



Cooperative Extension Service
LaRue County
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PRACTICE SAFE CANNING THIS SUMMER

Gardens are beginning to bear the fruits of your labor and you may be wanting to start preserving some of that excess produce for winter months. Safety is of utmost importance for those of us preserving food, because improperly home-canned food can lead to foodborne illness.

Bacteria, yeasts and molds can grow quickly on fresh fruits and vegetables. Oxygen and enzymes that can cause food to spoil are found all over and inside produce. Safe home canning methods help prevent the growth of these harmful bacteria, yeast and molds; remove excess oxygen from the food; destroy spoilage enzymes; and allow for year-round enjoyment of the foods from your garden.

Despite what you may find on the Internet or social media, there are only two acceptable methods for home canning safe, quality products--the boiling water canner method and the pressure canner method. The type of food you are preserving will dictate which method to use. You should use boiling water canners to preserve foods that are naturally high in acid, like most fruits. Pressure canners must be used for all fresh vegetables, meat and poultry. Both methods, when used properly, can prevent botulism, a deadly form of food poisoning associated with canned food.

You can safely process foods that are naturally high in acid or foods that have been acidified with lemon juice or vinegar (like pickles, salsa and relishes) in a boiling water bath canner. The acid prevents the growth of harmful bacteria in these foods. However, vegetables, meats and poultry do not contain enough acid to prevent bacterial growth. For these foods temperatures between 240 and 250 degrees Fahrenheit are necessary to prevent the growth of bacteria. You can only reach these temperatures using a pressure canner. Therefore, you must process all vegetables and other low acid foods in a pressure canner.

Be sure to use up-to-date equipment that's in proper working condition. It's never a good idea to purchase a pressure canner at a yard sale or flea market as replacement parts and manufacturer's instructions may not be available. Pressure canners made after 1997 are designed with more safety features and weigh much less than older canners. You should test the gauge on dial-gauge pressure canners each year. Your local extension office can do this for you. It is also important to use only Mason-type canning jars and self-sealing, two-piece lids. Never reuse jars that once contained mayonnaise or other food products as they will crack and break during processing.

Always use research-based recipes to preserve foods. These recipes are available in UK Cooperative Extension Service home canning publications, the Ball Blue Book Guide to Preserving or the National Center for Home Food Preservation's website <https://nchfp.uga.edu/>. Follow each recipe exactly as written. Do not make additions or changes unless the recipe provides information on these options. Not following the recipe precisely or using a recipe that is not research-based, may result in sickness.

For more information on safe food canning and research-based recipes, contact us at the LaRue County Cooperative Extension Service.



HOMEMAKERS NEWS & NOTES

The theme for the 2023-2024 KEHA year is "Let's Take A Hike." Let's make this year a great one!

- 2023-24 KEHA Book List NOW AVAILABLE at the Extension Office or online at https://keha.ca.uky.edu/sites/keha.ca.uky.edu/files/KEHA%202023%20Booklist_5-5-23.pdf
- Friends and Family Homemakers – 1st Thursdays at 1:00pm
- South Fork Homemakers – 1:30 pm on August 15, Sunrise Manor Nursing Home
- Life Around the Table Homemakers – 3rd Tuesdays at 6:00pm
- LTA Homemaker Kick-Off Leadership Event– August 30 at 10:30am at the Hardin County Extension Office – open to ALL Homemaker members!
- County Homemaker Officer/Chairmen Training: September 1 from 2-4pm (invites will be sent)
- County Cultural Arts Contest – September 28 – Contest entries due to Extension Office by 4:30pm
- Lincoln Days: October 7-8; Homemakers will be hosting the Quilt Show again; we will need volunteers for drop-off starting October 5 (12-6pm) at Hodgenville Christian Church on the square and also on Saturday and Sunday during Lincoln Days. Contact Beverly Heath, 270-358-4820.
- Lincoln Trail Area Annual Homemakers Meeting – October 12 at Meade County Extension Office hosted by Meade County Homemakers

UK Martin-Gatton
College of Agriculture,
Food and Environment

KEHA
Homemakers

Save the Date
LINCOLN TRAIL AREA HOMEMAKER
KICK OFF LEADERSHIP EVENT

**THE FUTURE
DEPENDS ON WHAT
WE DO
in the present**

AUGUST 30
10:30 ET/ 9:30 CT
HARDIN COUNTY EXTENSION OFFICE
FREE TO ATTEND
RSVP TO YOUR COUNTY OFFICE BY AUGUST 23



2023-2024 Homemaker Lessons



	→	August 30th 10:30am-12:30pm ET Hardin County Extension Office
	→	September 28th 10:30am Larue County Extension Office
	→	October 27th 1:30pm Hardin County Extension Office
	→	January 4th 1:30pm Larue County Extension Office
	→	January 31st 10:30am Hardin County Extension Office
	→	February 28th 1:30pm Larue County Extension Office
	→	March 28th 10:30am Hardin County Extension Office
	→	April 30th Time TBD Virtual ZOOM

upcoming fcs **events**



- **August 9** – Quilt Club at 10am at the Extension Office
- **August 18** at 12:00 noon – Cooking Through the Calendar “Skillet Pork Chops with Peaches”
- **August 28** at 10:00am – Open Sewing at the Extension Office
- **September 5** - James Graham Brown Cancer Center Mobile Mammography Unit at the Extension Office. Call to schedule an appointment, 270-358-3401.

In June, the Nifty Needles sewing group packed up sixty two dresses they made that were sent to the Dominican Republic.



Did You Know?

Pressure Canner Dial Gauge Testing

To ensure that your home canned food is safe and your dial gauge is accurate, we recommend to have your gauge tested every year.

Bring canner lid with gauge to the Extension Office!

Call (270) 358-3401 for more info or to schedule an appointment.



Testing provided by:

LaRue County
Family & Consumer Sciences
Extension

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COUNTY FAIR



2023 Mother of the Year recipients, Ms. Ruth Wortham & Ms. Mary Eleanor Kennady.



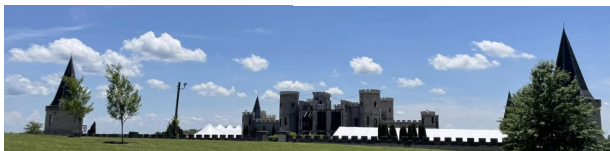
2023 Floral Hall - There were 199 exhibits entered this year. Congratulations to Katie Holt. She was the Floral Hall Grand Champion with 22 blue ribbons.



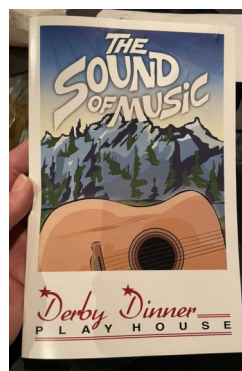
COUNTY HOMEMAKER ANNUAL MEETING



KY CASTLE



DERBY DINNER



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COOKING THROUGH THE CALENDAR

Don't forget to join us for our monthly Cooking through the Calendar program on the 3rd Friday of each month at 12:00 noon at the Extension Office! A demonstration of the recipe will be provided as well as sampling and a goody bag! If you haven't already received a copy of the 2022 recipe calendar, please stop by and get one while supplies last!

August 28 at 12 noon "Skillet Pork Chops with Peaches"

Cooperative Extension Service

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College of Agriculture,
Food and Environment

Cooking through the calendar

FRIDAY, AUGUST 28 at Noon

LARUE COUNTY EXTENSION SERVICE
807 OLD ELIZABETHTOWN RD., HODGENVILLE

THIS MONTH:
SKILLET PORK CHOPS WITH PEACHES

Cooperative Extension Service

SCHEDULE YOUR mammogram today

270-358-3401

LaRue County Extension Service, 807 Old Elizabethtown Rd., Hodgenville

Homemakers: Bring your items to the Extension Office by **4:30pm** on **9/28**. Have items labeled with your name, address, LaRue County and the corresponding category or sub-category from below. Category winners will be sent to the Area contest on **10/11**. Area contest winners will then be eligible to move on to the KEHA contest during the state meeting in 2024.

Please submit "original" items for competition. Each article must be the work of a homemaker member and must have been completed during the past two years.

C O U N T Y
H O M E M A K E R
C U L T U R A L
Arts
C O N T E S T



C A T E G O R I E S

1. **Apparel:** Accessory, Appliqued, Basic Sewing, Quilted, Specialty
2. **Art, 3-Dimensional:** Carving, Sculpture
3. **Art, Natural:** Wood, Other
4. **Art, Recycled:** (Include a before picture) Clothing, Household, Other
5. **Basketry:** Cane, Dyed Material, Miniature (under 4 inch), Novelty, Plain
6. **Beading:** Bead Weaving, Non-jewelry Item/Wearable, Miscellaneous
7. **Ceramics:** Hand-formed, Molded, Pre-made
8. **Counted Cross Stitch:** 14 Count & Under, 16-22 Count, Specialty Cloth (linens, etc.)
9. **Crochet:** Accessories, Fashion, Home Decor and Afghans, Thread
10. **Doll/Toy Making:** Cloth, Porcelain/China, Handmade Toy other than Porcelain/China or Cloth
11. **Drawing:** Pastels, Pen and Ink, Pen & Ink with Oil Roughing, Pencil or Charcoal - Black, Pencil -Color
12. **Embroidery:** Basic, Candle Wicking, Crewel, Machine, Ribbon, Smocking, Swedish, Tatting/Lace Making, Misc.
13. **Felting:** Needle Method, Wet Method (All felted items should be entered in the felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet)
14. **Holiday Decorations:** Autumn, Spring, Summer, Winter
15. **Jewelry:** Beaded, Mixed Media (wire, chain maille, mixed with beads), Original Design
16. **Knitting:** Hand - with knitting needles
17. **Knitting:** (Other)
18. **Needlepoint:** Cloth Canvas, Plastic
19. **Painting, Art:** Acrylic, Oil, Water Color
20. **Painting, Decorative:** Metal, Wood, Other
21. **Photography:** Mounted or Framed
22. **Quilts:** Baby or lap (hand quilted), Baby or Lap (machine quilted), Hand Applique (hand quilted) Hand Pieced (hand quilted), Machine Applique (machine quilted), Machine Pieced (hand quilted), Machine Pieced (machine quilted), Novelty (stenciled, embroidered, miniature, etc.) (hand quilted), Novelty (stenciled, embroidered, miniature, etc.) (machine quilted), Technology Based (hand or machine quilted), Miscellaneous (hand or machine quilted) Quilts must be completely done by the KEHA member exhibitor. This includes quilting.
23. **Paper Crafting:** Card Making, Origami, Quilling, Scrapbooking (Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged)
24. **Rug Making:** Braided, Hooked, Punch Needle, Woven
25. **Wall or Door Hanging:** Fabric, other
26. **Weaving:** Hand (macrame, caning), Loom (includes pin weaving)
27. **Miscellaneous:** Items not included in other categories listed, otherwise they will be disqualified.



Lincoln Trail Area Annual Meeting

BUZZING ALONG

WITH LINCOLN TRAIL AREA
EXTENSION HOMEMAKERS

Thursday, October 12, 2023

Meade County Extension Office
1041 Old Ekron Road
Brandenburg KY 40108

\$15 per person

Registration and refreshments - 9:30 a.m. EST
Welcome - 10:00 a.m. EST

GUEST SPEAKER:

Steve Flairy

Shining Light on Kentucky's
Everyday Women Heroes



Area Cultural Arts Check In:

Wednesday, October 11, 2023
10:00 a.m. - 1:00 p.m. EST

REGISTRATION FORM

NAME: _____ COUNTY: _____

PHONE #: _____ EMAIL: _____

ADDRESS: _____

LUNCH: Includes your choice of sandwich, pasta salad, chips, cookie, and drink.

Please choose one: Grilled Chicken Wrap Ham & Cheese Wrap

Return this form along with the \$15 registration fee
to the LaRue County Extension Office by **September 26th**.
Checks are to be made payable to LaRue County Homemakers.



UNIVERSITY OF KENTUCKY BARNSTABLE BROWN DIABETES PREVENTION PROGRAM

A COLLABORATION BETWEEN
BARNSTABLE BROWN DIABETES CENTER AND COOPERATIVE EXTENSION

88 *Million Americans have prediabetes and are at risk for diabetes, heart disease and stroke.*

8 out of 10 *of them do not know it.*

Are you one of them?

What is the Diabetes Prevention Program (DPP)?

Each DPP workshop is a series of 16 weekly sessions followed by 1-2 maintenance sessions each month for a total of one year. Each session is led by a trained lifestyle coach who will help you learn new healthy habits to prevent Type 2 diabetes.

You will learn to:

- Get more physical activity
- Control your portions
- Lose a moderate amount of weight
- Manage stress
- Stay motivated
- And much more!

How do I qualify?

- Must be 18 years or older.
- Have a BMI of 25 or greater
- Be at high risk for developing Type 2 diabetes or have been diagnosed with prediabetes

**Group will
meet on Zoom at
12pm ET on Wednesdays
starting in August - full
schedule is on the back.**

**Call (859) 336-7741
today to learn more or
register!**



Diabetes Prevention Program

ONLINE MEETING SCHEDULE



All meetings
will be on
Zoom from
noon-1pm ET

- August 9, 2023 - Introduction to the Program
- August 16, 2023 - Get Active to Prevent Type 2
- August 23, 2023 - Track Your Activity
- September 6, 2023 - Eat Well to Prevent Type 2
- September 27, 2023 - Track Your Food
- October 4, 2023 - Get More Active
- October 11, 2023 - Energy In, Energy Out
- October 18, 2023 - Eating to Support Your Health Goals
- November 1, 2023 - Manage Stress
- November 22, 2023 - Eat Well Away from Home
- December 6, 2023 - Managing Triggers
- December 13, 2023 - Stay Active to Prevent Type 2
- January 10, 2024 - Take Charge of Your Thoughts
- January 17, 2024 - Get Back on Track
- January 24, 2024 - Get Support
- January 31, 2024 - Stay Motivated to Prevent Type 2
- February 14, 2024 - Keep Your Heart Healthy
- March 20, 2024 - Get Enough Sleep
- April 17, 2024 - Find Time for Physical Activity
- May 15, 2024 - More about Carbs
- June 19, 2024 - Shop and Cook to Prevent Type 2
- July 17, 2024 - Stay Active Away from Home
- August 7, 2024 - Prevent Type 2 for Life!

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2023

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: WAYS TO SAVE ON BACK-TO-SCHOOL

Sales ads and store shelves are now displaying backpacks, pens, sneakers, and tech. It's the time of year kids start asking for new gear for school. The costs of most goods and services have risen in recent years, and school supplies are no exception. The Consumer Price Index for the Southern Region shows that generally prices peaked last summer, but overall, the cost of goods is still high.

Back-to-school shoppers plan to stretch their dollars spent on supplies, clothes, shoes, and electronics in several ways, according to a recent National Retail Federation survey. Some will compare prices online before buying (45%). Others will shop sales (45%), buy generic or store brand products (39%), or use coupons (27%). The following tips provide more cost-saving suggestions.

BEFORE YOU SHOP

After you've received a list of the school supplies your child will need this year, take an inventory of the supplies you already have before heading out to buy new items. You might be able to use some of last year's supplies, such as backpacks, calculators, rulers, folders, and more.

Look through your child's clothing and shoes to see what fits and what you need to replace. Be sure to check the school's dress code to make sure your



clothing choices match the school's policies. If your children have outgrown anything, consider selling gently used clothing to a consignment store for cash or store credit.

If your household budget is tight, contact your school's Family Resource or Youth Services Center to see if there are local school supply drives planned in your community. Or consider having a clothing or "supply swap" with other families you know with similarly aged children.

Once you have inventoried your needs, make a shopping list. Put the most critical items at the top of the list. Talk to your kids about the difference between wants and needs. Sometimes we can't have both, and needs must come first.

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.

TRY TO SHOP RETAILERS WHO OFFER DISCOUNTS, ACCEPT COUPONS, OR HAVE CUSTOMER LOYALTY PROGRAMS.



AT THE STORE

In preparing to shop, consider your budget. Back-to-school expenses are probably not part of your regular monthly budget. Where might this occasional expense fit into your plans? You might not have to buy some items right away, such as winter coats or clothes. You can work those into a later month's budget if needed.

Compare prices online before shopping, especially for more expensive items such as technology. Try to shop retailers who offer discounts, accept coupons, or have customer loyalty programs. Also, hang on to your receipts in case your children don't use the supplies and you can return them.

STICK TO YOUR LIST

Colorful displays and marketing can be enticing, but it is better to stay within budget and stick to your list. Start with what your child needs most.

If they shop with you, perhaps set aside a designated amount that they can spend on a special item of their choice. For smaller items, it can be cheaper to buy in bulk, especially if you can split the cost with another family or if they are staple items you can put aside for next year, such as paper, pencils, or other goods. If your child's school requires a reading list, consider using the local library. Or talk with students from the grade ahead, who might be willing to lend or sell the books they read last year.

REFERENCES:

National Retail Federation. (2023). <https://nrf.com/insights/holiday-and-seasonal-trends/back-to-school>

U.S. Bureau of Labor Statistics. (2023). https://www.bls.gov/regions/southeast/news-release/consumerpriceindex_south.htm

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Campfires are good for more than s'mores!

 TRY THESE INNOVATIVE IDEAS WITH YOUR KIDS.



While we're not knocking the classic tent-life eats, there really is more to campfire cuisine than burnt hot dogs and burgers. Here are some great ways for you and your kids to elevate your campfire-cooking game without too much effort.

FANCY FOIL-PACKET MEALS



Most summer campers are familiar with "hobo stew" (chopped meat and veggies wrapped, cooked, and served in a foil packet). Increase the odds your kids will actually eat it by letting everyone build their own from an ingredient bar - here's one way to do it, but other great add-ins include peppers, cubed potatoes, celery, onions, cheese, or salsa.

The packet concept also works for breakfast scrambles, cilantro-lime shrimp with corn and zucchini or just simply cooked sliced potatoes with Lowry's seasoning salt and pepper.

CINNAMON ROLLS BAKED IN AN ORANGE



Slice the top off of a navel orange, scoop out the guts, and nestle a canned cinnamon roll inside. (If you're feeling ambitious, make your own overnight cinnamon rolls before you leave and store them in a cooler until the next morning.) Place the top back on the orange, wrap well with foil, and toss those balls directly into the campfire coals.

After 15 to 20 minutes, use tongs to retrieve your silver orbs and then carefully peel back the hot foil to reveal an orange-scented pastry.

ROASTED BANANA "SUNDAES"



Cut an unpeeled banana lengthwise about 1/2 inch deep, leaving 1/2 inch uncut at both ends. Place the banana on a small stack of foil sheets, remove a little fruit flesh, and fill the crevice with goodies (e.g., peanut butter, chocolate chips, cinnamon, granola, coconut flakes, pistachios, crumbled bacon, raspberries, butter, honey, marshmallows, etc.).

Wrap the banana tightly in the foil and place on the coals until heated through, about 10-15 minutes. Unwrap, let cool slightly, and dig in.

LaRue County
PO Box 210, 807 Old Elizabethtown Road
Hodgenville, KY 42748-0210

SUMMER GARDEN PIE

INGREDIENTS:

- 1 tablespoon butter
- 1 (14.5 ounce) can yellow corn, drained or 1 ½ cups fresh corn kernels
- ½ onion, diced
- 2 medium zucchinis, ends removed and thinly sliced
- 8 ounces fresh mushrooms, sliced
- 1 tablespoon dried basil or two tablespoons fresh, chopped basil
- 1 teaspoon dried oregano
- ½ teaspoon salt
- 6 ounces shredded mozzarella cheese
- 4 eggs, beaten



DIRECTIONS:

1. Preheat oven to 375 degrees F.
2. Melt butter in a large skillet over medium heat. Add corn, onion, zucchini, and mushrooms. Sauté until vegetables are tender, approximately 5 minutes, stirring occasionally.
3. While vegetables are cooking, line an 11x7 baking dish with nonstick spray.
4. Remove vegetables from heat. Drain vegetables. Transfer vegetables to the baking pan.
5. In a medium bowl, stir together the basil, oregano, salt, cheese, and eggs. Pour egg mixture over the vegetables.
6. Cover with foil and bake for 20 minutes. Remove foil. Bake an additional 5 minutes to brown.
7. Let cool and then slice.