

May, 2024

 Cooperative
Extension Service

Family & Consumer Sciences May Newsletter

Ohio County Cooperative Extension Office, 1337 Clay St., Hartford, KY 42347 • 270-298-7441

Things to Remember!

- **KEHA State Meeting** will be held May 7-9 in Bowling Green.
- Green River Area Homemaker Council will meet at 3:30 p.m. May 13 at the Daviess County Extension Office. All county officers and those who hold chair positions are encouraged to attend!
- A **Laundry Refresher Class** will be held at 4 p.m. May 13 at the Extension Office. Call to pre-register.
- Anyone interested in helping make changes to the County Fair book may attend the meeting at 9 a.m. May 20 at the Extension office.
- **Crafters Clan** will meet at 5 p.m. May 21 at the Extension Office. Call to pre-register.
- A Homemade Coffee Creamer Class will be held at 10 a.m. May 22 at the Extension Office. Call to pre-register.
- **“Understanding and Preventing Suicide” leader lesson will be presented at 10 a.m. May 14 at the Extension Office. This is a recorded presentation by Dr. Cheryl Witt, PhD, RN, Extension Specialist Senior, Ag Nurse. Please encourage all club members to attend this very informative presentation! A light lunch will be served. Call the office to pre-register.**
- The Homemaker Council meeting will be held at 9:30 a.m. June 5 at the Extension Office. Please make sure one member from your club is able to attend.
- Program of Work forms are due to the office by June 30. VSU hour sheets are due to the office by July 1.



Nan Montgomery

Nan Montgomery

Extension Agent, Family & Consumer Sciences

Brandy Garcia

Program Assistant, Family & Consumer Sciences



We need your help!

Ohio County Homemakers are hosting the 2024 Green River Annual Day on September 24! We need your help to crochet or knit dish cloths to put on the tables as favors for our guests that day! We will need 80, maybe more! Cotton yarn can be picked up at the Extension office. For more information, call Nan or Brandy, 270-298-7441!

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Homemaker Happenings

Thought for the Month: “Every life matters. Be like Mother Nature and love everyone without judging.” – Debasish Mridha

Roll Call: In May, we celebrate mothers. Share a favorite memory of your mother!



Leader Lessons: “Handy to Have: Emergency Health Information Cards” and “Understanding and Preventing Suicide” were held March 19 at the Daviess County Extension Office. If you didn't attend, please pick up your lesson materials at the Extension office! See info on front page about “Understanding and Preventing Suicide” lesson.

Beda

President Regina Hudson
270-298-3680

Meets second Thursday, 9:30 a.m.

Fordsville

President Cathy Green
270-256-4082

Meets second Tuesday, 10 a.m.,
Jack & Joan Edge's Community Room

Liberty Belles

President Norma Barrett
270-256-8044

Meets second Tuesday, 10 a.m.,
Liberty Church in Beaver Dam

Taylorstown

President Marsha Young
270-274-2633

Meets third Thursday, 10 a.m.

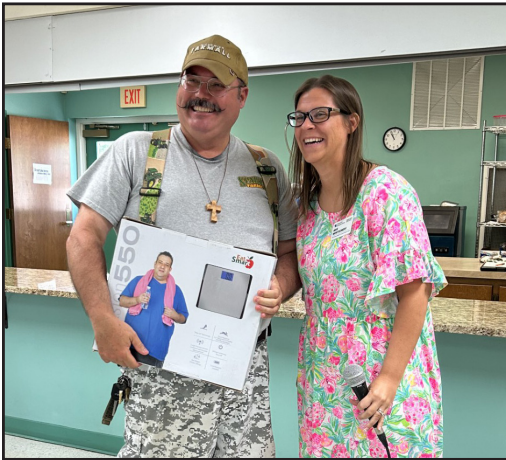
Specialty Club: Roadrunners

President Brenda Renfrow
270-298-4460

Specialty Club: Crafters Clan

Meets third Tuesday, 5 p.m.
Ohio County Extension Office





FCS Agent, Nan Montgomery, attended a Health Fair, along with many other vendors, on May 1 at the Ohio County Senior Center.



Attendees made scones and biscuits during the Quickbreads class on April 30.



Plan Ahead. Eat Well. Get Moving.

The Kentucky Nutrition Education Program (KYNEP) encompasses two USDA programs: The Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program (SNAP-Ed). Both programs are administered by the UK Cooperative Extension Service in order to show limited resource families with young children and SNAP eligible individuals how to plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills, and change behavior necessary to have a healthy lifestyle.

Looking for new recipe ideas?
Check out <https://www.planeatmove.com/>



Strawberry Salsa

- | | | |
|--|---|--|
| 1 tablespoon olive oil | 2 cups , coarsely chopped fresh strawberries | 2 cups chopped cherry or grape tomatoes |
| 2 tablespoons white vinegar or white balsamic vinegar | 8 green onions, chopped | ½ cup chopped fresh cilantro |
| ½ teaspoon salt | | |

- Whisk** olive oil, vinegar, and salt in large bowl.
- Add** strawberries, green onions, tomatoes, and cilantro. Toss to coat.
- Cover** and chill for 1 hour.
- Serve** with tortilla or pita chips.

Yield: 7, ½ cup servings.

Nutrition Analysis: 40 calories; 2 g fat; 0 g saturated fat; 0 mg cholesterol; 170 mg sodium; 6 g carbohydrate; 1 g fiber; 4 g sugar; 1 g protein; 60% of vitamin C.

Source: www.fruitsandveggiesmatter.gov

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



Effective strategies to prevent plant diseases in your garden

In the unseen sphere of our vegetable gardens, plant pathogens including fungi, bacteria, nematodes and viruses are ever-present threats. However, with proactive measures, gardeners can successfully manage these threats and maintain healthy vegetable gardens.

Selecting the right location for your garden is the first step in prevention. Opt for a sunny area with well-drained soil to discourage the growth of pathogens. Raised beds can be an effective solution for improving drainage and air circulation around plants. It's also crucial to clear out old plant debris, which can harbor diseases from the previous season.

When choosing plants, prioritize disease-resistant varieties and inspect any transplants for signs of disease before introducing them to your garden. For seeds, consider those that have been treated with fungicide to give them a better chance of thriving. Planting in warm soil and ensuring proper spacing between plants are additional measures that can minimize stress and disease susceptibility.

Crop rotation is an invaluable strategy, especially in smaller gardens. Changing what's planted in a specific area every few years can prevent the buildup of soil-borne diseases. For crops that are particularly disease-prone, consider skipping their cultivation for a few years or growing them in containers separate from the garden.

Maintaining a weed-free garden throughout the growing season is essential. Weeds can serve as hosts for pests and diseases, transferring them to your vegetable plants. Proper watering techniques can also make a significant difference; water at the base of plants to avoid wetting foliage, and if overhead watering is necessary, do so early in the day to allow leaves to dry.

Avoiding mechanical injury to plants, such as from gardening tools or rough handling, can prevent openings for pathogens. Furthermore, refraining from working in the garden when plants are wet can reduce the spread of diseases.

By taking these steps gardeners can effectively manage plant diseases. This approach not only protects the garden from the myriad of pathogens waiting to attack but also leads to a bountiful and healthy harvest.

Source: Rick Durham, extension professor, Department of Horticulture



Follow us online!

Classes are listed on our county website and our Facebook page!

<https://ohio.ca.uky.edu/>



<https://www.facebook.com/OCExtensionService>

Listen to the UK Family & Consumer Sciences podcast at <https://ukfcsext.podbean.com/>



Laundry Refresher Class

Learn all about different types of laundry products and a lot more!

4 p.m. ~ May 13

Ohio Co. Extension Office

1337 Clay Street
Hartford, KY

Call the office at
270-298-7441 to
pre-register!

Cooperative Extension Service

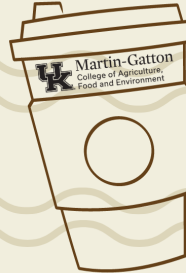
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HOMEMADE COFFEE CREAMER



Learn how to make your own coffee creamers and other options you can do at home!

MAY 22 • 10 AM

Ohio Co. Extension Office
1337 Clay St., Hartford

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TO PRE-REGISTER!

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UK Martin-Gatton
College of Agriculture,
Food and Environment

RADON DETECTION

HAS YOUR HOME, SCHOOL OR WORKPLACE BEEN TESTED FOR RADON? DID YOU KNOW THAT INDOOR RADON EXPOSURE IS VERY PREVALENT IN KENTUCKY? COME & LEARN MORE ABOUT RADON PREVENTION! FREE RADON TESTING KITS TO THE FIRST 10 PEOPLE WHO SIGN UP AND ATTEND THE CLASS! CALL THE OFFICE AT 270-298-7441 TO HOLD YOUR SPOT!

10 AM ~ JUNE 12

OHIO COUNTY EXTENSION OFFICE
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Tea for Two Membership Drive

hosted by

OHIO COUNTY HOMEMAKERS

3:30 p.m. ~ Friday, August 23

1337 Clay St., Hartford, KY

MUST RSVP: 270-298-7441

Join us for sandwiches, tea cakes, tea & coffee! All attendees will create a paper quilling project to take home! Door prizes too!

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OHIO COUNTY HOMEMAKERS

ANNUAL PICNIC

**REGISTRATION BEGINS 5:30 PM
MEETING BEGINS 6 P.M.**

**FOOD, SILENT AUCTION & FUN!
ENTERTAINMENT PROVIDED BY
TRACE CROWE!
WEAR SOMETHING PATRIOTIC!**



**OHIO CO. EXTENSION OFFICE
1337 CLAY ST., HARTFORD**

JULY 9, 2024



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