

NEWSLETTER



June
2023

Cooperative Extension Service

LaRue County
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Storing Fresh Herbs

Using herbs is a great way to add flavor to foods without adding salt. While dried herbs offer a certain convenience, fresh herbs are also popular, and you can grow them right at home. Fresh herbs lose their flavor quickly so only pick (or buy) what you need. They have a short shelf life in the refrigerator too; often wilting, changing color, or getting slimy after just a day. If you find you can't use your fresh herbs right away, follow the recommendations below to get the most storage time.

Parsley, cilantro, dill, mint, tarragon, and basil are considered soft herbs. They have a soft, limp stem. Wash soft herbs under gently running, cool water and pat dry with a paper towel. Do not use soap, detergent, or bleach when washing as the herb will absorb these substances. Trim stems and place the herbs in a small glass or jar filled half full of water - like a vase of flowers. Cover the herbs loosely with a plastic bag and secure with a rubber band. Place the glass or jar in the refrigerator for up to two weeks of storage. However, do not store basil in the refrigerator because it will turn black. Prepare basil as described above, but store on the countertop out of direct sunlight.



Herbed Pasta with Roasted Cherry Tomatoes

½ pound whole wheat pasta	4 chopped garlic cloves	2 teaspoons dried oregano
3 tablespoons olive oil	1 medium chopped red bell pepper	1 tablespoon chopped fresh parsley
1 pint cherry tomatoes	6 tablespoons chopped fresh basil	½ teaspoon salt
1 medium chopped onion	1 teaspoon dried thyme	1 teaspoon red pepper flakes (optional)

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.



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

Rosemary, thyme, sage, savory, and chives are considered hard herbs. They have a brown, woody, or thick stem. Store hard herbs rolled up in a damp paper towel inside a resealable plastic bag in the refrigerator. After washing hard herbs, place them on a paper towel and gently roll them up. If the towel is too wet, squeeze out excess water or start with a new towel spritzed with water. Place the rolled up herbs in an unsealed plastic bag and store in the fridge for up to two weeks. You can use large bags and store multiple rolls at once.



Homemakers News & Notes



COMING UP

- LaRue County Homemakers Annual Meeting “Let’s Take a Hike” – June 20 at 11:30am at Extension Office – Light lunch provided – Speaker: Grandview Farms, Oakes & Kellie Routt; each homemaker who attends will make and take home a flower bouquet; **please RSVP by June 16**
- Annual Reports and Volunteer Hours Due – July 1
- LaRue County Homemaker Council Meeting – July 10 at 10:30am – All Officers and Educational Chairmen are encouraged to attend.
- Floral Hall Cleanup Workday at the Fairgrounds – July 22 at 10:00am

SAVE THE DATE

- LTA Homemaker Kick-Off Event “Identity Theft & Avoiding Fraud” PLUS Leadership Training for Officers and Educational Chairmen – **August 30** at 10:30am at the Hardin County Extension Office – open to ALL Homemaker members!
- County Cultural Arts Contest – **September 28** – Contest entries due to Extension Office by 4:30pm
- Lincoln Trail Area Annual Homemakers Meeting – **October 12** at Meade County Extension Office hosted by Meade County Homemakers

2023-24 Homemaker Lesson Schedule

September

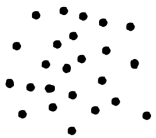
Identify Theft, Avoiding Fraud & Leadership Training

October

Coping with Trauma After Natural Disaster

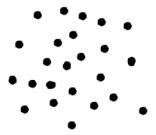
November

Emergency Health Information Cards



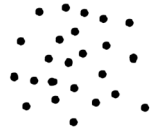
January

Organizing Tips for Increased Productivity



February

Healthy Eating Around the World



March

Self Care

April

Herbs & Spices

May

Understanding & Preventing Suicide

2023 Mother of the Year

The Mother of the Year award is sponsored by the LaRue Co. Extension Homemakers and is announced during the LaRue County Fair/Baby Contest on Saturday, July 29th. Nomination forms are available at the Extension Office (807 Old Elizabethtown Rd., Hodgenville, 270-358-3401) and on the website at https://larue.ca.uky.edu/sites/larue.ca.uky.edu/files/Mother%20of%20the%20Year%202023_0.pdf. Nominations are due to the Extension Office by **Friday, July 7.**



UK Cooperative Extension Service

Mother of the Year

2023

Deadline
7/7/2023

Submit nomination forms to:
LaRue County Extension Service
270-358-3401



Sponsored by:
LaRue County Extension Homemakers

Scholarship Recipient



Congratulations to Landon Wells, this year's Extension Homemaker Scholarship recipient. Extension Homemaker Council President, Beverly Heath, presented the scholarship at awards night.

Congratulations!



UK Cooperative Extension Service

2023 FLORAL HALL

Entries will be accepted on
7/27/23 from 10AM-1PM

2023 LaRue County Fair

LC Fairgrounds, 375 S. Greensburg St., Hodgenville
Sponsored by the LaRue County Extension Homemakers
270-358-3401

2023 Floral Hall

The 2023 Floral Hall catalog is now available at the Extension Office and on our website. Entries will be accepted at the LC Fairgrounds in the Floral Hall building from 10 am - 2 pm on July 27th. Show us what you can do LaRue County!

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LTA Homemaker Bus Tour



KEHA State Meeting & Cultural Arts



Congratulations to our blue ribbon winners from the State KEHA Cultural Arts Contest: Betsy Tucker, Kathy Demarco, Candy Vincent.

International Day

LaRue County Homemakers

INTERNATIONAL



DAY



GHANA



upcoming fcs



- June 9 at 11:00am – Lunch & Learn
- June 9 at 1:00pm – Interagency Council
- June 14 at 10am – Quilt Club at the Extension Office
- June 16 at 12:00 noon – Cooking Through the Calendar
- June 20 at 5:00pm – Community Baby Shower at the Hardin County Extension Office
- June 26 at 10:00am – Open Sewing at the Extension Office

Lunch and Learn

Join us for our next Lunch and Learn, **Friday, June 9th** at 11:00am as we learn more about *Hunger in KY* and how our community can help. **Bring canned goods or non-perishable food items to be donated to a local food pantry.**



Cooking through the Calendar

June 16 at 12 noon "Blueberry Cheesecake Bars"

Don't forget to join us for our monthly Cooking through the Calendar program on the 3rd Friday of each month at 12:00 noon at the Extension Office! A demonstration of the recipe will be provided as well as sampling and a goody bag! If you haven't already received a copy of the 2022 recipe calendar, please stop by and get one while supplies last!

LaRue County Interagency Council

We invite you to join us for the LaRue County Interagency Council. The Interagency Council is made up of representatives from a variety of agencies that join together to share programs and ideas to enhance and/or compliment each others work to prevent duplication. The Interagency Council meets quarterly here at the Extension Office. If you would like to be added to the meeting reminder list, please contact the Extension Office at 270-358-3401.

2023 meetings are scheduled for **June 9**, **September 8** and **December 8** at 1:00pm at the LaRue County Extension Office.

Cooperative Extension Service

Cooking through the calendar

FRIDAY, JUNE 16

at Noon

LARUE COUNTY EXTENSION SERVICE
807 OLD ELIZABETHTOWN RD., HODGENVILLE

THIS MONTH:
BLUEBERRY CHEESECAKE BARS

Scan this QR code

Community Baby Shower

PREGNANT AND EARLY POSTPARTUM FAMILIES
IN HARDIN AND LARUE COUNTIES
ARE INVITED TO ATTEND:

Community Baby Shower

INFORMATION ON MAKING HEALTHY CHOICES DURING PREGNANCY, SAFE SLEEP
RECOMMENDATIONS, ACCESS TO LOCAL RESOURCES, DOOR PRIZES AND GIVEAWAY
ITEMS, AND FREE DINNER AND CUPCAKES WILL BE PROVIDED.

Tuesday, June 20, 2023
5:00-7:30 PM

Hardin County Cooperative Extension Office
111 Opportunity Way, Elizabethtown

Please let us know if you need a translator or other special accommodations!

PREGNANT PARTICIPANTS (UP TO 60 DAYS
POSTPARTUM) MAY BE ELIGIBLE TO RECEIVE A \$25
WALMART GIFT CARD IF THEY CALL/TEXT 270-401-1706
TO RSVP BY FRIDAY, 6/9/2023 AND STAY FOR THE
ENTIRE EVENT!

SPONSORED BY LARUE COUNTY ASAP, HARDIN COUNTY AND LARUE COUNTY COOPERATIVE EXTENSION, KY MOMS MATR, AND LINCOLN TRAIL DISTRICT HEALTH DEPARTMENT

LaRue County Farmer's Market



LARUE COUNTY
FARMERS MARKET

2023

Cooperative Extension Service

LOCALLY GROWN

LaRue County FARMERS MARKET

OPEN

10 AM - 2 PM
Thursdays

Special Market Days
Monday July 3
& Saturday July 22

JUNE 8 - AUGUST 3
LC High School Back Parking Lot
125 S. Lincoln Blvd., Hodgenville

Food Preservation Classes

UK Cooperative Extension Service

Happening this
SUMMER

FOOD PRESERVATION Classes

WATER BATH CANNING and PRESSURE CANNING



LaRue County Extension Service
807 OLD ELIZABETHTOWN RD., HODGENVILLE

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

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LEXINGTON, KY 40546



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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2023

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: SAVING MONEY ON MEDICAL EXPENSES

When you need to see a doctor or refill a medication, worries about money can cause people to put off getting the care they need. Whether an expensive medication or a doctor's appointment, it can be hard to budget for health-care costs. Learning ways to lower medical expenses can help you stay healthy physically and financially.

LOWERING PRESCRIPTION COSTS

One way to lower medication costs is by shopping around at different pharmacies for the best price. While it can be convenient to go to the same pharmacy every time you need to fill a prescription, try using multiple pharmacies if it can lower your costs. You also can ask your pharmacist about any savings plans your pharmacy offers and if your medications qualify for discounts. You may save money by ordering through the mail or buying in bulk. For example, a 90-day supply of your medicine may have a cheaper price than the standard 30-day supply.

Another way to save money on prescriptions is to ask your doctor about using generic brands. Some doctors might only tell you about the name brand, but there may be cheaper versions that are just as good. The Food and Drug Administration regulates



both generic and name-brand prescriptions, ensuring they have the same active ingredients that treat the same conditions. If there is not a generic form of your prescription, ask your doctor if there are more affordable alternatives that can treat the condition.

STAYING IN-NETWORK

To save money at the doctor's office, review your health insurance policy to identify which doctors are in your network. Going to an out-of-network doctor can greatly increase your copayments. Your insurance company negotiates prices with approved providers, which basically allows you to pay a discounted rate on their services. Being aware of the physicians in your network will save money over out-of-network providers.



A KEY TO KEEPING MEDICAL EXPENSES DOWN IS TO SCHEDULE ANNUAL CHECKUPS WITH YOUR DOCTOR



CONSIDER AN HSA

Check to see if you can set up a Health Savings Account (HSA) with your health-care plan. You can add to an HSA with pre-tax dollars through your employer or through a high deductible health plan that meets Internal Revenue Service requirements. The money you put in an HSA can earn interest, and when you take money out for medical expenses, insurance premiums, or deductibles, it is tax-exempt.

HEALTH IS AN ASSET

Finally, a key to keeping medical expenses down is to schedule annual checkups with your doctor. Having regular physical examinations, or well-visits, allows your doctor to watch a condition at its earliest stages. Keeping an eye on things like blood pressure and blood glucose levels can help you take steps to lower your risk of developing conditions in the future like heart disease or diabetes.

View your health as an asset. Forming healthy habits with diet and exercise can help in lowering the

likelihood of developing certain medical conditions that may be costly to you physically and financially. Additionally, if you have a medical condition, it is important to follow the guidelines that your doctor gives you about managing your lifestyle and medication. Preventing a bigger issue will be much cheaper than paying for it afterward.

Don't let the costs of health care keep you from getting the medical services you need. Be proactive in finding ways to save money on medical expenses.

REFERENCES:

NH Health Cost. *What kind of accounts can I use to set aside money for medical cost?* <https://nhhealthcost.nh.gov/guide/question/what-kind-accounts-can-i-use-set-aside-money-medical-cost>

National Library of Medicine. *Eight ways to cut your health care costs.* <https://medlineplus.gov/ency/patientinstructions/000870.htm>

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ADULT HEALTH BULLETIN



JUNE 2023

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

LaRue County
Extension Service
807 Old Elizabethtown Rd.
Hodgenville, KY 42748

(270) 358-3401

THIS MONTH'S TOPIC:

BECOME A BLOOD DONOR



Blood is a precious gift that one person can give to another person. It is the gift of life. A decision to donate your blood can save more than one life. One donation can save up to three lives. There is a constant need for a regular supply of blood because it can only be stored for a limited time. Regular blood donation ensures that blood will always be available whenever and wherever it is needed.

There are many reasons why a person may need a blood transfusion. For example, women with complications during pregnancy and childbirth; children with severe anemia, often resulting from malaria or malnutrition; accident victims; and surgical and cancer patients, among others, may need blood. There is no substitute for human blood. Those who need blood rely on live human donors.

Continued on the next page →



There is a constant need for a regular supply of blood because it can only be stored for a limited time.



→ Continued from the previous page

Most adults who are healthy and do not have a transmissible infection are eligible to donate. Healthy adults can give blood regularly — at least twice a year. Your local blood service can tell you how frequently you can give blood.

Donating blood is very simple. Blood drive workers help donors feel as comfortable as possible, usually in a special chair or on a bed. A trained health worker cleans the area inside one of your elbows with an antiseptic solution before inserting a sterile needle, connected to a blood collection bag, into your vein. It usually takes about 10 minutes to donate blood. After resting for 10 or 15 minutes and taking some refreshment, you can return to your normal activities. However, you should avoid strenuous activity for the rest of the day. You should drink plenty of fluids over the next 24 hours.

The Red Cross and many local hospitals and nonprofit health organizations organize blood donation drives on an ongoing basis in many communities. If you are interested in becoming a blood donor and saving lives, reach out to a blood donation organization or your local hospital today!

REFERENCE:

<https://www.who.int/news-room/questions-and-answers/item/blood-products-why-should-i-donate-blood>

**ADULT
HEALTH BULLETIN**

Written by:
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Stock images:
123RF.com





A VISIT TO FARMERS MARKET SCAVENGER HUNT ACTIVITY



Before you go to your local farmers market, consider what produce is in season. Make a shopping list from the recipes you wish to prepare. What are you planning for dinner? Are you going to make jam, salsa, or roll-ups? Once you've decided what you're specifically looking for, take a stroll through your local farmers market. Notice the atmosphere, the fruits and vegetables that are available, how the produce is marketed, whether people are friendly, and how much activity is occurring. Now see what you can scavenge for your next meal. By answering the following questions, you'll feel comfortable visiting the farmers market week after week.

1. Do you see your favorite vegetable?
 - a. What does it cost?
 - b. Do the farmers have this produce priced the same in each booth?
 - c. Is the quality better if it is priced more?
 - d. Make a trip to the supermarket to compare the price.
2. What is the most expensive item at the market?
3. How many different fruits are available?
4. How many different vegetables are available?
5. What is the most colorful produce at the market?
 - a. Can you guess what the main nutrients of the colorful produce are?
 - b. Is the produce high in antioxidants?
6. Are there baked goods at your farmers market?
7. How many different jams and jellies are available?
8. Did any of the farmers provide taste-testing of their products?
 - a. Did the farmer use safe procedures?
 - b. Was their booth clean?
 - c. Were their clothes clean?
 - d. Were they smoking?
9. Is there produce that has more than one variety available?
 - a. What is the item?
 - b. How many varieties are there?

FRESH TOMATO SALSA

4 to 5 tomatoes, peeled, deseeded, and chopped
 1 green onion, diced
 2 cloves garlic, minced
 2 tablespoons cilantro leaves, chopped
 2 teaspoons olive oil
 2 to 4 green chilies, diced
 Salt and pepper to taste

Combine all ingredients. Refrigerate at least two to three hours for flavors to blend. Serve with your favorite vegetables, such as carrots or jicama, or serve over baked potatoes or lettuce salad. To can for later use, contact the Extension Office.

Nutritional Analysis (4 tablespoons): 30 calories, 1 g protein, 4 g carbohydrates, 2g fat

Source: Sandra Bastin, Extension Food and Nutrition Specialist
 University of Kentucky
 Cooperative Extension Service

10. Circle the produce you found at your local farmers market. If you didn't find them, are they out of season?

- | | |
|----------------------|---------------|
| Green Beans | Cherries |
| Apples | Carrots |
| Strawberry jam | Cantaloupe |
| Potatoes | Broccoli |
| Pears | Watermelon |
| Blackberry jelly | Eggplant |
| Canned pickle relish | Winter Squash |
| Peppers | Tomatoes |
| Peaches | Pumpkins |



- | | |
|---------------------|-----------------|
| Pear preserves | Zucchini squash |
| Cucumbers | Blackberries |
| Raspberries | Apple butter |
| Canned green beans | Lettuce |
| Corn | Strawberries |
| Blueberries | Canned |
| Canned tomato juice | pickled beets |
| Spinach | Onions |
| Rhubarb | |



LaRue County
PO Box 210, 807 Old Elizabethtown Road
Hodgenville, KY 42748-0210



Blackberry Lemon Upside Down Cake

2 teaspoons melted butter	1¼ cup all-purpose flour	1 large egg
⅓ cup brown sugar	1½ teaspoons baking powder	¾ teaspoon vanilla extract
1½ teaspoons grated lemon peel	¼ teaspoon salt	1 teaspoon lemon juice
2 cups fresh blackberries	⅔ cup sugar	½ cup skim milk
	2 tablespoons butter	

Preheat oven to 350°F.

Place melted butter in the bottom of a 9-inch round cake pan.

Sprinkle with brown sugar and lemon rind.

Top with berries. Set aside.

Combine flour, baking powder and salt in a small bowl. Set dry ingredients aside.

Beat sugar and butter together in a large bowl with a mixer

on medium speed until well blended.

Add egg, vanilla, and lemon juice. Mix well.

Add dry ingredients to egg mixture alternately with milk, beginning with milk and ending with flour. Mix after each addition.

Spoon the batter over the blackberries.

Bake at 350 degrees for 40

minutes.

Cool cake for 5 minutes on a wire rack. **Loosen** edges of the cake with a knife and place a plate upside down on top of cake; **invert** onto plate.

Serve warm.

Yield: 8, 3 inch wedges.

Nutritional Analysis: 230 calories, 5 g fat, 35 mg cholesterol, 220 mg sodium, 45 g carbohydrate, 2 g fiber, 4 g protein.

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

