

# Monthly Russell County FCS Newsletter

## Canning Season Has Kicked Off



The Russell County Extension Office hosted two boiling water canning classes in June to offer instruction on how to properly can jams, jellies, and tomato products. Preserving foods through boiling water or pressure canning is a cost-efficient way to preserve your garden produce, or make homemade gifts.

Additionally, the Extension Office has a plethora of canning guides available for free for community members.

Please call the Extension Office at 270-866-4477 or email them at [russell.ext@uky.edu](mailto:russell.ext@uky.edu) for more information.

## This Summer is Hot, Practice Heat Safety to Stay Safe      Russell County Farmers' Market Open for the Season

**Practice HEAT SAFETY Wherever You Are**

Heat related deaths are preventable. Protect yourself and others from the impacts of heat waves.

- Job Sites**: Stay hydrated and take breaks in the shade as often as possible.
- Indoors**: Check up on the elderly, sick and those without AC.
- Vehicles**: Never leave kids or pets unattended - LOOK before you LOCK
- Outdoors**: Limit strenuous outdoor activities, find shade, and stay hydrated.

weather.gov/heat

The Russell County Farmers Market is open for the season! They will be open on the below dates.

Tuesdays - 9:00 am - 2:00 pm

Fridays - 7:30 am - Noon or Sell-out

Saturdays 9:00 am - Noon or Sell-out

The Farmers Market is located in the parking lot of the Russell County Extension Office.

# Oven Canning is Not Safe

**Source:** Annhall Norris, Food Preservation and Food Safety Extension Specialist

Oven canning is the process of placing food in jars, applying lids, then heating in an oven for a period of time until “done.” When you remove the jars and allow them to cool, the lids seal, and it is supposedly safe for the jars to sit at room temperature. However, this is not true. Oven canning is not a safe way to preserve food. Just because you used canning jars and the jar sealed, it doesn’t mean the food was preserved and is safe to eat. Food that you can in an oven has not reached a safe internal temperature and you should not store it at room temperature or eat it.

The goal of canning is to destroy spoilage microorganisms and harmful bacteria that would otherwise be able to survive in the food at room temperature. It refers to heat treating closed containers of food for a set amount of time at a set temperature. The canning process uses moist heat to reach temperatures of 212 degrees F inside jars processed in a boiling water bath canner and 240 degrees F inside jars processed in a pressure canner. Using dry heat from an oven will not achieve these temperatures inside jars of food. Food canned in an oven will be underprocessed and runs the risk of bacterial contamination. Low acid foods in particular may be contaminated with the botulinum toxin, which causes botulism, a deadly form of food poisoning.

It is also important to understand that canning jars are not designed for use in an oven. The dry heat can cause the glass to crack or shatter. Jars can explode in the oven causing personal injury and damage to the oven.

You should always use up-to-date, research-based canning recipes and processing procedures when canning food. Not all recipes on the internet or social media are research-based. You can find research-based recipes in the 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 changes to ingredients or the processing instructions. Not following the recipe precisely may result in sickness or death.

**References:** <https://extension.psu.edu/avoid-open-kettle-or-oven-canning> and <https://www.nal.usda.gov/exhibits/ipd/canning/exhibits/show/techniques/processing/oven>

# Upcoming Workshops

- July 9th: Cooking with Herbs @ Noon (R.C. Library)
- July 18th: Cooking Outdoor Meals @ 6 PM
- July 20th: Canning Vegetable Soup @ 10 AM
- July 22nd: Cooking Desserts Outdoors @ 6 PM

## *Homesteading Series*

- August 1st: Making Breakfast Sausage @ 5 PM
- August 8th: Sourdough & Breadmaking @ 5 PM
- August 15th: Rain Barrell @ 5PM
- August 22nd: Canning Meat @ 5 PM
- August 29th: Herb Garden @ 5 PM

**For all workshops, please call 270-866-4477 to RSVP**

RSVPING ALLOWS THE AGENT TO BETTER PLAN  
FOR YOUR ATTENDANCE

You can also find these events on our Facebook  
Page.

[FACEBOOK](#)

Office: 270-866-4477 OR Email: russell.ext@uky.edu

WEBSITE: [RUSSELL.CA.UKY.EDU](http://RUSSELL.CA.UKY.EDU)

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



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JULY / AUGUST 2024

# HEALTHY CHOICES FOR HEALTHY FAMILIES

 Cooperative  
Extension Service



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## Sand, surf, and great eats

**E**ach summer, Americans flock to beaches for summer vacation. Poor eating habits, lack of hydration, and fierce sunburn can leave you wiped out. Make the most of your time by giving your beach day a healthy makeover.

### Bring healthy snacks

The costs of beachside cafes and hot dog stands can add up. Save money and eat well by bringing snacks with you, such as:

- Raw or dry-roasted nuts
- Pre-washed and cut fruit and veggies (packed in a cooler)
- Whole-grain crackers
- Roasted chickpeas
- Trail mix
- Dried mixed fruit

If you do buy food at the beach, look for fresh foods such as hummus wraps and smoothie bowls. Other tasty choices could be grilled corn on the



cob, fruit popsicles, low-fat frozen yogurt topped with fresh fruit, baked chips, grilled chicken salads, and sandwiches on whole-grain bread.

When packing a cooler for the beach, don't forget plenty of water! Refresh

yourself on a hot day with a reusable bottle of cold water and ice with lemon or mint. If you crave something fizzy, hydrate with sparkling water.

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**PARENT CORNER**

## Summer is time for kids to try new foods

**S**ummer brings plenty of yummy new foods and is the perfect time to bring in new fresh fruits and veggies for the whole family.

Try these four summer produce superstars.

### Berries

Berries such as strawberries, blueberries, raspberries, and blackberries have vitamin C and antioxidants that can support kids' total health. They're a good source of dietary fiber. Raspberries lead the way at 8 grams of fiber per 1-cup serving.



### Avocados

Do your kids resist fruits and veggies? Give buttery avocados a try. Add avocados to tacos, spread on grilled cheese sandwiches, or add to some eggs and fruit in the morning. They contain heart-healthy monounsaturated fat as well as fiber, vitamin E, and potassium.

### Tomatoes

Your family might enjoy debating if tomatoes are a vegetable or fruit. But this superstar has dietary fiber, vitamins A and C, potassium, and other vitamins and minerals. They come in many colors and sizes. They are high in water content making tomatoes a great choice.

### Watermelons

Nothing says summer like a fresh slice of watermelon. This summer favorite is easy to eat and tastes great. With one of the highest water contents of any food, it's great for keeping kids hydrated on scorching days. It's also a good source of vitamin C and packed with lycopene. Watch out for seeds, which could be a choking hazard in young children. Serve watermelon wedges for dessert or cut into cubes and mix into a fruit salad. Try putting watermelon chunks in the blender with ice, lime juice, and honey for a refreshing slushy drink kids will love.

Source: Adapted from <https://www.eatright.org/food/food-preparation/seasonal-foods/summer-is-time-for-kids-to-try-new-foods>

**CONTINUED FROM PAGE 1**

### Protect your food

A beach day is calming; foodborne illness is not. About 1 in 6 Americans get sick from foodborne illness each year. Pack your beach snacks cautiously. Don't leave food sitting out for longer than two hours, or one hour once the temperature hits 90 degrees F or above.

Before you pack, give your cooler and tote a good cleaning. Always start with a clean cooler, washing it out with mild soap and water and rinsing fully. Wash containers and reusable bags to remove all food residues and lower the risk for germs.

Pack your cooler with plenty of ice if you're bringing food that can spoil. Your cooler must keep food at 40 degrees F or lower. Keep a thermometer in your cooler and, if you can, store coolers in the shade.

Some beaches don't have places with running water, so pack hand sanitizer and use it before and after eating food. Don't forget to bring empty bags for your garbage — don't leave your trash on the beach!

### Stay hydrated

Don't get so caught up playing in the water that you forget to drink water. Summer heat mixed with swimming can leave you with fluid loss. You may not notice that you're sweating when you're in and out of the water. Drinking fluids and eating certain foods can help you stay hydrated when the temperatures rise. Watermelon is a great snack for a summer day at the beach. Watch out for fluid loss. Warning signs could be:

- Thirst
- Headache
- Dry, sticky mouth
- Decreased urine output
- Sleepiness or tiredness
- Being dizzy or lightheaded

Treat mild fluid loss by drinking water. If you get major symptoms such as extreme thirst, lack of sweat or tears, a rapid heartbeat, weakness, breathing quickly, or being confused, call 911 right away. Severe dehydration is a health-care crisis.

Enjoy a healthy day at the beach — fuel your body with healthy snacks, practice food safety, and stay hydrated. And don't forget the sunscreen!

Source: Adapted from <https://www.eatright.org/food/home-food-safety/safe-food-storage/sand-surf-and-great-eats>

**FOOD FACTS**

**A very berry summer**

**A**re berries on your shopping list this summer? They are packed with antioxidants. They also have dietary fiber and vitamin C which we need each day.

**When shopping**

Look for containers at the store or farmers' market without stains or mold. Berries should be firm, plump, and dry. Strawberries don't ripen after harvest, so choose ones that are shiny and firm with bright red color. Choose blueberries that are firm, plump, and dusty blue in color. Blackberries should be shiny but not leaking. Raspberries come in many colors; make sure the ones you buy have the right color. For more fun, take your kids berry picking or grow berries at home. When buying frozen berries, shake the bag first. A big lump is a sign of defrost.

**How to store**

When you get home, check for bad berries, and throw them out right away before they spoil the rest. Strawberries, blueberries, and raspberries last longer if stored in the coldest place in your fridge. Produce drawers are ideal. A sealed container will also do the job. Keep blackberries uncovered. While some types of berries can last up to two weeks in your fridge, most only last a few days. Eat them within three days for the best quality.

**Preparing**

Rinse berries in cold water just before you serve them. For younger children, cut up or mash berries. For older kids, try adding berries to low-fat yogurt, ice cream, whole-grain cereals, salads, or smoothies. Fresh berries often taste best when in-season, and you can freeze them for later use.

**Freezing**

Freeze berries so you and your kids can enjoy them long after the season is over. Spread berries on a baking sheet and place in the freezer for a few hours. Once frozen, put them in a freezer-safe storage container or bag.

Source: Adapted from <https://www.eatright.org/food/food-groups/fruits/a-very-berry-summer>

**COOKING WITH KIDS**

**Berry Crunch Roll-Ups**

- 4 (6 inches) flour tortillas
- 1/4 cup strawberry cream cheese
- 1 cup fresh berries of choice: blueberries, blackberries, raspberries, diced strawberries (or any fresh fruit)
- 1/4 cup crispy cereal of choice

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spread 1 tablespoon cream cheese in a thin layer on each tortilla.
3. Sprinkle 1/4 cup fresh berries and 1 tablespoon cereal on top of the cream cheese.

4. Roll firmly, squeezing gently to seal edge. Serve right away.
5. Store leftovers in the refrigerator within 2 hours.

Makes 4 servings  
Serving Size: 1 roll-up

Nutrition facts: 160 calories; 6 g total fat; 3 g saturated fat; 0 g trans fat; 15 mg cholesterol; 280 mg sodium; 23 g carbohydrate; 2 g fiber; 6 g sugar; 3 g protein; 4% Daily Value of vitamin A; 40% Daily Value of vitamin C; 6% Daily Value of calcium; 8% Daily Value of iron

Source: Leap...for Health: Eat Smart to Play Hard: University of Kentucky Cooperative Extension Service, Nutrition Education Program



**RECIPE**

**Blackberry & Cucumber Salad**

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons apple cider vinegar
- 1 teaspoon honey
- Kosher salt, to taste
- Black pepper, to taste
- 4 cups spring mix
- 3 heaping cups blackberries
- 2 cucumbers, peeled and seeds scraped out, cut into 1-inch pieces on a diagonal
- 1 cup mint, chopped
- 1/4 cup chopped pecans

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a small bowl, whisk together oil, vinegar, honey,

- and salt and pepper.
3. Combine spring mix, blackberries, cucumbers, mint, and pecans in a large serving bowl.
  4. Toss with dressing.
  5. Store leftovers in the refrigerator within 2 hours.

Makes 4-6 servings  
Serving Size: 4 ounces

Nutrition facts per serving: 180 calories; 12 g fat; 1.5 g saturated fat; 0 mg cholesterol; 160 mg sodium; 18 g carbohydrate; 8 g fiber; 8 g sugar; 4 g protein

Source: Plate it Up! Kentucky Proud Project

# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JULY 2024

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## THIS MONTH'S TOPIC: PROTECTING YOUR ASSETS WITH INSURANCE

When it comes to paying for auto, health, and home insurance, having adequate coverage is essential. However, you may be unsure what policies you need or how to determine if your coverage is enough. Learning how to protect your assets through insurance is a good step to ensuring you take care of your financial future.

### AUTO INSURANCE

According to the Kentucky Transportation Cabinet, the KY Legislature has mandated a crackdown on uninsured motorists across the Commonwealth. The state of Kentucky requires that all drivers are insured under minimum liability coverage, often described as 25/50/25. This means you are insured up to \$25,000 for bodily injury per person, \$50,000 for bodily injury per accident, and \$25,000 for property damage per accident. Additionally, if you are borrowing money to pay for the car, you must make sure that you meet the requirements of both the state and the lender. Typically, lenders require collision and comprehensive coverage, but it will depend on your loan. Be sure to check your requirements. To learn more and make sure you are properly insured, visit <https://drive.ky.gov/Vehicles/Pages/Mandatory-Insurance.aspx>.



### HOME INSURANCE

Whether you bought a home or are renting, it is important to have proper insurance coverage. When owning a home, homeowners insurance helps protect the assets inside your home, as well as protecting the property. Typically, lenders require that you have some type of home insurance while you make payments on your mortgage. Common types of homeowners insurance include dwelling, other structures (such as a barn or detached garage), personal property, loss of use, personal liability, and medical payments to others. You may also be required to have hazard or flood insurance depending on where you live. Review your coverage regularly, especially to ensure your policy accounts for inflation and current replacement costs.



## WHETHER YOU BOUGHT A HOME OR ARE RENTING, IT IS IMPORTANT TO HAVE PROPER INSURANCE COVERAGE



For renters, insurance can protect your personal property from natural disasters or theft. Kentucky does not require renters insurance, but most property landlords do. Renters insurance works much like homeowners insurance, but it does not protect the value of the residence for the renter. Essentially, it is there to protect the personal property and liability owned by the tenant, which the landlord would not cover if something happened to the property. To learn more about homeowners or renters insurance, visit <https://finred.usalearning.gov/assets/downloads/FINRED-HomeInsurance-FS.pdf>.

### HEALTH INSURANCE

With healthcare costs soaring, it is important to understand what type of coverage you need and all associated costs, as well as what your current policy covers (and doesn't cover). When comparing health insurance plans, consider the following:

- The **premium**, or the amount of money you will pay monthly, quarterly, or annually, depending on your policy.

- The **deductible**, or the amount of money you have to pay before your health insurance will cover the expenses.
- The **co-payment**, or the amount you must pay after insurance for prescriptions and appointments.
- The **maximum out-of-pocket cost**, or the total amount you must pay before insurance will cover the remaining expenses.

Regardless of policy, make sure all the above costs fit within your budget, and double-check that the insurance covers the hospitals and doctors' offices near you, and/or your preferred providers. Many employers offer medical benefits that are deducted out of your paycheck. Additionally, Medicaid, Children's Health Insurance Program (CHIP), or Medicare may be an option for those who meet income and/or age-based requirements. For more information on health coverage basics, visit <https://www.cms.gov/marketplace/technical-assistance-resources/training-materials/health-coverage-basics-training.pdf>.

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# ADULT

# HEALTH BULLETIN



**JULY 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>

Russell County  
Extension Office  
2688 S. HWY 127  
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## THIS MONTH'S TOPIC

# 5 TIPS TO MANAGE ARTHRITIS



**M**ore than 20 percent, or 1 in 5, Americans have arthritis. Arthritis is a joint condition that is marked by swelling or tenderness. If you have been diagnosed with arthritis, or experience joint pain, there are some steps you can take to manage your symptoms and feel better.

The Center for Disease Control (CDC) Arthritis Management and Wellbeing Program promotes five key messages to help adults affected by arthritis. These messages can help arthritis patients control their condition and their lives.

- 1. See a doctor.** If you have joint pain, seek medical care and a diagnosis. There are many treatment strategies that help you feel better. These include physical therapy, supplements, lifestyle management, and prescription treatment for certain types of inflammatory arthritis.

Continued on the next page →

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Disabilities accommodated with prior notification.

# Adults should strive to get at least 150 minutes of moderate physical activity each week. You can break this up into short periods throughout the day and add it up over time.

## ➔ Continued from the previous page

**2. Be active.** It can be difficult to want to move your body more when you are in pain. But believe it or not, the right kind of movement is key to reducing pain and improve function, and delay disability related to arthritis. Adults should strive to get at least 150 minutes of moderate physical activity each week. You can break this up into short periods throughout the day and add it up over time. If 150 minutes seems like too much, any physical activity is better than none. So, strive to be as active as you can.

There are evidence-based activity programs specifically for people with arthritis, such as Walk with Ease and Enhance Fitness, among others. These kinds of programs can help you learn how to move more safely and comfortably.

**3. Watch your weight.** Research shows that supporting a healthy weight can reduce limitations from pain, increase mobility, and limit disease progression. For some people that may mean taking steps to lose weight. For adults who are overweight, even a little weight loss can help arthritis-related pain and disability. For every 1 pound lost, there is a 4-pound reduction in the load exerted on the knee, a common joint where people experience arthritis.

**4. Protect your joints.** Be aware of activities that can put your joints at risk for injury, such as repetitive movements at work or with hobbies. Doing the same motion repeatedly can wear out a specific joint. It may be helpful to work with an occupational therapist to see if there are other movements that could save wear on those joints. Certain stretches or exercises can build up strength in surrounding muscles to protect your joints from injury, as well. There are also braces that you can wear to give your joints extra protection or prevent over-extension.

**5. Take an arthritis management class.** Interactive workshops teach self-management skills, are



generally low-cost, and are available across the country. Attending one of these programs can help a person learn ways to manage pain, exercise safely, and gain control of arthritis. Learn more about remote and in-person self-management education workshops at <https://www.cdc.gov/arthritis/interventions>.

Having arthritis may be a pain, but it does not have to define who you are or limit what you can do. Learning how to live with arthritis can help you to keep moving and enjoying your favorite activities with less pain.

#### REFERENCE:

<https://www.cdc.gov/arthritis/about/key-messages.htm>

ADULT  
**HEALTH BULLETIN**

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# Black Walnut Zucchini Bread with Lemon Glaze

Published On July 15, 2021 | In [Breakfast Quick Breads](#) By [Home Baking Association](#) |  
Prep Time: 15 Minutes Cook Time: 60 Minutes Yield: 2 loaves

*Recipe courtesy of Hammons lack Walnuts*

## Ingredients

- Bread:
- 3 1/4 cups flour
- 2 cups sugar
- 1 cup brown sugar
- 2 teaspoons baking soda
- 1 teaspoon kosher salt
- 1 teaspoon nutmeg
- 1/2 teaspoon ground cinnamon
- 4 eggs, beaten
- 2 cups grated zucchini
- 1 cup vegetable oil
- 1/3 cup buttermilk
- 1 teaspoon fresh lemon juice
- 1 1/4 cups Hammons Fancy Large Black Walnuts



## Glaze Ingredients:

- 1 cup confectioner's sugar
- 1/4 cup granulated sugar
- 1/4 cup fresh-squeezed lemon juice

## Instructions

1. Preheat oven to 350°F. Butter or spray (with nonstick cooking spray) 2 standard loaf pans and set aside.
2. Combine flour, sugar, brown sugar, baking soda, salt, nutmeg, and cinnamon in a large bowl and stir to blend.
3. Combine eggs, grated zucchini, oil, buttermilk, and lemon juice in a separate bowl and stir to blend.
4. Add zucchini mixture to dry ingredients and stir to blend. Fold in black walnuts.
5. Transfer batter evenly between 2 oiled loaf pans. Bake uncovered for 60–70 minutes or until the tester comes out clean. Cool.
6. Glaze:
7. Combine confectioner's sugar, granulated sugar, and lemon juice in a small bowl and whisk to blend. Drizzle over zucchini bread.
8. Drizzle over cooled caked.