

Newsletter

FAMILY & CONSUMER SCIENCES

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FULTON COUNTY JULY 2009

DATES TO REMEMBER

July 23 – Field Day at Princeton
July 29 – KEHA Leadership Development Seminar
July 30-Aug. 1 - Town & Country Days
August 10 – County Homemaker Council Mtg
August 24 – Area Homemaker Council Mtg
August 20-30 – Kentucky State Fair, Louisville

TOWN AND COUNTRY DAYS

It's that time of year again so get your projects ready! Finish up those crafts you've started and/or throw a little more fertilizer on your flowers or fruits and vegetables to be ready to win that blue ribbon!



Hello Fulton County Homemakers!! Let me introduce myself. I am Amy Tyler, your new County Extension Agent for Family and Consumer Sciences. I am very much looking forward to meeting each of you. I live in Hickman County with my husband and two children. I worked as a high school teacher for six years. While I truly enjoyed working with teenagers in this area, I am very excited to now have the opportunity to work with all age groups. I have been gathering information and working hard to plan programs that I hope you will find informative and enjoyable. Please feel free to contact me at the Extension Office with any questions you might have.

*See you soon!!
Amy*

KEHA LEADERSHIP DEVELOPMENT SEMINAR

KEHA members and FCS agents will have the opportunity to participate in a leadership and learning seminar with knowledgeable and experienced presenters on July 29 at the Research and Education Center in Princeton. The registration fee is **\$12.00** per person to cover the cost of lunch and supplies. Registration deadline is **July 14. NO LATE REGISTRATIONS WILL BE ACCEPTED.** Please call and let us know if you are planning to attend.

KENTUCKY STATE FAIR – AUGUST 20– 30, 2009

Offering all-day adventures of family fun for

more than 100 years, the Kentucky State Fair has captured the hearts of fairgoers everywhere with its wide selection of exhibits, rides, food, crafts, animals, competitions, music, games and entertainment of every sort. This annual celebration of summertime fun is America's largest air-conditioned fair, filling all one million square feet of the massive Kentucky Exposition Center in



PIZZA WINNERS

The following Extension Homemaker members turned in the most volunteer hours for the months of May & June in their club:



Correspondence – Julia Davis
Lunch Bunch – Nancy Graseder
Rush Creek – Peggy Hill
Tri-County – Alicia Walker & Theresa Haddad



Disabilities accommodated with prior notification.

Louisville each August. Acres of additional outdoor activities also give fairgoers plenty of reason to explore the thrills of open-air entertainment and exhibits. For more information go to www.kystatefair.org.

NOVEL HERB FLAVORS AT THE FARMER'S MARKET

Herbs are a healthy way to add flavor and color to your summer menu. Visit the farmer's market and local suppliers of plants and seeds to look for novel varieties such as lime or cinnamon basil. Use fresh cut lime basil from the farmer's market in tuna salad or salsa. Cinnamon basil adds a punch of spice flavor to salad greens or tomato sauces. Lemon balm or apple mint can give iced tea a zesty twist. Summer savory gives grilled beef a peppery flavor. If your local market does not carry cut herbs, consider growing some of your own next summer. Local nurseries and seed purveyors may stock rare or heirloom varieties of herbs. There are also many online sources of herb seeds. Check with your local Extension office for advice on the many sources and uses of culinary herbs.



Source: Janet Tietyen, Extension Specialist for Food and Nutrition, University of Kentucky College of Agriculture

NATIONAL PARENTS DAY

National Parents Day is held on the fourth Sunday in July each year. This year, it will be on July 26. National Parents Day is a special day to honor your mother and father. It is also a time to celebrate your family and your family's values. It is not a day for gifts, like Mother's Day or Father's Day. Instead, National Parents Day is about spending time with your parents. It is also a day to let them know how much you love and appreciate them. It is also about promoting responsible parenting in our country. There is a resolution that was signed into law by President Clinton in 1994 to recognize this day. The resolution states that National Parents Day is for "recognizing, uplifting, and supporting the role of parents in the rearing of children."

This day is not just a day for celebrating our biological parents, but also foster parents and step-parents. One other very important part of this day is to recognize positive parental role models and people who have been positive parental figures in our lives. Our teachers, county Extension agents,

church communities, neighbors, and even older brothers and sisters are all examples. These people, like our parents, take responsibility for helping children grow and develop. They also give many children unconditional love in the role of parent figures. This creates a strong bond and trust that can last a lifetime. This is our chance to thank them!

Source: Kerri Ashurst, Extension Specialist, University of Kentucky, College of Agriculture

GRILLING FOOD SAFETY

Meat and poultry cooked on the grill often brown very fast on the outside, so use a thermometer to make sure the food has reached a safe internal temperature. All poultry should be cooked to a minimum temperature of 165°F. Ground burgers should reach 160°F. Beef, veal, and lamb steaks, roasts, and chops can be cooked to 145°F. All cuts of pork should reach 160°F. A thermometer is the only way to guarantee that the safe minimum temperature has been reached.



Here are some tips towards safe food handling, no matter what type of food you are planning to grill.

- ▶ Refrigerate all foods as soon as you get home from shopping.
- ▶ Marinate foods in the refrigerator. Don't reuse marinades unless they have been boiled.
- ▶ Precook foods just before placing on the grill.
- ▶ Use different utensils and serving dish when handling raw and cooked foods.
- ▶ In weather above 90°F, don't allow food to sit out for over one hour.
- ▶ After cooking any food on the grill, keep it hot until served. Either set the cooked meats to the side of the grill rack, not directly over the coals, or keep in a 200°F oven, in a chafing dish, slow cooker, or on a warming tray.

For more information, please visit:

<http://www.ca.uky.edu/HES/FCS/SSCgtFM/FN-SSB-917.pdf>

Amy Tyler
County Extension Agent for Family & Consumer Sciences