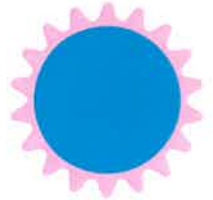


# Hart County Homemaker Newsletter

 Cooperative  
Extension Service

Family & Consumer Sciences

May-June 2024



## Upcoming Events

**Healthy Living**  
Every Monday at 1 pm at the  
Extension Office

**Bonnieville Club**  
May 8  
June 12

**Cub Run Club**  
May 15  
June 19

**Outreach Too**  
May 21  
June 18

**Quilt Club- Sew & Sew**  
May 23  
June 27

**Waterloo**  
May 9  
June 13

**Hardyville**  
May 16  
June 20

**Walking Club in May & June**  
Every Thursday at 9:30AM 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 and canning strawberry jelly in May. In June, we have a day trip planned to Bernheim Forest. Be sure to make plans to come and call to register.

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

*Sonya Carter*

Extension Agent for  
Family and Consumer Sciences



Cooperative  
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Agriculture and Natural Resources  
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4-H Youth Development  
Community and Economic Development

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

Sweet Summer 2024

# HAPPENINGS IN MAY & JUNE



**FREE** **SPRING/SUMMER**  
**Walk & Talk**

2ND ANNUAL SUMMER WEEKLY CLUB  
BEGINS MAY 16, 2024

- ✓ 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**

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Community and Economic Development



## Hart County Homemaker Annual Day

Save the date for the Hart County Homemaker Annual Day! It will be held at Hart County Library on Thursday, July 11, 2024 at 11AM. The meal will be catered by White's Catering. Watch for more details about registering and cost.

## Walk & Talk Club Summer 2024

Beginning May 16, 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!





# EARTH DAY 2024

In honor of Earth Day, The Hart County Homemakers made and donated bird houses for our local community sites.

Homemakers built the birdhouses and placed them at It was a wonderful project that will last for many years for the community to enjoy.



On Friday, April 19, the damp weather didn't stop the the Hart County Homemakers. We made a day trip to Mammoth Cave and walked trails. We walked the Sloan Pond trail and the Echo Springs trail. The group had a great time. Pam Gonterman was a wealth of knowledge about the park. We learned new information about the National Park and the services it offers.

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**Bernheim**

## DAY TRIP

We are going on a Day Trip to Bernheim Forest to see the Giants. It's just a fun outing for us to enjoy being outside and walking the trail. Make sure to wear your walking shoes. Call the office to sign up to ride in the van or carpool with friends.

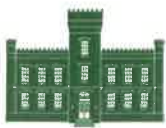
We will leave the Extension office at 9:30A.M. on June 21.



## Perservation Class for Strawberry Jelly

On May 21, We will be having a class on how to make strawberry jelly and complete the water bath process. Space is limited so call the office to reserve your spot. The class begins at 9:00 AM.





## **MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES**

### **The First Fruits at Farmers' Markets – Fresh Strawberries**

Strawberries in Kentucky make their appearance at farmers' markets near you around May each year. Of course, strawberries are available almost all year long at supermarkets but are in greatest abundance from spring through mid-summer.

Since they are highly perishable, choose brightly colored, plump, highly aromatic berries that are free from mold.

Eight whole large strawberries measure about one cup. When you buy a pint of strawberries, it will yield about 2 cups of sliced berries.

Gently wash the strawberries in cold running water and pat them dry before removing the caps and white hull. Research suggests that strawberries begin to lose their nutritional value (vitamin C and polyphenol antioxidants) quickly, usually within two days. Store the unwashed and unhulled berries in a sealed container to prevent unnecessary loss of moisture. Storing in the refrigerator can increase storage time but cannot prevent the loss of nutrients. Freeze washed strawberries in a single layer, before transferring them to a heavy-duty freezer container. Freeze for up to six months for the best quality.

Besides their sweet, delicious flavor, the nutritional value of strawberries is well known and growing. Besides vitamin C, strawberries are a collection of polyphenol antioxidants, including flavonoids, phenolic acids, lignans, tannins, and stilbenes. Strawberries are also an excellent source of manganese, a trace mineral that your body needs in small amounts. Because of the strawberry's rich antioxidant and anti-inflammatory properties, recent research is providing us with more evidence that strawberries may reduce the risk of cardiovascular disease. Research is also promising in the area of blood sugar regulation and improved cognitive processes as we age.

Tested strawberries are commonly high in pesticides, but the reports rarely list the pesticides found or how much was found. Certified organic strawberries are not guaranteed to be free of pesticides but may have a lower risk of the rate of detection than conventional produce. Since eating fruits and vegetables is far healthier than not eating them, don't let the naysayers keep you from enjoying nature's bounty.



While there are ways to use strawberries besides eating them (like home beauty treatments and teeth whitening), Plate it Up! Kentucky Proud has a website with several recipes using strawberries. Try the Strawberry Salsa on your next grilled chicken dinner or on top of your favorite pancakes or oatmeal for breakfast.



## Strawberry Salsa

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

- 1. Whisk** olive oil, vinegar, and salt in large bowl.
- 2. Add** strawberries, green onions, tomatoes, and cilantro. Toss to coat.
- 3. Cover** and chill for 1 hour.
- 4. 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](http://www.fruitsandveggiesmatter.gov)

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



For more strawberry recipes, visit <https://fcs-hes.ca.uky.edu/piukp-recipes>.

*Reference: USDA National Agriculture Library Strawberries. Retrieved Jan. 29, 2020 from <https://www.nal.usda.gov/fnic/berries>.*

*Source: Dr. Sandra Bastin, RDN, LDN, Extension Professor, Food and Nutrition Specialist*

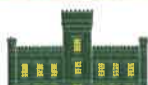
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# ADULT HEALTH BULLETIN



MAY 2024

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

## THIS MONTH'S TOPIC

# MENTAL HEALTH AWARENESS



May is Mental Health Awareness Month in the United States. This is a time to draw attention to the importance of mental health and highlight resources that are available to help with mental well-being. Mental illnesses are brain-based conditions. All humans have brains, so everyone is susceptible to having a mental illness at some point in life. Being aware of what signs and symptoms are and what to do if you start to recognize those signs in yourself or someone you know, can make a big difference in getting help and feeling better.

Continued on the next page 

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Disabilities accommodated with prior notification.

*If you or someone you know is struggling or in crisis, help is available around the clock. Call or text 988 or go to [988lifeline.org](https://988lifeline.org) to live chat with a counselor at any time.*

 **Continued from the previous page**

Everyone goes through things in life that can affect mental health — stress from a job, the loss of a loved one, or life changes like having a baby or getting divorced. All of these things and more can cause us to feel and act differently for a short period of time. A mental health concern becomes a problem when the symptoms make it difficult to do daily tasks or you feel unlike yourself for more than 4 weeks.

**Common signs of mental illness include:**

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy, or problems sleeping
- Detachment from reality (delusions), paranoia, or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Problems with alcohol or drug use
- Major changes in eating habits
- Excessive anger, hostility, or violence
- Suicidal thinking

Sometimes signs of mental illness are also physical problems, like ongoing stomach pain, back pain, headaches, or other unexplained aches and pains along with other signs listed above.

Most mental illnesses do not get better on their own. If untreated, they might get worse over time and cause serious problems. You can use the list above to talk to your doctor or other health-care provider about how you are feeling and the many options available for treatment. If someone you know shows signs of mental distress, talk openly with them about your concerns. You cannot force someone to get professional



care, but you can offer encouragement and support. You can also help your loved one find a qualified mental health professional and make an appointment. You could even offer to take them or go along to the appointment if they would like.

If you or someone you know is struggling or in crisis, help is available around the clock. Call or text 988 or go to [988lifeline.org](https://988lifeline.org) to live chat with a counselor at any time. You can use this resource for yourself or to discuss your concern for someone else.

**REFERENCES:**

- <https://www.samhsa.gov/mental-health-awareness-month>
- <https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968>

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**ADULT**  
**HEALTH BULLETIN**

**Written by:**  
Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:**  
Adobe Stock







## FOOD FACTS

### Calcium

**C**alcium is vital across the lifespan for a healthy body. It is a mineral your body needs to build and keep strong bones. It keeps the heart pumping. It moves muscles. Nerves need it to carry messages between your brain and every part of your body. The Dietary Guidelines for Americans state that 30% of men and 60% of women older than 19 do not get enough calcium. The recommended dietary allowance (RDA) for calcium is 1,000 mg for men 19 to 70 years old and for women ages 19 to 50. The RDA increases to 1,200 mg for women ages 51 to 70. The RDA for calcium is even higher during pregnancy and lactation. To meet this goal, eat more dairy products such as low-fat milk, low-fat cheeses like cottage cheese, and plain, low-fat yogurt. Even people with lactose intolerance can eat small amounts of dairy foods like cheese, yogurt, and lactose-free milk. People who need to skip dairy because of allergies can eat non-dairy foods high in calcium. This can include sardines, salmon, and kale. You can also eat calcium-fortified foods like unsweetened, fortified cereals and fortified orange juice.

Source: Adapted from National Institutes of Health

## COOKING WITH KIDS

### Quick Berry Cooler

- 1 package (12 ounces) frozen mixed berries
- 3 cups skim milk

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place frozen berries and milk in blender with lid. Blend for 3 to 4 minutes or until very smooth.
3. Serve right away.
4. Refrigerate leftovers within 2 hours.

Makes 5 servings  
Serving size: 1 cup

Nutrition facts per serving: 70 calories; 0 g total fat; 0 g saturated fat; 0 g trans fat; 5 mg cholesterol; 60 mg sodium; 13 g total carbohydrate; 2 g dietary fiber; 11 g total sugars; 0 g added sugars; 5 g protein; 10% Daily Value of vitamin D; 15% Daily Value of calcium; 0% Daily Value of iron; 4% Daily Value of potassium.

Source: Eat Smart to Play Hard: Martha Yount, former Regional Extension Specialist, University of Kentucky Cooperative Extension Service



## RECIPE

### Salmon Patties

- 1 can (15 1/2 ounces) salmon, drained
- 1 cup whole-grain cereal or crackers, crushed
- 2 eggs, lightly beaten
- 1/2 cup skim milk
- 1/8 teaspoon black pepper
- 1 tablespoon vegetable oil

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place salmon in a medium mixing bowl. Use a fork or clean fingers to flake salmon until very fine. Remove skin and large bones.
3. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon. Mix well.
4. Shape into 8 patties.

5. Heat oil in a skillet on medium. Carefully brown both sides until the patty is fully cooked. Serve with vegetables and rice for a filling MyPlate meal.
6. Refrigerate leftovers within 2 hours.

Makes 8 servings  
Serving Size: 1 patty

Nutrition facts per serving: 120 calories; 6 g total fat; 1 g saturated fat; 0 g trans fat; 75 mg cholesterol; 260 mg sodium; 5 g total carbohydrate; 0 g fiber; 2 g sugar; 0 g added sugar; 13 g protein; 40% Daily Value vitamin D; 10% Daily Value calcium; 10% Daily Value iron; 6% Daily Value potassium.

Source: United States Department of Agriculture, What's Cooking USDA Mixing Bowl, March 2015.

RETURN SERVICE REQUESTED

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

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



## Scrumptious Strawberry Salad

**5 cups** spinach  
**½ large** cabbage head, chopped  
**1 cup** golden raisins  
**1 cup** halved red grapes  
**1 pint** sliced strawberries  
**½ small** red onion, sliced  
**½ cup** toasted and chopped pecans (optional)

**Dressing**  
**¾ cup** plain non-fat Greek yogurt or plain regular yogurt  
**3 tablespoons** honey  
**6 tablespoons** apple cider vinegar

**3 tablespoons** olive oil  
**½ teaspoon** Dijon mustard  
**1 teaspoon** poppy seeds  
**1 teaspoon** salt  
**½ teaspoon** pepper

**Combine** all salad ingredients together in a large bowl. Prepare salad dressing by **mixing** all ingredients together in a jar, **cover**, and **shake** well to combine. **Pour** dressing over salad mixture and **toss** to combine.

**Yield:** 8, 2-cup servings

**Nutritional Analysis:**

240 calories, 10g fat, 1g saturated fat, 0mg cholesterol, 340mg sodium, 33g carbohydrate, 4g fiber, 27g sugar, 6g added sugars, 5g protein

