Don't forget each club can sell cookbooks at various events. Thanks so much for everyone's effort in this fundraiser. Don't forget, you can always stop by and purchase them here at the Extension office.

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

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LEXINGTON, KY 40548



Disabilities
accommodated
with prior notification.

Sweet Summer 2023

HAPPENINGS IN MAY & JUNE



FREE **SPRING/SUMMER**
Walk & Talk
NEW SUMMER WEEKLY CLUB
Starts May 11th!

- ✓ Every Thursday at 9:30 a.m.
- ✓ Meet at Thelma Stovall Park
- ✓ Enjoy the fresh air and friends
- ✓ You set your pace and how long you want to walk

BRING A WALKING/TALKING BUDDY
1-270-524-2451
505 A.A. Whitman Lane, Munfordville, KY 42765

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

Cooperative Extension Service Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

2023-2024 program of Kentucky Cooperative Extension project is gratefully supported by the U.S. Dept. of Agriculture, National Institute of Food and Nutrition, Kentucky State University, U.S. Department of Agriculture and Kentucky Extension, Training

Accessibility: This program is available to individuals with disabilities. For more information, contact the program coordinator at 1-270-524-2451.

Walk & Talk Club Summer 2023

Beginning May 11, come out to Thelma Stovall Park each Thursday at 9:30AM in May and June. We are going to walk and talk. Its healthy to get moving, but we will be going at our own pace. No rushing! Just enjoying!



Hart County Homemaker Annual Day

Save the date for the Hart County Homemaker Annual Day! It will be held at Hardyville Community Center on Thursday, July 13, 2023 at 11AM. Our guest speaker is Rev. Kendall Ford. The meal will be catered by Murray's restaurant. Watch for more details about registering and cost.





EARTH DAY

In honor of Earth Day, The Hart County Homemakers and Hart County 4H members collaborated for a beautification project. The Homemakers gathered perennials and annuals to plant at Hart County Manor. 4H members and Homemakers planted over 25 flowers. It was a wonderful project that will last for many years for the residents to enjoy.



Cook Book Sales

Don't forget! We still have over 100 cookbooks!
The following is a list of suggested events for each club to set up at.

Bonnieville-July 4th Days
Cub Run -Quilting Bee
Outreach Too- MCA Annual Day
Sew & Sew - Heritage Festival
Healthy Living- Dolly Parton Imagination Day
Waterloo- KEHA State Meeting
Hardyville - Battle of the Bridge

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Reusable Beeswax Wraps

Have you heard of reusable beeswax wraps? It's really cool stuff! We are going to make reusable wraps here at the extension office on June 13 at 10A.M. Beeswax Wraps are a sustainable way to wrap foods to keep them fresh. Use the wraps to creating a protective, breathable seal. You are able to wrap various foods. Cover and store foods without using plastic. Everything needed will be provided.

DAY TRIP

We are going on a Day Trip to Kenny's Cheese in Barren County. It's just a fun outing for us to enjoy time together and learn about cheese making. Sign up to ride in the van or carpool with friends. We will leave the Extension office at 9A.M. on May 23.



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

DIY

BEESWAX WRAPS
Hart County Extension Office
Tuesday, June 13 at 10AM

Come join the fun!
Beeswax Wraps are
sustainable way to wrap
foods to keep them fresh.

ADULT HEALTH BULLETIN



MAY 2023

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

Hart County Extension Office
 505 AA Whitman Rd
 Munfordville, KY 42765
 (270) 524-2451

THIS MONTH'S TOPIC: GARDENING SAFELY



The warm spring weather has many people excited to get outside and begin seasonal yard and garden work. Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly.

According to the Consumer Product Safety Commission (CPSC), more than 400,000 people visit emergency rooms each year for injuries related to outdoor

Continued on the next page ➔



Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil.

➔ Continued from the previous page

garden tools. It is important to stay safe when working with outdoor tools. The American Society of Surgeons of the Hand (ASSH) recommends taking the following precautions when gardening:

- **Wear gardening gloves:** Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil. Hands and fingers are prone to small cuts and scrapes that can become easily infected when exposed to dirt and germs. Leather gloves protect against thorns, poisonous plants, insect and animal bites, and other skin irritants in the garden. Gloves also prevent sun damage.
- **Avoid strenuous repetitive motions:** Unless you are used to the activity, repetitive motions such as digging, raking, trimming hedges, pruning bushes, or planting bulbs may cause muscle or skin damage. Rotate gardening activities every 15 minutes with a brief rest in between so the same muscles are not overused.
- **Be aware of your grip:** Grip strength is at its maximum when the wrist is in a relaxed or neutral position. Studies have shown that people lose up to 25% of their grip strength when their wrist is bent. Only use hand tools with the appropriate hand, for example, do not grip a right-handed tool with your left hand. Try to square up your shoulders in front of where you are working instead of reaching across your body.
- **Use proper equipment and tools:** Use a hand shovel or rake rather than your hands for digging. Sharp objects and debris buried in the soil may cut you. If possible, remove clear sharp objects like broken glass, old labelling stakes, and unused tools from the work area before beginning the task to avoid causing damage. Additionally, avoid accidents by using tools for their intended purposes only.

Other important tool tips:

- When purchasing pruners, loppers, or shears, look for pairs that feature a safety lock.



- Avoid products with form-fitting handles. These tools only fit one size of hand perfectly. If your hand is too large or too small, it will put more stress on your hand.
- Always follow the manufacturer's instructions for the tool.
- Keep sharp tools away from children at all times.
- Always unplug electrical tools and power off gas-powered motors when not in use.

If you do end up with an injury, keep the following guidelines in mind to know when to seek emergency medical care. Seek medical attention immediately if:

- Continuous pressure does not stop the bleeding after 15 minutes.
- You notice persistent numbness or tingling in the fingertip or have trouble moving the finger.
- You are unsure of your tetanus immunization status.
- You are unable to thoroughly clean the wound by rinsing with a mild soap and plenty of clean water.

REFERENCE:

<https://www.assh.org/handcare/safety/gardening>

**ADULT
HEALTH BULLETIN**

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock Images:
123RF.com



COOKING WITH KIDS

Applesauce Pancakes

Keep a batch of these pancakes in the freezer for those busy mornings when you need a quick breakfast. Just pop them in the microwave or toaster and enjoy.

- 1 cup unsweetened applesauce
- 1/4 cup dry milk powder, non-fat, instant
- 1 cup water
- 2 eggs
- 1 tablespoon oil
- 2 cups all-purpose flour
- 2 tablespoons sugar
- 1/2 teaspoon cinnamon
- 2 teaspoons baking powder
- Non-stick cooking spray

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds. Clean food preparation area.
2. In a medium mixing bowl, combine applesauce, dry milk powder, water, eggs, and oil.
3. Add flour, sugar, cinnamon, and baking powder.
4. Stir until mixture has only small lumps.
5. Place a large skillet on medium-high heat.
6. Spray skillet with non-stick cooking spray.
7. Pour 1/2 cup batter onto skillet.
8. Turn pancake when bubbles form on top of batter.
9. Cook the other side for about 1 minute or until golden brown. Serve.
10. Refrigerate leftovers within 2 hours.

Serving size: 1 pancake
Makes 6 pancakes

Nutrition facts per serving: 240 calories; 4g total fat; 1g saturated fat; 55mg cholesterol; 220mg sodium; 44g total carbohydrate; 2g dietary fiber; 10g total sugars; 4g added sugars; 8g protein; 0% Daily Value Vitamin D; 8% Daily Value calcium; 10% Daily Value iron; 4% Daily Value potassium

Source: Tennessee State University Cooperative Extension Service



RECIPE

Quick and Easy Pizza

Next time they ask for pizza, you can feel good about saying “yes!” Flour tortillas make for a crispy crust, perfect for loading with low-sodium tomato sauce, low-fat cheese, and lots of fresh fruits and veggies. Save money by cooking at home.

- 4 (6-inch) tortillas
- 1/2 teaspoon oil
- 2 cups sliced mushrooms (white button or baby Portobello)
- 1 medium green bell pepper, thinly sliced
- 1 medium red onion, thinly sliced
- 2 teaspoons minced garlic
- 1/2 cup no-salt-added tomato sauce
- 1/2 cup shredded part-skim mozzarella cheese
- 2 teaspoons grated reduced-fat Parmesan cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds. Clean food preparation area.
2. Heat oven to 400 degrees F.
3. Place tortillas on 2 large baking sheets.
4. Cook, flipping once, until crisp (about 10 minutes). Set aside.
5. Meanwhile, heat oil in large skillet over medium heat. Add mushrooms, peppers, onion, and garlic.
6. Cook until all vegetables are soft and tender (about 10 minutes). Set aside.
7. Spread tortilla crust with 2 tablespoons tomato sauce, 1/4 cup vegetable mixture, 2 tablespoons mozzarella cheese, and 1/2 teaspoon Parmesan cheese. Repeat with remaining crusts and toppings.
8. Transfer pizzas to baking sheets.
9. Cook until cheese is melted and edges of tortillas are golden brown (about 10 minutes).

MyPlate tip: Set up a pizza-making station in the kitchen. Let kids choose their own favorite toppings, then pop pizzas into the oven to cook.

Serving size: 1 tortilla
Makes 4 servings

Nutrition facts per serving: 200 calories; 7g total fat; 3g saturated fat; 10mg cholesterol; 420mg sodium; 26g total carbohydrate; 2g dietary fiber; 5g total sugars; 0g added sugars; 9g protein; 0% Daily Value Vitamin D; 10% Daily Value calcium; 6% Daily Value iron; 6% Daily Value potassium

Source: The Best of La Cocina GOYA: Healthy, Tasty, Affordable Latin Cooking

RETURN SERVICE REQUESTED

42765-0367
Munfordville, KY
P.O. Box 367
Hart County

University of Kentucky
College of Agriculture,
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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.

