

LAUREL COUNTY EXTENSION HOMEMAKER

200 County Extension Road, · London, Kentucky 40741 · (606) 864-4167

June/July, 2009

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Special points of interest:

- Learn how to Play it Safe in the Sun
- Come join our new Living Well Class
- Join us to paint Quilt Blocks
- Learn Pressure Canning Basics
- Check out the article on Safe Grilling

Protect Yourself and Your Family from the Sun

- Stay out of the sun, especially between 10 am and 4 pm when the sun's rays are most damaging. Arrange outside activities around these times and seek as much shade as possible during these hours. You can burn on a cloudy day!



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- Wear protective clothes such as a long-sleeved shirt and long pants. Wear dark clothes made of closely woven fabrics. Light colored clothes may be washed in detergents

with fabric brighteners to improve their protection against the sun.

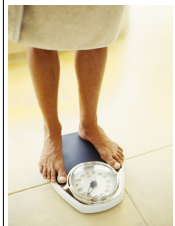
- Wear a sun-safe hat. Baseball caps do not protect vulnerable areas on your ears, face, or neck from the sun. Try a wide-brimmed hat made of tightly woven fabric.
- Wear sunglasses. Even the most effective hats can block only 50% of the ultraviolet rays that reach the eyes, so be sure to wear sunglasses. Choose wraparound sunglasses that provide 100% UV radiation protection.

- Use a broad-spectrum sunscreen with an SPF of at least 30. Reapply every 2 hrs. and apply it thickly and thoroughly! Use at least 1 oz. (a handful) of sunscreen to cover your entire body.

- Do NOT use tanning beds or sun lamps. They give off just as much UV radiation as the sun!
- Finally, check your skin every month for abnormal or changing areas, especially moles, and have them examined by the doctor. Use a mirror or ask a family member to check areas you cannot see.

Living Well in Laurel County

Looking to drop a couple of pounds this summer or just maintain your current weight.



Maybe you need some encouragement from others trying to reach a weight loss goal. Come join the

newest group; Living Well in Laurel County. This program will meet Monday nights from 5:00 pm - 6:00 pm and will help participants learn how to eat, rather than diet. Participants will get weekly support, weekly weigh-ins, educational programs, exercise and more. Participants will not get a quick fix, a rigid meal plan, or daily menus. Cost per partici-

pant is \$10.00. Living Well in Laurel County will begin on Monday, June 8th and will be offered for eight weeks until July 27th. Come join the fun and lose a few pounds while you are at it. Bring a friend, husband, or neighbor along too. To register for this great group, call 864-4167.

The Garden... A Place Where Friends Grow Together



Advisory Council Meeting
Thurs., June 4th
9:30 a.m.

After a lot of hard work our community garden is officially open. The Garden is a place where those that need a place to garden or would like have some assistance with gardening, can come and garden with friends. The Garden is located at the corner of Dixie Street and



County Extension Road and is a joint project between the Cooperative Extension Service, Master Gardeners, City of London, and Section 8 Housing. Participants can rent 4'x8' raised beds to grow their vegetables or flowers. Beds are \$15.00 for the season or two beds for \$25.00. For those that would like some assistance, Master Gardeners will be helping gardeners with educational information and answering gardening ques-

tions. Even though The Garden is open for business it is still a work in progress.



We still have an entrance to complete, a shelter to construct and lots more to do. If you would be interested in participating in The Garden, please call the Extension Office at 864-4167. Raised beds are going fast, so call soon.

Canning Information

Alltrista Company (Ball & Kerr Brand)
 1-800-240-3340

National Presto Industries
 1-800-877-0441

Mirro Corporation
 1-800-527-7727

Check Out those Mailboxes ...

Attention Club Presidents:

Arriving in your mailbox soon, will be two forms that need to be filled out and returned by the end of July. First, and most importantly, as soon as your club elects new officers in June, please complete the New Officers form and return it to the office. It is very important that we keep informed as to who your offi-

cers and chairmen are. That way when reminders are sent, meetings are scheduled or canceled, we know who to contact. Secondly, please complete the form that tells us who will be attending the Homemaker Leader Lessons next year. If you are a specialty club, please complete the lessons that your club will be attending and list what

lessons your club will be having the months you will not be participating in the traditional lesson. If you receive any of these forms and you are not the Club President, please either call the office or pass it on to the correct person. If you have any questions about any of these forms, please call the office. All forms need to be turned in by July 31st.



Come help us paint some quilt blocks! Call 864-4167 to volunteer.

Piecing Together the Puzzle—Leader Training

Do you ever hear another Homemaker mention some meeting and wonder am I supposed to go to that? Or do you read about some Homemaker program and wonder how your club fits into that program? Ever go to club meeting and wish the President would be more efficient in running the meeting?

Well, come to our Homemaker Leader Training and find out how you as an individual fit into the whole system of Kentucky Extension Homemakers Association. Come learn leadership skills to make your group run more smoothly and more efficiently. This great training will be offered on xxx, August xxx at

10:00 a.m. and again at 6:30 p.m. The training is open to everyone. You do not have to be an officer or chairmen to attend. Everyone can benefit from leadership training. The event is free, but registration is required. Please watch the mail for more details.

Laurel County Agricultural Fair

The Laurel County Ag Fair is scheduled for June 15th - June 19th at the Laurel County Fairgrounds. If you remember the county fairs of the past and feel nostalgia then this is the place for you. Come hear the sounds of farm animals, experience the smells of the farm and watch local children and adults compete for blue ribbons, and more. The best part - everything is free! So, come for a show or just stop by to see what is going on.

Interested in local foods, then come to the animal auction on Friday night and purchase one of these local animals. For more information, please call the Extension Office at 864-4167.



Monday, June 15th - Dairy Show 11:00 a.m. 4-H Exhibits entered 10-12 noon

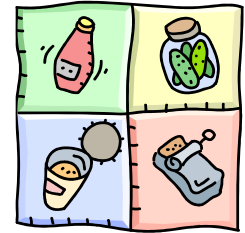
Tuesday, June 16th - Agricul-

ture Skill-a-thon and Judging Clinics 9:00 a.m.

Wednesday, June 17th - County Goat Show 10:00 a.m. District Goat Show 12:30 p.m.

Thursday, June 18th - County Lamb Show 10:00 a.m. District Lamb Show 12:30 p.m.

Friday, June 19th - Hog Show 10:00 a.m. Feeder Calf Show 12:30 p.m. Steer Show 3:00 p.m. 4-H Exhibits pick-up 5-6 p.m.



Bring your canner dial gauge into the office to be tested. It takes a few minutes, so call ahead or be prepared to leave it and come back.

Farmers Market is Open For Business

Have a craving for some vegetables or would you like to serve some local products to your family tonight, check out the Laurel County Farmer's Market. Officially open for business, the Farmer's Market is open



every Tuesday, Thursday and Saturday mornings bright and early. They stay until the last product is sold. All product sold is grown and raised in Laurel County. So, you can't get much more local than that.

Coming in July - Our farmer's market kitchen is now under construction. We are hoping to have a working kitchen by

July. So, if you have decided to try your hand at gardening again this year, but need a refresher course on canning and/or preserving, watch for details on our upcoming classes. If construction continues and finishes on time, we will be having hands-on canning classes and much more!

Let's Start Painting

Five fortunate families have been approved to receive one of the free quilt blocks for their barns. This tourism program was taken on by the Laurel County Extension Homemakers and to kick it off they agreed to fund five quilt blocks throughout Laurel County. We are ordering supplies and are gearing up to

get these five blocks painted this summer. If you would like to volunteer to help with this project, we really need you! It's going to take a lot of work, but the results will be magnificent. Congratulations to these families:

- Diana Kilburn, Hwy. 1228 in East Bernstadt

- Peggy Brown, East Laurel Road in London
- Pat Cheek, East Laurel Road in London
- Glenn Calebs, Hwy. 229 in London
- Lucille Robinson, Hwy. 30 in East Bernstadt



Watch the paper for upcoming canning classes offered at the Farmer's Mkt.

Pressure Canning Basics



Come join our new weight loss group, Living Well. They meet on Monday nights at 5 pm.

June 8th - July 27th

Canning requirements are updated quite often for safety reasons, so make sure you have a copy of all the new recommendations. Call 864-4167.

Interested in trying your hand at canning this year? Here are some basic tips that you need to know. A pressure canner is essential if you can low-acid foods such as vegetables or meat and poultry at home. For high acid foods such as fruits and tomatoes either a boiling water canner or pressure canner may be used. Pressure canners are expensive but with proper care they will last many years. An old, outdated method of canning is open-kettle which is considered unsafe. Today there are two safe methods to can foods.

Boiling Water Canner:

Fruits, rhubarb, high acid tomatoes, jams, jellies, and pickled vegetables can be safely processed in a boiling-water canner. Use a big metal container with a close-fitting lid that is deep enough to allow about two inches of water above the tops of quart jars set in on a rack.

Pressure Canner: Vegetables MUST be processed in a pressure canner with an accurate gauge because they need to be processed at a higher temperature than the 212 degree that is reached in the boiling water canner. There is no other sure way to kill bacteria that can cause illness or death.

If you are thinking about buying a pressure canner buy a new one from a reputable store. Modern pressure canners are lightweight and have either a dial gauge or a weighted gauge capable of pressurization up to 15 lbs. They have a rack, gasket, an

automated vent/cover lock, a vent port (steam vent) and a safety fuse. Old ones available sometimes at garage sales may not be a bargain if instruction books are missing and parts need replacing. Check dial gauges for accuracy before each canning season and replace the gauge if it reads high or low by more than one pound. Dial gauges should not be immersed in water, banged around or dropped; the mechanism is fragile. After years of use the metal in dial gauges can become fatigued and give high readings. A gauge that reads high causes your canned foods to be under-processed resulting in potential spoilage.

Weighted gauges are more durable and do not need checking for accuracy. They should be washed after every use and checked for food particles which can prevent a weighted gauge from sitting properly on the lid. Handle canner lid gaskets carefully and clean them according to the manufacturer's directions. Nicked or dried gaskets will allow steam to leak and it will be difficult to maintain pressure. Keep gaskets clean between



uses. Gaskets on older model canners may require a light coat of vegetable oil once per year. Gaskets on newer model canners are pre-lubricated and do not benefit from oiling. Lid safety fuses are thin metal inserts or rubber plugs designed to relieve excessive pressure from canners. Do not pick at or scratch fuses while cleaning lids. Use only canners that have the Underwriter's Laboratory (UL) approval to ensure their safety.

When canning, use only jars recommended for canning that are free from cracks or chips. Mayonnaise jars known as "one trip" jars are not tempered and should not be used for canning. Use new lids for two-piece metal caps. You can reuse bands but when they get rusty or dented, get new ones. Lids that are more than 2 years old may not have soft sealing compound on the underside, thus increasing the changes of your product not sealing or breaking its seal during storage. Canning is a lot of work so you want the results to be worth the effort. Check your equipment and make sure everything works properly before the canning season arrives. For more detailed information, please call the Extension Office.

Judi Cissell O'Bryan

Judi Cissell O'Bryan
Laurel County Extension Agent for
Family & Consumer Sciences

JUNE 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
		10 am HM Executive Committee		HM Advisory Council 9:30 a.m.		
7	8	9	10	11	12	13
	Living Well 5-6 pm					
14	15	16	17	18	19	20
	Living Well 5-6 pm Ag Fair	Ag Fair	Ag Fair	Ag Fair	Ag Fair	
21	22	23	24	25	26	27
	Living Well 5-6 pm	4H Camp	4H Camp	4H Camp	4H Camp	
28	29	30				
	Living Well 5-6 pm					

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EXTENSION
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College of Agriculture

Cooperative Extension Service

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Keep Safety First During Grilling Season

As you fire up the grill this summer for good times with your family and friends, remember it is important to be food safe. Warm summer temperatures give bacteria the perfect opportunity to multi-



ply rapidly and spoil your fun. Handling food safely is just as important when grilling outdoors as it is in the kitchen. Food that is not handled properly can make you sick. Here are some simple tips to keep your guests safe from foodborne illness. Wash your hands before you touch food and after you handle raw meats, poultry, fish, seafood or eggs. Always keep the food preparation area clean and use clean utensils. In the kitchen, keep counters, dishes, and utensils clean by washing with soap and water. Always keep foods separate. Keep contaminated surface

and raw foods and their juices from coming in contact with foods that are already cooked or ready to eat like fruits and vegetables. Use a clean plate when removing cooked meats from the grill. Do not put the cooked meat on the plate used to bring raw meats to the grill. Meat or poultry cooked on the grill can brown quickly on the outside. But is it really done? Take the guesswork out of your grilling by using a food thermometer. This helpful tool will tell you when foods have reached the necessary temperature inside to destroy harmful bacteria and viruses. When you check thin foods like burgers, insert the stem of the thermometer through the side of the patty to get an accurate reading. Ground beef should reach at least 160 degrees in the center to be safe. Ground poultry should reach at least 165 degrees. Whole cuts of beef, veal, or lamb should reach at least 145 degrees for medium rare or 160 degrees for medium doneness. Pork chops and pork loins should reach 160

degrees. Insert the thermometer into the thickest part of the food away from any bones and fat. Wait at least 15 seconds to take the reading. Keeping foods cold is one way to keep harmful bacteria from multiplying. Even when thawing frozen foods, it is important to use methods that don't allow the food's surface to warm up while the food is still frozen inside. There are three methods for thawing foods: 1) thaw ahead of time in the refrigerator, 2) thaw in cold water, changing water every 30 minutes, or 3) thaw in the microwave, cooking the warm food immediately after thawing. If you are planning to marinate meat or poultry before grilling, marinate first in the refrigerator, not on your kitchen counter at room temperature. This summer, remember to be food safe as you enjoy grilling, one of America's favorite pastimes.

Judy Harrison, Georgia Faces, May 21, 2009, The University of Georgia College of Agricultural and Environmental Sciences.