

Fulton County Newsletter August 2016



**Cooperative
Extension Service**
Fulton County
2114 S 7th Street
Hickman, KY 42050
(270)236-2351
Fax: (270) 236-1841
www.ca.uky.edu/ces



Upcoming Activities/Meetings:

August 16, 2016

Taking Ownership of Your Diabetes Series.
Third Tuesday of the Month at the Willingham
Center. Call 270-236-2351 to register. Flyer is
enclosed.

August 11, 2016

Food Preservation Workshop at the Fulton
County Extension Office. Free to all participants.
Call 270-236-2351 to sign up. Flyer is enclosed.

August 29, 2016

The Buzz About Honey-
Homemaker Lesson at 1:30
p.m. Honey is one of our
most ancient food sources,
but what do you really know
about honey? This lesson is
designed to inform you about Kentucky honey
production, its benefits, and ways to use honey in
our diets and cooking.



September 16, 2016

Banana Festival Health Fair from 9-11 at the
First Baptist Church Gym in Fulton.

September 26, 2016

Purchase Area Cultural Arts at Bardwell Baptist
Family Life Center 9-12.

September 27, 2016

Purchase Area Homemaker
Annual Day-UK & KEHA- A Winning Tradition
Bardwell Baptist Family Life Center.
Registration 9:30am Meeting 10:00am. Speaker:
Adolph Rupp. The Coach ~Dr. Edward B. Smith.
Attire: Show the UK Pride. Cost: \$12.00 per
person. Register with your County Extension
Office by September 16th. One check per county
written to Carlisle County Extension
Homemakers.

Birthday Builders

A new program has
started through the
Merryman House, which
is the domestic violence
shelter in Paducah that covers all of the purchase
area, as well as many people from Livingston and
Lyon who seek services through there. The
program is called Birthday Builders. Through this
program the staff at the Merryman House are
looking for volunteers who would be willing to
bake a cake/donate a \$25 Toys R Us gift
card/dress up in a costume/etc to make the
birthdays of children who are staying in the
shelter just a little more special. Each child would
be given a gift card for their present and then a
Merryman House staff member would take them
to the store to spend their money. If you are
interested in helping please let me know by
calling or emailing anna.mccoy@uky.edu.





Birthdays

August 7- Phyllis Simmons
 August 8- Nancy Atwill
 August 10- Bobbie Elliott
 August 14- Jennifer Russom
 August 28- Julia Davis

Kentucky Extension Homemakers Association

Join Extension Homemakers

2 Ways to JOIN

1. Mailbox Membership
2. Club Membership

Here are some facts...

- Dues are \$7.00
- Receive monthly Newsletter and Discounted Programs
- Lessons delivered in Club or Mailbox
- News and Announcements
- Current Reliable Info for you & your family

Recipe Corner

Grape Plum Jelly

Cooking Time: 20 minutes

Ingredients:

3 pounds ripe Kentucky Proud grapes
 3 1/2 pounds ripe Kentucky Proud plums
 1 cup water
 1/2 teaspoon butter or margarine
 1 (1 3/4-ounce) package powdered pectin
 8 1/2 cups sugar

Directions:

Wash and pit the plums; do not peel. Crush the plums and grapes thoroughly 1 layer at a time in a saucepan. Add the water. Bring to a boil and cover. Simmer for 10 minutes.

Strain the juice through a jelly bag or double layer of cheesecloth, discarding the pulp.

Combine 6 1/2 cups of the juice, butter and pectin in a large saucepan. Bring to a hard boil



over high heat, stirring constantly. Add the sugar. Return to a full rolling boil. Boil hard for 1 minute, stirring constantly. Remove from the heat. Skim off the foam quickly. Ladle into 10 sterilized 1/2 pint jars, leaving 1/4 inch headspace; seal with 2-piece lids. Process in a boiling water bath for 10 minutes.

Herbed Pasta with Roasted Cherry Tomatoes

Ingredients:

1/2 pound whole wheat pasta
 3 tablespoons olive oil
 1 pint cherry tomatoes
 1 medium chopped onion
 4 chopped garlic cloves
 1 medium chopped red bell pepper
 6 tablespoons chopped fresh basil
 1 teaspoon dried thyme
 2 teaspoons dried oregano
 1 tablespoon chopped fresh parsley
 1/2 teaspoon salt
 1 teaspoon red pepper flakes (optional)



Directions:

1. Cook pasta according to package.
2. Preheat oven to 400°F.
3. Score each of the cherry tomatoes with a small X. Toss the tomatoes with 1 tablespoon olive oil and roast in oven for 10-15 minutes, until they burst.
4. Sauté onion in 2 tablespoons olive oil for 5 minutes.
5. Add garlic and red bell peppers. Sauté for an additional 5 minutes.
6. Add fresh and dried herbs, salt and oven roasted cherry tomatoes.
7. Toss with drained pasta.

Yield: 6, 1 cup servings.

Nutrition Analysis: 230 calories, 8 g fat, 1 g saturated fat, 0 mg cholesterol, 210 mg sodium, 35 g carbohydrate, 5 g fiber, 5 g sugar, 6 g protein.

Smashed Potatoes

Ingredients:

6 large baking potatoes
 Cooking spray
 1 1/2 cups sliced, fresh mushrooms
 4 green onions, thinly sliced



6 ounces fresh spinach
1 tablespoon canola oil
2 teaspoons Dijon mustard
3/4 cup light sour cream
1 cup 2% Cheddar cheese, shredded
1/2 teaspoon salt
1/2 teaspoon black pepper

Directions:

Preheat oven to 400 degrees. Wash and dry potatoes. Spray the skins with cooking spray and pierce potatoes in several places with a fork. Place on a 13-by-18 inch baking sheet. Bake until tender, about 1 hour. Wash mushrooms, green onions and spinach. Heat oil in a skillet over medium-high heat. Add mushrooms and sauté for 6 minutes. Add the green onions and fresh spinach, sauté for 1 minute. Slice off the top inch of each potato, leaving a 1/4 inch border around the edge. Scoop out the flesh into a mixing bowl and mash. Add mushroom mixture, Dijon mustard, sour cream and 1/2 cup cheese. Mix well and season with salt and pepper. Scoop mixture into potato shells and sprinkle with the remaining cheese. Return the potatoes to the baking sheet and bake until heated through and golden brown on top, about 20-25 minutes.

Summertime Sensation Casserole

Ingredients:

4 strips turkey bacon
1/-3 cup minced onion
3 tablespoons diced green pepper
4 ears fresh sweet corn
1/2 teaspoon salt
1/-8 teaspoon black pepper
1 teaspoon dried sweet basil
2 cups tomatoes, chopped
1/-3 cup reduced fat shredded cheddar cheese



Directions:

1. In a large skillet, cook turkey bacon until crisp.
2. 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.
3. Cut corn from cob and add to onion and green pepper mixture in skillet. Add salt, black pepper, basil and tomatoes.

Cook 5-10 minutes. Add chopped turkey bacon and cook an additional minute.

4. Pour skillet contents into a greased 1-1/2 quart casserole dish.
5. Top with shredded cheddar cheese.
6. Bake at 350°F for 30 minutes, or until cheese is melted and bubbling.

Yield: 5, 1/2 cup servings.

Nutrition Analysis: 160 calories, 7 g fat, 2.5 g saturated fat, 25 mg cholesterol, 680 mg sodium, 19 g carbohydrate, 3 g fiber, 7 g sugar, 8 g protein.

Help Your Children Eat Healthier

If we lived in perfect world all of our children and we would consume the daily recommended serving of five fruits and vegetables every day, but we don't. As with many adults, getting kids to eat healthier is easier said than done. Here are some tips and tricks to help you get your family eating more nutritious foods.

- Offer vegetables every day. Children will not eat vegetables if you do not have them prepared and available to them.
- Allow children to help with the preparation of meals. When they do, allow them to create fun shapes with food. Children are more likely to eat what they prepare.
- Add vegetables to existing meals. For example, add lettuce to sandwiches. Add fruits like strawberries, blueberries and bananas to breakfast cereals and oatmeal.
- Serve vegetables alongside a dip children love as an appetizer before meals or as an after school snack.
- Offer vegetables to your children in a relaxed environment. Do not force, threaten, or punish children for not eating them. On the other hand, do not reward them when they do. These strategies could lead to overeating and weight gain. It also teaches children to eat when they are not hungry, and it interferes with the child's natural ability to sense or know when they are full.
- Sneak healthy foods into childhood staples. Blend carrots with mashed potatoes; mix chopped broccoli into macaroni and cheese; layer zucchini in lasagna, or shred spinach into

coleslaw (or spaghetti sauce). Good hiding places for vegetables include inside a tortilla wrap, under pizza cheese or at the bottom of a pita. Most of us love desserts. Adding fruits and vegetables to them is a great way to make the dishes healthier and encourage more fruit and vegetable consumption. Here are some healthy dessert ideas:

- Layer berries, yogurt and whole-grain cereal to make a parfait.
- Make a no-bake cookie by combining a high-fiber cereal with raisins, peanut butter and just enough honey to hold it together. Shape into balls.
- Make a smoothie by blending low-fat milk, frozen strawberries and a banana.
- Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apples. Add a dash of cinnamon.

Don't be discouraged by how little of a particular fruit or vegetable your child consumed. Remember children's serving sizes are smaller than adults. A general serving guideline is one tablespoon of vegetables for each year of a child's life. Also remember that children under age 2 need a higher level of calories from fats to support their growth and brain development and those should not be limited.

Source: Ingrid Adams, Associate Extension Professor; eatright.org

Selecting Sunglasses

Wearing sunglasses in the middle of summer may seem like a no-brainer, but not all sunglasses provide protection from ultraviolet rays, and not all adults wear them like they should. According to The Vision Council, 65 percent of American adults view a pair of sunglasses as a fashion accessory rather than a health necessity. One in four adults rarely or never wear sunglasses when going outside, with millennials, adults born between 1981 and 1996, being the least likely to wear sunglasses always or often.

According to the Mayo Clinic, UV rays not only damage the skin around your eye but also the cornea, lens and other parts of your eye. Long-term UV exposure has also been linked to the development of cataracts and, possibly, macular

degeneration. While UV exposure may be considered by some as a sunny day problem, it actually happens throughout the year despite the season and the weather.

When choosing glasses, the most important benefit you should look for is at least 99 percent protection from both UVA and UVB rays. UV rays come from solar radiation but can also be given off by welding machines, tanning beds and lasers. Do not purchase sunglasses that fail to show the UV blocking protection, as they may not have any. In addition to blocking UV rays, sunglasses should also block between 75 and 90 percent of visible light.

Achieving adequate eye protection does not mean that sunglass lenses have to be pitch black. The degree of darkness has nothing to do with the glasses' ability to block UV rays. The American Optometric Association recommends gray lenses as they provide proper color recognition. Wraparound sunglasses or close fitting ones with wide lenses help protect your eye from every angle. Make sure any sunglasses you purchase have perfectly matched color and free of distortion and imperfections.

Sunglasses should mainly be worn as eye protection, but if you're looking for a frame type to match your face shape, you can check out the Skin Cancer Foundation's website at <http://www.skincancer.org/prevention/sun-protection/for-your-eyes/how-to-select-the-perfect-pair-of-sunglasses>.

Source: Nicole Peritore, UK Extension Specialist for Family Health



Anna McCoy
Extension Agent for
Family & Consumer Science



Food Preservation

2 Day Workshop

August 11th – Pressure Canning and Dehydrating

August 18th- Freezing and Water Bath Canning

TURN YOUR FRESH FOODS INTO PANTRY STAPLES

Learn to can carrots, dry apple chips and freeze fresh corn. Gain the skills to safely preserve tomatoes and salsa.

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 11th and 18th

TIME: 5:00 – 8:00 p.m.

LOCATION: Fulton County Extension Office

TO SIGN UP, CONTACT: Anna McCoy, 270-236-2351

Taking Charge of Diabetes Support Group

Date: 3rd Tuesdays, beginning August 16th

Time: 5:30 p.m. to 7:00 p.m.

Willingham Community Center, Fulton, KY

No charge, please call to pre-register so we may prepare for everyone.

A recipe will be sampled at each session. Please call 270-236-2351 or email anna.mccoy@uky.edu.

Who is this for?

Those who have diabetes, or family members or support people of those who have diabetes.



TOPICS SUCH AS

- Physical activity
- Blood pressure
- My Plate recommendations
- Sample recipes
- Special guests
- Others as the group requests