



Family & Consumer Science July/August Newsletter

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

Upcoming Events/Meetings to Remember!

• **Tai Chi** led by Kelly will be held at 8 a.m. every Monday in July at the Farmer's Market pavillion in Beaver Dam.

• **Farmers Market** is open and going strong! See flier for days when Kelly will be there with activities in July! Kids Day at the Farmers Market will be Aug. 16!

• County Annual Homemaker Picnic will be held at 6 p.m. July 15.

• Water Bath Canning Class will be held from 9 a.m. to noon and 5-8 p.m. on July 22. Sign-up by July 18.

• **Pressure Canning 101** will be held from 9 a.m. to noon and 5-8 p.m. on Aug. 5. Space is limited so you must RSVP!

• **Book Club** will meet at 5 p.m. on Aug. 7 at the Extension Office. Bring a snack to share and a book for the book swap! See flier for more information!

• Ag Days will be Aug. 27 and 28.

• Make & Taste will resume at 5 p.m. on Aug. 19! Watch the Facebook page for more information!

See attached fliers for more information! For more information or to register to attend, call the Ohio County Extension Office at 270-298-7441! We look forward to seeing you!

Ohio County Extension Office will be closed on September 1 in observance of Labor Day!



Kelly Bland Extension Agent, Family & Consumer Science

Brandy Garcia

Program Assistant, Family & Consumer Science

The Homemaker Council is seeking new council members and chairpersons!

If you want to get involved, call Patsy Eddins at 270-256-6906 or email her at eddinswl@aol.com!

WE NEED YOU!

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

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.



Disabilities accommodated with prior notification.

Homemaker Happenings

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

Specialty Club: Roadrunners President Brenda Renfrow 270-298-4460

Taylortown President Marsha Young 270-274-2633 Meets third Thursday, 10 a.m.

Specialty Club: Beda President Regina Hudson 270-298-3680

Meets second Thursday, 9:30 a.m.

Has your club done something fun or newsworthy? Send it to us and we'll put it in the newsletter!

K Cooperative Extension Service

Ohio County Homemakers

nnual Picnic

Silent Auction!

July 15 Registration begins at 5:30 p.m. Meeting begins at 6 p.m.

Entertainment will be provided! Wear your red, white and blue!



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4-H Youth Develo Community and P

Fun!

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2025–2026 HOMEMAKER LESSONS

Trainings at the Daviess County Cooperative Extension Service Office. Recording available the day following the training at https://www.youtube.com/@greenriverareahomemakers9114

10:00 A.M. LESSON TRAINING

SEPTEMBER LESSON THE BIG FREEZE

August 19 - This lesson will help you get the most out of your freezer by teaching good freezing techniques for a variety of foods. You will be able to minimize food waste, save money, and time. Food, Nutrition, and Health

11:00 A.M. LESSON TRAINING

OCTOBER LESSON **INDOOR AIR QUALITY**

August 19 - Raise awareness and knowledge about indoor air quality, how it can be affected by things in our indoor spaces, how it can affect one's health, and steps for improvement.

★ Environment, Housing & Energy



Clear your mind, destress, and experience meditation in motion with

ai Ch

Join us at the Beaver Dam Park Famers' Market Pavilion for a eight week session of Tai Chi.

Mondays at 8:00 a.m. all June and July

All Tai Chi classes build on one another, with movements broken down for easier learning. Beginners are welcome.

Classes are free to all. Please call (270) 298-7441 for any questions or to register.



Dr Paul Lam Tai Chi for Health Institute

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Look for the Ohio County Extension booth at the Beaver Dam Community Farmers Market this season!

June 7th : For the kids - Stop by our booth and start your garden by planting a seed! For the grownups - stop by and pick up information on gardening, composting, and more! PLUS, try a sample of KY Proud Strawberry Salsa

> June 14th: Recipe demonstration and sampling of KY Proud Spring Harvest Salad

July 5th: For the kids - Farmers' Market Bingo! Stop by and grab a card, then visit booths to fill your squares. Return to our booth to collect your prize!

For the grownups - KY Proud Awesome Watermelon Salad sampling

July 12th : Recipe demonstration and sampling of KY Proud Tomato Basil Salad

July 19th: For the family - Stop by and grab a passport and walk our Mindfulness Trail. When you finish, present your passport for a prize! KY Proud Blackberry Lemon Upsidedown Cake sampling

> July 26th : Recipe demonstration and sampling of KY Proud Cucumber, Corn and Bean Salsa

OPENING DAY: SATURDAY JUNE 7TH 8:00 A.M. - 12:00 P.M. Beaver Dam City Park ~ 217 S Main Street, Beaver Dam WE CAN'T WAIT TO SEE YOU THERE!



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JOIN US FOR A WATER BATH CANNING CLASS



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Learn the Art of Preserving Fresh Produce! Discover the joy of home canning and gain the confidence to safely preserve fruits, tomatoes, jams, and more using the water bath canning method. Learn safe water bath canning techniques, the equipment and tools needed, food safety, and more in this hands-on class. Whether you're a beginner or looking to refresh your skills, this class is perfect for you

Tuesday, July 22nd 9:00am-12:00pm OR 5:00-8:00pm Ohio County Extension Office Space is limited and registration is required. :all 270-298-7441 by Friday, July 18th to reserve your spot.

HELLO SUMMER PRESSURE CANNING 10

Join us for a hands-on pressure canning workshop where you'll learn how to safely preserve low-acid foods like vegetables, meats, and soups.

Whether you're a beginner or need a refresher, this class will cover:

- Basics of pressure canning
- Equipment & safety tips
- Step-by-step canning process
- Troubleshooting & common mistakes

OHIO COUNTY EXTENSION OFFICE (ON THE HILL) TUESDAY, AUGUST 5TH 9:00 A.M. - 12:00 P.M. OR 5:00 - 8:00 P.M.

SPACE IS LIMITED

Registration is required. Call the Ohio County Extension Office for questions, or to register.

270-298-7441



A NEW ONE HOME! For more information, call the Ohio County

5 p.m. ~ August 7

1337 Clay St., Hartford

BRING YOUR FAVORITE SNACK TO SHARE! WE ARE ALSO HAVING A BOOK SWAP – BRING A BOOK TO SWAP & TAKE

Read a John Grisham book of your choice! We will meet and share what we read! Let's read, chat and connect

with new friends!

DOK

Extension Office ~ 270-298-7441!

An Equal Opportunity Organization







Chicken Burgers



Prep time: 10 minutes Cook time: 10 minutes

- 1 pound 98% fat-free, around chicken breast
- 1/4 cup barbecue sauce
- 1/2 cup green onions, finely chopped
- 1/4 cup celery, diced
- 1 teaspoon garlic powder (or 1 clove of garlic, minced)
- 1/4 teaspoon salt
- Nonstick cooking spray
- 4 whole-wheat hamburger buns
- 2 cups romaine lettuce, torn or shredded
- 1 large tomato, cut into 8 slices

Optional: 2 tablespoons cheese, such as blue cheese, feta, or shredded cheese

- 1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- 2. In a medium bowl, combine chicken. barbecue sauce, green onion, celery, garlic powder, and salt.

- **3.** Using wet hands (to prevent mixture from sticking), form chicken mixture into four 1/2-inch-thick patties. Wash hands with warm water and soap after handling raw poultry.
- 4. Preheat a large skillet over low to medium heat and spray with nonstick cooking spray.
- 5. Place burgers in the preheated skillet. Cook until burgers reach an internal temperature of 165 degrees F as measured on a meat thermometer. about 5 minutes per side.
- 6. To serve, place each burger on a bun. Top each with 1/2 cup shredded lettuce, 2 tomato slices, and optional 1/2 tablespoon of cheese.
- 7. Refrigerate leftovers within 2 hours.

Makes 4 servings Serving size: 1 burger on bun with toppings Cost per recipe: \$8.36 Cost per serving: \$2.09



Supplemental Nutrition Assistance Program

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

Nutrition facts per serving:

300 calories; 3.5g total fat; Og saturated fat; Og trans fat; 65mg cholesterol; 500mg sodium; 32g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 27g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium

Source:

Andrea Wilde, NEP Area Nutrition Agent, University of Kentucky Cooperative **Extension Service**

Looking for new recipe ideas? Check out www.planeatmove.com

Follow us online!

f facebook

https://ohio.ca.uky.edu/ https://www.facebook.com/OCExtensionService

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





Slow Cooker Asian Pork Tacos

Pork prep time: 10 minutes Pork cook time: 3-7 hours (depending on temperature of slow cooker) Slaw prep time: 20 minutes

Pulled Pork Tacos

- Nonstick cooking spray
- 2 pounds pork tenderloin
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ginger powder (or 1 tablespoon fresh ginger)
- 1 teaspoon garlic powder (or 3 whole garlic cloves smashed and peeled)
- 1 cup hoisin sauce
- 12, 6-inch tortillas for serving

Asian Peanut Slaw

- 1/4 cup vegetable oil
- 2 tablespoons white vinegar
- 1 tablespoon honey
- 1 tablespoon low-sodium soy sauce
- 1 bag (12 ounces) coleslaw or broccoli slaw
- 1/2 cup dry roasted unsalted peanuts, chopped (optional)
- 2 green onions, chopped
- 1 cup cilantro, chopped
- Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- 2. Coat a slow cooker with nonstick cooking spray. Place pork tenderloin in the slow cooker and season with salt, pepper, ginger, and garlic. Wash hands after handling raw meat.
- Pour the hoisin sauce over top of the pork. Cover and cook on high for 3 to 4 hours or low for 5 to 7 hours until the pork reaches a minimum internal temperature of 145 degrees F using a food thermometer.



- 4. Transfer the cooked pork to a plate and shred with two forks. Return to slow cooker and stir it together with the sauce. Leave in the slow cooker on "warm" until ready to serve.
- While the pork cooks, make the slaw. In a large bowl, combine oil, vinegar, honey, and low-sodium soy sauce. Add slaw, peanuts, green onions, and cilantro. Toss to combine.
- 6. To serve, warm the tortillas in microwave for a few seconds, covered with a damp towel to keep them moist. Fill with shredded pork, then top with Asian Peanut Slaw. Roll up and serve.
- 7. Refrigerate leftovers within 2 hours.

Note: If you don't have hoisin sauce, you can substitute: 1/2 cup ketchup, 2 tablespoons brown sugar, 1/2 cup low-sodium soy sauce, 1 teaspoon garlic powder, 1/2 teaspoon ginger powder, 1/2 teaspoon salt, 1/4 teaspoon pepper, and a dash of hot sauce.

Makes 12 servings Serving Size: 1 taco (1/3 cup pork on tortilla with 1/3 cup slaw) Cost per recipe: \$10.44 Cost per serving: \$0.87



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts per serving:

250 calories; 10g total fat; 1.5g saturated fat; Og trans fat; 50mg cholesterol; 350mg sodium; 20g total carbohydrate; 2g dietary fiber; 5g total sugars; 4g added sugars; 19g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium

Source:

Rosie Allen, NEP Special Projects, University of Kentucky Cooperative Extension

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Disabilities

accommodated

with prior notification