

FAMILY AND CONSUMER SCIENCES

FRANKLIN COUNTY
COOPERATIVE EXTENSION
JUNE/JULY 2024 NEWSLETTER

 **Martin-Gatton**
College of Agriculture,
Food and Environment

Franklin County
101 Lakeview Court
Frankfort, KY 40601-8750
(502) 695-9035
Fax: (502) 695-9309
franklin.ca.uky.edu



Keep cool in the summer heat

Source: Amy Kostelic, associate extension professor

In the midst of summer, Kentucky’s extreme temperatures, high humidity and prolonged heat can make being outdoors uncomfortable and dangerous. During this time, it’s important for you to know the signs and symptoms and prevent heat-related illnesses, such as heat exhaustion, heat cramps and the most serious heat-related illness, heat stroke (also known as sun stroke).

Heat-related illnesses occur when a person’s body cannot properly cool itself. These illnesses can occur at any age, but people who are old, young and obese, and those who have compromised immune systems or abuse alcohol and drugs are at increased risk. Even people on certain medications, such as antihistamines and

(Continued on pg. 2)

IN THIS ISSUE

KEEP COOL IN THE SUMMER HEAT	1-2
A MESSAGE FROM YOUR FCS AGENT	3
UNITY IN THE COMMUNITY	3
GROW IT, EAT IT, COOK IT	4
STEP INTO NATURE, SUMMER EDITION.. . . .	5-6
THE ROLE OF CONSUMER PROTECTION AGENCIES	7-8
JUNETEENTH CELEBRATION	9
KENTUCKY WOMEN & GIRLS OPEN	10
FCHA 91ST ANNUAL MEETING	11-12
FREE SUMMER MEALS FOR KIDS.	13-14
SMART SUMMER SNACKING	14
SUN SAFETY REMINDERS.	15
KEHA NEWS AND NOTES	16
UPCOMING EVENTS	17-19
SPRING VEGETABLE SAUTE.	20

(Continued from pg. 1, Keep cool in the summer heat)

antipsychotics are more susceptible to heat-related illnesses.

Older adults are at risk for many reasons. Sweat glands, which help cool the body, often diminish in number with age, and those remaining may not function as well as they once did. Existing health problems, especially involving the heart, lung and kidneys, and some medications can also increase older adults' risk of heat-related illness.

You can take steps to protect yourself and your loved ones from overheating. Here are some tips from the Centers for Disease Control and Prevention:

- Keep up-to-date on the weather forecast, and stay in your home or another air-conditioned facility, such as a mall, public library or heat-relief shelter, if the temperatures and humidity are forecasted to be extreme.
- Avoid strenuous outdoor activities, such as exercise or gardening, during the heat of the day.
- Stay hydrated by drinking plenty of water, fruit or vegetable juices. Drink even when you are not thirsty. Avoid caffeine and alcohol.
- Wear loose, lightweight and light-colored clothing.
- To keep your house cooler, refrain from using your oven and cover windows that receive direct sunlight.
- Take cool showers or baths to help yourself cool down.

Know the signs of overheating—dizziness, fatigue, lack of coordination, cold and clammy skin, thirst, headache, nausea, muscle spasms and/or cramps and ankle swelling. Seek immediate medical attention if you experience signs of heatstroke. Heat stroke is a potentially life-threatening condition that requires medical attention. Signs of heat stroke include high body temperature, confusion, changes in behavior, fainting (or feeling faint), staggering, rapid or weak pulse, dry or flushed skin and lack of sweating despite the heat.

If you are a neighbor, friend or family member of an older adult, regularly check on them during warm days and extended/excessive hot periods to make sure they are staying cool, hydrated and that they have access to air conditioning. Seek immediate medical attention if you think someone has signs of a heat-related illness.

For more information about heat exhaustion contact the Franklin County Cooperative Extension office.





From the Fingertips of Your FCS Agent

Welcome to summer! There are so many fun activities going on within our local and surrounding communities. If you get a chance to stop by a surrounding county and check out their local farmers markets and county fairs. You would be surprised at what hidden gems you might find.

I hope to see many of you out and about over the summer months at the county fair or other events we are hosting and/or community partner. I had the opportunity of emceeding the Dr. Rosby L. Glover Unity in the Community event on Saturday, June 15th from 10AM-4PM at 100 Clinton Street, Frankfort. There were over 63 community partners including health education services and resources such as: biometric health screenings, cancer screenings, vaccinations, memory screens, blood pressure checks, balance/fall risks, Medicaid and aging, nutrition/meal programs, Alzheimer's and end of life services, home energy efficiency, food access programs, mental health, and substance abuse. Other upcoming events include our annual Farm City Field Day at Happy Jack's Farm from 9AM to 1PM on July 11, 2024 and the Franklin County Fair, July 16th-20th at Lakeview Park.

I want to thank everyone who participated and helped coordinate the 91st Annual Homemaker meeting. Congratulations to our Homemaker Scholarship Recipient, Marae Mallard, a graduate of Frankfort High School. Please remember to keep our Homemaker President, Elizabeth Collins in your thoughts and prayers on the loss of her father.

Finally, Happy Father's Day to all of those men who are filling the shoes of what it means to be a father. You may have filled this role by adoption, biologically, blood, or by happenstance, but the important part is you were chosen. Enjoy your weekend with those you love.

Stay hydrated and remember adults need at least 150 minutes of physical activity per week.

See you around town!



Calling All Bakers – Volunteer Opportunity

Thornhill Education Center and Spellapalooza is asking for baked goods for their annual spelling bee. They are very appreciative of our participation in the past! If you would like to donate please package goodies 4 to a bag and drop them off at the office by 3:00pm on Friday, August 2nd. Please make at least one label describing your baked goods.

If you have any questions, please call:
Denise Boebinger
@ 502-330-1978



GROW IT, EAT IT, COOK IT

GROW YOUR OWN FOOD, COOK DELICIOUS RECIPES,
AND ENJOY A TASTY MEAL TOGETHER!
EACH PARTICIPANT WILL GET TRANSPLANTS
OR SEEDS TO GROW AT HOME.

- ~~Mar 14~~ ~~Potatoes~~
- ~~April 18~~ ~~Broccoli & Cauliflower~~
- ~~May 16~~ ~~Tomato~~
- June 20 -Pepper
- July 25 -Summer Squash
- Aug 15 -Spinach
- Sept 12 -Radishes
- Oct 10 -Garlic



SCAN THE QR CODE OR
ENTER THE LINK TO
REGISTER.

[HTTPS://FORMS.GLE/SGBQOKHNX93JMjXQ6](https://forms.gle/SGBQOKHNX93JMjXQ6)

YOU MAY ALSO CALL TO REGISTER:
502-695-9035



FRANKLIN COUNTY COOPERATIVE EXTENSION SERVICE
101 LAKEVIEW COURT, FRANKFORT, KY 40601
502-695-9035

**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.
Lexington, KY 40506



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.



ADULT HEALTH BULLETIN



JUNE 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>

Franklin County Cooperative Extension Office
101 Lakeview Court
Frankfort, KY 40601
502-695-9035
franklin.ca.uky.edu

THIS MONTH'S TOPIC

STEP INTO NATURE, SUMMER EDITION



As the weather warms up, the sun shines brighter and it is light outside for longer each day. These environmental changes make it more enticing to spend time outdoors. Perhaps you find yourself staring out the window, distracted from your work tasks. Don't fight the urge to step outside! Give in to your wandering mind, take a break in the sunshine, and reap the benefits of being outdoors in the summertime. You may be familiar with a quote from Hippocrates, "Nature itself is the best physician." Whether you take a walk around your block, sit in the shade under a tree, or take a hike through the woods, spending time outdoors is good for your health.

Continued on the next page →



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. Lexington, KY 40506



Disabilities accommodated with prior notification.

When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

→ Continued from the previous page

There are both mental and physical benefits to spending time outdoors during the summer. Studies have shown that people enjoy being outside in the summer, and being outdoors provides good motivation to be physically active. People who exercise outdoors are more likely to be active for a longer time and enjoy it more than those who exercise indoors. Additionally, there are many activities to do in the summer outdoors. From walking, hiking, or running, to gardening, doing yard work, playing sports, and more, there are many ways to be active in the great outdoors whether you live in an urban or rural area.

Another physical benefit of spending time outdoors is the quality of air that you breathe in. Overall, air quality outdoors is typically better than that inside. When you exercise, your body needs more air, and you breathe more deeply. This provides extra oxygen to your body and breathing outdoors tends to reduce the amount of toxins that you take in through the air. Breathing deeply helps you to relax, lowering your stress levels, cortisol, and heart rate. All of these contribute to overall heart health, reducing and managing chronic diseases such as high cholesterol, blood pressure, and heart disease. Additionally, being outdoors awakens your senses, helping you to enjoy the atmosphere outdoors: the sights, smells, sounds, tastes, and textures around you.

Tuning into your senses outdoors also has mental health benefits. Spending time outside reduces stress levels, decreases feelings of depression and anxiety, and helps you to feel more regulated. Spending time outside has shown to help people recover from trauma faster as well. When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

Summer weather tends to make spending



time outside enjoyable, but there are some precautions you should take as well. If you are going to spend time out in the sun, remember to wear protective clothing or sunscreen, sunglasses or hat, and drink plenty of water to stay hydrated. Your body will appreciate the additional vitamin D, but you do not want to overexpose your skin to damage from the sun.

REFERENCE:

<https://www.fs.usda.gov/features/wellness-benefits-great-outdoors>

**ADULT
HEALTH BULLETIN**

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



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2024

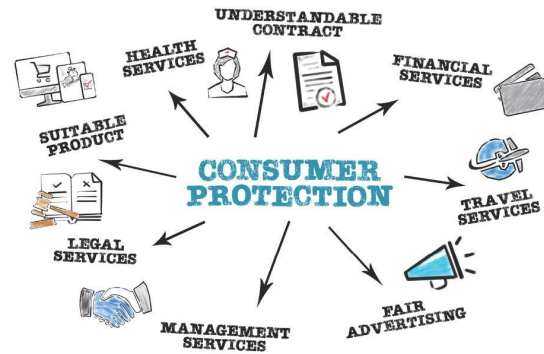
Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

FAIR AND SAFE: THE ROLE OF CONSUMER PROTECTION AGENCIES

When you shop, you probably expect that the seller will treat you fairly, offer a reasonable price, and sell a safe product. Consumer protection agencies exist to ensure that these expectations are true. They safeguard your rights and interests as a buyer. Three of these agencies are the Federal Trade Commission (FTC), the Consumer Financial Protection Bureau (CFPB), and the Food and Drug Administration (FDA). Let's explore how these agencies help keep the marketplace balanced and secure.

FEDERAL TRADE COMMISSION (FTC)

The FTC makes sure that competition is fair and that buyers are protected in different industries. They investigate and stop unfair competition, scams, and misleading advertising. For example, if someone tries to trick people into buying something with false claims, the FTC steps in to stop it. They also help people who have had their identity stolen by providing resources, assisting in recovery, and raising awareness. In 2021, they helped nearly 24 million identity theft victims, according to the Bureau of Justice Statistics. By promoting fair competition, the FTC encourages lower prices and better-quality products, giving consumers more choices. They also teach people about their



rights and give information to help them make smart choices, especially with big purchases or money matters.

CONSUMER FINANCIAL PROTECTION BUREAU (CFPB)

The CFPB is a government agency that monitors how consumers interact with banks, mortgage companies, payday lenders, and other financial businesses. Their main job is to make sure consumers are treated fairly by enforcing laws that protect them from being financially harmed or deceived. If you have a problem with a financial product or service, like a bank account or a loan, you can reach out to the CFPB for help. By filing a complaint online or over the phone, they will investigate and try to resolve the issue. The CFPB also provides educational

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. Lexington, KY 40506



Disabilities accommodated with prior notification.

THE FTC, CFPB, AND FDA ARE ONLY A FEW U.S. CONSUMER PROTECTION AGENCIES.



resources to help people better understand their financial choices. They offer tools and programs to teach consumers about important financial topics such as managing money, understanding credit, and avoiding financial scams. For instance, the CFPB ensures that mortgage companies follow rules to prevent people from losing their homes through foreclosure. They also require credit card companies to clearly explain their fees and terms so consumers can make informed decisions.

FOOD AND DRUG ADMINISTRATION (FDA)

The FDA is another federal agency that looks after the safety and effectiveness of products that we use every day, like food, medicines, and medical devices. They play an important role ensuring the food we buy is safe to eat and food labels are accurate. The FDA also verifies the safety of new medicines and medical devices before they are sold to the public. This protects consumers from using products that could be dangerous or might not work as they should. Along with their role in product safety, the FDA teaches

people about important health topics. They provide information on how to use medications safely and how to handle food to avoid getting sick. They also warn about the dangers of risky behaviors like smoking. By setting rules and making sure companies follow them, the FDA plays a key part in keeping consumers healthy and informed.

The FTC, CFPB, and FDA are only a few U.S. consumer protection agencies. Understanding the functions and roles of agencies like these helps consumers make informed decisions and avoid or address problematic issues with services and products.

REFERENCES:

Federal Trade Commission.
<https://www.ftc.gov/>

Consumer Financial Protection Bureau.
<https://www.consumerfinance.gov>

U.S. Food and Drug Administration.
<https://www.fda.gov/>

Contributing Author: William Henry Berkley, Family Financial Counseling Student, University of Kentucky
Co-authored by: Kelly May | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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



Become a fan of *MONEYWISE* on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)



JUNETEENTH

A Freedom Celebration

WED, JUNE 19 (5:30 PM)

“LET’S TALK ABOUT IT”

TOPIC: WHAT IS JUNETEENTH?

Location: Paul Sawyer Library

THUR, JUNE 20 (7:30 PM)

FREE VIEWING OF THE MOVIE:
“EMANCIPATION” [TENTATIVE]

Location: The Grand Theater

FRI, JUNE 21 (6:00 PM)

NAACP DINNER

Location: First United Methodist Church

Contact: CLCarter12104@hotmail.com

SAT, JUNE 22 (9AM - 12PM)

FORR FAMILY FIELD & FUN DAY

Location: Lakeview Park

SUN, JUNE 23 (5:30 PM)

SUNDAY COMMUNITY POTLUCK

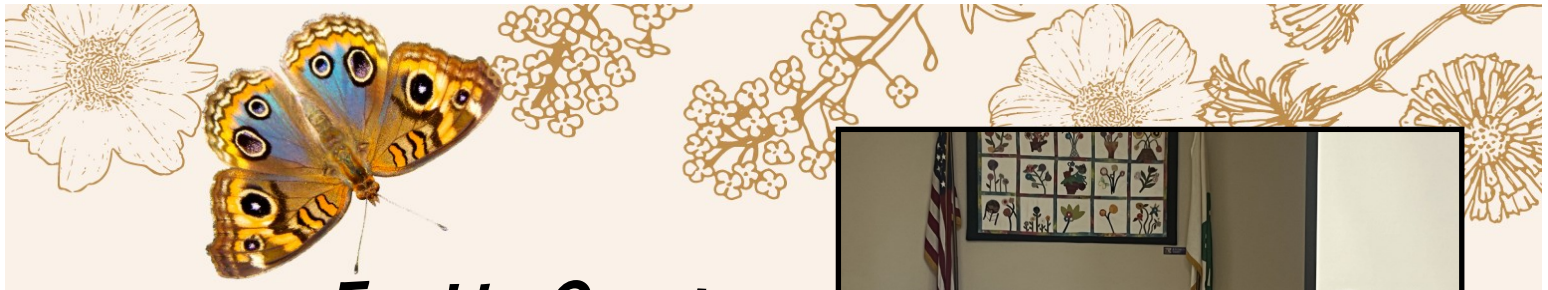
Location: VFW on Second Street

Kentucky Women & Girls Open

The Franklin County Extension office hosted the inaugural Kentucky Women & Girls Open! Former US Women's Champion WGM Sabina Foisor was kind enough to attend, provide game analysis in the skittles room, and present awards!. You can find the live stream of matches on the Kentucky Chess Association's Facebook page, <https://www.facebook.com/kentuckychess>. For more information on joining the Frankfort Chess Masters, contact Julio Mendoza at: julioamendoza@yahoo.com.

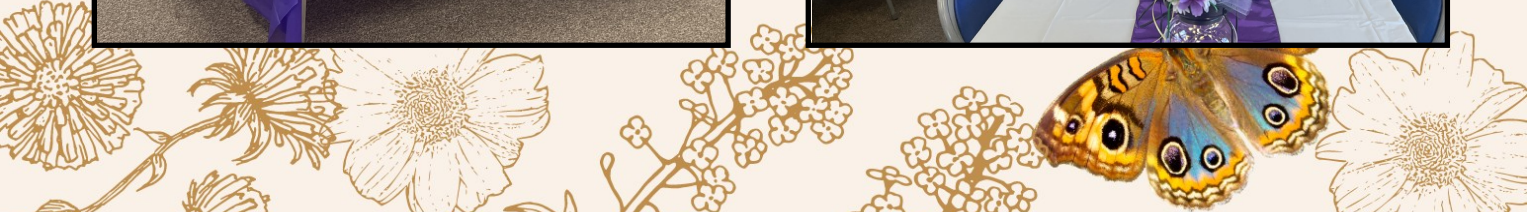
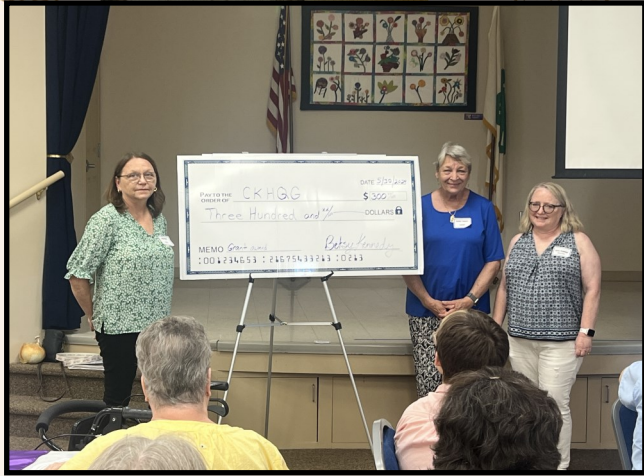


Photo Credit: @
<https://www.facebook.com/kentuckychess>



Franklin County 91st Homemakers Annual Meeting





Summer Food Service Program (SFSP)

Both Frankfort Independent Schools and Franklin County Schools are offering free summer meals for ALL kids 0-18 years old again this summer. Pick up for a week of breakfasts and lunches will be on Thursdays for both school districts.



FIS pick ups will be at Frankfort High from 3:30 - 5 PM. More info and register at bit.ly/3QQZrcg

FCS pick ups will be at Hearn Elem. from 11 AM - 1 PM. More info and register at bit.ly/3Ke16EK

Families can choose the one that works best for them - the only limitation is that a child can only get food from one summer food service provider each week.

Learn more at fcmarket.org/in-the-news



FRANKFORT
INDEPENDENT SCHOOLS



FREE SUMMER MEALS FOR KIDS

GET A WHOLE WEEK OF
BREAKFAST AND LUNCH

PICK UP THURSDAYS
3:30-5 PM AT FHS

JUNE 13, 20 & 27; JULY 11 & 18



REGISTER NOW:
BIT.LY/3QQZRCG



Smart summer snacking

Source: Adapted from Smart Snacks for Your Trip (eatright.org)

Summer brings longer days and warmer weather. It also brings vacations and family outings with kids being out of school. It's easy to grab soda and candy at a gas station. But with some planning you can snack smart on outings this summer. Pack wise snacks that will fuel your body with protein, fiber, and healthy carbohydrates. This will help you to feel full longer. Some good grab-and-go choices are peanut butter, pre-washed fruit (apples, bananas, grapes), whole grain crackers, and pretzels. Unsalted nuts, plain popcorn, dried fruit, cherry tomatoes, hummus, or yogurt are also good choices. Divide snacks before you go into single-serve packs. For food items that you need to refrigerate, be sure to store them in a cooler. Keep the cooler temperature less than 40 degrees F using ice packs. Stay hydrated by drinking water. Try drinking fizzy seltzer water or add a slice or two of lemon or lime to regular water to jazz it up.



THORN HILL EDUCATION CENTER

700 LESLIE AVENUE, FRANKFORT

FREE LUNCH

WEEKDAYS, 11:30 AM-12:00 PM

In partnership with Franklin County Schools, we will have free breakfast and lunch for youth ages 18 and under.

DAILY ACTIVITIES

WEEKDAYS, 12:00 PM-12:30 PM

GARDEN TIME

WEDNESDAYS • 3:30 PM-4:30 PM

Families, mentors/mentees and friends are invited to join us in the garden for weekly tasks.

OPEN GYM

THURSDAYS • 3:30 PM-4:30 PM

Families, mentors/mentees and friends are invited to join us for open gym time! All youth must be accompanied by an adult.

South Frankfort Food Share

Every other Tuesday | 5-6:30 PM

Dates

May 28

June 11 & 25

July 9 & 23

Aug. 6 & 20

Sept. 3 & 17

Oct. 1 & 15

Each Food Share box comes with 8-12 produce items from local farmers!

Sliding Scale Pricing	SNAP/EBT - \$6	Regular - \$30
	Limited Income - \$12	Food Justice - \$40

Dolly Graham Park | 225 River St, Frankfort | (502)-472-4639

freshfood@franklincountyfarmersmarket.org | FCMarket.org

Sun safety reminders

Source: Amy Kostelic, associate extension professor

After a long winter, many of us want to spend as much time as possible outdoors. As you venture outside, remember to protect yourself from sun and heat, no matter your age.

Anyone who spends a considerable amount of time out in the sun with unprotected, exposed skin runs the risk of developing skin cancer. The fairer your skin, the greater your risk. Oftentimes, parents remember to put sunscreen on their young children but forget about protecting themselves. Older adults may choose not to wear sunscreen thinking, “the damage has already been done.” This is far from the truth.

The risk of getting skin cancer increases with age. The Skin Cancer Foundation estimates “that between 40 and 50 percent of Americans who live to 65 will have at

least one skin cancer. The risk also varies among genders. According to the University of Michigan Rogel Cancer Center, men’s risk of having basal cell cancers is double that of women. Men are about three times more likely to have squamous cell skin cancer compared to women.

Here are some ways to protect yourself from the sun:

- Avoid midday sun between 1-3 p.m.
- Wear wide-brimmed hats
- Use sunglasses
- Cover your skin with long-sleeves and pants
- Use sunscreen with SPF of 30 or higher
- Be aware of all moles and spots on your skin, and let your health care provider know about any changes
- Have your skin examined during health check-ups





Welcome New KEHA Officers – Welcome to the five newly elected KEHA state officers and chairs whose terms begin July 1, 2024.

- President-Elect: Henrietta Sheffel, Breathitt County
- 2nd Vice President: Martha Colley, Christian County
- Cultural Arts & Heritage Chair: Cindy Moore, Henry County
- Family & Individual Development Chair: Amelia Godfrey, Johnson County
- International Chair: Tammy Alford, Butler County

State Meeting Recap – Thank you to everyone for a successful state meeting! It takes every area across the state fulfilling their assignments to make this meeting happen. Here are a few highlights from our week:

- Total attendance was 450. There were 61 first-time attendees.
- There were no bylaws changes in the state business meeting this year. The voting delegate packet is available on the [state meeting webpage](#).
- Cultural arts judging results are available on the [state meeting webpage](#).
- More than \$7,000 was raised to support designated projects through the basket raffle, silent auction, and quilt square auction. Additional details are included in a [feature story](#) on the KEHA website.

National Volunteer Outreach Network (NVON) Conference – The 25th annual NVON Conference will be July 16-18, 2024, in Ashville, N.C. Any KEHA member is eligible to register and attend. Meeting details are available at <https://www.nvon.org/nvon-conference/>. **Hotel and registration deadline is June 15.**

Dates to Remember

- June 30 – KEHA year ends.
- July 1 – Due date for club reports to be submitted to the county (paper forms). This includes both program of work reports and volunteer service logs.
- July 16-18 - NVON Conference in Ashville, N.C.



Save
the
Date



**DISCOVER KEHA -
A HIDDEN TREASURE**


Make plans to attend the 2025 State Meeting.

May 5-8, 2025

Hyatt Regency
401 West High St., Lexington


Check the KEHA website (www.keha.org)
this summer for lodging rates & details.





WITS WORKOUT

An Interactive Brain Health Program



Did you know that social connectedness and intellectual engagement are two lifestyle factors that contribute to your brain's health?

Simply put, coming together and learning new things is good for your noggin! Join the *Wits Workout* program to engage in all kinds of guided challenging puzzles, learn what you can do in your daily life to keep your brain healthy while interacting with others.

When: Thursdays, May 23-June 27, 2024

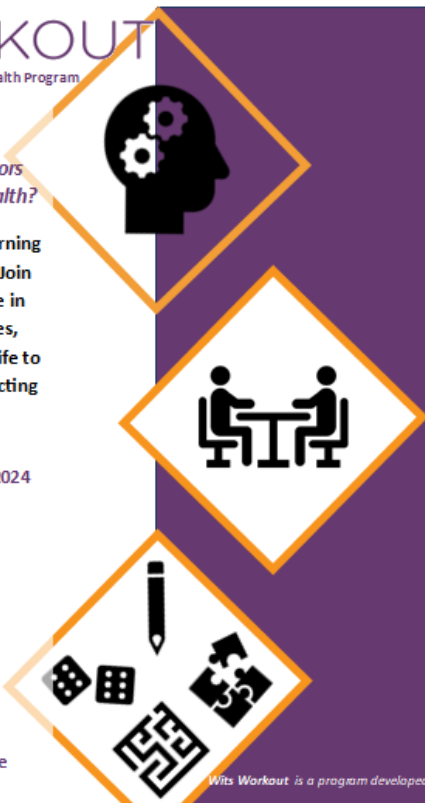
Time: 1:30 - 3:00 p.m.

Where: Capital City Activity Center
202 Medical Heights Dr.
Frankfort, KY 40601

Register: (502) 223-5794

Led By: Carla A. Carter, FCS Agent
Franklin County Cooperative

Wits Workout is a program developed



Locals Food Hub & Pizza Pub

\$\$ Triple Dollars \$\$




USE YOUR SNAP/EBT CARD AT LOCALS

BUY \$20 IN GROCERIES

RECEIVE AN ADDITIONAL \$40


FREE GROCERIES!

863 WILKINSON BLVD
FRANKFORT, KENTUCKY
WWW.LOCALSFOODHUB.COM



1776

Happy 4th of July!



The Franklin County Extension Office will be closed
July 4th in celebration of Independence Day.

64th

Annual



FARM CITY FIELD DAY

Happy Jack's Farm

July 11, 2024 9:00 am - 1:00 pm
 966 Hickman Hill Rd.

We look forward to seeing you there!



DINING WITH DIABETES: AIR FRYER EDITION

July 22, 2024 5:30-8:00PM

Fayette County Extension
1 140 Harry Sykes Way
Lexington, KY 40504

July 29, 2024 5:30-8:00PM

Franklin County Extension
101 Lakeview Court
Frankfort, KY 40601

Join us for an overview of Dining with Diabetes and air fryer education, and enjoy a demonstration of a healthy air fryer recipe. One air fryer will be given away at each session.

Space is limited.
Pre-registration is **REQUIRED**.
Please contact:
Fayette CES (859) 257-5582
Franklin CES (502) 695-9035



Join us

INTRO TO COOKING

Monday, June 17th
5:30pm-7:30pm

For ages 18-30

Join us for a fun evening - we'll discover new recipes, learn cooking techniques and knife skills, and eat some great food we make ourselves.

UK Cooperative Extension Service

DQ's donate \$1, or more, for every Blizzard sold to your local children's hospital!

COOKING THROUGH THE **Calendar**

Franklin County Cooperative Extension Office
101 Lakeview Court
Frankfort, KY 40601

For more information on how you can attend these **FREE** cooking classes, please contact your local Nutrition Education Program Assistant:

Pamela Holbrook
502-695-9035
pamela.holbrook@uky.edu

RSVP Required

All 2024 Class Dates
Feb 12
March 11
April 8
May 13
June 10
July 8
Aug 12
Sept 9
Oct 14
Nov 11
Dec 9

This work is supported by the Expanded Food and Nutrition Education Program from the USDA, National Institute of Food and Agriculture.

UK Cooperative Extension Service

SNAP Supplemental Nutrition Assistance Program

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

MIRACLE TREAT DAY

JULY 25, 2024

PORTION OF PROCEEDS SUPPORT KENTUCKY CHILDREN'S HOSPITAL

UK HealthCare KENTUCKY CHILDREN'S HOSPITAL

Children's Miracle Network Hospitals

Dairy Queen

<p>ON JUNE 19</p>	<p>WE CELEBRATE JUNETEENTH</p>
<p>On this day in 1865, African-American slaves were told that they had been set free.</p>	
<p>The Franklin County Extension Office will be closed on June 19th to honor this day.</p>	

Spring Vegetable Sauté

- 1 teaspoon olive oil
- 1/2 cup sweet onion, sliced
- 1 garlic clove, finely chopped
- 3 new potatoes, quartered
- 1 medium carrot, sliced
- 3 asparagus spears, chopped
- 3/4 cup sugar snap peas or green beans
- 1/2 cup radishes, quartered
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried dill or thyme, or spice of your choice

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat the oil in a large skillet. Cook the onion for 2 minutes. Add garlic and cook another minute.
3. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
4. If the vegetables start to brown, add a tablespoon or two of water.
5. Add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender — about 4 minutes more.
6. Serve right away.
7. Store leftovers in the refrigerator within 2 hours.

Note: Use any variety of vegetables you have on hand for this recipe.

Makes 4 servings
Serving Size: quarter of recipe

Nutrition facts per serving: 140 calories; 1.5 g total fat; 0 g saturated fat; 0 g trans fat; 0 mg cholesterol; 220 mg sodium; 28 g total carbohydrate; 7 g dietary fiber; 12 g total sugars; 0 g added sugars; 4 g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium

Source: Spring Vegetable Sauté | MyPlate

Be sure to follow our Facebook page for all the up-to-date information and articles.

@FranklinCountyKyCooperativeExtension

Carla A. Carter
County Extension Agent for
Family and Consumer Sciences

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. Lexington, KY 40506

